
How to join a day club

If you'd like to visit one of our day clubs, our Day Services team would be delighted to chat with you informally and answer any questions you have, either at home, or by telephone or email (see below).

We can then arrange an introductory visit for you to help you make the right choice.

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Registered charity number 1086995. IDBB410 02/12



The new name for
AGE Sunderland
Concern

Discover our day clubs

Make the most of our day clubs across the city



Supported by



With more than 60 years of experience, Age UK Sunderland understands the needs of older people in our area.

Enjoy our day clubs

Do you want to:

- make new friends?
- get out of the house?
- enjoy a good chat?
- enjoy a hot meal in good company?

If you answered 'yes' to the questions above, then an Age UK Sunderland Day Club could be the answer. With more than 60 years' experience in providing quality support, Age UK Sunderland understands the needs of older people in the area and this is reflected in all our day clubs.

Our day clubs are located across the city, including in Hetton, Houghton and Washington, and are supported by an excellent team of volunteers. You can expect a warm, welcoming atmosphere designed to put you at your ease.

Is our day club right for you?

You're eligible to visit one of our day clubs if you:

- live within the City of Sunderland
- are aged 60 or above
- do not have personal care needs
- can get on and off a bus with minimal assistance
- do not require help administering medication while at the club.



What to expect

The first step is a home visit by a member of Age UK Sunderland's Day Services team to assess your needs and abilities and match you with a lunch or day club in your area.

Once we've found a club that's right for you, our driver will collect you and take you to the venue, where you'll be welcomed by one of our carefully selected volunteers. At the end of the session, your driver will take you home again. All our vehicles are adapted for disabled access.

Our day clubs are designed to provide a safe and enjoyable environment where people in later life can socialise and participate in a range of activities.

What happens at a day club?

Our day clubs allow you to interact with like-minded people of a similar age and give you the opportunity to participate in activities which are both fun and stimulating. From crafts and armchair exercise, to raffles, bingo and dominoes, there's sure to be something to interest you.

You can also enjoy a fresh, home cooked, two-course meal at a very reasonable price, as well as free transport to and from the venue.

So, if you want to get out of the house and have an enjoyable and social day out, then an Age UK Sunderland Day Club could be the perfect solution.