

OTHER DAY CENTRES IN MERTON

***Age Concern Merton**

277 London Road, Mitcham CR4 3NT

Telephone: 020 8648 5792

Opening hours: 10 – 3pm Monday to Saturday

Day Centre for people with mobility problems - open six days a week, varied activity programme, lunch and refreshments throughout the day, programme of speakers, exercise class, entertainment programme, games, quizzes and puzzles and library visits, etc.

***All Saints Day Centre**

44 All Saints Road, Wimbledon, London SW19 1BX

Telephone: 020 8542 9587

Main Client Groups Worked With: People with physical disabilities, please ring to find out what activities are available. Social Worker referral.

***Asian Elders Support Scheme**

Asian Elders Support Scheme Lt, 5 Beechcroft Road, London SW17 7BU

Telephone: 020 8767 5455 Fax 020 8767 5486

Email info@aess.org.uk

Support for isolated elderly Asian people. Day centre and lunch club with vegetarian lunch, activities, healthy living and health checks, alternative therapies, arts and crafts, Indian film shows and music sessions. Domiciliary care service provided on behalf of social services provides personal care and housekeeping. Learning disabilities project for all ages.

Cumberland Day Centre

Merton Mind Elderly Cumberland Day Centre, Whitford Gardens, Mitcham, Surrey CR4 4AA

Telephone: 020 8646 8264

Email: cd.centre@virgin.net

Contact: Jacques Dominique, Manager

The day care service is available to older people with dementia on five days a week including Saturday. Attendance times vary to accommodate individual requirements. Facilities include:

- Transport provided to and from the centre, although carers may wish to use their own transport.
- Lunches cooked in a local family centre and delivered to the centre daily.
- Arrange of activities are available to clients, organised by care staff and include art, table games, music, darts, gardening, baking, music and movement.
- Reminiscence materials are used regularly to evoke memories and discussion on past life experiences and interests.
- A multisensory room is now available to allow clients to explore a range of materials focussing on using the senses to prompt responses in clients and allows for 'one to one' time with care staff. The room can also be used as a quiet, relaxing space for clients who would rather have some time alone.
- Newspapers are available on most days for clients to read and discussions can be initiated from reading the headlines together.
- The garden is used regularly in the summer months and clients can enjoy some fresh air and a change of scenery when the weather is good.
- All clients have a care plan and a 'person centered care' approach has been developed to ensure clients receive an individualised service which ensures their comfort and safety whilst providing stimulation and enjoyment within a warm, non-threatening environment. The relationships we establish with relatives of our clients is important and we involve them whenever possible in the care we provide at the centre.

***Euro-Asian Centre (Contact: Pam Howe)**

Granfers Community Centre, 73-79 Oakhill Road, SUTTON SM1 3AA

Day centre for Asian elders with lunch provided. Organise talks on a variety of topics. Activities include keep fit, painting and courses. Weekly Asian carers group. Transport provided to and from the day centre.

***Spires Day Centre (Contact: Tania Lucas)**

8 Tooting Bec Gardens, Tooting, London SW16 1RB

Telephone: 020 8696 0943

1. Rough Sleepers' Space: Food, showers, clothing, resettlement advice, drug and alcohol support. Sunday: showers and clothing only. Sunday 11–12.30pm, Tuesday 9:00–10:30am, Wednesday 10:00–12:00pm, Thursday. 9:00–10:30am
2. Open Access Drop-in: Toast, hot lunch (including vegetarian option), tea and coffee. Last lunch served 30 minutes before closing. Radio, no smoking area, no children under 16 allowed. Sunday 12.30-3pm, Tuesday 10.30am-2pm, Thursday 10.30am-2pm.
3. Learning opportunities: art and craft group, creative writing, music group, life skills courses, reading, writing and spelling, client-volunteering courses, computer training, volunteer training.
4. Women's space: A session for vulnerable women only, with a focus on meeting The needs of women involved in sex work. Breakfast, showers, Support and referrals.
5. Health Services: Nurse's clinic Run by NHS nurse practitioner. Can also help with referrals to health services including registering with a GP. Tuesday 10:30–1:30 Optician Run every 4 weeks Tuesday 12:00–1:00. Chiropodist Run monthly on 1st Thursday of every month Thursday 10:30–12:30. START Homeless mental health team (check with staff when next due) Dentists every six weeks (check with staff when next due).

***Wimbledon Guild Day Centre**

(Contact: Barbara Everest/Gabriel Wall)

30-32 Worple Road, Wimbledon, London SW19 4EF

Telephone: 020 8946 0735

Opening Hours: 10am to 3pm from Monday to Friday

Referral required from GP, District Nurse and/or Social Workers.

***Wandsworth Bengali Welfare Association –**

Trinity Road Day Centre, 57-59 Trinity Road, London SW17 7SD

(Contact: Dr M Islam)

Telephone: 020 8682 4934 or 020 8672 9308

Office Hours: 9am to 4pm from Monday to Friday

**Day centre: 9.30am to 5pm from Monday to Friday & on
Saturday from 12.30pm to 2pm for lunch.**

Service for: Ethnic Groups, Older People, and Women

Day Centres for people with learning disabilities

***High Path Community Resource Centre**

63 High Path, Wimbledon, London SW19 2JY

Telephone: 020 8241 2233

Website www.merton.gov.uk/hpresourcecentre

E-mail highpath@merton.gov.uk

For people with learning disabilities - users need to be referred by the LD Social Services Team.

***Jan Malinowski Centre (JMC)**

(Contact: Joe McDonald)

Wandle Way, Willow Lane, Mitcham CR4 4NB

Telephone: 0208 274 5141

Out of hours telephone: 020 8770 5000

For adults with a learning disability – users need to be assessed by the LD Social Services Team.

Day Centres for people with mental health problems

Day centres are run by voluntary agencies. For further advice and information contact The Community Mental Health Team on - Tel: 020 8254 1030 (if you live in the Morden area); Tel: 020 8254 1045 (if you live in the Wimbledon area) and Tel: 020 8687 4781 (if you live in the Mitcham area).

General

***Ethnic Minority Centre**

Vestry Hall London Road, Mitcham CR4 3UD

Telephone: 020 8648 0084

Centre and umbrella body for minority ethnic community groups and individuals. Advocacy, Advice and Information, EM Drug & Alcohol Awareness, Literacy/Numeracy, Support groups, Support inc. IT support to other BME groups, Cultural, Educational and Recreational programmes.

TT *LATIN AMERICAN GOLDEN YEARS DAY CENTRE ("LOS ANOS DORADOS")

1-29 Cancell Road, London SW9 6HN

Telephone: 020 7793 0469 Email: latinamtyc@btinternet.com

Range of support and services for older people (55+) from the Latin and Spanish/Portuguese speaking communities. Referrals around benefits, housing rights and accessing health and social services. Recreational, social and leisure activities including English lessons, guitar, fine arts, dance and computer classes.

***Taylor Road Day Centre**

Taylor Road (Off Victoria Road and Fleming Mead), Mitcham CR4 3JR

Has a large hall with kitchen facilities. The ground floor is disabled accessible. The centre is used by a number of ethnic/community groups in Merton - please ring the appropriate group for further information:

***Asian Elderly Group or Merton**

Telephone: 020 8944 9545 (Contact: Amir Siddiqui)

***London South West Chinese Association**

Telephone: 0796 442 4892

***Positive Network**

Telephone: 020 8646 7512 or 07905 121468 mobile (Contact: Grace Salmon)

***South London Tamil Welfare Group (Tamil Elders Group)**
Telephone: 020 8542 3285 or 8417 0840

***Goan Elderly Group**
Telephone: 020 8646 1409

You can also contact: Reuben Hyacinth, Project Officer –
Telephone: 020 8646 7512 - based at Taylor Road for more
information.

We take care to update the information we provide regularly to try to ensure it is accurate. However, CareConnect cannot accept liability for any errors or omissions, nor can we be held responsible for the services provided by any of the agencies or bodies referred to.