

Day Care Groups

Companionship and support for independent living



For more information please contact us:

Age UK Leicester Shire & Rutland
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Find us on social media:

 **Age UK Leicester Shire & Rutland**  **@ageukleics**

Why would I join a day care group?

There are lots of reasons why our clients join one of our day care groups. We find that the main reasons are because they want to:

- Socialise with other local people—because social interaction is important to your wellbeing
- Have a few hours away from home—which prevents loneliness and gives more structure to the week
- Enjoy a hot meal—when perhaps cooking at home is too much effort or eating alone reduces your appetite
- Participate in group activities—which otherwise you wouldn't get to try and which help maintain mental agility
- Get out in the community—with trips to the theatre, museums and local attractions as well as meals in local restaurants and pubs
- Maintain their independence—by getting just enough of the right support so that you aren't dependent on someone else and can avoid a move to residential care
- Allow a carer some respite—to recharge their batteries and do the things they can't easily do as a full-time carer
- Recover and rehabilitate—with the shorter term support needed after a hospital stay or bereavement.

Sometimes, it also offers peace of mind to those who care about you but don't live locally if they know that you have regular contact with our trained staff who can check on your wellbeing and contact them if needed.

Whatever the reason for joining, we find that our clients reap the longer term rewards of a healthier, more rewarding and better quality of life by participating in our community-based groups.



How do I join a day care group?

We run day care groups across the region attended by people with a wide range of abilities and disabilities, including physical disability or reduced mobility, mental health needs and learning disabilities. We also provide culturally appropriate support to meet the needs of older people from black and minority ethnic communities.

Joining one of our groups is straightforward.

- If you have a personal budget as a result of a needs assessment, you should tell your social services contact which Age UK day care group you'd like to attend or contact our Care Services team on 0116 222 0572.
- If you would like to join us on a self-funding arrangement, please contact our Care Services team direct on 0116 222 0572.

Regardless of how you intend to fund your care, you can contact us to discuss your options and ask any questions you may have on 0116 222 0572.

Once we have received your enquiry we will arrange for one of our Care Services team to visit you and discuss your needs, which may include assistance with transport, dietary needs, medication prompting or specific requests for activities. We can then arrange your first visit and introduce you to the team of CRB checked staff and volunteers who run the centre.



An Open Invitation!

It's always a little daunting to try something new, especially if you're doing it on your own! So, we'd like to invite you to visit your local day centre to meet us and see first hand the kind of things you'd be doing if you joined us. If you want to bring a friend or family member with you too, just let us know.

To arrange your free taster visit please call Mary Corr on 0116 222 0558.

Your local day care groups:

We currently have day care groups in Blaby, Charnwood, Harborough, Hinckley & Bosworth, Melton, North West Leicestershire, Oadby & Wigston, South Leicestershire, Rutland, Leicester City and suburbs.

How can we help you?

Information & Advice Free & confidential, on a range of issues
[Lines open Monday to Friday, 11:00am - 4:00pm]

0116 299 2278

Day Care Services Locally based care & companionship

0116 222 0572

Home Care Includes cleaning, ironing, shopping, cooking

0116 299 2266

Handyman 'No job too small' household maintenance

0116 299 2266

Respite Offering carers a break, includes dementia respite

0116 299 2266

Befriending Telephone and home visits in selected areas

0116 299 2233

Age UK Leicester Shire & Rutland Limited
Registered Charity No: 1146649
Limited Company No: 7844309

We are a local charity
with a national name
...giving local older
people a voice

Products and Services

0116 254 5451

Products and services for the over 50s: home, car and travel insurance, personal alarms, weekly lottery and funeral plans.

Age UK Home, Car & Travel Insurance are administered by Ageas Retail Limited. Age UK Funeral Plans are provided by Dignity. Brought to you by Age UK Enterprises Limited. Age UK Personal Alarms are provided by PPP Taking Care Limited and brought to you by Age UK Trading CIC.

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