



A
PAID FOR
SERVICE

The **Living Well Centre**, in North Cheam is a friendly and welcoming day centre offering compassionate support for people living with dementia and related needs.

A WARM WELCOME

We run a varied programme of activities to boost wellbeing and confidence. Enjoy a friendly chat, take part in something familiar, or something new, while meeting new friends along the way. Food and drink are available throughout the day, including lunch to enjoy in good company. Transport is available and support with personal care is provided, if needed. As part of Age UK Sutton, we can connect you to other helpful services to ensure you get the best support.

OUR OPENING HOURS

Living Well Centre is open;
Monday to Friday 10am to 3pm.
Clients are invited to arrive from 9.30am and be collected by 3.20 to 3.30 pm, if not using our transport.

*Transport is charged at an additional £18 per day for drop off and return.

£70
per day
inclusive of
food and
drink*



OUR SERVICE



ACTIVITIES

Our activity programme focuses on supporting wellbeing and connection. Take part in social sessions, reminiscence activities, cognitive stimulation to keep minds active and technology inclusion to help you stay connected. Enjoy crafts, gentle exercise and conversation circles, or join local outings for a change of scenery. We also offer joint sessions with carers and training for family and carers, helping everyone feel supported.

FOOD AND DRINK

We offer a two course lunch with drinks and snacks throughout the day.

TRANSPORT

Transport is available to and from home and the centre, if needed, at an additional cost. Booking is required.

PERSONAL CARE

We're able to support with personal care needs, including assistance with eating and drinking and toileting, depending on needs.

REASSURING AND RELIABLE

All our staff are trained and DBS-checked, giving you confidence and peace of mind.



ACCESSING THE LIVING WELL CENTRE

The Living Well Centre is available through self-referral or professional referral. There are a number of ways to get in touch with our friendly team;

 316 Malden Road, North Cheam. SM3 8EP.

 Call us on 020 8078 2149.
Our phone lines are open; 9.30am to 4.30pm Monday to Friday.

 Email us at lwc@ageuksutton.org.uk.

 In person at our offices - Sutton Gate, 1 Carshalton Road, SM1 4LE.
Our office reception is open from 10am to 3pm Monday to Friday.