

What makes our Community

Choices different?

- ✓ We put you first
- ✓ All our services are personalised to you and your interests
- ✓ We employ caring, capable and compassionate staff
- ✓ We listen and improve our services
- ✓ We care for your safety
- ✓ We give back to the community

What we offer

Sometimes all you need is a change of scenery, a cup of tea and a chat. As well as this, all of our day centres provide a range of activities, such as:

Baking and cooking

Table top games and puzzles

Quizzes

Arts and crafts

Singing and music sessions

Reminiscence

Memory activities

Gentle exercise

Beauty pampering

Walking

We also offer refreshments, nutritional hot meals and often organise day trips and outings.

You can choose from both full-day and half-day sessions.

Please call our customer services team for more details or to book a place:

0115 962 8920

Call us: **0115 962 8920**

Email us: hello@carerstrustem.org

Connect with us:  [CTEastMidlands](https://www.facebook.com/CTEastMidlands)

 [@CarersTrustEM](https://twitter.com/CarersTrustEM)

Website: www.carerstrustem.org

Day centres
Care groups
Activities
Home care
Children's care
End of life support
Specialist dementia care

If you require this information in an alternative format, please let us know.

We are registered with the Care Quality Commission – the independent regulator of health and social care in England.

Our performance assessment rating is GOOD against all criteria: safe, effective, caring, responsive and well-led.

For further information, please visit www.cqc.org.uk/provider/1-119231049.



Community Choices

Do you receive care in your own home and sometimes feel isolated?



You're not alone. Meet other people in your area and stay active with our groups, activities and day centres

Contact us to find out more:

0115 962 8920

hello@carerstrustem.org

Lines are open Monday to Friday, 9am – 5pm

A warm welcome awaits you

Carers Trust East Midlands has its own well-established day centres and groups, which provide a caring and enabling place for people with care needs while carers take a much needed break.

We aim to:

- Provide an interactive and stimulating experience for those living with physical or mental care needs
- Offer a break from the usual daily routine in a friendly and relaxing atmosphere with a range of activities to suit your interests and hobbies
- Help develop a sense of belonging to the wider community by reducing isolation and encouraging new friendships
- Promote, develop and maintain the highest attention to safety and well-being – giving complete peace of mind
- Involve both carers and those with care needs, ensuring your ideas and opinions are catered for in our service



Venues and opening times

SHERWOOD Community Centre

Mansfield Road
Sherwood
NG5 3FN
Monday to Friday 10:00am - 4:00pm

BESTWOOD Community Centre (Mabon) ★

Gainsford Crescent
Bestwood
NG5 5HT
Monday and Friday 10:00am - 3:00pm

EASTWOOD Resource Centre

Wellington Place
Eastwood
NG16 3GB
Monday and Saturday 9:30am - 3:30pm

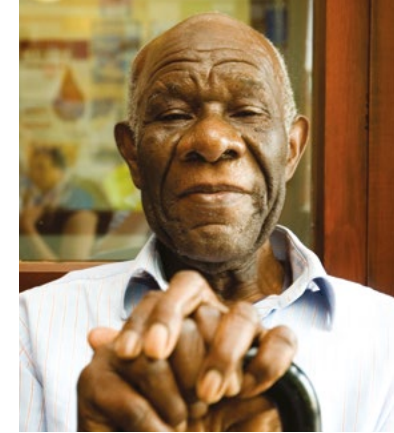
CARLTON Day Centre ★

Standhill Road
Carlton
NG4 1JT
Wednesday 10:00am - 3:00pm

TOTON Day Centre

Portland Road
Toton
NG9 6LS
Thursday 9:30am - 3:30pm

★ These are specialist centres with activities and outings for anyone over 18 with working age dementia



"I look forward to attending my group every day. I reminisce about the 'good old days' with the others and have a lovely meal for lunch."

"It's lovely being able to do my plant potting at my local day centre with new friends"

Helping carers look after themselves too

We also provide free support and resources for carers via the Nottinghamshire Carers Hub:

- Information and guidance
- Signposting to other organisations
- Short break accommodation
- Access to a carers support group and regular coffee mornings
- Training and caring support
- CarerSmart benefits and discounts
- Carers grants
- Peer support and respite via our volunteer service

Carers can also recharge their energy levels with free access to local relaxation, fitness and well-being facilities.

Call or visit our website to find out more:

www.carerstrustem.org/hub
0115 824 8824

