



Specialist respite daycare for people with memory loss and dementia

'Since my husband started to attend, we haven't looked back. My husband feels happy, so I do too.'

Jaswant



Care for people living with memory loss and dementia

At the Dementia Hub we're passionate about offering people living with memory loss and dementia a safe, friendly and home-from-home environment where they can enjoy life-enhancing activities and friendship.

Our specialist team run a programme of daily activities and therapies, helping clients develop skills which improve their quality of life.

Therapies include

- Memory therapies and activities
- Gentle armchair-based exercises
- Pet therapy
- Music therapy
- Art therapy
- Games

The programme of activities helps our daycare clients grow confidence, build muscle strength, and encourages social interaction which helps combat feelings of isolation, loneliness, and depression.

Full and half day sessions are available for people aged 50+ living with memory loss, dementia, confusion due to medical conditions such as a stroke, conditions such as Parkinson's Disease, and more.

The team will support the management of incontinence and administration of medication.

Residents in the borough of Epsom & Ewell can arrange transport to and from the centre via our Transport from Home service.



Respite for you



Caring for a loved one who is living with memory loss can be challenging. It's important to take a break sometimes to allow you to recharge, catch up with day-to-day tasks and enjoy your own social activities.

Taking a break can also help you continue to give your best care.

'It's invaluable for my own wellbeing. This service gives me a few hours respite each week and the chance to catch up with my own activities.'

Find out more and book a free assessment

01372 727583

epsom-ewell.gov.uk/dementia-hub



The Dementia Hub is a service offered by Epsom & Ewell Borough Council at the Community & Wellbeing Centre on Sefton Road in Epsom.

Community & Wellbeing Support

The Community & Wellbeing Centre

Friendly support hub for the over 55s. Our calendar of events is varied and fun, with a mix of recreational, social, health and wellbeing activities happening each week.

If you'd like to make new friends, try out some new activities, or just enjoy a cup of tea and a biscuit, why not drop in and say hello.

Also available at the Community & Wellbeing Centre:

- Coffee shop
- Assisted bathing
- Laundry facility
- Hairdressers
- Foot clinic

Meals at Home

Tasty and nutritious meals delivered to your home Monday to Friday, with frozen meals for weekends.

Meals are cooked by our chef onsite at The Community & Wellbeing Centre in Epsom.

If you're finding it harder to cook for yourself, or someone who lives independently, a food delivery service could help.

- Supports independent living
- Meals include dinners, puddings and sandwiches
- All dietary needs are catered for
- Ask us about our combined shopping service

Transport from home

Assisted door-to-door transport service for people who struggle to use public transport due to physical, sensory, or learning disability, frailty or mental health problems.

Our team of drivers can help you or a loved one get safely to and from appointments, facilities, and social activities in and around the borough.

- Easy to book – just call us
- Wheelchair accessible & fully assisted door-to-door transport
- DBS-checked drivers

Community Alarm

Easy-to-use, specialist devices that can raise an alarm in an emergency. Community Alarm can provide vital support for adults with learning difficulties or disabilities, children with epilepsy, or people who live alone and feel vulnerable.

- 24-hour monitoring
- Free installation and maintenance

'I hardly notice I'm wearing my alarm. It gives me extra confidence at home and I feel safe knowing that help is only the push of a button away.'

Find out about services offered by Epsom & Ewell Borough Council:

epsom-ewell.gov.uk/support-services
01372 732000

