

# Respite Day Care

A safe, stimulating environment for your relative that encourages social interaction

Cost: From £17.50

Available in: Darlington,

## At a glance:

- A welcoming, comfortable environment that promotes social inclusion for you or your loved one
- Offers a wide range of stimulating activities and events that encourage dignity and independence
- Delicious, nutritious meals prepared on-site courtesy of Café Refresh, a 5\* rated Café within the building
- Helps older people who need support to stay in their own home and continue to live as independently as possible

## About the Respite Day Care Service

Our Respite Day Care service offers day opportunities within our specialist Arcade Centre at Bradbury House. The Centre provides a modern, bright and spacious meeting place, designed in conjunction with Northumbria University to be fully dementia accessible.

At the Arcade, we want people to feel at home; the centre is decorated and equipped to a high specification including the latest technologies to adapt to the changing needs and aspirations of our customers. Our trained staff and volunteers are on hand at all times to support care and entertainment needs.

For anyone visiting our Day Care, our staff fully understand any concerns you may have and will greet you with a 'cuppa' and a friendly smile; In no time at all you'll be joining in and making new friends.

Case studies and conversations with those that attend our day services have shown:

- Social contact may reduce the harmful effects of psychological stress
- Social interaction is associated with good mental quality of life among older people.
- Social involvement and the avoidance of social isolation are important for the maintenance of cognitive abilities.
- Involvement in activities promote a sense of self efficiency that has been linked to several important health and wellbeing outcomes in later life.

## About our Day Opportunities

Our day centre makes an important contribution to the lives of the older generation by acting as a preventative measure for problems caused by lack of social interaction and stimulation. It assists older people to continue to lead an independent life by allowing them dignity and independence through activities and events provided. Customers have many opportunities to contribute to the life of the day centre, through activities that encourage interaction for all involved.

These services are part of a range of services Age UK Darlington has to offer to support you to stay in your own home and help you to lead as independent a life as possible. Day Care Centres work on the basis that there are members of the community who, for various reasons, find themselves less active and unable to get out and about as they used to. They still want to enjoy a day out, enjoy a cooked lunch and join in the activities of the centre which provide the opportunity to spend quality time with others.

## Benefits of our Day Opportunities

Effective day care services can play a vital role in supporting individuals and in maintaining their contact with the community. Our day centre is valued for making a real difference to older people's lives and carer's lives by providing the following:

- Social interaction
- Friendly environment
- Carer relief
- Maintenance of independence
- Positive framing of life
- Involvement in decision-making

As well as the above, day care can provide a vital role in combating social isolation and loneliness, both for people living alone and people living with others. Our day service is often seen as the focal point of the week; something to look forward to which gives some structure to the week/day. Older people can experience good emotional wellbeing. Social interaction is particularly important to successful ageing.

## Respite Day Care Location & Contacts

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## **\$page->title Contact Details:**

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{ $team->team_name }
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"; echo "$team->team_role
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## **This service operates from:**

### **Bradbury House**

Age UK Darlington,  
Bradbury House,  
Beaumont Street West,  
Darlington  
DL1 5SX

01325 362832

Monday to Friday: 8:30AM - 4PM

Saturdays: 10AM - 2PM

Sundays: 12PM - 2.30PM