

# Enhanced Day Care



This past quarter has seen the development of many new activities, as well as the continuation of existing ones in the Enhanced Day Care Service. The service is constantly evolving and continues to go from strength to strength with new and exciting developments taking place at the different centres each week. Some regular activities have continued since the last quarter across the three centres and some new ones have developed. Highlights are detailed below:

The Grand Dame Theatre Company have been back again to all three centres to do their production of Snow White which service users and staff thoroughly enjoyed. It was identified that more activities were needed on a weekend at Thicketford and Winifred Kettle Day Care. A lady from Grand Dame came dressed in costume and sang songs from the 30's all the way until the 1980's and put on a real show.



All three centres have continued their gardening groups for service users. Albert, has continued to come every other week to help in the Thicketford Centre garden; Albert and care assistants take service users into the garden to water the plants in the greenhouse and pick the vegetables. They have also been testing the vegetables which they have picked and grown which service users thoroughly enjoyed.



Age UK Men in Sheds have been up to Winifred Kettle to meet with service users and talk about plans for the centre gardens and ask service users what they want the garden to look like. They



have been up clearing the garden and building raised beds, pagodas and creating sensory areas for service users. They are going to visit the other centres in turn.



Some of the care assistants at all three centres have identified a number of people who struggle to engage with certain activities in day care. Some old fashioned games such as wooden skittles and hoopla have been purchased which can keep service users engaged and entertained for long periods in the morning. Electronic dart boards have been purchased for the three centres which are great at bringing back memories.



Staff from all three centres are going on the Chair Based Exercise training programme which will enable more exercise classes to

take place in the day care centres and help to keep our service users as physically, mentally and socially active as possible.



Thicketford have recently purchased some budgies which service users thoroughly enjoy watching and listening to them sing. They are also great conversation starters and back memories of animals service users had in childhood.

Hairdressing and Holistic Therapy is still continuing to be a massive success in all centres for both service users and carers; a bit of pampering and time spent relaxing has proven to do the older people the world of good. Please note: the hairdresser is able to do home visits upon request.



Volunteers are continuing to provide fantastic activity support in all three day care centres. They



work one-to-one with service users and small groups to deliver activities such as knitting, arts and craft, jigsaws and art therapy. If you would like to volunteer with Age UK Bolton, Bolton Dementia Support or Bolton Carers Support or would like any information on the Enhanced Day Care Service or any of the partner charities, please get in contact with Lucy for more information on 01204 337877.

