

Join us

If you would like to become a volunteer, a member of the Management Committee or a Trustee at the Day Centre please contact us. It is a very rewarding and enjoyable experience.

We would also welcome any groups or individuals who could provide talks or entertainment for our members.

We are continually looking for new ways to occupy and entertain our members. If you have any special skills or knowledge and have a few hours to spare and would like to share your expertise or experiences, please contact us or call us to arrange a visit.

All are Welcome

Support us

You can donate to us totally free when shopping online using our fundraising page

<https://www.easyfundraising.org.uk/causes/swardestondaycentre/>



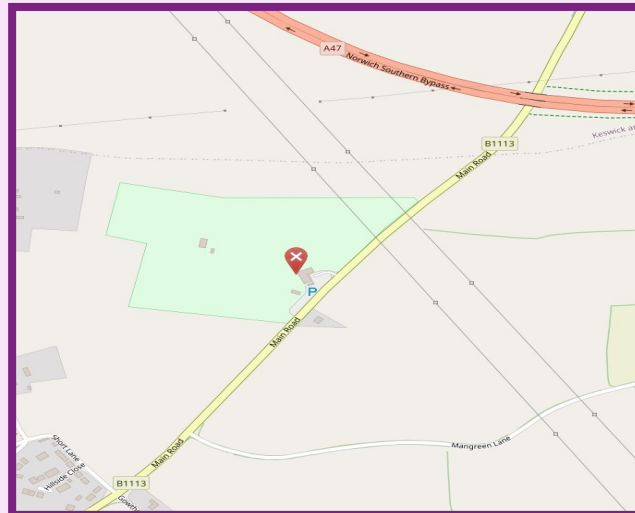
Contact us

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

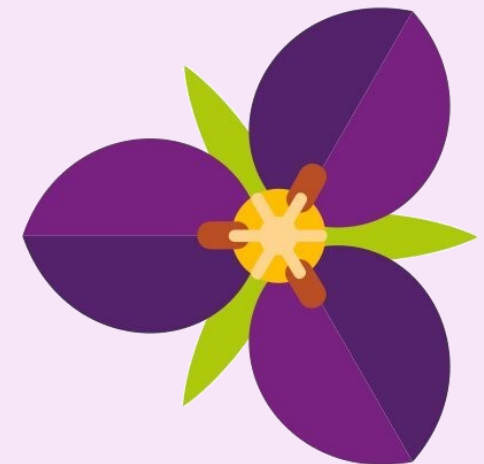
☎ 01508 578826

✉ info@swardestondaycentre.org

🌐 www.swardestondaycentre.org



Swardeston Day Centre



01508 578826

www.swardestondaycentre.org

Registered Charity No. 1065872

About us

Swardeston Day Centre (formerly the Edith Cavell Day Centre) was established in 1986 to provide quality day services for older people in Swardeston and the surrounding villages.

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 and to give carers a well needed break.

Our staff are caring, qualified and professional, and we have a team of dedicated volunteers to assist at the Day Centre sessions, helping to provide a friendly and stimulating environment for the elderly of our community.

The Day Centre offers a range of activities, entertainment and seasonal events.



A Day at the Centre

The day begins with the arrival and welcome of our clients when we catch up with the news over a cup of tea or coffee and biscuits.

After that our clients enjoy a variety of morning activities facilitated by our staff and team of volunteers. Some members prefer to sit and chat, enjoy knitting or reading the daily newspapers, and others enjoy reminiscing with our volunteers.



Lunchtime is at midday when our cook provides a freshly made, home cooked meal. Dietary needs are taken into consideration and alternatives can be provided for those with specific requirements.

Afternoon activities may include bingo, an exercise session, visiting entertainers, quizzes etc.

Tea or coffee is served before the day ends.



Want to know more?

Please do contact us for more information about our services, We take referrals from Social Services and also Private Funding. Travel may be arranged with our volunteer drivers.

The Day Centre fees are available on request, please contact the manager on 01508 578826 during Day Centre hours for details.

The Day Centre is open: **10 am to 3 pm**
Monday, Wednesday and Thursday



www.thesqueezees.co.uk