

# Dementia Day Care Centre



We aim to help people with dementia to remain independent for longer and provide respite care, advice and support to caregivers.

With our knowledge and expertise, we offer advice and support around diagnosis and symptoms all in a safe and secure homely environment with good quality day care.



Making Every Moment Count

**Me2uCentre, Dementia Day Care Centre,  
Sidney Powell Avenue, Kirkby, L32 0TL**



**Being a caregiver can be rewarding but it can also be demanding and stressful. It is crucial that anybody that cares for another also takes time to care for themselves.**

The Me2uCentre can help by providing daily respite which is flexible in that the caregiver can arrange as much or as little time away as they need giving them the break they deserve.

Our service is unique in that it will be led by a professionally trained mental health nurse and a social worker who have over 10 years' experience in working with older people living with mental health.

If you are interested in the Me2uCentre or would like more information, then please contact us on

☎ 07888 649822

✉ [info@me2ucentre.co.uk](mailto:info@me2ucentre.co.uk)

🌐 [www.me2ucentre.co.uk](http://www.me2ucentre.co.uk)

### **Those who would benefit:**

- ✓ Carers requiring respite
- ✓ Those losing structure to their days due to memory loss
- ✓ Feeling isolated and not having enough time with others
- ✓ Issues of safety in your own home

### **Examples of activities & services:**

- ✓ Activities and exercise programmes
- ✓ Group discussions & reminiscing activities
- ✓ Gardening and flower arranging
- ✓ Arts and Crafts sessions
- ✓ Board games, Bingo etc.
- ✓ Sing a longs
- ✓ Themed days
- ✓ Cinema room – Collection of classic films/documentaries and past TV shows
- ✓ On site washroom facilities
- ✓ Provision of a hairdressers/Barbers
- ✓ Nutritious meals with refreshments and snacks throughout the day