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# newsletter

## MARCH 2016

### **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](http://www.neighbourly.co.nz)



# 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.

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

facebook **aduldaycentre.co.nz**

FACEBOOK is: [www.facebook.com/ForgeMeNotwhangarei?fref=ts](http://www.facebook.com/ForgeMeNotwhangarei?fref=ts)



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM		1st Swing Dance	2nd Coffee Morning	3rd Tai Chi	4th Swimming Bowls
PM		Bowls	Arts and Crafts	Quiz	Music
AM	7th Kamo Club pool Tai Chi	8th Ten Pin Bowling	9th Ten Pin Bowling	10th Tai Chi	11th Swimming Bowls
PM	Men's Group with Michelle	Bowls/Quiz	Picnic	Swing	Music
AM	14th Kamo Club pool Tai Chi	15th Swing Dance	16th Ten Pin Bowling	17th Tai Chi	18th Swimming Bowls
PM	Men's Group with Michelle Quiz	Bowls	Arts and Crafts	Quiz	Music
AM	21st Kamo Club Pool Tai Chi	22nd Ten Pin Bowling	23rd Ten Pin Bowling	24th Tai Chi	<b>Good Friday</b>
PM	Link Centre Quiz	Picnic	Arts and Crafts	Swing Dance	
AM	<b>Easter Monday</b>	29th Swing Dance	30th Ten Pin Bowling	31st Tai Chi	
PM		Bowls	Arts and Crafts	Quiz	

## FUNDRAISER MEALS.

At Forget Me Not we have identified a need for supply of meals that are easily heated at home, at an affordable cost.

These delicious meals are not restricted to clients only, but are available for any of the elderly and disabled people in our local community who can no longer cook roast meals themselves at home.

The meals are cooked in our WDC certified kitchen by our chefs and are freshly frozen. Moulded meals are available if needed on request.

Meals cost \$8.00 each and can be collected from the Centre Mon-Fri - 8.30am-4pm or we will deliver if we can for someone who is immobile etc. Please just phone us on 09 4371144 to order meals or you can visit us to see what meals we have available and to purchase meals between the hours of 8.30am- 3.30pm weekdays. Payment can be cash, internet banking or by cheque.

The Menu does vary but includes a broad range see left:



- Macaroni Cheese
- Pasta and Meat Balls
- Lasagne
- Lambs Fry bacon and vegetables
- Sausage and Gravy
- Curry Sausages
- Irish Stew
- Roast Lamb with roast vegetables
- Roast Pork with roast vegetables
- Roast Beef with roast vegetables
- Cottage Pie
- Butter Chicken
- Roast Chicken
- Chicken and Gravy with vegetables
- Chicken Tikka (Mild) with rice and vegetables
- Devilled Sausages with rice and vegetables
- Smoked fish pie with mashed potato top
- Mariner seafood creamy pasta
- Vegetable Curry and rice

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.