



Supporting over-55s

**Older people in Brent
deserve the best**

**And that is what we
aim to give them!**



The Elders Voice Day Centre is a place that supports positive ageing and focuses on enriching the wellbeing of the individuals that attend. It also provides respite to carers, who can enroll their loved ones knowing they are in safe hands.

We try our hand at a range of activities; yoga, dance, pet therapy, museum visits, reminiscence sessions, baking, cooking, quizzes, games, singing, arts & crafts and much more! On national holidays and religious festivals we make a day of it and explore our different cultures and celebrate our diversity. When it's warm and sunny, we do a spot of gardening and soak up the sun in the Elders Voice garden. And we're always on the lookout for new and interesting ways to spend our time. We believe services should be designed by the people who use them, so we actively encourage our clients and their families to make suggestions or become peer designers.

The Centre also provides much needed respite for carers and we guarantee your loved one will be in safe hands whilst you are able to focus on your day job, work through your to-do list or enjoy some 'me time'. The Centre is run by a small team of passionate, dedicated and caring staff with over 50 years of experience between them, in mental health and social care. We are located in Kensal Green, next door to the station on a leafy, residential street and are open on Mondays, Tuesdays and Thursdays. To find out about eligibility, open hours and cost, call our Wellbeing Manager, Lynn Burling on: 020 8206 7503 or email: lynnb@eldersvoice.org.uk.

Elders Voice, 181 Mortimer Road, Kensal Green, NW10 5TN



"Elders Voice Centre is a godsend to many people. You can leave your loved one in their care and have a few hours for yourself. It is a safe place for people with dementia and the staff are very caring."

"Your service has given my mum a purpose, building her confidence, by believing in herself and using public transport to travel to new locations."



"The team met us with such warmth and comfort, and provided us with a source of both reassurance and brilliant activities - even for someone who is not a native English speaker."

"Dad really enjoys his weekly visits to the Day Centre. He loves the people there and we have confidence that he will be cared for while we take a little time out."



"The team there is a very friendly bunch and they are keen to devise activities that will be just right for their clients."



@Elders_Voice



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www.eldersvoice.org.uk