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# NEWSLETTER SEPTEMBER 2015



Henrietta

Having a sing song



## 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 2014. 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,



socialization and fun. Activities include Tai Chi, indoor bowls challenges, singing, swing 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 four Forget Me Not vans 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.



www.neighbourly.co.nz



## NEW SERVICE AVAILABLE

**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.**



**FGMN  
FUNDRAISER  
MEALS.**

Please contact us if you would like a 'take-home' meal.  
Roasts, pastas and stews to name a few. All freshly made and freshly frozen for your convenience. \$8 each.




**Cost per meal \$8.00**

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:

**aduldaycentre.co.nz**

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.

**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.



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM		1 <sup>st</sup> Bowls	2 <sup>nd</sup> Coffee morning	3 <sup>rd</sup> Tai Chi	4 <sup>th</sup> Swimming
PM		Chat Time Ball Games	Chat time	Boxing Crafts Chat Time	Bowls Music
AM	7 <sup>th</sup> Tai Chi	8 <sup>th</sup> Swing Dance	9 <sup>th</sup> Ten Pin Bowling Crafts	10 <sup>th</sup> Tai Chi Boxing Crafts Quiz	11 <sup>th</sup> Swimming Bowls
PM	Crafts Quiz	Bowls	Ball Skills		Wallace Entertainment
AM	14 <sup>th</sup> Tai Chi	15 <sup>th</sup> Bowls Crafts	16 <sup>th</sup> Chat time Crafts	17 <sup>th</sup> Tai Chi Boxing	18 <sup>th</sup> Swimming Bowls
PM	Quiz	Chat time	Quiz	Crafts Chat time	Music
AM	21 <sup>st</sup> Tai Chi	22 <sup>nd</sup>	23 <sup>rd</sup> Ten Pin Bowling Crafts	24 <sup>th</sup> Tai Chi Boxing Crafts Quiz	25 <sup>th</sup> Bowls/Swimming
PM	Lynkz Centre visit Ding Bat Game	OPEN FESTIVAL DAY 10-2pm All Welcome Open to the Public	Games		Music
AM	28 <sup>th</sup> Tai Chi Quiz	29 <sup>th</sup> Ball Games	30 <sup>th</sup> Chat Time		
PM	Chat Time	Cairnfield House Visit	Arts and Crafts		



**SEPTEMBER MONTHLY  
activities**