



Enhanced Day Care



The Enhanced Day Care Service would like to wish everyone a very Merry Christmas and a happy and healthy 2017. We have had a very busy quarter with lots of exciting developments and plans which are highlighted below.

Julie has been visiting the Brazley Centre every Tuesday for the past few weeks and offering the centre's clients quality haircuts. Julie offers a quality service whereby older people can have their hair done in the comfort of their home or to visit one of Bolton's Day Care Centres; a space familiar to the client, which will ensure they feel safe with the surroundings they know. Along with Kelly who has set up a mini nail salon in the therapy room at the centre, the clients are being thoroughly pampered. Over Christmas a hairdressing sink is being fitted in the Thicketford Centre Therapy Room so clients can be pampered on a weekly basis. Three professional hairdressing chairs have also been ordered for the centres.



Lydia and Eric have started volunteering at the Thicketford Centre as Day Care Companions. Eric runs a reminiscence group making use of the centre's reminiscence room and fantastic resources and Lydia runs a craft group. They both pick a different topic each week to stimulate service users in a variety of different ways. Joyce also volunteers at Winifred Kettle Day Care Centre twice a week and has recently won an Age UK Bolton 'Hidden Gem' award.



Maggie from Vegetarians for Life has been to all the day care centres (some more than once) to give interesting cookery



demonstrations and information about staying healthy. She will be coming back to do some Christmas workshops.

Clients from Thicketford Centre took a trip out to the Octagon Theatre for a tour of the venue and delicious afternoon tea. They even had the pleasure of meeting a Playwright. The



Octagon also put on a show 'The Old Torn Book' at the Thicketford Centre as part of their touring theatre which clients and local older people enjoyed free of charge.





Three members of staff from the Brazley Centre and Winifred Kettle have been on the Chair Based Exercise Leader Training and have brand new equipment to deliver exercise classes at the centres.



Riley, our Pets As Therapy volunteer has been out and about in the day care centres again bringing joy to many. Riley has also been recognised at Age UK Bolton's AGM as the organisations first canine volunteer. He was presented the prestigious award by Suzanne Hilton, Chief Executive and the Mayor of Bolton, Councillor Lynda Byrne.

The beauty students from Bolton College have been delivering pampering sessions at Winifred Kettle Day Care and at Bolton Dementia Support Memory Café in Horwich. More of these are planned for the new year.



Zoe from Bolton Carers Support has run two carers coffee mornings in the Thicketford Centre. Carers meet with Zoe to put the world to rights, make new friends and share tips with each other. There are more coffee mornings planned in the new year.

We have lots of Christmas celebrations planned across the three centres from choirs, to Christmas reminiscence parties and Christmas cake decorating!

Foot Care is continuing every Wednesday 9.30am-12.30pm at the Thicketford Centre and on an ad-hoc basis at Winifred Kettle and Brazley. Liz also runs a clinic on alternate Thursdays at Age UK's Learning and Activities Centre in Farnworth.

Memories and Melodies is still continuing at the Thicketford Centre on a Friday afternoon. The session is incredibly popular with 40 older people attending each week.



Bolton Dementia Support run a highly successful activity group on a Tuesday morning for people living with dementia and carers. They run trips out and various stimulating activities for all parties involved. Most recently they have started a Get Fit group which takes place at Bolton Arena. For more information about the group call 01204 386696.



We have a range of volunteering opportunities linked to the Enhanced Day Care Service along with other opportunities with our partner organisations such as a charity shop or drop in centre volunteer. If you are interested in volunteering or want to more information about anything in this newsletter, please contact Lucy Bird, Enhanced Day Care Service Coordinator on 01204 337877 who will be happy to help or point you in the right direction.

