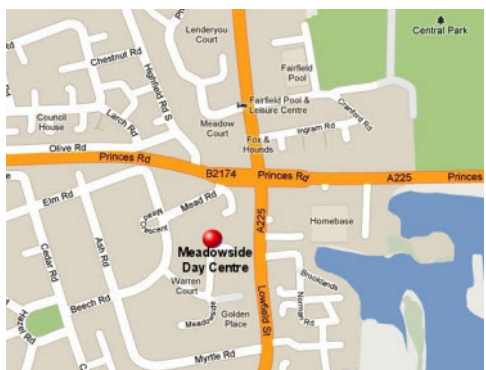


GRAVESEND
Fleming Resource Centre
Clarence Row
Gravesend
Kent
DA12 1HJ

For Day Services contact:

tel: 01474 564898 / 567131 (General Enquiries)
fax: 01474 564300
email: contactus@ageuknorthwestkent.org.uk
web: www.ageuk.org.uk/northwestkent



DARTFORD
Meadowside Day Centre
Meadowside
Dartford
Kent
DA1 2RZ

For Day Services contact:

tel: 01322 226496
fax: 01322 278698
email: contactus@ageuknorthwestkent.org.uk
web: www.ageuk.org.uk/northwestkent

Charity No. 1143905
 Company No. 7645589 (Limited by Guarantee)



Age UK is the new force combining
AGE and **HELPTHEAGED** **WE WILL**
Caring

Day Services

'Serving the People of Gravesend, Dartford, Northfleet, Swanscombe & Greenhithe'



Friendly Social Environment
Keep Active
Keep Healthy
Treat yourself



Darford

Hot Meals
Party Days
Fun Exercise



Companionship
Make Friends
Themed Events & Holidays



Gravesend

Arts & Crafts
Fun games
Singing & Music



Hairdressing
Nail Care
Bathing
Chiropody



Please join us -
you will be made
most welcome

DAY SERVICES

Our Day Services offer a wide range of facilities and activities for you to enjoy. Our professional and friendly staff are on hand to offer as much or as little support as required to make sure that your stay with us is a comfortable and enjoyable one.

We have two centres, one in **Dartford (Meadowside)** and the other based at our Registered Office in **Gravesend (The Fleming Resource Centre)**. We can offer places to people living in Gravesend, Northfleet, Swanscombe & Greenhithe, Dartford and the surrounding areas.

People are at the heart of all our charity activities, delivering great services that are easy to access, of good quality and that maximise peoples ability to live independently and safely in their community.

OPENING HOURS

Open Monday to Friday 09.30am - 16.00pm

n.b. **There are charges for some of our services**, most of which are subsidised. Please do have a look at our latest price list or ask one of our staff.

SOCIAL EVENTS, ACTIVITIES & HOLIDAYS

Socialise, take part in activities and be entertained, enjoy a chance to make new friends, learn new skills, or rediscover old ones. Our current activities and facilities include:

Arts & Crafts
Knit and Natter
Party Days
Themed Events
Gardening
Board games, Cards and Bingo

Supported and escorted holidays
Exercises for fun
On-site shop - dry goods
Coffee & Tea bar
Library
Charity Shop - Bric-a-Brac

HEALTH & WELL-BEING

Chiropody clinics
Silver Song/Music for Health
Postural Stability Exercises
P.A.T. Dog scheme
Access to our Advocacy Service

Hearing clinics
Sight clinics
Nail Cutting clinics
Assisted Bathing Service
Access to our Community Services

TRANSPORT / HOT FRESHLY COOKED MEALS

Transport to and from our centres is provided on our modern vehicles subject to seat and space availability, and therefore cannot be guaranteed.

Clients are picked up by our trained drivers and can be assisted in and out of people's homes by our team of escorts. Times of pick-up and drop-off are not specific and can vary due to the volume of passengers, the changing routes, the volume of traffic and any road incidents on the day.

There is very limited space for wheelchairs, again subject to availability. Walking frames will not be carried on the vehicles but we can offer a choice of devices at the centres.

Enjoy an appetising and nourishing home cooked two course lunch, prepared on the premises by our very experienced catering team. There is a choice of menus and all special diets are catered for. If you weren't able to come in to the centre because you are not feeling well, then let us know and we can arrange for a meal to be delivered to your home.

During the day teas, coffees and other drinks are available including light refreshments which might include freshly baked cakes, toast and other snacks especially first thing in the morning when you arrive.

COME FOR A FREE TRIAL 'TASTER DAY'

If you have not tried the day service before then do come for a free taster day. You can see if the facilities we offer suit and support you and we can assess how best we could arrange that support. We will introduce you to our staff, volunteers and a some of our clients. Enjoy a hot meal and then discuss with the team which day or days you would like to attend.

Whilst the day service is not a direct care service offering personal care, we do help each individual to achieve their personal aims and support their needs wherever we can with the resources we have.

Each client is allocated a key worker who works with the client and their family to complete a support plan that is regularly updated, noting individual preferences and needs. When appropriate, our managers welcome the opportunity to attend and contribute to care reviews as part of the multi-disciplinary team.

It may be that you prefer us to visit you at home first to explain the services and help us to assess your needs. Just let us know if you would prefer an initial home visit.