Age UK Knaresborough - Day Care Services

There is plenty of evidence that the opportunity to attend a day group on a regular basis offers significant mental, emotional and social benefits to those attending and that it can be a key support to their continuing independence in the community. Day groups take place once per week and are held on every day of the week except for Thursday and Sunday; collectively they provide well over 100 places. The groups are run either at Age Concern Knaresborough’s resource centre at Cliff House or at other local community centres in the Knaresborough area. Service users are able to attend and return home using community based transport services.

Age Concern Knaresborough and District provides seven day centres including
Cliff House
Stockwell Lodge
Hewitson Court
Whixley Village

Each group is managed by a trained Day Care Co-ordinator and a Deputy with the help also of volunteers. Activities are varied according to the needs and interests of each group, but typically include a mixture of seated exercise, games and quizzes, crafts and hobbies, horticulture, reminiscing, discussion etc. and a home cooked lunch is provided.

Category(ies): Socialising, Day centres

Who it is for: Age UK day centre services are aimed at those with a long term age related condition or for those who are lonely or isolated or recently discharged from hospital.

Where available: Local service covering: Craven, Hambleton, Harrogate, Middlesbrough, Redcar & Cleveland, Richmondshire, Ryedale, Scarborough, Selby, York (North Yorkshire).

How to access or apply for it: Please call or email for further information on accessing these services.

Info. updated: 21/11/2013

About the service provider:
Contact info: Age UK Knaresborough
Telephone: 01423 864956.

Email them Visit their website
Parent organisation: Age Concern - Yorkshire & Humber

Web link: http://www.housingcare.org/s/link-info-6354.aspx
Contact provider: http://www.housingcare.org/s/link-info-6354.aspx?srw=contact
Providers website: http://www.ageconcernyorkshireandhumber.org.uk/find_your_local_age_concern/?id=9&serviceid=47