

# Day and Evening Services Framework

Directory of Services

2015-16



Nottingham  
City Council





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## Service Definitions

### Day Service

A day service is defined as a support/activity service provided during the day (including evening) for the purpose of delivering outcomes specified in the attendee's support plan and to provide respite for a service user's carer.

A day service would ordinarily be utilised to enhance a person's life through social interaction, opportunities to be independent and experiences to encourage self-realisation. They might also specifically offer a safe environment for a vulnerable person and/or a means of providing personal care. It is expected that day services would normally take place away from the home environment.

Within this definition day services can be categorised in two separate ways:

#### Day Care:

- Where activity takes place predominantly in a specific fixed building
- Where activity typically takes place in a group setting
- Where the daily timetable starts and finishes at the same time each day

#### Day Opportunities:

- Where the service is delivered in variable community locations
- Where the service is delivered to an individual
- Where activities are led by individual citizen choice

### Service Aim

Through organised, meaningful activities, the service should promote some or all of the following:

<p><b>Social inclusion</b></p> <ul style="list-style-type: none"> <li>Making friends</li> <li>Maintaining relationships</li> <li>Communication</li> <li>Trust</li> <li>Enjoyment</li> <li>Humour</li> <li>Cultural needs</li> </ul>	<p><b>Health &amp; Wellbeing</b></p> <ul style="list-style-type: none"> <li>Exercise</li> <li>Sport</li> <li>Diet/Nutrition</li> <li>Relaxation</li> <li>Hygiene</li> <li>Access to appropriate therapies</li> </ul>
<p><b>Independence</b></p> <ul style="list-style-type: none"> <li>Decision-making</li> <li>Managed risk-taking</li> <li>Learning and involvement</li> <li>Discussion</li> <li>Leisure</li> <li>Resilience</li> </ul>	<p><b>Self-realisation</b></p> <ul style="list-style-type: none"> <li>Creativity (e.g. art, music, writing)</li> <li>Self-expression (e.g. dance, drama)</li> <li>Challenge</li> </ul>

### Assisted bathing - Day Care

Assisted bathing (personal care) is broken down into three levels:

- Low** - hair washing
- Medium** - full wash, shower or bath (with or without hair washing) with the assistance of 1 member of staff
- High** - full wash, shower or bath (with or without hair washing) with the assistance of 2 members of staff



## Table of Framework Providers and Services

The following table outlines the commissionable services that each provider is able to provide under this framework:

Provider Name	Services	
	Day Care	Day Opportunities
Accredo Support and Development Ltd	✓	✓
Advance Housing and Support	-	✓
Age UK Nottingham & Nottinghamshire	✓	-
Cambian Group	✓	-
Carrington House Care Home	✓	-
Choice Support	-	✓
Community Support Service (the SENAD Group)	-	✓
Crossroads Care East Midlands	✓	-
Headway House	✓	-
Inspire Nottingham	✓	-
JRH Support	-	✓
Life Learning in a fun environment	✓	-
Metropolitan Care and Support	-	✓
NCHA	-	✓
Nottingham City Council	✓	-
Nottingham Deaf Society	✓	-
Nottingham Mencap	✓	✓
Nottinghamshire County Council	✓	-
Percurra	✓	✓
Radford Care Group	✓	-
Royal Mencap	✓	✓
Seely Hirst House	✓	-
The Work Place	✓	✓
TunTum Housing (Timeout)	✓	-
Two Way Studio House	✓	✓
Voyage	-	✓
Yolianta House	✓	-



## Accredo Support & Development Ltd

### (Day Care and Day Opportunities)

Accredo Link is a service which has been set up by Accredo support and development ltd, which supports adults with learning difficulties, in particular, those with Autistic Spectrum Condition (ASC).

The aim of Accredo Link is to provide individuals with an opportunity to work towards some form of meaningful activity, occupation, work experience or employment, this could be through gaining recognised

community, as we recognise that learning is a life-long process.

### CONTACT DETAILS

**Address:**

21 Church St  
Oadby  
Leicestershire  
LE2 5DB

**Telephone number:**

0116 272 1345

**General E-mail Address:**

[admin@accredo.org.uk](mailto:admin@accredo.org.uk)

**Manager:**

Chris Walvin

**E-mail Address:**

[chris@accredo.org.uk](mailto:chris@accredo.org.uk)

**Website:**

[www.accredo.org.uk](http://www.accredo.org.uk)

### PRICING INFORMATION

Day Care	Day Opps
<b>Half days (3.5hr)</b>	<b>Day time (per hr)</b>
Weekday: £28.73	Weekday: £13.86
Weekend: £28.73	Weekend: £13.86
Bank Hol: £43.10	Bank Hol: £15.39
<b>Full days (7hr)</b>	<b>Evening (per hr)</b>
Weekday: £57.46	Weekday: £13.86
Weekend: £57.46	Weekend: £13.86
Bank Hol: £86.20	Bank Hol: £15.39
<b>Evenings (3.5hr)</b>	<b>Additional Staff</b>
Weekday: £28.73	£13.86 / hour
Weekend: £28.73	
Bank Hol: £43.10	
<b>Additional Staff</b>	
£13.85 / hour	



## Advance UK

(Day Opportunities)

### What do we offer?

We offer a range of support that is very flexible. It varies from person to person, and from place to place. It could be linked to your individualised budget if are in control of your own money; or you could be part of one of the services we already have available.

### Who for?

We support people who have mental health problems (including people with drug and/or alcohol problems, out of prison, people with dual diagnosis)

We support people who have learning disabilities (including people with ASD/Autism or Asperger's Syndrome)

### What kind of support?

The kind of support that we can offer will fit in with the needs identified in your plan. We have experience of a wide range What kind of support ?  
The kind of support that we can offer will fit in with the needs identified in your plan. We have experience of a wide range of support, including:

- 24hr support,
- Tailor-made support packages
- Housing-related support
- Floating support (within your own home)
- Registered homes
- Domiciliary care services (We are Registered with the Care Quality Commission, CQC)

### Support includes:

- Setting up and maintaining a home or tenancy.
- Developing social skills/ behaviour management.
- Managing finance and benefit claims.
- Gaining access to other services. Establishing social contacts and activities. Establishing personal safety and security. Supervising and monitoring of health and well-being. Supervising or monitoring medication.
- Finding other accommodation.
- Advice, advocacy and liaison.
- Emotional support, counselling and advice.
- Advice and support on repair work/home improvement work.
- Assistance with cleaning, shopping, errand running and good neighbour tasks.
- Supported Holidays Day
- time group activities

We believe in providing the **Right Support**, at the **Right Time**, in the **Right Place**.

## CONTACT DETAILS

### Address:

Regional Office  
Advance Support  
86-92 Regent Road, Leicester, LE1  
7DD

### Telephone number:

0116 247 3900

### General E-mail Address:

support@advanceuk.org

### Manager:

Adam Payne

### E-mail Address:

adam.payne@advanceuk.org

### Website:

www.advanceuk.org

## PRICING INFORMATION

### Day Opportunities

#### Day time (per hr)

Weekday: £13.61

Weekend: £13.61

Bank Hol: £13.61

#### Evening (per hr)

Weekday: £13.61

Weekend: £13.61

Bank Hol: £13.61

#### Additional Staff

£13.61 / hour



## Age UK Nottingham and Nottinghamshire

### (Day Care)

The **Sybil Levin Centre** is based in North Nottingham and provides a friendly warm and safe environment for older people. All are welcome to the centre which is open six days a week and provides a whole range of support and activities for older people and their carers, from day care to lunches and yoga classes.

If you need support for someone who has memory and dementia issues

supportive and stimulating environment. A range of activities are provided including gentle exercise, memory stimulation and trips out. Personal care is available if required.

The home cooked meals and refreshment are very popular at the centre and there is an escorted door to door minibus service in adjacent areas.

You may access the day service yourself or seek a referral from your GP, ask for an assessment from the City Council, or social worker or other

The centre employees caring, experienced and trained staff who have empathy for older people, that characterises the work of Age UK. The centre can provide support, information and signposting for carers.

**There is a range of services available at the centre -**

Drop in sessions for the more independent person on a Tuesday and Wednesday with a range of activities and home cooked meals, or you could try:

- Movement to music
- Yoga class
- Art and craft classes
- Table tennis
- Bathing and hairdressing service

There is always a friendly welcome at the centre whatever your need. You can visit the centre to discuss your needs and see what meets your needs or pick up information about the whole range of service that Age UK Notts offers in the City including; information and advice, advocacy, housing support, home support, membership and counselling

### CONTACT DETAILS

**Address:**

Bradbury House  
12 Shakespeare Street  
Nottingham  
NG1 4FQ

**Telephone number:**

0115 844 0011

**General E-mail Address:**

[info@ageuknotts.org.uk](mailto:info@ageuknotts.org.uk)

**Manager:**

Chris Salter

**E-mail Address:**

[Chris.salter@ageuknotts.org.uk](mailto:Chris.salter@ageuknotts.org.uk)

**Website:**

[www.ageuknotts.org.uk](http://www.ageuknotts.org.uk)

### PRICING INFORMATION

#### Day Care

**Half days (3.5hr)**

Weekday: £20.52

Weekend: £20.52

Bank Hol: £20.52

**Full days (7hr)**

Weekday: £41.05

Weekend: £41.05

Bank Hol: £41.05

**Evenings (3hr)**

Weekday: £20.52

Weekend: £20.52

Bank Hol: £20.52

**Assisted Bathing \***

Low: £5.13 per wash/shower

Medium: £10.26 per wash/shower

**Transport**

£10.26 / round trip

\* Assisted bathing is defined on page 1





## Cambian Group

(Day Care)



Cambian Day Service is open 7 days a week, from 8am-8pm. We are only closed for 3 days each year and open on bank holidays.

We provide a range of fun activities. At our service you can play games like bowling and parachute, or have fun in the dance group. We have trained staff to do relaxing aromatherapy and run pamper sessions. If you like art then you can take part in an arts and craft session. If you are more interested in food, why not take part in the baking group? You can go in the cinema room for a 4D experience or take part in a sensory story. We also have sensory sessions to explore all your senses. Music is an important part of the day for most people and the groups can be really loud or nice and relaxing.

We have a large hydrotherapy pool on site with really warm water where you can swim or splash about. Our own physiotherapist will work with you to develop a programme for you in the pool.

We have activity rooms including a cinema room, sensory room, arts and craft area, pool room and soft zone.

We have a fleet of minibuses for our community activities such as bowling, pub lunches, picnics, local parks, zoos and theatres.

Our staff can administer medication if you need it and there are plenty of staff to go round.

### CONTACT DETAILS

**Address:**

Cambian Specialist Day Service,  
4, Milton Street  
Long Eaton  
Nottingham  
NG10 1DS

**Telephone number:**

0115 972 8784

**General E-mail Address:**

[Dale.Mallinder@cambianguroup.com](mailto:Dale.Mallinder@cambianguroup.com)

**Manager:**

Dale Mallinder

**E-mail Address:**

[Dale.Mallinder@cambianguroup.com](mailto:Dale.Mallinder@cambianguroup.com)

**Website:**

[www.cambianguroup.com](http://www.cambianguroup.com)

### PRICING INFORMATION

#### Day Care

**Half days (4hr)**

Weekday: £71.83  
Weekend: £71.83  
Bank Hol: £82.09

**Full days (8hr)**

Weekday: £143.66  
Weekend: £143.66  
Bank Hol: £164.19

**Evenings (4hr)**

Weekday: £71.83  
Weekend: £71.83  
Bank Hol: £82.09

**Additional Staff**

£15.39 / hour

**Also available:**

Assisted Bathing  
Meals  
Transport

\* Assisted bathing is defined on page 1



## Carrington House Care Home

(Day Care)



Success of Carrington House Care Home at Nottingham Sports award.

**Exercise:** this includes tailored exercises e.g. aerobics, walks, Nintendo Wii sessions, gardening, dance sessions and participating in local sports events.

**Group activities:** this includes Bingo, Dominoes, Debates/Discussions on any matter – past or current, time to discuss and reflect on life experiences, Nintendo Wii sessions, painting, easy modelling sessions, cooking and baking, arts and crafts, board games, reading clubs, karaoke, themed events – no major national event or birthday will go unmarked!

**Excursions:** football and cricket match visits, participating in the Care Home Games, theatre and cinema visits, visits to the Goose Fair and other local events.

**Educational and entertainment:** internet and computer access at all times, online courses can be made available in any area/topic, puzzles, crosswords, Sudoku etc will help keep you stimulated, movies/film sessions, newspapers/magazines can be made available, Sky tv is available to ensure that you will always be able to watch those programmes/sports that you would have otherwise missed!

**Visits from external professionals and community members:** religious leaders, choir singers, hair-dressers, nail painters, chiropodists and physiotherapists regularly visit Carrington House Care Home.

We have an onsite dedicated activities co-ordinator. If there are any activities that you are interested in and are not listed above, please let us know and we will try to accommodate them. Carrington House Care Home is also a member of NAPA – we will therefore work with you to ensure that the activities we offer are a perfect fit for you and are provided in the way you want them.

We also have an onsite chef who can prepare nutritious and tasty meals and snacks. Our carers and nurses are always on call to help in any way they can – including providing washing and bathing facilities. Transport can also be arranged if needed.

### CONTACT DETAILS

**Address:**

Carrington House Care Home  
25 Mayo Road  
Nottingham  
NG5 1BL

**Telephone number:**

0115 962 1100

**General E-mail Address:**

info@arden-lea.com

**Manager:**

Sue Manterfield

**Website:**

[www.arden-lea.com](http://www.arden-lea.com)

### PRICING INFORMATION

#### Day Care

**Half days (3hr)**

Weekday: £40.02

Weekend: £40.02

Bank Hol: £40.02

**Full days (6hr)**

Weekday: £67.73

Weekend: £67.73

Bank Hol: £67.73

**Evenings (2hr)**

Weekday: £30.78

Weekend: £30.78

Bank Hol: £30.78

**Additional Staff**

£10.26 / hour

**Assisted Bathing \***

Low: £10.36 per wash/shower

Medium: £15.39 per wash/shower

High: £20.52 per wash/shower

\* Assisted bathing is defined on page 1



## Choice Support

### (Day Opportunities)

Choice Support is an established and pioneering social care charity providing support services for disabled and disadvantaged people. We were formed in London in 1984 to help people with learning disabilities have better lives. We now work throughout much of England, including Nottinghamshire, supporting people with a wide range of needs, including those with:

A learning disability

Autism

Challenging behaviour

Complex health needs

**We can support individuals with a range of day opportunities and activities that are provided in a flexible way to meet the person's**

We are flexible enough to provide services, either on a one-to-one

the opportunity/activity is available as well as how the service is funded.

We can support individuals into employment, both voluntary work and paid employment.

We can train individuals as Quality Checkers with the possibility of contracts of employment with Choice Support to carry out quality checks within services.

We can also train individuals as trainers for our Safeguarding Training, the Josephine Project, and Values Training. (The Josephine Project is the use of a life size doll to promote sexual health and body awareness with female service users and is delivered via short training sessions).

We can offer the services of "community connectors" who work with individuals or a small group of people to source new opportunities for community access and activities and to link up with members of the community.

All of the activities available provide opportunities to have contact with others and to develop new skills and interests.

We operate a referral process from individuals themselves, as well as from the Local Authority, carers and brokers.

## CONTACT DETAILS

### Address:

Unit 53, Nottingham Business Centre,  
Lenton Boulevard,  
Nottingham,  
NG7 2BY

### Telephone number:

0115 978 9557

### General E-mail Address:

[choicesupport@choicesupport.org.uk](mailto:choicesupport@choicesupport.org.uk)

### Manager:

David Byrne

### E-mail Address:

[david.byrne@choicesupport.org.uk](mailto:david.byrne@choicesupport.org.uk)

### Website:

[www.choicesupport.org.uk](http://www.choicesupport.org.uk)

## PRICING INFORMATION

### Day Opportunities

#### Day time (per hr)

Weekday: £13.59

Weekend: £13.59

Bank Hol: £27.20

#### Evening (per hr)

Weekday: £13.59

Weekend: £13.59

Bank Hol: £27.20

#### Additional Staff

£ 13.59 as

above £27.20

(bankholiday)

#### Transport

£0.41 / mile



## Crossroads Care East Midlands

(Day Care)

**Crossroads Care East Midlands (CCEM) Day Care services offer activities that promote physical and mental well-being, encourage social interaction, and engage service users in developing basic life**

**Intended Users** – Crossroads Care East Midlands (CCEM) works with service users who have behavioural and cognitive impairment. All levels of need can be supported, from low level needs requiring general supervision with minimal intervention to the highest level of need requiring one to one (or more) staff support.

**Activities include** – cooking, tabletop games, arts and crafts, painting, knitting, crocheting, sewing, music, playing musical instruments, singing and reminiscence, creative writing, aromatherapy, gentle exercise.

A wide range of activities can be provided each day and activities

user is able to choose activities they wish to take part in on a daily basis.

**Availability of Service** – Day Care services are available Monday to Friday; 10:00am – 4:00pm (excluding Bank Holidays)

This day service centre is large enough to accommodate the number of service users and staff using it. It has car parking spaces and easy access for wheelchair-users, with ramps and widened doorways.

The centre provides a 'quiet space' as well as areas for group activities and has kitchen facilities. There are disabled toilets, with widened doorways, grab handles and adapted water taps.

## CONTACT DETAILS

**Address:**

19 Pelham Road  
Sherwood Rise  
Nottingham  
NG1 5AP

**Telephone number:**

0115 962 8920

**General E-mail Address:**

[ask@emcrossroads.co.uk](mailto:ask@emcrossroads.co.uk)

**Manager:**

Jo Lee

**E-mail Address:**

[jolee@emcrossroads.co.uk](mailto:jolee@emcrossroads.co.uk)

**Website:**

[www.emcrossroads.co.uk](http://www.emcrossroads.co.uk)

## PRICING INFORMATION

### Day Care

**Half days (3hr)**

Weekday: £18.47

Weekend: £18.47

Bank Hol: £18.47

**Full days (6hr)**

Weekday: £36.94

Weekend: £36.94

Bank Hol: £36.94





## Community Support Service (the SENAD Group)

### (Day Opportunities)

We offer a completely person centred service to support people of all ages with a disability or behavioural issue.

a person centred plan (irrespective of the length of funded support time).

As part of a Group who specialise in support for people with disabilities, we work hard to ensure that our staff are vetted and trained to the highest standards, including referencing from their entire working history. Each member of staff is supported and monitored to ensure that the

team which has the best interests of the service users at the centre of everything they do.

Our support can be utilised in the home, out in the community and as a route to accessing work, learning and/or employment opportunities.

We use a one page profile system for staff and service users to find

own recruitment team wherever possible. Please call us for more information

### CONTACT DETAILS

**Address:**

7 St. James Court  
Friar Gate  
Derby  
DE1 1BT

**Telephone number:**

0133 220 0300

**General E-mail Address:**

[cssinfo@senadgroup.com](mailto:cssinfo@senadgroup.com)

**Manager:**

Paul Carr

**E-mail Address:**

[paul.carr@senadgroup.com](mailto:paul.carr@senadgroup.com)

**Website:**

[www.senadgroup.com](http://www.senadgroup.com)

### PRICING INFORMATION

#### Day Opportunities

**Day time (per hr)**

Weekday: £12.83

Weekend: **£12.83**

Bank Hol: £16.41

**Evening (per hr)**

Weekday: £13.33

Weekend: £13.33

Bank Hol: £16.41

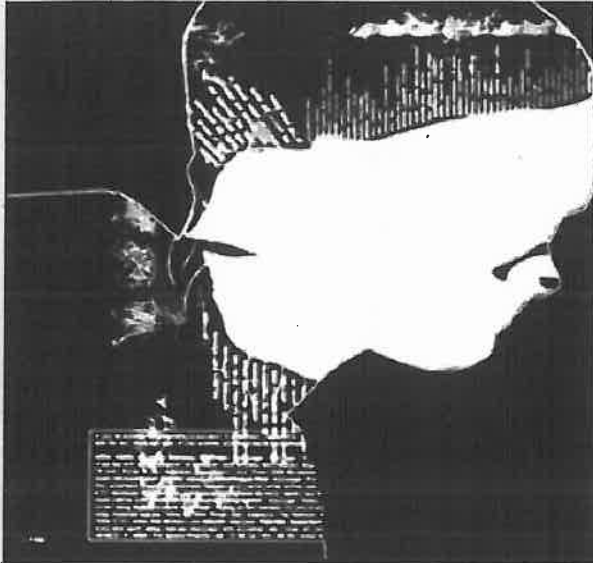
**Additional Staff**

£12.30 / hour



## Headway House

(Day Care)



### Have you experienced a Brain Injury because of an accident or illness?

Headway Nottingham provides support and advice to people with a Brain Injury, their family and carer's.

We provide a variety of services from Outreach support to structured rehabilitative theoretical workshops and therapeutic classes to offer each person that attends the centre the chance to focus on the things they struggle with and work on them both as an individual but also as a group.

It is a place where people accept what has happened to each other and a place where talking about what you have gone through is encouraged and understood, a place where you can be yourself and learn new skills and ways to mould your life around your injury, not let it dictate it.

We also have an Outreach service that can visit you at home outside of the centre and help you with a range of services such as benefit advice and support, advocacy and support in returning to employment or into volunteering.

Above all, for both the Outreach Team and the Centre we want to give you the tools and advice to create your own life after injury and to realise your full potential.

### CONTACT DETAILS

**Address:**

Headway Nottingham  
1 St Agnes Close  
Bilborough  
Nottingham  
NG8 4BJ

**Telephone number:**

0115 967 9669

**General E-mail Address:**

[headwaynottingham@gmail.com](mailto:headwaynottingham@gmail.com)

**Manager:**

Michael Tansley Thomas

**E-mail Address:**

[headwaynottingham@gmail.com](mailto:headwaynottingham@gmail.com)

**Website:**

Website under construction

### PRICING INFORMATION

#### Day Care

**Half days (3.5hr)**

Weekday: £15.39

**Full days (7hr)**

Weekday: £30.78



## Inspire Nottingham

(Day Care)



new friends, have fun and learn interesting things.

### Opening times:

Monday – Friday between 10 am – 3pm

Evening and weekends: Socialise and have fun planning the things you want to do in small friendship groups.

### Inspire activities are planned by group members and include:

Music and singing, Guitar lessons, Tai Chi, Photography, IT and computers, Reading and writing, Walking, Cookery, Managing your own money, How to make and keep friends; Gardening, Drama, Personal style and looking good, Running Group, Going out for coffee, Shopping for a bargain.... and more.

Volunteering in our Charity shop is great fun and helps people to get ready for work.

Lunch is available everyday and we enjoy this together.

### You will find us at:

**The International Community Centre**, which is very near to the centre of Nottingham and the bus stops are close by, cars can pull into the drive and there is a ramp and disabled toilets plus the staff are very helpful.  
Or at

**Our offices and community shop** is on Mansfield road opposite the Victoria Centre. 23 Mansfield Road, Nottingham.

Our staff are fully qualified and very friendly. Give us a call and arrange a visit why not join us for lunch? Telephone 0115 847 5757 and ask for Lee or Mandy.

## CONTACT DETAILS

### Address:

23 Mansfield Road  
Nottingham  
NG1 3FB

### Telephone number:

0115 847 5757

### General E-mail Address:

[admin@inspire-nottingham.org.uk](mailto:admin@inspire-nottingham.org.uk)

### Manager:

Lee Peacock

### E-mail Address:

[leep@inspire-nottingham.org.uk](mailto:leep@inspire-nottingham.org.uk)

Website: [www.inspire-nottingham.org.uk](http://www.inspire-nottingham.org.uk)

## PRICING INFORMATION

### Day Care

#### Half days (3hr)

Weekday: £18.47  
Weekend: £25.65

#### Full days (6hr)

Weekday: £35.92  
Weekend: £51.31

#### Evenings (3hr)

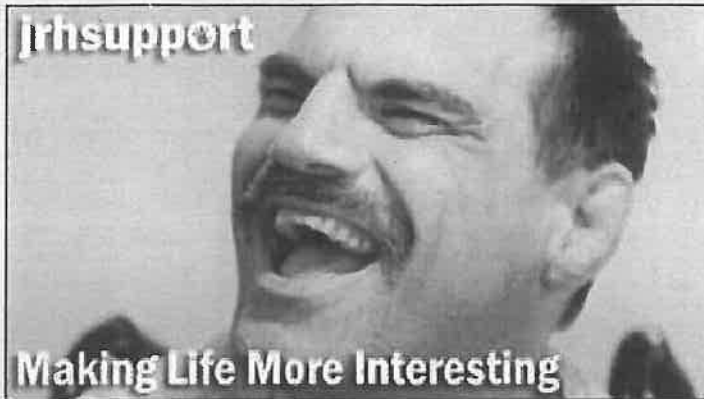
Weekday: £18.47  
Weekend: £25.65

#### Additional Staff

£15.39 / hour



## JRH Support



We have been supporting people to enjoy a wide range of interesting and are highly trained and love working with people and supporting them to get the most out of life.

to do and the things they want to achieve, and then tailor the support they need to do these things.

At present we support over 150 people in the Nottingham area, and we strongly believe that everyone has the right to an enjoyable and fulfilling life.

Some of the people we support are people with a learning disability, older people, people with mental health needs, people with physical and sensory disabilities and people on the autistic spectrum. Whatever someone's ability, we work closely with them to support them to achieve their potential and to get a sense of fulfilment.

**We support people to take part in a really wide range of activities such as:**

- Joining social groups
- Taking part in sporting and leisure activities
- Accessing educational classes
- Meeting people
- Doing voluntary work
- Preparing for employment
- Accessing community facilities
- Joining clubs
- Going to church

We think life should be fun, interesting and fulfilling; and our skilled staff team are dedicated to providing support that enables people to have the maximum amount of choice and control in their lives, and to:

- Do things that have a purpose and are meaningful for them.
- Do things in ordinary places, that most members of the community would be doing.
- Do things that are right for them as individuals, at the times they want to do them and with support that meets their individual and specific requirements.
- Meet local people, develop friendships and connections and build a sense of belonging.

## CONTACT DETAILS

**Address:**

JRH Support  
Jarodale House  
7 Gregory Boulevard  
Nottingham  
NG7 6LB

**Telephone number:**

0115 985 6000

**General E-mail Address:**

office@jrhsupport.co.uk

**Manager:**

Paul Battershall

**E-mail Address:**

paul@jrhsupport.co.uk

**Website:**

www.jrhsupport.co.uk

## PRICING INFORMATION

### Day Opportunities

**Day time (per hr)**

Weekday: £14.32

Weekend: £14.32

Bank Hol: £14.32

**Evening (per hr)**

Weekday: £14.32

Weekend: £14.32

Bank Hol: £14.32

**Additional Staff**

£14.32 / hour

**Transport**

£0.31 / mile





## LIFE Learning in a Fun Environment CIC

(Day Care)



Life is a learning provision for adults aged 19+ with learning difficulties and disabilities in Nottinghamshire. We are a very friendly social group which puts a lot of emphasis on social interaction as well as our core focus of learning independent living skills.

**Home skills. Basic skill/reading/writing/telling the time. Skill maintenance. I.T skills.**

**Confidence building. Communication and social skills  
Careers advice. Work Experience and job hunting/ work preparation.**

**Transition sessions**

**Haberdashery. Drama. Arts and  
crafts Healthy lifestyle**

**Preparation for employment and access to work opportunities, (We have a careers advisory service to assess and develop skills in our services users who are interested in and capable of accessing work opportunities)**

**We have a gym with disabled access and a full time personal trainer who specialises in working with special needs.**

**All students have an individual learning plan this is put together to cater for the student's individual needs and interest, the students will have full input into this to ensure they are happy and working towards the goals which are relevant to them.**

**The programmes are designed to maintain/restore and develop independence, including basic life-skills.**

### Activities created to support independence include:

Gardening and growing fruit and vegetables. Our service users have developed and designed their own allotment.

Cookery; Students work in the kitchen with staff to cook a meal and a desert for all the other students.

Shopping, students shop for the food each week. Healthy eating

Travel training. Out and about session

Budgeting, money management Personal / road safety. Health and safety.

Personal hygiene and personal presentation

### CONTACT DETAILS

#### Address:

LIFE  
The youth Wing  
Aspley Methodist Church  
Aspley  
Nottingham  
NG8 5RS

#### Telephone number:

0115 929 6630

#### General E-mail Address:

Suziewright\_life@msn.com

#### Manager:

Suzie Wright

#### E-mail Address:

Suziewright\_life@msn.com

#### Website:

[www.lifecic.co.uk](http://www.lifecic.co.uk)

### PRICING INFORMATION

#### Day Care

##### Half days (3hr)

Weekday: £17.96

Bank Hol: £17.96

##### Full days (6hr)

Weekday: £35.92

Bank Hol: £35.92

##### Additional Staff

£8.73 / hour



## Metropolitan Care and Support

(Day Opportunities)



**Metropolitan is a leading provider of Care and Support Services with over 25 years experience.** On average we support over 7000 individuals each year, helping people to recover, regain control, live independently and participate in their local communities.

**We offer a range of services including:**

<b>Day to day help at home</b>	Support with a range of household tasks, <b>Shopping etc</b>
<b>Home from Hospital</b>	6 week hospital discharge service. Weekly visits to support your recovery.
<b>Growing your Social Circle</b>	Cooking, Computer club for beginners, cheap day out - cheap night in (increase your social circle on a budget), <b>Healthy Eating club.</b>
<b>Being Active</b>	Join a group, lead a group e.g. Rambling, Cycling, Cinema, Music, Drama, Creative writing, <b>Chair based exercise club.</b>
<b>Education, Training &amp; Employment Service</b>	Help to develop your personalised plan using skills and strengths to access education training and employment. Access our volunteering programme, meet new people <b>and gain new skills,</b>
<b>Individual Support</b>	One to one support when you need it. This could include support to attend appointments, 1:1 support in workplace or educational setting, <b>developing a social network</b>
<b>Gardening Scheme, Volunteer to help others with their Garden.</b>	Joint venture with Red Welly delivering hands on horticulture experience. Support at home or out and about.
<b>Taking Care</b>	Need someone to check you are okay, visit <b>and have a chat.</b>

If you want to access any of our services we will meet with you and/or your carer to agree the service that will be provided, the frequency you will access the service, how long you will use the service for, what to do if you are unhappy with any aspect of our service and whether or not we think our service can best meet your needs.

### CONTACT DETAILS

**Address:**  
Metropolitan  
Civic Centre  
Pavilion Road  
West Bridgford  
Nottingham NG2 5FE

**Telephone number:**  
0203 535 5140

**General E-mail Address:**  
TBC

**Manager:**  
Ranjana Mitra

**E-mail Address:**  
Ranjana.Mitra@metropolitan.org.uk

**Website:**  
[www.metropolitan.org.uk](http://www.metropolitan.org.uk)

### PRICING INFORMATION

#### Day Opportunities

**Day time (per hr)**

Weekday: £15.04  
Weekend: £15.04  
Bank Hol: £15.04

**Evening (per hr)**

Weekday: £15.04  
Weekend: £15.04  
Bank Hol: £15.04

**Additional Staff**

£15.04 / hour

**Transport**

£0.45 / mile



## Nottingham Community Housing Association

### (Day Opportunities)

Nottingham Community Housing Association has established a new service which we call **My Day, My Way**. This builds upon NCHA's 25 year's + experience of delivering care and support services in Nottingham and across the East Midlands. This service offers a range of meaningful and stimulating activities that can provide social contact and maintain well-being.

people with a learning disability, physical disability, or mental health

with all of these client groups and staff are all trained appropriately.

My Day, My Way can include : shopping, outdoor activities, from going for a walk through to doing a sport, swimming or going to a gym for exercise, craft activities, cooking , making music, visiting a gallery, watching a football match or other sporting event, working with computers, attending

feels is right for them.

Dependent on the activity, the service can be provided for as little as an hour or as long as a day , including evenings and weekends.

A key aspect of the service is to develop independence through basic life-skills while at the same time offering care where the person is dependent and/or frail or vulnerable. We offer a life skills training programme called 'Take 5' which enables people who use our serviceto work through different modules designed to increase their confidence and become more independent. The modules chosen relate to the variety of support plans that are created by our staff, in conjunction with the service users with the aim of increasing their knowledge, their abilities, their self confidence and to acknowledge their achievements.

### CONTACT DETAILS

**Address:**

Unit 1  
Clumber Court  
Clumber Avenue  
Nottingham  
NG5 1AJ

**Telephone number:**

0845 650 1202

**General E-mail Address:**

[hwcsreception@ncha.org.uk](mailto:hwcsreception@ncha.org.uk)

**Manager:**

Sue Collingwood

**E-mail Address:**

[Sue.Collingwood@ncha.org.uk](mailto:Sue.Collingwood@ncha.org.uk)

**Website:**

[www.ncha.org](http://www.ncha.org)

### PRICING INFORMATION

#### Day Opportunities

**Day time (per hr)**

Weekday: £14.01

**Weekend:** £14.01

Bank Hol: £14.01

**Evening (per hr)**

Weekday: £14.01

Weekend: £14.01

Bank Hol: £14.01

**Additional Staff**

£14.01 / hour

**Transport**

£0.57 / mile



## Nottingham City Council – Acorn Resource Centre

### (Day Care)



Sensory room

Chair based exercise

group Community garden

Independence and confidence

sessions Outdoor activities

Indoor activities including craft, cookery and flower

arranging Social events including fun days, trips to fairs and

boat trips Health and Wellbeing

**Please note that referral must be via a Social Worker or Occupational Therapist.**

The Acorn Resource Centre at the Mary Potter Centre in Hyson Green provides day services for people aged 18 and over with physical and sensory impairments.

It caters for up to 50 people per day from Monday to Friday, and offers interesting and varied activities including:

The activities list is not exhaustive and is subject to change.

The Acorn Resource Centre's aim is to offer a service which fully meets people's needs. During a service user's first weeks at the centre, they will participate in an assessment of their needs. Each person will be assigned a key worker to help orientate them around the unit and to ensure that they get the most out of their attendance. Close links are maintained with people's carers and support and advice is given where needed.

The aim is to progress at the pace of the individual to work towards their goals, and to foster as much independence as possible. The Centre works with local and regional teams to educate and develop people's skills and health and wellbeing.

Assistance with personal care is available, and a comprehensive moving and handling plan is completed as needed.

## CONTACT DETAILS

### Address:

Acorn Resource Centre  
The Mary Potter Centre  
76 Gregory Boulevard  
Nottingham  
NG7 5HY

### Telephone number:

0115 883 8070

### Manager:

Maggie Longergan

### E-mail Address:

maddie.lonergan@nottinghamcity.gov.uk

### Website:

[www.nottinghamcity.gov.uk/supportingadults](http://www.nottinghamcity.gov.uk/supportingadults)

## PRICING INFORMATION

See page 30

'Pricing Information for Nottingham City Council Day Services'





## Nottingham City Council – Albany House

(Day Care)



Albany House Day Service, in St Ann's, provides support to people with physical and sensory, mental health and learning disabilities and also specialist Dementia support.

The building is modern with state-of-the-art facilities for bathing and showering, an induction loop system, internet access, gardens with raised flower beds, and outdoor seating areas. All rooms, toilet areas and outside areas are accessible and user-friendly for wheelchair-users.

It provides 55 places from Monday to Friday. Thirty five places are primarily for people with physical and sensory, mental health and learning disabilities.

It also provides specialist Dementia support for 20 people per day with low, moderate and high levels of needs.

Activities provided at the Service include:

- Large group activities including quizzes and card games
- Sing-a-longs
- Chair based exercises
- Outdoor activities including sports and gardening
- Social events including football matches, bowling and eating out
- Individual activities for one to one support.

The activities list is not exhaustive and is subject to change.

Albany House Day Service's aim is to promote, develop, and maintain independence by providing a range of activities within and external to the unit.

Each person is assigned their own keyworker who will work closely with them, their carers, and any other people involved in the individual's needs to develop a care plan. This is reviewed on a regular basis.

## CONTACT DETAILS

**Address:**

Albany House  
Orby Close  
Nottingham  
NG3 2FP

**Telephone number:**

0115 915 2471

**Manager:**

Amardeep Bhattal

**E-mail Address:**

amardeep.bhattal@nottinghamcity.gov.uk

**Website:**

[www.nottinghamcity.gov.uk/supportingadults](http://www.nottinghamcity.gov.uk/supportingadults)

## PRICING INFORMATION

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*'Pricing Information for Nottingham City Council Day Services'*



## Nottingham City Council – Indian Community Centre

(Day Care)



The Indian Community Centre, in Carrington, provides services primarily to members from the Indian Community who may be suffering from physical or sensory disabilities, have mental health needs, are socially isolated or have other health issues to enable people to lead healthy, active independent lives in a culturally appropriate setting.

The Centre is open from Monday to Friday and has 30 places per day. The Centre provides an environment where older people can receive help and support and develop friendships.

It offers interesting and varied activities including:

- Quizzes and games
- Religious sessions including hymn singing
- Shopping and day trips

The activities list is not exhaustive and is subject to change.

The support provided helps improve the quality of life of the older population, encourages independence and provides relief to carers.

Services are provided in a culturally sensitive setting; sensitive to dietary needs; and meeting the linguistic needs of users.

### CONTACT DETAILS

**Address:**

Indian Centre  
99 Hucknall Road  
Nottingham  
NG5 1QZ

**Telephone number:**

0115 969 3402

**Manager:**

Amardeep Bhattal

**E-mail Address:**

amardeep.bhattal@nottinghamcity.gov.uk

**Website:**

[www.nottinghamcity.gov.uk/supportingadults](http://www.nottinghamcity.gov.uk/supportingadults)

[www.theicca.co.uk](http://www.theicca.co.uk)

### PRICING INFORMATION

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*'Pricing Information for Nottingham City Council Day Services'*



## Nottingham City Council – Marcus Garvey Centre

### (Day Care)

The Marcus Garvey Centre specifically caters for the needs of older African/Caribbean citizens to help them lead healthy, active and independent lives. All the staff at the Centre are from African-Caribbean background and are fully trained and skilled in caring for the elderly.

The Centre is open from Monday to Friday and has 40 places per day.

It offers interesting and varied activities including:

- Chair based exercise
- Day trips
- Indoor activities including arts and crafts, puzzles, quizzes, storytelling and dancing
- Shopping trips

The Centre's aim is to improve the quality of life of the elderly and to widen their experience by hosting a setting where they can meet with people of similar ages and backgrounds.

People with Dementia are looked after in our Alzheimer's group and staff carry out reminiscence and memory work, and activities designed to stimulate and encourage them.

On-going support is available for elders, their relatives and carers to ensure their emotional health and well-being. Regular drop-in sessions are programmed in to yearly plans. Relatives and carers can 'drop-in' to speak to the staff and see how their relatives are progressing. Welfare rights workers also come in to deal with benefit queries

## CONTACT DETAILS

### Address:

Marcus Garvey Centre  
Lenton Boulevard  
Nottingham  
NG7 2BY

### Telephone number:

0115 979 2906

### Manager:

Amardeep Bhattal

### E-mail Address:

amardeep.bhattal@nottinghamcity.gov.uk

### Website:

[www.nottinghamcity.gov.uk/supportingadults](http://www.nottinghamcity.gov.uk/supportingadults)

## PRICING INFORMATION

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*'Pricing Information for Nottingham City Council Day Services'*



## Nottingham City Council – Open Door

(Day Care)



The Open Door Project, on Victoria Embankment, provides a recovery based service for people who are looking for help and support with their mental health issues. Its aim is to help these people lead healthy, active, and independent lives.

The Centre offers 40 places per day from Monday to Friday.

It offers interesting and varied activities including:

- Therapeutic outdoor activities
- Art and Drama based interpersonal development sessions
- Recovery groups
- Social activities including reading and woodwork.

People referred will have an individual worker to help them plan for their future.

## CONTACT DETAILS

**Address:**

Open Door  
19 Victoria Embankment  
Meadows  
Nottingham  
NG2 2JY

**Telephone number:**

0115 915 3895

**Manager:**

Nicki Kendrick

**E-mail Address:**

[Nicki.kendrick@nottinghamcity.gov.uk](mailto:Nicki.kendrick@nottinghamcity.gov.uk)

**Website:**

[www.nottinghamcity.gov.uk/supportingadults](http://www.nottinghamcity.gov.uk/supportingadults)

## PRICING INFORMATION

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## Nottingham City Council – Pakistan Centre

(Day Care)



The Pakistan Day Centre provides services primarily to members from the Pakistani/Muslim Community who may be suffering from physical or sensory disabilities, have mental health needs, are socially isolated, or have other health issues.

The Centre has 20 places on Tuesday, Wednesday and Thursday.

The Centre's aim is to provide an environment where older people can receive help, support and develop friendships. It offers interesting and varied activities including:

- Shopping and day trips
- Quizzes and games
- Religious sessions including meditation

The activities list is not exhaustive and is subject to change. The day care assistance helps improve the quality of life of the older population, encourage independence, and provide respite to carers. Services are provided in a culturally sensitive setting; sensitive to dietary needs and meeting the linguistic needs of users.

## CONTACT DETAILS

**Address:**

Pakistan Centre  
163 Woodborough Road  
Nottingham  
NG3 1AX

**Telephone number:**

0115 985 2973

**Manager:**

Amardeep Bhattal

**E-mail Address:**

amardeep.bhattal@nottinghamcity.gov.uk

**Website:**

[www.nottinghamcity.gov.uk/supportingadults](http://www.nottinghamcity.gov.uk/supportingadults)

## PRICING INFORMATION

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## Nottingham City Council – Shared Lives Service

The Nottingham Shared Lives Service, formally known as Nottingham City Adult Placement Scheme, links people who need help and support with living in the community to Shared Lives Carers, who can provide that help and support within their own home.

Shared Lives Carers welcome adults into their homes and include them in their family life. People are encouraged to maintain their independence wherever possible, and to be valued members of their local community.

People using the Service may have a variety of needs that could

include: A person with a learning disability

A person with a physical disability

A person with mental health problems

A person with other health or sensory difficulties, or who is unable to live alone because of their age

The service supports people in a personalised way, and takes care to match the needs of people to the Carers that are available. Support offered by Carers includes long-term care and support, a short break, or daytime support within a family home setting in the community.

If you feel this service could help support you or you are interested in becoming a Carer, then please contact the team to find out more. We look forward to hearing from you.

## CONTACT DETAILS

**Address:**

The Denewood Centre  
Denewood Crescent  
Bilborough  
Nottingham  
NG8 3DH

**Telephone number:**

0115 876 5846

**Manager:**

Jane Everett

**E-mail Address:**

[jane.everett@nottinghamcity.gov.uk](mailto:jane.everett@nottinghamcity.gov.uk)

**Website:**

[www.nottinghamcity.gov.uk/supportingadults](http://www.nottinghamcity.gov.uk/supportingadults)

## PRICING INFORMATION

**Half days (up to 4hr)**

Weekday: £32.33



## Nottingham City Council – Springwood Day Centre

(Day Care)



Springwood Day Centre, in Mapperley, provides support to adults aged 18 and over with moderate, severe and profound learning disabilities to help them lead healthy, active and independent lives.

The Centre caters for between 93 and 104 places per day from Monday to Friday. It offers interesting and varied activities including:

- Exercise classes, trampolining and dancing
- Swimming
- Football in the community
- Gardening
- Cooking and health eating sessions
- Trips out (including libraries, shops, places of local and historical interest)

The activities list is not exhaustive and is subject to change. Springwood's aims are:

To provide a safe and comfortable environment which also provides stimulus and interaction on a level and pace to suit individuals who display limited communication skills, concentration spans and social interaction skills

To enable individuals, through person centred programmes and support plans, to live as independently as is possible and desired

To integrate individuals into the wider community and society as far as is able and appropriate

For individuals to reach a level of enjoyment, through specifically designed activities, which will encourage participation and integration

Every person who attends Springwood will have an allocated Support Worker whose role is to discuss any concerns, review the person's timetable, produce written reports including Care Plans which will ensure a person centred approach.

Springwood has access to the hydrotherapy pool based at the Martin Jackaman Centre in Aspley.

Springwood also hosts the venue for Evergreen - the city's creative, visual and performing arts group for people with a learning disability. Evergreen develops people through drama, costume making and public performances including working with schools in promoting positive images.

## CONTACT DETAILS

**Address:**

Springwood Day Service  
Ransom Drive  
Mapperley  
Nottingham  
NG3 5LR

**Telephone number:**

0115 962 2611

**Manager:**

Maggie Longergan

**E-mail Address:**

maddie.lonergan@nottinghamcity.gov.uk

**Website:**

[www.nottinghamcity.gov.uk/supportin/gadults](http://www.nottinghamcity.gov.uk/supportin/gadults)

## PRICING INFORMATION

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## Nottingham City Council – Summerwood Day Service

(Day Care)



Summerwood Day Service, in Clifton, provides opportunities and supports adults with learning disabilities to lead healthy, active, independent and fulfilled lives.

Summerwood provides 40 places a day from Monday to Friday. It also offers bespoke individual arrangements to meet individual specific needs.

It offers interesting and varied activities including:

- Trips to the theatre and cinema
- Ice Skating
- Horse Riding
- Exercise classes
- Swimming
- Football
- Arts and Craft
- Cookery
- Dancing

The activities list is not exhaustive and is subject to change.

In addition to these activities the Service also offers support with literacy/numeracy, reading and writing, money skills and budgeting, road safety skills, independent travel training, healthy eating and health education programmes.

Summerwood also has a well equipped sensory area which can provide sensory experiences such as massage, aromatherapy or therapeutic exercise/ programmes in a calm/tranquil and relaxed environment.

Summerwood has access to vehicles for community activities and both vehicles have a tail lift facility for people who need additional support or use wheelchairs.

Summerwood provides a very personal, positive and friendly family environment and its philosophy is very much based around a person centred approach in all aspects of the Service provision. Service users, parents or carers and friends and families play an essential role in the management and direction of the Service which determines what it offers and how it develops in the future. The Service also has a very strong emphasis on providing social opportunities for people to socialise and meet new people.

## CONTACT DETAILS

**Address:** Summerwood Day  
Service Summerwood Lane, Off  
Farnborough  
Road  
Clifton  
Nottingham  
NG11 9DR

**Telephone number:**  
0115 915 7985

**Manager:**  
Nicki Kendrick

**E-mail Address:**  
[Nicki.kendrick@nottinghamcity.gov.uk](mailto:Nicki.kendrick@nottinghamcity.gov.uk)

**Website:**  
[www.nottinghamcity.gov.uk/supportingadults](http://www.nottinghamcity.gov.uk/supportingadults)

## PRICING INFORMATION

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City Council Day Services'*



## Nottingham City Council – The Willows Day Centre

(Day Care)



The Willows Day Centre, in Beechdale, provides facilities and support to people aged over 50 years from all cultural, religious and ethnic backgrounds.

The Willows is open from Monday to Friday. Twenty five places are available on Monday, Wednesday and Thursday and 22 places are available on a Tuesday and Friday.

It offers interesting and varied activities including:

- Exercise classes
- Health information
- Swimming
- Dancing
- Snooker
- Trips out and group outings
- Internet access

The activities list is not exhaustive and is subject to change.

## CONTACT DETAILS

**Address:**

The Willows Day Centre  
Ambergate Road  
Beechdale  
Nottingham  
NG8 3GD

**Telephone number:**

0115 915 3993

**Manager:**

Amardeep Bhattal

**E-mail Address:**

amardeep.bhattal@nottinghamcity.gov.uk

**Website:**

[www.nottinghamcity.gov.uk/supportingadults](http://www.nottinghamcity.gov.uk/supportingadults)

## PRICING INFORMATION

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City Council Day Services'





## Pricing Information for Nottingham City Council Day Services

### Older People

<b>Half session per person</b>	
Number of hours per half session	Up to 4 hours
Cost per half session Low	£12.31
Cost per half session Medium	£18.47
Cost per half session High	£27.71
<b>Half session per person (with support over lunch)</b>	
Low	£18.47
Medium	£27.71
High	£41.56
<b>Full session per person</b>	
Number of hours per full session	Up to 8 hours
Cost per full session Low	£30.78
Cost per full session Medium	£46.18
Cost per full session High	£69.27
<b>Hourly rate per person</b>	
Low	£6.16
Medium	£9.24
High	£13.86

### Mental Health

<b>Half session per person</b>	
Number of hours per half session	Up to 4 hours
Cost per session	£41.05
Hourly rate per person	£20.52

### BME Older People

<b>Half session per person</b>	
Number of hours per half session	Up to 4 hours
Cost per half session Low	£12.31
Cost per half session Medium	£13.86
Cost per half session High	£15.39
<b>Half session per person (with support over lunch)</b>	
Low	£18.47
Medium	£20.52
High	£23.09
<b>Full session per person</b>	
Number of hours per full session	Up to 8 hours
Cost per full session Low	£30.78
Cost per full session Medium	£34.89
Cost per full session High	£38.49
<b>Hourly rate per person</b>	
Low	£6.16
Medium	£6.67
High	£7.70

### Shared Lives

<b>Half session per person</b>	
Number of hours per half session	Up to 4 hours
Cost per session	£32.33



## Pricing Information for Nottingham City Council Day Services

### Learning Disabilities

<b>Half session per person</b>	
Number of hours per half session	Up to 4 hours
Cost per half session Low	£17.96
Cost per half session Medium	£26.68
Cost per half session High	£37.97
Cost per half session Complex Needs	£49.26
<b>Half session per person (with support over lunch)</b>	
Low	£26.68
Medium	£40.02
High	£56.95
Complex Needs	£73.88
<b>Full session per person</b>	
Number of hours per full session	Up to 8 hours
Cost per full session Low	£44.12
Cost per full session Medium	£66.70
Cost per full session High	£94.41
Cost per full session Complex Needs	£123.14
<b>Hourly rate per person</b>	
Low	£8.72
Medium	£13.34
High	£18.98
Complex Needs	£24.63

### Physical and Sensory Impairment

<b>Half session per person</b>	
Number of hours per half session	Up to 4 hours
Cost per half session Low	£12.83
Cost per half session Medium	£25.65
Cost per half session High	£31.81
Cost per half session Complex Needs	£38.49
<b>Half session per person (with support over lunch)</b>	
Low	£19.50
Medium	£38.99
High	£48.23
Complex Needs	£57.98
<b>Full session per person</b>	
Number of hours per full session	Up to 8 hours
Cost per full session Low	£32.33
Cost per full session Medium	£64.14
Cost per full session High	£81.07
Cost per full session Complex Needs	£96.46
<b>Hourly rate per person</b>	
Low	£6.67
Medium	£12.83
High	£16.42
Complex Needs	£19.50



## Nottinghamshire County Council

### (Day Care)

Nottinghamshire County Council offers a day service to adults aged 19 and over. We will work imaginatively and flexibly with you to support you to achieve your personal goals – activities are designed to meet your individual support needs, using person-centred tools and thinking.

Examples of activities available around the services are : Gentle exercise and Zumba, rebound therapy, dance and drama, beauty and therapeutic activities, training kitchen, Audio-Visual room, arts and crafts, music, IT sessions, bingo and tabletop games, reminiscence work, gardening. Tutors from local colleges come into the day services to provide additional courses. Each service has its own programme which will include some if not all of the above, depending on facilities available and staff skills.

Day service staff are able to support you to get out and about to use the local facilities, as part of your planned service eg. college, swimming, rambling, football, badminton, local gym sessions, pubs and shopping.

#### The opportunities available will enable you to:

- practice the skills you have and learn new skills
- keep fit and stay healthy
- relax and enjoy yourself
- socialise with other people and make friends

Because all client groups are integrated across our day services, you will be able to join in a wide range of activities which are open to everybody. Activities are also organised within client-group sections of the day service building, so that people do not have to mix if they do not want to (for example, activities just for people with learning disabilities or older people). There are also quiet areas within the building for relaxing, and social areas for chatting and spending time with other people.

## CONTACT DETAILS

### Gedling Day Service

#### Address:

Gedling Day Service  
Howbeck Road  
Gedling, Arnold  
Nottinghamshire  
NG5 8AA

#### Telephone number:

0115 967 4805

### Broxtowe Day Service

#### Address:

Broxtowe Day Service  
Sunnyside Road  
Beeston  
Nottinghamshire  
NG9 4FR

#### Telephone

number: 01159 250172

#### Manager (All Services):

Elaine Bagguley

#### E-mail Address:

Elaine.bagguley@nottscc.gov.uk

## PRICING INFORMATION

### Day Care

#### Half days (4hr)

Weekdays only: £37.91

#### Full days (7hr)

Weekdays only: £75.82

#### Additional Staff

£14.37 / hour

#### Transport

£25.65 / round trip





## Nottinghamshire Deaf Society

(Day Care)



### Activities and services available at NDS

- Older Persons Group
- Hard of Hearing Group
- Interpreter Duty Time
- Lip Reading Classes
- British Sign Language Courses
- Church Service Interpreter
- Duty Time Welfare Rights
- Volunteering opportunities
- Community Café
- Prize Bingo and Social Club
- Coffee Morning
- Yoga
- Sports Clubs
- Drama Group
- Craft Group

### CONTACT DETAILS

**Address:**

22 Forest Road West  
Nottingham  
NG7 4EQ

**Telephone number:**

0115 970 0516

**General E-mail Address:**

[NDS@nottsdeaf.org.uk](mailto:NDS@nottsdeaf.org.uk)

**Manager:**

Vanessa Pincott

**E-mail Address:**

[Vanessa.pincott@nottsdeaf.org.uk](mailto:Vanessa.pincott@nottsdeaf.org.uk)

**Website:**

[www.nottsdeaf.org.uk](http://www.nottsdeaf.org.uk)

### PRICING INFORMATION

#### Day Care

**Half days (3.5hr)**

Weekday: £14.11

**Full days (7hr)**

Weekday: £28.22

**Evenings (3.5hr)**

Weekday: £21.19

**Additional Staff**

£15.91 / hour

**Transport**

£5.13 / round trip



## Nottingham Mencap

(Day Care and Day Opportunities)



Nottingham Mencap offers a range of meaningful activities that provide social contact and stimulation which maintain and enhance physical and mental wellbeing for those with learning disabilities.

**Harpenden House on Edwards Road**, Sherwood offers various activities to develop independence for example Cooking for self and others, Arts and Crafts, Radio Media, Performing Arts, Gardening, Music etc. Social groups offer opportunity to mix with friends in a safe environment and play games eg. pool, darts, bingo, card games, watch DVD's etc or go Rambling on Thursdays.

**Centre House, on Chapel Bar, Nottingham city centre**- a cafe and shop open to the public offers work skills training (if suitable). Our ICT centre helps people gain confidence with their computer skills and our dedicated Basic Skills centre assists with personal literacy and numeracy goals.

Our "**Getting out and about**" projects on Mondays have a historical focus visiting local historical buildings/venues whilst Fridays offers a more social opportunity accessing local facilities i.e. bowling, cinema, ice skating, etc.

**Short Breaks**, our respite service offers:

**Sitting Service** - supporting the client in home based activities, day, evening or bed time routines.

**Befriending Service** - enables clients to access social and leisure activities in the community, to improve their life skills, and build self-confidence and self-esteem. Clients are responsible for paying expenses incurred during the sessions such as entrance fees into the cinema.

**Supporting Change** - a structured personal service that provides transitional support. It is person centred and tailored to meet individual needs, in achieving personal goals and practise life skills within their own home or in the community, rather than in a classroom.

**Getaways Clubs** held Tuesday and Wednesday evenings 7pm- 9pm for adults aged 19+ to access social and leisure activities i.e. art and crafts, discos, bingo, trips out etc.

### CONTACT DETAILS

**Address:**  
Centre House,  
4 Chapel Bar,  
Nottingham,  
NG1 6JQ

**Telephone number:**  
0115 956 1130

**General E-mail Address:**  
[info@nottinghammencap.org.uk](mailto:info@nottinghammencap.org.uk)

**Manager:**  
Amanda Allport

**E-mail Address:**  
[amandaallport@positivefutures.org](mailto:amandaallport@positivefutures.org)

**Website:**  
[www.nottinghammencap.org.uk](http://www.nottinghammencap.org.uk)

### PRICING INFORMATION

Day Care	Day Opps
<b>Harpenden House</b>	<b>Day time (per hr)</b>
<b>Half days (2.5hr)</b>	Weekday: £15.91
Weekday: £15.39	Weekend: £15.91
<b>Full days (5hr)</b>	<b>Evening (per hr)</b>
Weekday: £30.78	Weekday: £15.91
<b>Evenings (2hr)</b>	Weekend: £15.91
Weekday: £5.13	<b>Additional Staff</b>
<b>Additional Staff</b>	£15.91 / hour
£15.91 / hour	



## Percurra

### (Day Care and Day Opportunities)

PerCurra Day Services run a range of groups and activities for adults of all ages and all abilities. These take place at selected venues in Nottingham and provide opportunities to access community facilities. Trained PerCurra staff provide care and supervision and, wherever possible, help clients towards independence.

See next page for most recent Day Services Programme

#### Healthy Eating & Exercise – Wilford Church Hall, Main Road Wilford

*We will be joining a Slimming World group to learn how to lose weight and how to plan and prepare nutritious meals. The exercise session is suitable for all levels.*

*Slimming world is available on prescription from your GP in the City of Nottingham. No additional cost for this group.*

#### Swimming - Clifton Leisure Centre

*Suitable for all swimming abilities as well as those requiring assistance with changing and pool access.*

**Social Groups for people with learning disabilities – various activities and venues**

*The varied activity programme is chosen by the members and includes activities such as bowling, cinema and eating out.*

**Our Day Services programme is reviewed every three months to ensure we are meeting the needs of service users. Full information regarding each activity is available on request.**

Activities are led by trained staff and the emphasis is on creating a safe and relaxed environment where clients gain the maximum benefit and enjoyment.

#### Our aims:

- Provide social contact and stimulation
- Maintain and enhance physical and mental wellbeing
- Provide education and training opportunities
- Enable preparation for employment Develop independence and basic life skills
- Assist recovery and rehabilitation after a critical episode

**Costs:** Each 4 hour session is £30.30 per person. There may be additional costs when taking part in external activities and these will be charged per event.

**For further details please contact us.**

Large print and audio versions on request.

## CONTACT DETAILS

#### Address:

117 Trent Boulevard  
West Bridgford  
Nottingham  
NG2 5BN

#### Telephone number:

0115 969 6108

#### General E-mail Address

dayservices@percurra.com

#### Manager:

Jane Bemrose

#### E-mail Address:

jbemrose@percurra.com

#### Website:

www.percurra.com











## PRICING INFORMATION

Day Care	Day Opps
<b>Half days (4hr)</b>	<b>Day time (per hr)</b>
Weekday & Weekend:	Weekday: £14.37
Weekend:	Weekend: £14.37
Low: £30.78	Bank Hol: £28.73
Medium: £51.31	<b>Evening (per hr)</b>
High: £82.09	Weekday: £14.37
<b>Evenings (~4hr)</b>	Weekend: £14.37
Weekday & Weekend:	Bank Hol: £28.73
Weekend:	<b>Additional Staff</b>
Low: £30.78	£14.37 / hour
Medium: £51.31	
High: £82.09	
<b>Additional Staff</b>	<b>Transport</b>
£14.37 / hour	£1.03/mile
<b>Transport</b>	
£2.05 / mile	

Live your life. Your way.

## Programme: April to June 2013



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Healthy Eating & Exercise 9 am - 1 pm Wilford Church Hall 						
Afternoon	Swimming 4.30 pm - 5.30 pm Brancliffe Leisure Centre 		Choir 12.30 pm - 4.30 pm Wolfson Pub & Kitchen 	Cinema 12.30 pm - 4.30 pm Cineworld, Cornerhouse 	Swimming 1 pm - 5 pm Clifton Leisure Centre 		
Evening	Social Group (3 spaces left) 6 pm - 10 pm Venue chosen by Group 	Social Group 5 pm - 10 pm Venue chosen by Group 	Social Group (1 space left) 5 pm - 10 pm Venue chosen by Group 	Social Group 5 pm - 10 pm Venue chosen by Group 	Social Group (1 space left) 6 pm - 10 pm Venue chosen by Group 		

How to book: Contact Customer Services Team on 0115 969 6108

Nottingham Office & UK Headquarters, 117 Trent Boulevard, West Bridgford, Nottingham NG2 5BN  
 Tel: 0115 958 6166 Fax: 0944 544 7781 www.PerCura.com Email: daysservices@PerCura.com

## Radford Care Group

(Day Care)



The Radford Care Group Centre for Care is accessible to older people and consists of:

**A Friendship Group** which is warm and welcoming. Once here you will enjoy:

The friendship of others

Trying new things and enjoying familiar past-times

Information and advice and positive steps to stay healthy Exercise and arts and crafts

Refreshments throughout the day and a midday meal – (special dietary needs or other needs based around different ethnic origins)

Regular trips out

A hair salon (on site)

Access to a chiropodist and aromatherapy massage Bathing facilities on site (supported if necessary) Transport can be provided door to door

**A Day Care Service** more specialised for elders in the community who may need some extra help and for their loved ones who may benefit from some time to themselves.

The Day Care Centre offers all the benefits of the friendship group and is supported by professional highly qualified care staff. Those accessing the day care service may also be interested in the following:

A Carers Group, meeting every quarter on a Saturday morning. We offer transport to the Centre and look after any loved ones whilst you attend the meeting. Professionals are also invited to offer valuable advice and support.

Carers are also offered an opportunity to attend a programme of special information sessions for carers of people with dementia. They have been carefully planned to provide;

Improved understanding of all aspects of dementia; getting your questions answered; experts guiding the groups; mutual support from other carers; A relaxed, informative and enjoyable couple of hours; information resource packs to take home.

**We look forward to meeting you**

## CONTACT DETAILS

### Address:

25 – 31 Prospect Street  
Radford  
Nottingham  
NG7 5QE

### Telephone number:

0115 978 6133

### General E-mail Address:

[info@radfordcaregroup.org.uk](mailto:info@radfordcaregroup.org.uk)

### Manager:

Sarah Wilson

### E-mail Address:

[accounts@radfordcaregroup.org.uk](mailto:accounts@radfordcaregroup.org.uk)

### Website:

[www.radfordcaregroup.org.uk](http://www.radfordcaregroup.org.uk)

## PRICING INFORMATION

### Day Care

#### Full days (7hr)

Weekday:

Low: £12.31

Standard: £18.47

Medium: £25.65

High: £46.18

#### Assisted Bathing \*

Medium: £10.26 per wash/shower

High: £20.52 per wash/shower

#### Transport

£15.39 / round trip

\* Assisted bathing is defined on page 1



## Royal Mencap Society

(Day Care and Day Opportunities)



### Having fun, meeting people & achieving things that matter to you

We provide different social, leisure and community based activities. Our groups for people with learning disabilities run at different community places in and around Nottingham. You can come and try new activities at

include:

**Gardening-** Growing plants, vegetables and recycling.

**Performing arts** including dance, drama, media and music. We also put on an annual show!

**Café** – you can help run our café in Bingham. We plan menus, cook the food and serve the public.

**Healthy lifestyles** – including sports, swimming, exercise and gym sessions.

**Enterprise-** learn work skills and be part of a team

**Arts and crafts**– express yourself, be creative and sell your products!

If you want to do another activity tell us about it and we can help set this up. This could be in the daytime, evening or at a weekend.

Current activities run from 9.30am to 3pm, from Monday to Friday from local community places. We can support you to learn new skills and help you to achieve.

**Life Skills** e.g. time keeping, keeping safe

**Personal Skills** e.g. team work, problem solving

**Health** e.g. keeping fit, healthy eating

**Other activity skills** e.g. learning to paint, learning to bake cakes

### Getting a job

We can provide support to help you to find and keep a job. We offer support with:

Work experience placements

Job Coaching

Volunteering

CV writing, job searching and applying for work

Interview support

Travel Training

We provide employment support at times that suit you to help you meet your job goals. This may be day time, evenings or weekends.

## CONTACT DETAILS

### Address:

Meadow Youth Centre  
Wilfred Crescent East  
Nottingham  
NG2 2EF

### Telephone number:

0115 939 9944 or 0771 773 4144

### General E-mail Address:

[matthew.gallagher@mencap.org.uk](mailto:matthew.gallagher@mencap.org.uk)

### Manager:

Matthew Gallagher

### E-mail Address:

[matthew.gallagher@mencap.org.uk](mailto:matthew.gallagher@mencap.org.uk)

### Website:

[www.mencap.org.uk](http://www.mencap.org.uk)

## PRICING INFORMATION

Day Care	Day Opps
<b>Half days (3.5hr)</b>	<b>Day time (per hr)</b>
Weekday: £25.14	Weekday: £20.02
Bank Hol: £37.71	Weekend: £20.02
<b>Evening (~2.5hr)</b>	Bank Hol: £26.68
Weekday: £20.01	<b>Evening (per hr)</b>
Bank Hol: £30.01	Weekday: £20.02
<b>Additional Staff</b>	Weekend: £20.02
£15.39 / hour	Bank Hol: £26.68
	<b>Additional Staff</b>
	£16.94 / hour

## Seely Hirst House

(Day Care)



Seely Hirst House provides day care and companionship for the elderly who need assistance or supervision during the day:-

Half Day from 9.00 am – 12.30 pm
12.30 pm – 4.00 pm
Full Day 9.00 am – 4.00 pm
Evening 6.00 pm – 9.00 pm

We offer relief to family members and carers knowing that their loved ones are being well cared for and in a safe environment. Our goals are to enhance self-esteem and to encourage socialization, companionship, rehabilitation helping Service Users to remain independent and delaying or preventing institutionalisation.

There is a warm and welcoming team of highly trained staff who provide personalised care which promotes dignity and fulfilment. Services include:-

Freshly prepared Meals, Snacks, Hot and Cold Drinks,  
Hairdressing, Shopping, Cooking, Arts & Crafts  
Reminiscence, Board Games, Gardening, Flower Arranging,  
Reading Class, Creative Writing Class, Ball Games, Quiz Days  
Dentist, Optician, Chiropodist, Baths/Showers, Outings, Daily  
Activity Program, Entertainment, Exercise Classes (with a qualified  
Physiotherapist)  
Internet and Wi-Fi, Skype, Use of Laptop, Use of Desktop  
Computer, Quiet Lounge, TV Lounge  
Church Service & Communion  
Monitoring and administering of medication

Day Care Service users are encouraged to participate in their Care Plans to ensure that their choice, independence and rights are fully respected at all times.

### CONTACT DETAILS

**Address:**

62-68 Mapperley Road  
Nottingham  
NG3 5AS

**Telephone number:**

0115 960 6610

**General E-mail Address:**

[careatseely@aol.com](mailto:careatseely@aol.com)

**Manager:**

Julie Ward-Daft

**E-mail Address:**

[julieward.daft@btinternet.com](mailto:julieward.daft@btinternet.com)

**Website:**

[www.seelyhirsthouse.org.uk](http://www.seelyhirsthouse.org.uk)

### PRICING INFORMATION

#### Day Care

**Half days (3.5hr)**

Weekday: £46.18  
Weekend: £56.44  
Bank Hol: £76.96

**Full days (7hr)**

Weekday: £76.96  
Weekend: £82.09  
Bank Hol: £102.62

**Evenings (3hr)**

Weekday: £51.31  
Weekend: £76.96  
Bank Hol: £102.62

**Additional Staff**

£10.26 / hour

**Assisted Bathing \***

Low: £7.18 per wash/shower  
Medium: £12.31 per wash/shower  
High: £19.50 per wash/shower

\* Assisted bathing is defined on page 1

## The Work Place

(Day Care and Day Opportunities)



**Do you like having lots to do? Do you like to laugh and feel good?**

Are you interested in having work experience and learning work skills? What about office skills and learning to use a computer?

Do you like being outdoors gardening? Would you like to work on our allotments, learn to grow vegetables to take home and how to look after the hens?

Would you enjoy walking, and taking photo's, in the countryside?

Are you interested in having a go at woodwork, using electric drills and other tools?

What about visiting art galleries and museums? We like to go to the cinema and to cafes and to have days out together.

You could gain certificates from the Open College Network with courses, such as Local History, Drama or Art?

Are you the sort of person who would like to work in a small group of no more than 8 people?

**Yes, then come and visit us!**

We are a friendly group of people who like to keep busy and who come here to enjoy ourselves and to learn new things. We are people who like to feel independent. We enjoy trying all sorts of new things and going out together to visit places in and around Nottingham.

What WE like best about coming here is the friendships we make and feeling part of things. This is a safe place and no one gets left out at The Work Place. We all have a go at everything and help each other to make sure that this is OUR place.

**If you would like to come to meet us to find out what we are up to, telephone Alice, our Coordinator, on 079 85 393 926 and we will send you some information all about The Work Place.**

## CONTACT DETAILS

### Address:

The Work Place (Nottingham)  
103 Portland Road  
Nottingham  
NG7 4HE

### Telephone number:

0115 847 9435

### General E-mail Address:

[Thework.place@ntlworld.com](mailto:Thework.place@ntlworld.com)

### Manager:

Alice Grigor

### E-mail Address:

[Thework.place@ntlworld.com](mailto:Thework.place@ntlworld.com)

### Website:

N/A

## PRICING INFORMATION

Day Care	Day Opps
<b>Full days (6hr)</b>	<b>Day time (per hr)</b>
Weekday: £39.03	Weekday: £6.50



## Two Ways CIC

(Day Care and Day Opportunities)



Studio House is an eclectic, abstinence based drug and alcohol service. It is ideally suited for people wanting to practise abstinence in a non-doctrinal environment with peer support and challenge. We have an holistic approach involving the use of Therapeutic Community and Peer-based

drug and alcohol test.

We design bespoke services with agreed review points as required prior to commencement. Initial engagement gets the client to identify their underlying issues and create a person-centred care plan and success criteria.

Day Programme attendance is worked into the basic structure of our Residential Programme at appropriate points according to the type of group the client wishes to experience and is split into three sections, a morning, afternoon and evening section. We will take care to ensure that a cohesive and balanced package is adopted to ensure the greatest success and best outcomes

The groups we deliver range from the following (not exhaustive):

Emotional Wellbeing  
 The Work Of Byron Katie  
 Life stories  
 Reflexology  
 Introduction To The Twelve Steps  
 Reflections Meetings  
 Recharge (Aftercare)  
 Peer Reviews

We offer One-to-One support and our one-to-one workers will signpost to local services as well as managing basic life issues such as debt management, relationship support, community engagement, health matters and housing support.

Our "Rapid Turnaround Programme" is designed to meet the needs of clients whose housing needs are failing. By providing a short "respite" period out of their accommodation, a client can be refocused and helped to work through housing or other life issues before tenancy failure.

### CONTACT DETAILS

**Address:**

Studio House  
 68 – 70 North Gate  
 New Basford  
 Nottingham  
 NG7 7FY

**Telephone number:**

0115 970 4245

**General E-mail Address:**

[admin@studiohouse.org.uk](mailto:admin@studiohouse.org.uk)

**Manager:**

Chris Smith

**E-mail Address:**

[Chris.smith@studiohouse.org.uk](mailto:Chris.smith@studiohouse.org.uk)

**Website:**

[www.studiohouse.org.uk](http://www.studiohouse.org.uk)

### PRICING INFORMATION

**Day Care**

**Day Opps**

**Half days (4hr)**

Weekday: £41.05

Weekend: £35.92

Bank Hol: £35.92

**Full day**

Weekday: £61.57

Weekend: £51.31

Bank hol: £51.31

**Evening**

Weekday: £35.92

Weekend: £35.92

Bank hol: £35.92

**Day time (per hr)**

Weekday: £17.44

Weekend: £17.44

Bank Hol: £17.44

**Evening**

Weekday: £17.44

Weekend: £17.44

Bank hol: £17.44

**Additional Staff**

£19.50/hour

**Additional Staff**

£17.44 / hour

## Tuntum Housing (Time Out Care Services)

(Day Care)



Time Out is a home care agency set up in 1995 and has a specialism in providing high quality services to Nottingham's black and minority (BME)

Time Out provides both home care and respite care, which is a service to give informal carers a much deserved break. At any one time we have about 60 clients and employ more than 30 staff. We deliver a service to both the city and county and more than half the people we help pay via personal budgets.

We now run a Day Care service from Balisier Court, a sheltered housing project in St Anns which has recently been improved and upgraded.

This service aims to give users a new lease of life by offering far more than a traditional day centre or luncheon club. We offer a wide range of activities that includes recreation, education and healthy living. For example, one afternoon we may run an advice 'workshop' on healthy diets, with opportunities to cook and sample; another day may be about using computers to contact far away friends and relations. We also plan social excursions.

The programme of events and activities are heavily influenced by the choice attendees make, and given sufficient interest we can arrange virtually anything.

We run the centre from 10.00am to 4.00pm. Our prices depend on how long people want to attend, and whether they take lunch or not.

£21.21 half a day (10.00am – 1.00pm or 1.00pm -4.00pm), £42.42 full day, £8 three course lunch

We can arrange return transport from anywhere in the City for a flat fee of £5.05.

### CONTACT DETAILS

**Address:**

Time Out  
Lyn Gilzean Court  
St Anns Well Road  
Nottingham  
NG3 3GF

**Telephone number:**

0115 911 3370

**General E-mail Address:**

[info@timeout.org.uk](mailto:info@timeout.org.uk)

**Manager:**

Ms. Tray Hall

**E-mail Address:**

[trayhall@tuntum.co.uk](mailto:trayhall@tuntum.co.uk)

**Website:**

[www.tuntum.co.uk](http://www.tuntum.co.uk)

### PRICING INFORMATION

#### Day Care

**Half days (3hr)**

Weekday: £21.55

Weekend: £21.55

Bank Hol: £33.86

**Full days (6hr)**

Weekday: £43.10

Weekend: £43.10

Bank Hol: £67.73

**Evenings (3hr)**

Weekday: £21.55

Weekends: £21.55

Bank Hol: £33.86

**Additional Staff**

£10.26 / hour

**Transport**

£5.13 / round trip

**Assisted Bathing \***

Low: £5.05 per wash/shower

Medium: £10.10 per wash/shower

High: £15.15 per wash/shower

\* Assisted bathing is defined on page 1

## Voyage Care

(Day Opportunities)

At Voyage Care, we believe that you should be able to choose what you wish to do during the day.

Using your personal budget, our skilled personal assistants can support you to take part in any activity that interests you, or help you work towards the

things you would like to try with our senior staff, and they will help you work out how we can make this happen. You can even tell us about the type of person you would like to support you.

We want you to have as much control as you choose. Our job is to make sure that the personal assistants have the training and equipment to support you safely.

We do not offer a fixed list of activities, because we want to know what interests you. We can give you examples of some of the activities that we have helped people to take part in:

Mr M uses his budget to purchase support to grow vegetables in his allotment and go fishing

Miss K goes to galleries and museums with her personal assistant, and saves for trips to other cities

Miss D has support to go swimming, to the gym and to a pilates class, which has helped her lose weight and be fitter.

Mr S wanted a dog but was not allowed one in his flat. With our help, he visits an animal shelter regularly and walks the dogs there.

Miss J, like many girls her age, likes to go clubbing and uses her budget to make sure she has support there,

Mr T had support with attending an arts and crafts group, and went on to have his paintings displayed at a local library.

Cinemas, bowling, leisure centres, parks, museums, galleries, gigs and clubs; we can support you anywhere, doing anything that you want.



## CONTACT DETAILS

### Address:

Voyage Care  
20 Fletcher Gate  
Nottingham  
NG1 2FZ

### Telephone number:

0800 328 6091

### General E-mail Address:

[referrals@voyagecare.com](mailto:referrals@voyagecare.com)

### Manager:

Michelle Anstee

### E-mail Address:

[Michelleenstee@voyagecare.com](mailto:Michelleenstee@voyagecare.com)

### Website:

[www.voyagecare.com](http://www.voyagecare.com)

## PRICING INFORMATION

### Day Opportunities

#### Day time (per hr)

Weekday: £13.75

Weekend: £13.75

Bank Hol: £13.75

#### Evening (per hr)

Weekday: £13.75

Weekend: £13.75

Bank Hol: £13.75

#### Additional Staff

£13.75 / hour

## Yolanta House

(Day Care)

day care to older people (over 65) with or without dementia in a welcoming, homely environment. Citizens are free to choose to take part in activities or to simply relax in a home from home in the company of others.

Flexible full sessions of up to 10 hours (any time between 7am and 10pm, 7 days per week according to your requirements).

Full sessions include up to 3 meals at no extra cost.

Trained staff on hand to assist with personal care and meals where required.

Home cooking. Snacks and drinks available.

Activities range from bingo to ball exercises, but can be tailored to suit individual needs such as maintaining memory or independence.

Occasional individual or small group outside trips.

Bathing facilities, including hoist.

Safe and secure environment for vulnerable adults.

Access can be arranged to medical professionals such as chiropodists and district nurses.

Access to hair stylist.

Citizens of all backgrounds are welcome, though Eastern European diets and cultural needs are a speciality.

Sessions can be booked at short notice or even the day required for known citizens. We understand that plans can change and that emergencies occur.

Overnight or respite stays (subject to availability).

Yolanta House also provides residential care and is regulated by CQC.

## CONTACT DETAILS

### Address:

Yolanta House  
1-5 Herbert Road  
Sherwood Rise  
Nottingham  
NG5 1BS

### Telephone number:

0115 9626316 / 07973359918 (mobile)

### General E-mail Address:

[apvt29@dsl.pipex.com](mailto:apvt29@dsl.pipex.com)

### Manager:

Richard Sekowski

### E-mail Address:

[richardsekowski@yahoo.co.uk](mailto:richardsekowski@yahoo.co.uk)

### Website:

N/A

## PRICING INFORMATION

### Day Care

#### Half days (up to 4hr)

Weekday: £28.73

Weekend: £28.73

Bank Hol: £28.73

#### Full days (up to 10hr)

Weekday: £56.44

Weekend: £56.44

Bank Hol: £56.44

#### Evenings (up to 4hr)

Weekday: £28.73

Weekend: £28.73

Bank Hol: £28.73

#### Additional Staff

£6.67 / hour

#### Assisted Bathing \*

Low, Medium or High: £5.13 per  
wash/shower

\* Assisted bathing is defined on page 1

