

INFORMATION SHEET 14



DAY CENTRES & LUNCHEON CLUBS

There are a variety of reasons why the person you care for may need assistance with meals; it may be because of a physical or learning disability or because of a mental health problem or dementia. Whatever the reason, there are a variety of services that may be able to help.

COMMUNITY MEALS (MEALS ON WHEELS)

These are available for older people who are unable to obtain at least one cooked meal each day. This may be because the person is unable to prepare their own meals due to disability or illness or they are recovering from an operation or illness and may need temporary help.

The meals are prepared locally and delivered hot, in foil trays. All meals are nutritionally balanced and to meet everybody's needs, Vegetarian, Halal, Kosher, Asian Vegetarian and Afro-Caribbean meals can be provided.

For more details please contact the Community Meals Office on 0161 474 3710.

DAY CENTRES & LUNCHEON CLUBS

A day centre is a place where a person can go along for friendship, to enjoy activities and sometimes to receive some care. The Day Centres are usually based in buildings owned by Stockport Council, and people that go usually have a light snack on arrival and a hot lunch. Day Centres and Luncheon Clubs run on different days of the week, and are very popular so there may be a waiting list.

The charges at Day Centres and Luncheon Clubs vary, but generally they are inexpensive, as non of the clubs are they to make a profit.

The Community Service Workers co-ordinate and support the Day Centres and Luncheon Clubs and they can help find a local suitable club. Alternatively they can provide a list of clubs in your area.

A Luncheon Club usually meets for 1 - 2 hours, and is somewhere a person can go for a hot meal. It is also a way of having social contact and making new friends or meeting old friends you may not have seen for a while.

Various activities take place at a Day Centre which aim to reflect the members interests. These may include games such a cards, dominoes and draughts, together with guest speakers or a sing-along of favourite old tunes or a talk about past times and local history.

People are encouraged to find their own transport, but there may be help available such as volunteer drivers, Ring & Ride schemes, or Council minibuses. There is a charge for transport provided by the Council.

All members of the community are welcome, and to find out more please telephone 0161 456 7747 and ask for a Community Service Worker.