

Day Care Service





Our aim here at Age UK Tunbridge Wells is to improve later life for everyone and to make it a fulfilling and enjoyable experience, by offering a range of services to older people in the community, including, among others, our Day Care service.

Day Care Services

If you're over 55 and would like to spend your days in a comfortable, safe and stimulating environment, you may be interested in coming along to our day centre. You'll have the chance to socialise with like-minded people, while your carers and families enjoy a break too. Age UK Tunbridge Wells will work with you to carry out a full assessment of your needs and preferences to ensure you get the most out of our service. We also work closely with other care providers, Kent Adult Social Services, and medical professionals to deliver our service as part of a broader package of care.

You can enjoy a wide range of benefits on offer at our Tunbridge Wells day centre, including:

- refreshments, including breakfast, lunch and afternoon tea
- art and craft sessions
- beauty therapies
- chiropody / podiatry
- good disabled facilities
- exercise sessions
- fully trained staff to assist with bathing and personal care
- specialist transport (or help to organise it)

The Age UK Tunbridge Wells Day Centre is open 9.30am to 4.00pm, Mondays to Friday, and serves the following areas:

Brenchley, Five Oak Green, High Brooms, Horsmonden, Langton Green, Matfield, Paddock Wood, Pembury, Rusthall, Southborough, Speldhurst, Tunbridge Wells town, and surrounding areas and villages.



For further details about Day Care services or any of the other services we provide, please contact us using the details below.

Our other services

- Advocacy
- Befriending & LGBT+ Befriending
- Cognitive Stimulation Therapy
- Computer Tuition
- Chiropody/Podiatry Clinics
- Dementia Day Care Services
- Form Filling
- Hairdressing
- Home Bathing
- Independent Living Support
- Information and Advice

Contact us to find out how we can help:

01892 522591

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