

Welcome to Shiremoor Day Centre



Care in the Community

Introduction to Shiremoor Day Centre

St John Ambulance Northumbria has been operating a Day Care Centre in Shiremoor since November 1997. The centre enjoys an excellent reputation, our service users continually tell us how well regarded our service is. We aim to achieve an environment which promotes the independence of service users whilst ensuring all the facilities are available to accommodate the varying needs of the elderly and those with disabilities.

We offer day care to people with a varying range of needs; some are elderly or have some degree of physical disability or who experience mental health problems leading to social isolation. For all our users we provide social and mental stimulation and help to improve quality of life. The service is adapted to meet the needs of the individuals attending the Centre and also provides respite for carers, ensuring that the person that they care for will be looked after in a safe and stimulating environment. Carers are encouraged to visit the centre if they wish, both informally and to participate in the service user's care planning. We assist in maintaining links with the local community to help avoid social isolation.

The Day Centre operates 7 days a week offering approx 30 places a day. Service Users are usually referred via Care Managers but we provide Private Day Care places; further information is available on request.

We serve a hot midday meal and can cater for specialist diets. We also provide morning coffee and afternoon tea.

We have 3 warm and comfortable mini-buses to transport service users to and from their homes and for trips out to various places of interest. All mini buses are fully disabled accessible.

Service users and their families are more than welcome to come and have a look around the Day Centre; our Day Centre Manager will be happy to discuss any questions or concerns you may have. If necessary our Manager is happy to make a home visit to talk to you and your family on a more personal basis.

Aims & Objectives

- Our staff aim to provide a high quality Day Care Service. We provide a programme of activities, which maximises the users independence and links to the wider community.
- Our service users are treated as individuals; particular needs, likes and dislikes are discussed in their care planning. They have the right to make choices and express preferences.
- Encouragement is given to be as independent as possible, this doesn't compromise our high standards of care.
- We aim to preserve the dignity of all users and do this in a manner which is sensitive to need, bearing in mind ethnic, religious and cultural factors. Service users have the right to privacy and to be left alone if requested.
- The staff are always available to answer questions and will always maintain confidentiality.
- We aim to provide a nutritious and appetising meal each day with light refreshments at other times.
- St John Ambulance Northumbria is committed to providing and retaining good quality and well trained staff.
- All service users records are kept in a locked cabinet and will only be retained for the appropriate timescale.
- A review of the service user's welfare and progress and the appropriateness of the placement will be reviewed every six months but the service user and/or their family can request a review at any time.

Our Garden



Clients at our Day Centre enjoying an afternoon tending our garden.

Planting for the Garden



Main Activity Hall



A tai-chi session in the Main Hall.

Main Activity Hall

A craft session in the main hall



Quiet Room



The Quiet Room is a very peaceful room where you can sit and chat or listen to some music.

A popular activity here is reminiscence therapy, where we remember days gone by.

The quiet room is also used for hairdressing and massage therapy.

Hairdresser / Therapy



Facilities—Transport

We have three fully disabled adapted minibuses to transport Service Users to and from the Centre and visits / day trips out.



Service with a Smile



Activities

Shiremoor Day Centre employs well trained, caring staff, dedicated to providing a range of social activities for our Service Users which include the following:

Sports Activities

Card Making

Chair Exercise Classes

Glass Painting

Cream Teas

Pool

Darts

Board Games for the partially sighted

Domino Tournaments

Quizzes & Crosswords on the large screen

Clothes Parties

Jam / Ginger Wine Making

Cheese & Wine Afternoons

Cooking Demonstrations & Healthy Eating Weeks

Film Afternoons using the large screen—Yoga & Massage Sessions

Sugar Crafts Courses

Reminiscence Sessions

Needlecraft

Proggy Mat Making

Ceramic Painting

Visiting Speakers including -

The Benefits Agency

Personal Safety talks from the Community Police Team

Calvert Trust—talk on respite breaks

Days Out -

Trips to Alnwick Gardens

Shopping Trips

Seahouses

Ten Pin Bowling

Pub Lunches

Afternoon Teas to various places

Afternoon Runs

Theme Days

Activities

Baking Day at our Centre



Christmas Party Time



Activities

Chinese Day



Theme Days
Including:

Chinese Days,
Medieval Days,
Caribbean Days &
Saints' Days

Medieval Days



Activities

St Georges Day



Carpet Bowls



Activities

Ice Cream at Seahouses



Group Photo!



All smiles on a great day out at Otterburn Mill.



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If you would like the information in this brochure in larger print, please contact Diane Moralee at the Centre.