

Enhanced Day Care



This past quarter has been a busy and enjoyable one with everyone getting involved in new and exciting activities. We have also had the continuation of some old favorites along with some new regular and one off activities. Some of our one off activities this quarter have included strawberry and cream afternoon teas for Wimbledon, celebrations for the Women's World Cup and activities at all centers for National Fitness Day, National Know Your Numbers Week, whereby we invited speakers from The Stroke Association to give talks and demonstrations on blood pressure awareness and coffee mornings for Macmillan's Biggest Coffee Morning in which hundreds of pounds was made. Bolton Dementia Support Group kindly donated some handmade 'twiddle muffs' for all three of our centers which have proven to be a fantastic distraction technique. Some exciting developments are detailed further below.

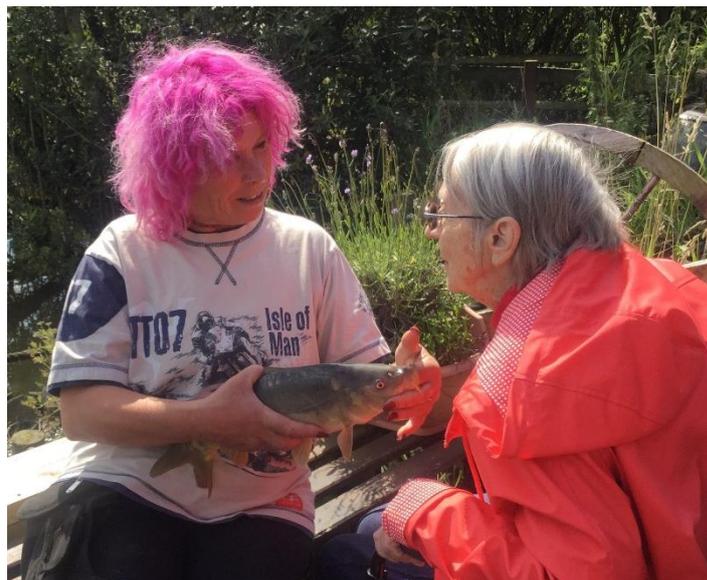


Brazley Day Care Centre and Claypool Primary School have set up a Dementia Choir which brings old and young together in song. The people who attend the centre, and the primary school have been practising songs from The Beatles for the first performance where we invited family members and professionals along to watch. The choir has been inspired by Vicky McClure's dementia choir which has recently been on the television. There is so much evidence that



music helps to alleviate some of the symptoms of dementia as well as bringing so many moments of joy. We have built up a strong relationship with the school and are planning performances for Armistice Day and Christmas which everyone is thoroughly looking forward to.

During July and August this quarter, all three day care centres took a trip to Hope View Sensory Farm. Hope View is the only farm in the country specifically designed for people living with dementia. We fed the animals, held the chickens and fished in the pond. Everyone had thoroughly enjoyable days.



We all had a fantastic time at the grand opening of the Winifred Kettle Sensory Garden. We were joined by the Town Cryer, who officially opened the garden and had written a poem about the centre. We were also joined by Washacre Primary School, who enjoyed socializing with our older people and playing the old fashioned garden games. We also had a fantastic buffet, old fashioned sweet stall and an ice cream cart. The sun shone and everyone had a great day.

TailSpin Theatre Company joined us again this quarter to perform their own, original Cabaret performance. We are lucky to have a strong relationship with the company and they do their performances for us at a highly discounted rate. It is also lovely for the theatre to come on our more complex needs days and keep our older people entertained and engaged. We have booked them for their Christmas pantomime and can't wait to have them back.



Nicola Calder, Programme Manager from the GM Nutrition and Hydration Programme joined us for a session at each of the three Day Care Centres with her Smoothie Making Demo's, tastings and nutrition and hydration awareness. The sessions were used to share messages about the importance of hydration and fortification of drinks; feedback from all three sessions has been great and we are looking forward to working alongside Nicola and her team again in the future. Nicola has also been up to the three centres this month to gather insight information and case studies for their Nutrition and Hydration Study.



Julie, our centre hairdresser continues to provide a top quality service to many of the ladies and gentleman who attend our centres as well as for carers too. Recently, we have taken on another hairdresser, Suzanne who now has a salon in Winifred Kettle. The centre salons are a step back in time with vintage style hairdressing photographs and magazines from way back when. Julie and Suzanne are so patient, caring and understanding of the issues the older people who attend our centres face and we are so pleased they attend and can be flexible to the needs of the service.

Next quarter plans to be a busy one indeed with activities already planned for Halloween, Armistice and Christmas. As always, we are so grateful for the work of our fantastic volunteers who visit the centres each week and help enrich the lives of the older people who visit the centres. If you would like to volunteer in the day care centres, please contact Lucy on 01204 337877.