

## Ending older people's loneliness



# Dementia Wellbeing Centres

**Our Dementia Wellbeing Centres provide a full day of activities and support based on a Maintenance Cognitive Stimulation Therapy approach which is proven to delay the onset of dementia symptoms. We currently have four Wellbeing Centres which are stimulating and welcoming environments that promote independence.**

- A person-centred and whole-family approach designed for people with mild to moderate dementia, providing support to customers and carers
- Engaging activities will be on offer based on the interests of participants, ranging from bird spotting in the park to seated football.
- In addition to sessions for people over 65 we also have sessions available for people living with young onset dementia

**Available  
Monday –  
Friday**

**For more details or to arrange a free introductory visit,**

**t** (0114) 250 2850 **e** [enquiries@ageuksheffield.org.uk](mailto:enquiries@ageuksheffield.org.uk)

“Supporting someone with memory loss can be so hard. I get angry, then I feel guilty, I get in tears; in absolute shreds thinking ‘how long can we go on like this? I don’t think I can go on like this of much longer’...But now I have respite, and it’s brilliant. I wouldn’t go anywhere else.”



“Quite simply, it’s the best dementia day service in the city. Dad just glows on Tuesday evenings”.

“It means so much to me that my husband has more to his life than just sitting in his armchair doing nothing – I really appreciate what you do for us both.”



“These are the best days of Auntie’s life. This place is keeping Auntie going and is such a lifeline. I don’t know what would happen to her without you.”

“The Wellbeing Centre is the most wonderful place with fantastic staff and volunteers. Mum loves her Thursdays.”

