

Wellbeing Daycare+

- + Tailored individual day care
- + Therapy based sessions
- + Dementia friendly environment
- + Home from home environment
- + Experienced DBS checked team
- + Provided by Epsom & Ewell Borough Council

Wellbeing Daycare+ offers personalised daytime activities for the over 50s, who would benefit from some extra support, in a friendly, lively and fun atmosphere.

Our experienced team focuses on each individual's abilities and interests. We want people to enjoy themselves while they're here; we offer many different activities and therapies to encourage members to interact both socially and mentally, including:

- Memory therapy
- Pet therapy
- Music therapy
- Games
- Stimulating art
- Gentle armchair based exercises

Our rooms are Dementia friendly and offer a home from home environment.

We offer two options of attendance, either a full day session or a half-day session. Our team will support the management of incontinence and medication.

Lunch is 12.30pm to 1.30pm each day. You have the choice of bringing a packed lunch or having a hot meal.

If you are a resident of the borough, transport to and from the centre is available through Transport from home. Our caring drivers offer you a door to door service and can pick you up from your house and drop you straight to the Wellbeing Daycare+.



If the Wellbeing Daycare+ is something that you would like to join, before you start you need to attend a one half day session as an assessment, this is to ensure that the Wellbeing Daycare+ is for you.

FOR MORE INFORMATION CONTACT US ON:

01372 727583

OR ALTERNATIVELY EMAIL:

wellbeingdaycareplus@epsom-ewell.gov.uk

COMMUNITY AND WELLBEING SUPPORT FOR YOU