

A Day at Walton Lane

Support in the community day club

09:30 - 10:30 Tea and toast

We can offer a variety of breakfast options suitable for anyone. If any member has any dietary or SALT needs, we can also accommodate these.

While our members enjoy breakfast, we host our 'Morning Talk'. This is part of our CST training and helps to keep members with any memory problems in the present, help develop new memories and encourages group discussion, all important parts of cognitive stimulation and preservation.

10:30 – 11:45 Physical activities

Following our breakfast and chat we make our way down to the lounge area to host our physical exercise session. The staff have been trained to deliver seated exercises and chair stretching to help keep older people moving, stretched and active. The exercises vary every day, and we ensure to adjust each action for each individual ability. We can also offer anyone not in the mood for exercises an alternative activity to ensure they feel comfortable.

11:45 – 13:00 Lunch

After we have completed our exercises for the day, we then make our way back to the dining room for lunch. We ensure all members are supported when moving from one area to another. We offer 2 course hot lunch, freshly prepared on site every day. We can offer a variety of alternative for anyone not keen on the days offer and we can cater for any dietary or SALT requirements.

13:00 – 14:30 Cognitive Activities

After lunch we make our way back down to the lounge for after lunch bru and social time. This is an opportunity for members to let their lunch settle and have a chat while we explain what activities we have planned for the afternoon. We focus more on cognitive and creative activities in the afternoon. They range from board games to quizzes and the occasional game of bingo. We also offer alternative for anyone not keen on the afternoon activity.

14:30 – 15:30 Afternoon Tea

We offer the last bru of the day and some biscuits while gathering coats and anything the members are due to take home with them. During this time, we often discuss what we could do the following day, we do our daily Golden carers quiz and wait for loved ones to arrive and collect the members.

We offer different activities every day and no two days are the same. Every member is assigned a key worker who will get to know them and establish if they are working towards any goals. This is then put in their care plan, and we can offer activities around building physical ability, developing cognitively, or trying to become more social.