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NEW SERVICE AVAILABLE SEE BELOW



FORGET-ME-NOT
ADULT DAY CENTRE



2015

NEWSLETTER

JANUARY-FEBRUARY 2015

If you know someone who would benefit from our service please phone us on 09 437 1144 and talk to the staff about coming for a look around the Centre.

“ words of thank you hardly compare to the love we have for you all. You make our days happy, kind, peaceful and secure. I'm so glad we were guided to you from Day 1 and the love and care has been wonderful. Your gentle words of advice are invaluable and how you rally around when ...feels low is so uplifting. Please know that you all have a very very dear and special place in our hearts”.

CENTRE DETAILS

Our Purpose

The Centre is a day care service and available to adults of all ages. Clients have an age range from 25-94 years including those who are young with disabilities, the elderly and frail, those with memory loss, Head injuries and/or other disabilities. The Centre provides quality day care that enhances the welfare not only of the clients but also of the carers and families who look after their loved ones at home on a 24 hour a day basis. The centre has capacity for 40 client visits per day. Staff is qualified, experienced and caring. The staff-client ratio is purposely set at 1:5 for maximum input. Statistics show that the Centre had 9200 client visits in 2013. This shows the community need for the service.

Our Hours

The Centre has been purpose built for the community of the Whangarei District and is unique. It is open from Monday to Friday from 8.30- 4pm for 49 weeks of the year. Families from other areas of Northland utilise our service when they are visiting Whangarei for Day stay.

Our Programme

The programme is structured with a variety of activities that provide motivation, rehabilitation, life skills, Diversional therapy, holistic exercise,

We are pleased to include the address of our new website. Feel free to visit our site and tell you friends and family about it:

www.adultdaycarecentre.co.nz

socialization and fun. Activities include Tai Chi, indoor bowls challenges, singing, line dancing, table tennis and gardening, educational card games, painting lessons and quizzes, reading, cooking, budgeting, math's and current affairs discussions. Guest speakers provide information and entertainment. Weekly excursions are arranged for ten pin bowling, swimming at the Aquatic Centre, exhibitions and for bowls challenges. The reading / math's lessons are particularly popular with our younger clients. These are structured around learning for life-skills and enjoyment. There is a monthly Tai Chi class especially for Stroke clients. This has proved very popular.

Quiet Room

The Forget Me Not Centre's 'One Stop Shop' concept has proved to be a great help in connecting our clients to their community needs. The 'Quiet Room has been utilised by health professionals, social workers, phlebotomists and government department staff who are all welcome to use this room to visit their community clients in privacy. Clients find this service most beneficial as it means that they do not have to wait at home for appointments.

Whanau Room

The Whanau room is an extension to the existing building and provides ample room for meeting, activities and education sessions, cooking and activity classes. It is available for community meetings for a small fee and has its own entrance. Car parking is easily available. Please phone us.

Meals

A cooked lunch is provided daily for clients by our 2 chefs. A 'take home' meals service is available for clients who require an evening meal. Meals are freshly cooked daily, are nutritious and take into consideration special dietary needs.

Transport

The three Forget Me Not vans and the van on loan from the Kamo Club collect the clients from their home each morning and return them home each afternoon. The transport pick-up areas are Maunu, Tikipunga, Onerahi, Kamo and Whangarei Central.

Security

The centre is secure, fully fenced, open plan and has ample secure parking.

Community Collaboration

The Centre works closely with other agencies including NorthAble, Alzheimer's Society, Age Concern, Idea Services, NASC Services, LYNKZ Centre, ACC and Rest homes.

Donations

Ongoing funding is an issue for the Centre. Please consider supporting us with a donation or bequest. We want the Centre to be sustainable into the future for the people in need of day services in the Whangarei District and those from the outlying areas of Northland.

We are happy to introduce our extended client care service. If you need time to attend appointments, meetings etc or just need a few hours off, we can provide day care, for all day, part of the day or just one hour, depending on your needs. We will provide a safe caring environment for your loved one so that you do not have to worry about anything. Morning tea and a meal can be provided if desired. Just phone us on 09 4371144. Bookings preferred but we will do our best if short notice is necessary. Our hours are 8.30-4pm- Monday to Friday. You do not have to be a regular user of our service to make use of this offer.



Delightful cards painted by the Forget Me Not clients " \$1 a card



Fundraiser freshly-frozen take-home meals for anyone who needs them. They are available from the Centre. Details and menu available on 09 4371144 A favourite for many of our clients. The photo is of our recent Christmas meal

MISSION STATEMENT

- To provide quality day care for adults who are socially isolated through disability, by providing life skill development.
- To enhance the quality of life for clients, carers/whanau by providing them with a break from caring.
- To increase community awareness of the service.

JANUARY-FEBRUARY MONTHLY activities

AM	26 th Auckland Anniversary Holiday	27 th Swing Dance Swing Dance	28 th Table activities	29 th Tai Chi	30 th Bowls
PM		Table activities	Crafts	Table Activities	Music Walk

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	2nd Newspaper discussion Tai Chi	3rd Bowls against Cairnfield out	4th Coffee Morning	5th Tai Chi Newspaper discussion	6th Swimming Bowls
PM	Table activities	Baking	Crafts	Table activities	Music
AM	9th Newspaper discussion Tai Chi	10th Swing Dance	11th Ten Pin Bowling	12th Tai Chi Newspaper discussion	13th Swimming Bowls
PM	Quiz	Bowls	Table activities	Table activities	Music
AM	16th Newspaper discussion Tai Chi	17th Trip out	18th Baking Men against Ladies best tasting cake and decorated cake or biscuits	19th Tai Chi Newspaper discussion	20th Swimming Bowls
PM	Quiz			Table activities	Music
AM	23rd Newspaper discussion Tai Chi	24th Swing Dance	25th Table activities Ten Pin Bowling	26th Tai Chi Newspaper discussion	27th Swimming Bowls
PM	Quiz	Bowls			Music