

Leading **Lives**
Your life / Our support

WELLBEING SERVICE



Stowmarket Community Hub

Tel: 01449 745970



WE OFFER:

A safe, friendly, warm environment for an older person who is looking for an opportunity to engage in light conversation. We encourage daily chair-based exercises along with a choice of other activities. You can choose to relax and listen to music or join in a game of Bingo.

We take time to reminisce and use quizzes to spark memories. If you are up for it then challenge the staff to a game of crib, dominoes or scrabble.

You may just be looking for the company of someone of a similar age or enjoy some home cooked food.



THE STAFF TEAM:



Tracey Rushbrook



Vanessa Goddard



Stacey Sullivan

The staff are highly trained, some with 15+ years' experience offering a high standard of:

- Personal care
- Moving & handling
- Safeguarding
- Administration of medication
- First aid

We offer a 2-day service for individuals on Wednesdays and Fridays which specialises in dementia care. Within these days the groups are smaller to enable all individuals to get the support they require for their specific needs. We also offer a 1-1 service at an additional cost.

WE ARE HERE



LeadingLives

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Stowmarket Community Hub,
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www.leadinglives.org.uk

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