



# COMFORT

## Reablement Day Centre

*...defeat loneliness and isolation*

### EXECUTIVE SUMMARY

COMFORT REABLEMENT DAY CENTRE, seeks to provide a unique service for the elderly within and around Hinckley and Bosworth Borough Council, to help them defeat loneliness and isolation. Our service is designed to provide social activities that will keep people mentally stimulated, physically engaged and integrated while being entertained. We believe keeping busy is a secret to staying independent and positive as one gets older.

**Loneliness** can be understood as an individual's personal, subjective sense of lacking desired affection, closeness, and social interaction with others. Although loneliness has a social aspect, it is also defined by an individual's subjective emotional state. Loneliness is more dependent on the quality than the number of relationships. **Social isolation** refers to a lack of contact with family or friends, community involvement, or access to services.

In our view, it is key for stakeholders such as Comfort Reablement Day Centre to identify relevant and suitable strategic solutions to facilitate a healthier lifestyle for the elderly in our community. This would have an immediate and direct impact in their livelihood and indeed in the lives of their families that cannot always be around to support them.

### Day Centre Activities

Our service begins with close collaborative relationship with the social services department of the Council, care homes, GP practices, social care services, carers and individuals to identify potential service users. While we have core activities, we will tailor make our offering to suit the needs of our clients without compromising the main objectives of the day centre. The backbone of our service is to provide high-quality engagement and social integration activities to help the elderly beat loneliness and social isolation.

Our activities will include the following:

#### Mental stimulating activities

- ❖ Puzzles and board games
- ❖ Quizzes and card games
- ❖ Discussions around newspaper headlines

#### Arts and crafts

- ❖ Card making
- ❖ Knitting
- ❖ Flower arrangement



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### Structured exercises

- ❖ Chair aerobics
- ❖ Yoga
- ❖ Seated basket ball
- ❖ Bowling
- ❖ Ping-pong

### Reminiscence

- ❖ Life stories
- ❖ Films
- ❖ Music

### Wellness, Health and Beauty

- ❖ Hair dressing
- ❖ Beauty therapy
- ❖ Chiropody
- ❖ Manicure
- ❖ Clothes parties

### Social engagements and outings

- ❖ Singing and karaoke
- ❖ Day tours garden centres/restaurants
- ❖ Shopping trips
- ❖ Giant floor games
- ❖ Fundraising activities

### Recreation and entertainment

- ❖ Guest entertainers
- ❖ Pet therapy
- ❖ Cinema

### Hobbies

- ❖ Promote and cultivate new and existing hobbies.
- ❖ Garden therapy
- ❖ Mobile library

Example of our typical day at the centre:

TIME	ACTIVITY
10:00 am	Arrival at George Ward Centre
10:10 am	Tea, coffee and biscuits are served
10:20 am	Current affairs discussion and newspapers
10:45 am	Group games/Crafts
12:00 pm	LUNCH
1:00 pm	Rest time/Library
1:30 pm	Reminiscence session/Social engagement
2:30 pm	Tea, coffee and cakes served
3:00 pm	Leave for home

Our service aims at:

- Alleviating the scourge of loneliness and isolation.
- Provide our community of the elderly with an opportunity to engage and participate in activities that will reenergise them.
- Refresh memories of the past good times.



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## Reablement Day Centre

### OUR VISION

We seek to be known as the unique, high quality, warm and friendly day centre for the elderly helping them defeat loneliness and isolation through social integration and participation in engaging and enjoyable activities.

### OUR MISSION

Enjoyment of life should not dissipate as one grows older.

### BRAND PROMISE

DEFEAT LONELINESS AND SOCIAL ISOLATION...

### OUR OBJECTIVES

- To provide a flexible, efficient, value for money service for the elderly to keep them busy and engaged while being entertained.
- To safeguard the privacy and confidentiality of our clients and to enable them to maintain their personal independence, have informed choices and an opportunity to interact freely with others in the day centre and establish a routine comfortable to them.
- To comply with all regulations from all government and ancillary bodies as well as other relevant stakeholders.
- To maintain a healthy, professional, collaborative but independent relationship with health institutions to aid and facilitate our responsiveness.

### OUR PRINCIPLES

We pride ourselves in a high-quality professional service anchored in our philosophy of due and compassionate care. Our clients are the very reason for our existence and as a result they rightfully constitute our core focus.

- Focus on Service users and achieve their needs.
- Professional quality of services offered by professionally sought professionals.
- Reliability - being available when those that need us do.
- Effective collaboration with other professionals (health institutions, families and clients).
- Self audit and improve quality of service and compliance to ensure we remain relevant to the community and fit for purpose.
- Built in flexibility to respond to changing needs or requirements.
- Receive respect and understanding regarding clients' cultural, religious and spiritual beliefs.



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## Reablement Day Centre

**FIND US**

Initially every Monday and Tuesday - Between 10 am and 3pm @

George Ward Centre  
Barwell  
LE9 8DG  
Leicestershire

Phone: +44 1455 646484  
Mobile: +44 7827 966554

Website: [www.cdrservices.co.uk](http://www.cdrservices.co.uk)  
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