Day Opportunities
Day Opportunities works on the basis that there are older members of each community who, for various reasons, now find themselves less able to get out unaccompanied but still have the desire to enjoy a day out, share a cooked lunch and join in the activities of the centre which provides the opportunity to spend quality time with others.

Our Day Opportunities make an important contribution to community awareness by acting as a preventative measure for problems caused by lack of social contact and stimuli. The centre allows older people to continue to lead an independent life by allowing members choice, control, independence and dignity through various activities and events provided. Members have many opportunities to contribute to the life of the day centre, through activities that encourage self-esteem and self-fulfilment.

The Day centre provides support and friendship for isolated, housebound older people. It also provides meals and refreshments, talks, activities such as crafts, games and bingo, gentle exercise, outings in the summer and, most importantly, social companionship. We also provide transport to and from the centre. An assessment is needed as we don't have provisions for personal care.

What we provide
Attendance at the centre will enable you to make new friends and socialise.

We also do activities such as Bingo, Dominos, quizzes or discussion groups giving you the opportunity to talk to others and join in activities.

Category(ies):
Companionship /befriending, Activities, Day centres

Who it is for:
Older people in Hull
<table>
<thead>
<tr>
<th><strong>Where available:</strong></th>
<th>Local service covering: Kingston upon Hull (East Riding of Yorkshire).</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What it costs:</strong></td>
<td>The cost for the service is £30.50 per day. There will be additional costs for lunch and activities such as raffles and trips etc. Transport may be available at an additional cost.</td>
</tr>
<tr>
<td><strong>How to access or apply for it:</strong></td>
<td>See contact details above. We are open on Mondays, Thursdays and Fridays. Places are offered following an assessment to check that the service is appropriate to meet your needs.</td>
</tr>
<tr>
<td><strong>Info. updated:</strong></td>
<td>27/02/2020</td>
</tr>
</tbody>
</table>

**About the service provider:**

**Contact info:**  
**Age UK Hull:** Healthy Living Centre, Bradbury House, Porter Street, Hull, North Humberside, HU1 2RH.  
**Telephone:** 01482 324644.

- [Email them](#)  
- [Visit their website](#)  
- [Find them on a map](#)

**Parent organisation:**  
Age UK Hull

Providers directory: [http://www.housingcare.org/service/provider-10041-age-uk-hull.aspx](http://www.housingcare.org/service/provider-10041-age-uk-hull.aspx)  