

SERVICES FOR OLDER PEOPLE



Gateshead Council day care groups

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This booklet gives you information about the day care groups run by Gateshead Council.

This includes:

- **Introduction to day care groups - what they are and who can attend**
- **How a day care group can help you**
- **Facilities and activities**
- **Centres offering day care groups**

If you require further information on any of the issues raised in this booklet or are interested in joining a day care group you contact the day service co-ordinator on **0750 003 2616** or Adult Social Care Direct on **0191 433 7033**.

If you already attend a day care group you should contact your day care group co-ordinator who will be happy to help you with any queries you may have about your current service. Phone: **0750 003 2616**.

We aim to provide opportunities for you to socialise and meet other people in a day care setting. Our helpful staff look forward to meeting you in the future.

Different formats

If you would prefer this leaflet in large print, Braille or on audiotape, CD or in a different language please contact the day service co-ordinator on **0750 003 2616**.

Introduction to day care groups



What are they?

Day care groups are usually for people aged 65 or over. Our friendly staff help you to improve your practical skills in a way that suits you, so that you can remain as independent as possible while living at home.

A range of activities are available, and these groups also allow you to make new friends in a sociable and safe space.

Can anyone join a day care group?

You need to be assessed to find out if you qualify for the day care service, please contact Adult Social Care Direct on **0191 433 7033**.

If required we can arrange an assessment of your needs at your home. You can arrange for a family member, carer or friend to be present when we visit. We will talk to you about what difficulties you have with everyday tasks and how best we may be able to help you.

Once we have completed the initial assessment, then with your consent, we can arrange for a financial assessment to be completed, this will ensure your service charges are correct. Then you will go along to your selected day care group for an introductory visit.

You will be introduced to the staff and your key worker. He/she will discuss what you want to achieve and build up a personal day care plan, which is tailored to your needs.

This confidential plan records your progress and checks that we are doing what was agreed. If we have any concerns about your health we will discuss this with you. With your consent and, if necessary, we will contact the relevant care workers, your carers and health professionals to ensure your wellbeing.

How often can I come along to a group?

They are open **9am to 4pm Monday to Friday**. Usually people visit once a week. If you would like to visit more often, feel free to discuss this with our staff who will be happy to help you. Your social worker will be contacted to ensure you are informed about any additional charges that extra days may incur.

How a day care group can help you



At your day care group you can:

- receive help to improve the practical skills you need to live independently at home.
- take part in social activities such as music, reminiscence and gentle exercise as well as the occasional day trip.
- take advantage of on-site services such as hairdressing and chiropody
- access, advice and information about accessing appropriate benefits

Specialist services are offered at some centres including Dementia care and activities for people with sensory impairment.

Medication

If you require support with your medication when you are attending the day care group, your care manager will identify this to us in your care assessment.

Please be aware that our staff are **not** allowed to do the following:

- Give you advice about medication.
- Purchase medication (home remedies) over the chemist counter.
- Handle your medication without your written consent.
- Touch your medication - they will operate a no touch method assisting you with your medication.
- Dispose of your medication or any of your property without your written consent.

Have your say

We will check with you that you are happy with our service and listen to any concerns or complaints you may have - as well as any compliments! You can have your say at regular day care group meetings - your views on our service are always welcome.

Facilities and activities



There are a variety of services and facilities available across the day groups for example:

- Refreshments are provided throughout the day and meals from a varied menu are available at a reasonable cost
- Pull cord alarms are easily accessible to alert our friendly staff if you need help
- You can enjoy watching TV, or DVDs and listening to music. There are also talking books and library books
- Loop hearing systems are available in some centres
- Hairdressing services are available on certain days, your key worker can inform you of availability
- Shops are available in some centres

Activities

The day care groups are focused around providing a stimulating and varied range of activities. Some activities involve groups of people, some are more geared towards the individual to ensure everyone enjoys their day. We will discuss with you what you want to do on the day and make appropriate arrangements.

Here are examples of activities we run:

- Cooking, crafts and gardening as well as other activities that improve practical skills
- Trips out
- Local history and memory lane activities
- Quizzes and games
- Book clubs and current affairs group
- General socialising including debating
- Coffee mornings and raffles at some of the centres

Transport

Transport to attend the day care groups is not provided, as this is the responsibility of the person using the service.

Centres



Our day care groups are located within five centres across Gateshead, so there should be one near where you live. They operate on **Mondays to Friday - 9am to 4pm**. Closed on Bank Holidays.

- **Housing 21 Extra Care Housing**

Winton Court
Park Lane
Winlaton
Gateshead
NE21 6AT

- **Housing 21 Extra Care Housing**

Marigold Court
Old Fold
Gateshead
NE10 0DZ

- **Housing 21 Extra Care Housing**

Callendar Court
Cranesville,
Bacon Lough Estate
Gateshead
NE9 6RR

- **Eastwood
Promoting Independence Centre**

The Drive
Felling
Gateshead
NE10 0PU

- **Southernwood
Promoting Independence Centre**

Trafford
Alerdene Estate
Low Fell
Gateshead
NE9 6LH

Contact the day service co-ordinator for more details on **0750 003 2616**.

Your views about day care groups



Help us improve our service to you by filling in this form. Thank You.

Are there any comments you would like to make about your day care group?

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Thank you for completing this form your comments are much appreciated.

Name

Phone No

Give your completed card to your key worker or day centre co-ordinator or post it back to us at:

Day care service co-ordinator
Eastwood Promoting Independence Centre
The Drive
Felling
Gateshead
NE10 0PY

We regularly send out user satisfaction questionnaires to ensure we are providing a valuable service to you. We appreciate your views about our service and look forward to hearing from you in the future.

✂ Please tear or cut off this page here



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