



The Redwood Day Service is a chargeable service available Monday to Friday 10am–3pm. It is available for individuals aged 50+ who live within the boundaries of the City of Sunderland.





What can you expect?

- You will be warmly welcomed into our tastefully refurbished facility by experienced trained staff.
- You will receive refreshments on arrival, a freshly cooked meal including dessert at lunchtime and afternoon tea or coffee.
- You can participate in a range of activities including arts, crafts, cookery, games, **arm chair** exercises, sing-alongs, celebrations, reminiscing and much more.
- You will have an opportunity to make new friends, try new activities and get involved!



What are the eligibility criteria?

- Aged 50+
- Require some support to maintain independence
- **Are able to** take care of your own personal care needs

The service can be accessed following an initial assessment subject to service capacity.

Transport with escort is available if required to take you from home and back safely.

What are the benefits for you?

A fun day out that helps promote independence and improve your wellbeing.

Meeting new people with similar interests, spending quality time with them in a safe and caring setting.





For more information on costings or to arrange an assessment please contact us at:

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Stockton Road
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