

A day in the life of... our Wellbeing Daycare+ team

Our professional adult day care service, Wellbeing Daycare+, specialises in supporting people with memory loss, confusion and early onset dementia. As well as a dynamic social and cognitive therapy programme, the service provides much needed respite for carers themselves, who feel safe in the knowledge that their loved ones are being looked after in a welcoming, home-from-home environment.



9am Yvie arrives at the centre. She checks her phone and emails for any messages in case there has been any changes with clients.

9.15am Yvie then prepares the lounge for armchair based exercises with Stella. Today it's basketball and quoits.

9.30am Visitors start to arrive by our Transport from Home+ service. Others are dropped off by their families. Yvie greets everybody as they arrive and helps them to the small lounge for refreshments.

10am Stella arrives to get things ready for the armchair-based exercises. She starts with a throwing and catching exercise. Each person has to throw the ball to someone else in the group. This is great for building upper body strength and improving coordination. The group then

moves onto quoits. This is where players try to throw a rubber ring onto a pole in the middle of the room. Again, this all about coordination and building self-confidence. Everyone does very well.

11am Time for a tea break and a biscuit! Yvie sets up the activities room for Japanese Memory Therapy. This session is all about quizzes, puzzles and Sudoku. Today the group are asked to think of as many items of food they can that begin with the letter 'G'. Grape, grapefruit and gammon are all very good answers. A healthy debate starts as to whether 'Genoa cake' can be included. The group decide that it is – after all, you do eat cake, don't you!?

12.30am It's lunchtime. Some of the clients go home as they are only attending the morning session. Two of the morning group stay and have their packed-lunch.

1.30pm Alison, the art therapist, arrives with some more clients. Today they are painting some fresh strawberries. Alison asks the group to start by sketching the shapes that they see and supports everyone with their drawing.

2pm Yvie writes a short report how

Wellbeing Daycare+ is just one of the higher-needs services available at the Community & Wellbeing Centre.

We are a friendly, local support hub for the over 55s and offer a number of activities and services for better health and wellbeing. We have a range of facilities all under one roof, including our entertainment hall, hairdressers, foot clinic and communal dining area which provides freshly prepared snacks and hot meals at very reasonable prices.

So whether you just want to socialise and make some new friends, learn a new class or need a bit of extra support, we can help you.

Email: wellbeingcentre@epsom-ewell.gov.uk.



Key Priority:

Supporting our community



"The Community and Wellbeing support has provided my sister with appropriate stimulation and social involvement through the activities offered by the Daycare+ Centre. A well organised programme of activities scheduled for an entire morning or afternoon which is helpful to the client and the carer. Supported by a good transport arrangement...very satisfied from the onset with this friendly and caring service, this is a valuable service that hopefully will continue to be offered." May, Epsom



"The service has provided a safe, informed and caring environment for my wife and reassurance for me as her carer. The charge/fee for this service is reasonable for me for the time and reliability given. The manager and assistants are very friendly and understanding of the members' medical conditions and show good patience with their requirements. My wife has found the activities encouraging and reassuring". Peter, Epsom

"Evie, Linda, Kerry and the rest of the team are fantastic. Mum really looks forward to her time at the Centre. At 86 she is enjoying new experiences and learning new skills. She particularly loves the art sessions which are fun and creative, painting a cherry tree using paint and a straw was a huge success!" Penny, Epsom

each client has participated in the group so that she can share some feedback with the carers.

2.45pm After a tea break, the group finish off their painting. Today they are using watercolours. The group soon get painting and enjoy the outcomes of their work.

3.30pm Time to stop painting. To everyone's delight, Alison shares out the strawberries for each client to take home.

3.45pm Yvie offers more drinks to the group and they listen to some music. The group chat about the class and talk about what they all enjoyed most from the sessions.

4.30pm Transport arrives to take the clients home. Yvie ensures that they are all safely on board and wishes them a nice weekend.

5pm Yvie tidies up and hangs the paintings on the display boards. She then checks her emails one last time before leaving for the day.



Community & Wellbeing Centre
Connecting the Community

Wellbeing Daycare+

- Person-centred care
- Dementia friendly environment
- Cognitive therapy sessions
- Social activities and exercises



Enquire about a free assessment appointment today

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Proud of our past, preparing for our future

If you had to sum up Epsom and Ewell in one word, what would it be? If you could decide what sort of place the borough should be in 20, 30, even 40 years' time, what would you change?

These are just some of the questions we'll be asking as part of Future40, an ambitious new project to create a long-term vision for Epsom and Ewell.

With help from our partners, supporters and volunteers, we'll be engaging with as many people as possible who care about the future success of Epsom and Ewell.

We will be listening and talking to local residents, business owners and visitors so that we can deliver a clear, long-term vision for the borough.

But do we need a vision?

The answer is 'yes, we do!' Without a roadmap, it's impossible to know where you're going. All successful towns and villages recognise the need to adapt around changing circumstances. As a result, it is important to plan ahead to make sure that Epsom and Ewell is a thriving community for people to live, work and visit in years to come.

Thinking about the future is no mean feat! Who could have predicted that the once rural settlements of Epsom and Ewell would be home to the thriving communities we have today?

Over the next few months, we will be carrying out one of the largest and most important consultations in the borough's history. We want people of all ages and backgrounds to come together as part of this exciting project – so whether Epsom and Ewell is where you live, work, study or somewhere you just visit from time to time, it's important to have your say.

Upcoming events

For a full list of events and activities please visit the website www.future40.org

So, how can you get involved?

Our online survey closes on 20 December – head to www.Future40.org to take part. It only takes 10 minutes. Don't forget to follow us @EpsomEwellBC on Twitter, Facebook and Instagram using the hashtag #Future40.

We will also be holding a wide range of activities and workshops throughout the borough. Be sure to check out our events calendar on our website to find out when and where!

You can also email us directly at future40@epsom-ewell.gov.uk. Whichever way you prefer, we look forward to hearing from you.



Key Priority:

Supporting businesses and our local economy



Key Priority:

Keeping our borough clean and green



Key Priority:

Supporting our community



Key Priority:

Managing our resources

Future 40

