



**carerstrust**

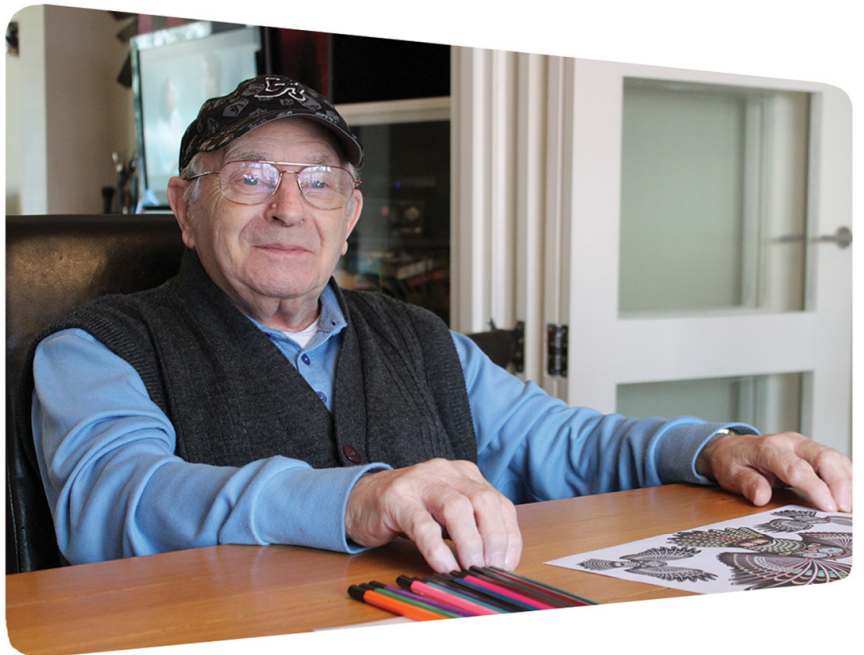
Epping Forest • Harlow • Havering • Redbridge  
Crossroads Carer Services

action • help • advice

# DEMENTIA DAY SERVICE

**FREE**

Spaces Available  
Tuesdays & Fridays  
10.00am to 3.00pm



London Borough of  
**Redbridge**



**centre of  
excellence**

Carers Trust Award



## What we do

This service provides respite for carers of those with a diagnosis of mild to moderate dementia. The service is run at the Living Well Resource Centre in Redbridge.

### *A person centred approach*

#### **Activities:**

Various activities to suit the needs and interests of the group, including:

- Gardening
- Painting
- Movies
- Stimulating Puzzles
- Games and more...

#### **Light Lunch included**

#### **Session Days and Times**

Tuesdays and Fridays  
10.00 am to 3.00pm

#### **Venue**

Living Well Resource Centre  
372 Chadwell Heath Lane, Romford, Essex, RM6 4YG

## Our Staff

Our Care Support Workers are highly skilled with a wealth of experience, supported by our rigorous recruitment and ongoing training procedures - we invest in many specialist areas such as autism, dementia and palliative care.

Our dedicated team of staff develop trusting, long lasting relationships with the people they care for. This provides carers with confidence, respect and peace of mind to make the most of their respite time and continue their caring role.

We have comprehensive insurance and all our staff are fully insured.

## Other Services

We provide a wide choice of services to people of all ages with a range of disabilities and health conditions, allowing carers to have some relief and time to themselves.



"I look forward to Tuesdays"  
Simon

## Contact Us

To check for available spaces and to find out if you are eligible to access the service for FREE call us on:

**01708 757 242**

Monday to Friday 9am to 5pm

info@carerstrustehhr.org

www.carerstrustehhr.org

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@carerstrustehhr