

# DEMENTIA DAY SERVICE

TAMAR WELLNESS CENTRE, WORLE



**Alliance**  
homes

**We're here to provide fun, engaging activities for those over 55 who are living with dementia which will also give well-earned respite to their regular carers.**

Our friendly team get to know everyone who comes along and invest time in understanding their individual needs and what matters to them. Regular caregivers can then relax knowing their loved ones are enjoying themselves with involving activities that they enjoy.

## **No such thing as a typical day**

At the start of the day, we welcome everyone into the friendly, purpose-built environment of Tamar Wellness Centre. We chat with everyone and tailor our activities to ensure everybody can join in.

### **Activities include:**

- Singing
- Dancing
- Exercise programmes
- Discussions and reminiscence activity
- Arts and crafts
- Board games, musical bingo and quizzes
- Gardening
- Themed activities and events

**The Dementia Day Centre is open Monday to Friday.** We provide refreshments throughout the day together with a delicious and healthy hot lunch that's freshly prepared.



## **How to access the service**

To access the Dementia Day Centre you must have evidence of a confirmed medical assessment of dementia.

If you think you might be eligible for funding you can contact North Somerset Council's Care Connect team on **01275 888801** who may be able to assist.

Customers who do not qualify for funding are still able to access the service as private customers.

To find out more and perhaps arrange a visit, contact our friendly team on **01934 321027**.



## Contact details

01934 321027

[tamarwellnesscentre@alliancehomes.org.uk](mailto:tamarwellnesscentre@alliancehomes.org.uk)

[alliancehomes.org.uk/dayservice](http://alliancehomes.org.uk/dayservice)

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