

Volunteers

Volunteering at the day centre is a very worthwhile and rewarding way to be involved with your community.

You may wish to serve refreshments, or help with food preparation. You may also wish to help with fundraising or driving

One of the best ways you can help is simply chatting to people. The day centre can be the main form of contact for some people and they love to talk! You can also encourage everybody to participate in activities



We always welcome volunteers, please contact us for more information.

Edith Cavell Day Centre

**Lakenham-Hewett Rugby Football Club
Main Road
Swardeston
Norwich NR14 8DU**

**Tel: 01508 578826
Email: info@ecav.co.uk**

Registered Charity No. 1065872



Edith Cavell Day Centre



Please contact Liz or Julia on:

01508 578826

About us

The Edith Cavell Day Centre was started in 1986 to meet the needs of older people living in the community. It is held at the Lakenham-Hewett Rugby Football Club on the Main Road in Swardeston and is a registered charity.



Our aim is to improve the lives of older people in a safe and caring environment. We also offer them, their families and carers, much needed support to enable them to continue living in their own homes.

We provide a welcome and sociable environment for people to meet, involve themselves in activities. We also provide an opportunity for carers to have a break.

The Day Centre is open on Mondays, Wednesdays and Thursdays from 10 am to 3 pm. We have two qualified managers, two kitchen staff supported by many talented volunteers.

A Typical Day

One of our volunteer drivers will collect you from your home at about 9.45 am if required and will give any help necessary. On arrival at the Centre you will be greeted and made comfortable. Tea, coffee and biscuits will be served.

The mornings are spent informally with the opportunity to join in a game or quiz, chat, knit or read the newspaper.

At 11.45 am sherry or a non-alcoholic drink will be served and this is followed by a 2-course freshly cooked hot meal. Special diets are accommodated.



After a quiet period various stimulating activities or entertainment take place. At 2.30 pm a hot drink is served before going home.

Other services available include therapeutic hand care and a hearing aid clinic. A footcare specialist attends regularly – there is a charge for this service.

Activities

Each day will have a wide range of different events and these are usually something that may exercise your mind or even your body! Nothing will be too strenuous, and we try to make sure that you will have a different experience each time.



They include: Exercises to music, crafts, informal services led by local clergy, reminiscence sessions, musical entertainment, quizzes and outings plus much more!