

## Dementia Day Centre

The Dementia Day Service provides daytime support for people living with dementia in a safe and supportive setting. During each session, people take part in seated exercise before lunch, enjoy a home-cooked meal and join in a second activity in the afternoon. Staff and volunteers provide support throughout the day.

The service is for people with dementia and offers carers a break while knowing the person they care for is supported. People may want to attend to stay active, enjoy regular meals, take part in meaningful activities and spend time with others in a dementia-friendly environment.

This service costs £30 for the day.

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