

Age Concern Norfolk has been in existence since 1947. The mission of the charity is “to promote the well-being of all older people throughout the county of Norfolk and to make later life a fulfilling and enjoyable experience”.

We offer a wide range of support services for older people and their carers across Norfolk including:

Information & Advice, Community Support Centres,
Care Home Finder Service, Money Matters, Funding
Support Service, Great House training centre, Community
Development, Volunteering, Your Rights and Entitlements,
Advocacy Service, Active Together, Pabulum,
Campaigns and Consultations, Carers Learning Grant,
Bereavement Advice Service, Care Home Advocacy Service

Age Concern Norfolk
Age Concern County Office
300 St Faith's Road
Old Catton, Norwich,
Norfolk NR6 7BJ

T 01603 787111

F 01603 301371

E acn@acnorfolk.org.uk

www.acnorfolk.org.uk

Registered Charity No. 1077097
Charitable Company limited by guarantee
Registered in England 3783205



INVESTOR IN PEOPLE

All Age Concern Norfolk publications are available in
alternative formats



Methwold



Community Support Centre Day Service

C/O Methwold Social Club, Methwold,
Thetford, Norfolk IP26 4NT

T 01366 728880

F 01366 728880 **E** methwold@acnorfolk.org.uk

**Our aim is simple ...
... to help you make the most of life**

Age Concern Norfolk has over sixty years of experience in working for older people in Norfolk, promoting their well-being to make later life a fulfilling and enjoyable experience.

We seek to provide a flexible and responsive service to meet people's needs by way of empowering them to influence the service they receive.

Age Concern Norfolk works in close partnership with the Adult Social Services Department of Norfolk County Council in providing Respite and Day Services.

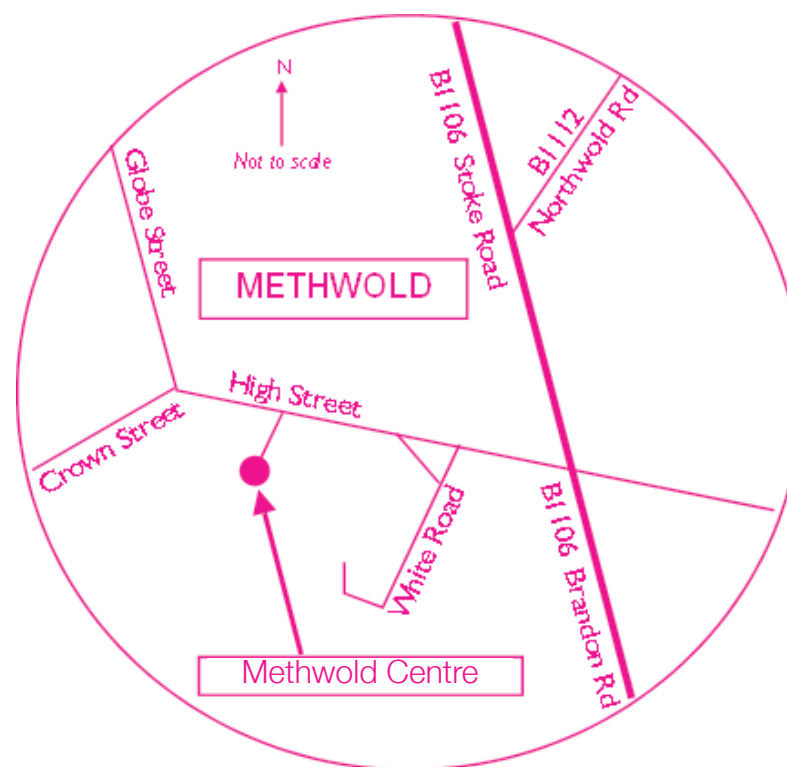
We have two Community Support Centres offering Respite and Day Services, at Herondale in Acle and Grays Fair Court in Costessey and Community Support Centres offering Day Services at Diss and Methwold.

We continue to develop the services we manage, striving to provide high quality support services for older people and their carers.

How to find us ...

From Thetford take the A134 King's Lynn Road. At Northwold take the B1112. Turn left on the to B1106 Stoke/Brandon Road. At crossroads turn right on to the High Street into Methwold. Pass Post Office on right, and driveway is on the left, opposite the George Public House.

From Swaffham take the A1065 Brandon Road. At crossroads turn right on to the A134 and follow directions as above.



Activities and Entertainment

An optional programme of entertainment and activities is organised throughout the year - including crafts, quiz games, gentle exercise, guest speakers, musical entertainment and excursions.

Transport

Transport is provided, to and from the Centre in the mini-bus, or, for those outside an 8 mile radius, alternative transport is organised through Norfolk County Council Adult Social Services Department.

Come and visit us!

To appreciate all that we can offer, you are welcome to arrange an informal visit by appointment. A trial day visit can also be arranged through your Social Worker.

What we can offer

Methwold Community Support Centre is run by Age Concern Norfolk and is situated in the village of Methwold, in West Norfolk.

It is a single storey building with places for up to 70 people over five days and stands in its own grounds. There is easy access for wheelchairs and the building is designed for comfort and convenience.

Methwold Community Support Centre offers the opportunity to receive day services and support away from home; to socialise, make new friends and take part in activities.

It also offers support to those people who care for relatives or friends by helping them to have a break from their caring role.

At Methwold Day Service we aim to

- Provide a high quality service to meet people's assessed needs in a friendly and supportive environment
- Empower people to influence the service they receive
- Provide information and advice which will enhance their quality of life
- Create opportunities for individuals who aspire to achieve particular objectives
- Create an environment where people can build trust, be valued and continue the process of life long learning

Day Services are offered on ...

Monday	up to 15 places for older people
Wednesday	up to 10 places for older people with dementia
Thursday	up to 15 places for older people
Friday	up to 15 places for older people

The Day Service is open from 9.00 am to 4.30 pm. Please note the Centre closes for Bank Holidays.

Referrals

Referrals are accepted through Norfolk County Council Adult Social Services Department following assessment of need. You will also be asked to complete an individual Application Form for our records.

Quality Support Service

We encourage people to have a positive and rewarding day at Methwold by ensuring privacy, dignity, independence, choice, rights and fulfilment are maintained.

With your help, we will draw up an individualised care plan, designed to suit your requirements. Our trained day service team will endeavour at all times to meet those needs and will discuss them regularly to ensure they are being met, responding to any changes there may be.

Catering

Meal times are flexible and all specialist dietary, religious or cultural needs can be catered for. We offer a choice of menu. Individual support is available for those who need assistance at mealtimes.

Tea or coffee are served mid-morning and afternoon or at other times if requested.

Visitors are welcome to stay for lunch, at a small cost and by prior arrangement.

Our facilities include:

- Trained staff
- Specialised bathing
- Laundry service for older people
- Large print library books, video library and games
- Safe keeping facility
- Chiropodist appointments made on request

Quality Assurance

A “What do you think of our services” questionnaire will be given to each person attending on a regular basis to ensure our high standards are maintained at all times.