

# Day Activity Services for Older People

Keeping you active and involved





### How our service works

Derbyshire County Council's day activity services provide excellent support for people who live in their own homes but benefit from meeting others, socialising and taking part in regular activities.

We run flexible day services from a number of centres across the county, with teams of dedicated staff who are well trained to support older people, whatever their care needs.

We have staff with specialist knowledge of caring for people with age-related conditions, including dementia, with support from a valuable network of volunteers. All care is provided to the highest standard with a focus on dignity and respect.

As well as the social side, our day services ensure that many activities have an emphasis on health and wellbeing, including healthy eating and falls prevention. As well as centre based services, our staff also visit people in their own homes and help

them to arrange other support in the community.

### What can be provided?

Derbyshire County Council aims to provide day services that meet the individual needs of those attending. Our skilled and caring staff focus on the outcomes that people want to achieve, and by giving individual support we help people to maximise their independence and improve their quality of life. Most centres offer both half and full day sessions. Services offered include:

- Chair based exercise
- Reminiscence sessions
- Independent living skills
- Dexterity games and rehabilitative exercises
- Carers support sessions
- Advice sessions including nutrition, benefits, housing and medication
- Support to use specialist mobility equipment
- Links with local health services including physiotherapists and community nurses.

Day services are used by older people with a wide range of care and support needs. The services can help reduce social isolation and provide stimulation. Day services can also help improve people's confidence, for example, after a hospital stay or a fall. They can also provide respite for families and carers. People using day services usually have been assessed as needing a certain level of care and support.

### How much will it cost?

If you are assessed as having an eligible need for day care, you may be asked to contribute towards the cost, either from your welfare benefits or from other money you may have, for example savings.

For more information speak to your Adult Care worker or ring Call Derbyshire on **01629 533190**.

Transport arrangements are funded separately.

### For more information about our day services and individual centres:

**[www.derbyshire.gov.uk/dayservices](http://www.derbyshire.gov.uk/dayservices)**

- Call Derbyshire: **01629 533190**
- email: **[contactcentre@derbyshire.gov.uk](mailto:contactcentre@derbyshire.gov.uk)**
- Write to: Derbyshire County Council, Adult Care, County Hall, Matlock, Derbyshire, DE4 3AG.

### What our customers say

"Thank you for looking after me over the years"

"Special thanks to the staff whose support to my mum was second to none"

"The centre is a wonderful place with wonderful staff"

"Thank you for looking after and caring for my mother. You are wonderful ladies and we really appreciate it"

"They know what help I need, they are all lovely"



# Find a day service near you

**Ambervale Day Centre**

Florence Shipley Community Care Centre,  
Market Place, Heanor, DE75 7AA.  
01629 531446

**Blackwell Resource Centre**

Woburn House, Woburn Close,  
Blackwell, DE55 5HE.  
01629 537285

**Ecclesfold Resource Centre**

Manchester Road, Chapel-en-le-Frith,  
High Peak, SK23 9TJ.  
01629 531013

**Hasland Resource Centre**

Heathervale Road, Hasland,  
Chesterfield, S41 0HZ.  
01629 537505

**Lacemaker Court Day Services**

Tamworth Road,  
Long Eaton,  
NG10 1BE.

**Shirevale Resource Centre**

Rockley Way, Shirebrook,  
NG20 8PD.  
01629 537355

**Meadow View Day Services**

300 Bakewell Road, Matlock, Derbyshire  
DE4 2JF  
01629 532491

**Waltham House,**

John Street,  
Wirksworth, DE4 4DT.  
01629 532346

**Ashbourne Day Opportunities**

Compton Street, Ashbourne,  
DE6 1DA.  
01629 532346

**East Clune**

West Street, Clowne, Chesterfield,  
S43 4NP.  
01629 537081

**Fabrick Day Services**

Smithybrook View, Market Street, Clay  
Cross, S45 9JE.  
01629 537302

**Jubilee Day Services**

Jubilee Street, New Mills, High Peak,  
SK22 4NX.  
01629 531238

**Oakland Day Service**

Hall Farm Rd, Swadlincote,  
DE11 8ND.  
01629 533977

**Queens Court Day Services**

Queens Road, Fairfield, Buxton,  
SK17 7ES.  
01629 531263

**Staveley Community Centre**

Calver Crescent, Middlecroft Road,  
Staveley, S43 3LY.  
01629 533040

**Valley View Day Centre**

Pleasant Avenue, Bolsover,  
S44 6NB.  
01629 537282

**We have other centres across the county, including in some of our residential care homes and specialist community care centres.**

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Call Derbyshire 01629 533190