

**OUR small group** has facilities for 10 people on a Wednesday. Our fees are very competitive. You can refer yourself or speak to your GP, nurse or social worker or pop into the ACT Centre for details.

The membership is paid monthly and will be invoiced to you by Aylsham Care Trust. Working together with Norse and Circle housing we can provide a further area of support



### A typical day:

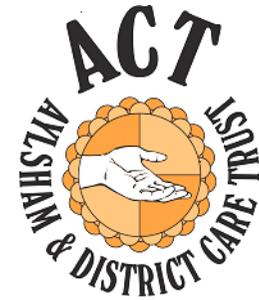
When you arrive you will have an opportunity to meet others and relax in the lounge area with a cup of tea or coffee.

During the day ,various activities will take place, including creative arts and various stimulation activities and exercises.

At around 12.00 p.m. lunch is served, starting with a nutritious main meal made on the premises from fresh produce and a delicious dessert. Dietary needs are catered for.

In the afternoon there will be more activities such as musical entertainment, quizzes, bingo or reminiscence followed by afternoon tea and cakes.

We will draw to a close at 3pm



Linking together people in need with helpers who care

# NEW

## Aylsham

## Day Care at

## Green Lane View



Building on our very successful provision at Worstead Day Care Centre ([www.worsteaddaycare.co.uk](http://www.worsteaddaycare.co.uk)), we are expanding the service to Aylsham, initially for one day a week, on a Wednesday.

Headed up by the very experienced Day Care Services manager, the skilled and knowledgeable care staff are very friendly and on hand to offer as much or as little care support as required, to make sure customers' days with them is a comfortable and enjoyable one. They are fully trained, police checked and dementia aware.

We give all our clients a warm welcome and a comfortable well-equipped home-from-home. ACT Green Lane View Day Care for adults is a great place to meet new people, participate in activities, or simply relax. There are a variety of activities on offer, including arts and crafts, gardening, quizzes and games, singing, entertainment, sharing memories, exercise classes and much more.



Day services for the elderly can help provide significant emotional and social benefits and can act as a key support to continuing independence. It can also give family carers a break, safe in the knowledge that their loved ones are being well looked after.

**Want to know more?**

Please call:  
**Tracey Morphew**

**Day Care Services Manager**

**Aylsham Care Trust**

**01263 733385**

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