****

**Over 30 years’ experience. We provide person centred support tailored to people’s needs promoting independence and well-being.**

**Our charity was set up in 1999 in order to provide support to people with mental health issues and their carers living in the London Borough of Redbridge. We employ fully trained support workers who provide care and information tailored to people’s needs, which includes support at home and a day centre for people living with dementia. Our services are free of charge for Redbridge residents. For people living outside Redbridge we provide services at competitive rates.**

[This Photo](http://www.flickr.com/photos/rickmccharles/361268469/) by Unknown Author is licensed under [CC BY](https://creativecommons.org/licenses/by/3.0/)

 **Respite at home Day centre**

 We promote independence, health & well-being Open Mon, Tue, Wed and Friday

 Support to Access College courses Opening times are 10am to 3pm

 Volunteering opportunities and paid work Easy access to the day centre and disabled access

 Information on welfare benefits Delicious two course cooked meal (dietary needs catered) for & refreshments

 Encourage hobbies and new interest’s 2:1 staff ratio

 Support to attend appointments Encourage Physical activities

 Provide emotional & practical support Musical activities

Sitting service Arts & crafts

 Help with shopping Cognitive stimulation therapy

 Organise household or office items baking & cooking activities

 Play music or listen to songs Encourage social bonding and self-expression

 Gardening

All Respite at home services is only 2.5 hrs each week

****

****

**Newsletter**

We print a monthly newsletter to inform you of any events we have going on, peer support groups, raffles, celebrations, day trips, day closures and to let you know what your loved ones have been up to at the day centre.

**Day Trips**

We also have day trips e.g.: trips to Eastbourne, Southend, Brighton, River cruises etc.

We hire a coach for an average of 6 outings per year.