

## **Community Services Department**

### **Day Care & Community Support**

Information about day care, support groups and social activities available to adults in Guernsey.

**For further information, please contact the  
Social Work Department at:**

Community Services for Adults

Tel: 725241

Ext: 3313

This information is provided by the Community Services for Adults  
and is up-dated annually.

Revised February 2017

**H&SC No. 184**



Contact Details	Information
<p><b>Age Concern</b></p> <p>Tel: 233338 Helpline &amp; Information</p> <p>Social Centres</p> <p>Free to attend. Donations welcome for use of transport and certain activities.</p>	<ul style="list-style-type: none"> <li>• <b>Vale Douzaine Room</b> Tuesday, 14.00 – 1600 Contact: Roy Trustum Tel: 251487/07781192480</li> <li>• <b>St Stephens Hall</b> Thursday, 14.30 – 16.30 Contact: Pam Warwick Tel: 240132/07781428156</li> <li>• <b>St Martin's Parish Hall</b> Friday, 14.00 – 16.00 Contact: Margaret Nicolle Tel: 237413 50p Tea/Biscuits</li> </ul> <p>Transport can be arranged and is used for outings and lunching at various venues. Open to all elderly people including wheelchair users.</p>

Contact Details	Information
<p><b>Capelles Community Centre</b></p> <p>Tel: 243628 Community Centre</p> <p>Luncheon Club - fortnightly £5 (three course meal)</p> <p>Soup Bowl £2.75</p>	<p><b>Luncheon Club (fortnightly)</b> Alternate Saturdays, 12.30 pm start from September – July</p> <p>For the elderly and/or the lonely who would like to have a meal among friends.</p> <p>Contact: Pat Queripel Tel: 722710</p> <p><b>Soup Bowl</b> 12.00 start October – June (approx)</p> <p>Choice of two soups, bread, cheese and beverages.</p> <p>Contact: Glenys De Jersey Tel: 247356</p>

Contact Details	Information
<p><b>Carers Coming Together</b></p> <p>Tel: 255264 Mrs Maureen Lucas www.carerscomingtogether.worldpress.com</p> <p>Support for carers and bereaved carers.</p> <p>No charge.</p>	<p><b>Support for Carers and Bereaved Carers.</b></p> <ul style="list-style-type: none"> <li> <b>Away Day's for Carers (10.00-15.30) and Carefree Hours</b>  Held on a monthly basis, Monday or Thursday (see 'Carers Coming Together' programme for details) Cotils  Donation requested £10 to cover day lunch, must apply for space </li> <li> <b>Monthly Evening Supper for Men (18.30)</b>  First Monday of the month, held at Les Cotils.  Contact: Rev'd Jan Le Billon, Tel: 234283 </li> </ul>

Contact Details	Information
<p><b>Club Bons Amis</b></p> <p><b>Secretary</b> Tel: 255063 David Wyatt <a href="mailto:david.graham.wyatt@gmail.com">david.graham.wyatt@gmail.com</a> twitter@LESBONSAMIS</p> <p>Tel: 723465 Judith Laine (Chairperson)</p> <p>Club and activities are aimed at over 50's. Quarterly Newsletter sent to members.</p> <p>Annual subscription is: £10.00 for singles £15.00 for couples</p>	<p>Eight or more functions held each month. Special site visits arranged during warmer months.</p> <ul style="list-style-type: none"> <li> <b>Games to play while seated</b>  Every Thursday afternoon at La Nouvelle Maritaine </li> <li> <b>Walks for 'Strollers and Walkers'</b>  Three guided walks a week are organised </li> <li> Meals – Monthly lunch or dinner at various locations </li> <li> Around 150 Members, Get to know people and keep Healthy </li> </ul>

Contact Details	Information
<p><b>Eldad Elim Church</b></p> <p>Tel: 07839 700068</p> <p>Mick and Heather Leggett</p> <p>No charge.</p>	<p><b>Community Café</b></p> <p>Friday, 10.00 – 14.00</p> <p>Free tea, coffee, cakes and a chat. All ages welcome.</p> <p>Children's play area available.</p> <p>Access for wheelchair users via removable ramp but currently no disabled toilet facilities.</p>

Contact Details	Information
<p><b>Guernsey Cheshire Home</b></p> <p>Tel: 720578 Nikki Stephens or Karen Le Page</p> <p>Day care and support for the physically disabled. (18 – 65 years only)</p> <p>Charge: £10 a day</p>	<ul style="list-style-type: none"> <li>Monday – Thursday inclusive 9.30 – 15.30</li> <li>One to one work can be carried out and tailored to the needs of each individual. This can include relaxation sessions, games and puzzles, craft etc.</li> <li>Transport needs to be provided by the day visitor</li> <li>Fee is £10 pr session. This fee may be payable by Social Security, depending on what benefits the day visitor receives; otherwise it is payable by the day visitor.</li> <li>Day visitors may attend one or more days depending on space available Max number of day visitors per day is 6</li> </ul>

Contact Details	Information
<p><b>Guernsey Health Trainers</b></p> <p>Tel: 707311 Health Promotion Unit</p> <p>Health support</p> <p>No charge</p>	<p>Four free sessions available over a six month period to help people who want to make healthy lifestyle changes.</p> <p>Health Trainers will assist people in setting goals and support them as they make the changes.</p>

Contact Details	Information
<p><b>Holy Trinity Church</b></p> <p>Tel: 724319</p> <p>Social groups.</p> <p>Small charge for coffee and lunch at Wednesday Club.</p>	<ul style="list-style-type: none"> <li>• <b>Bereavement Support Group</b> 1<sup>st</sup> Thursday of month, 10.00 – 11.30 Offering care and support to anyone who has suffered the loss of a loved one</li> <li>• Mrs Ros Parks can be contacted through Holy Trinity for details as different times and locations are organised. .</li> </ul>

Contact Details	Information
<p><b>Jubilee House (GVS)</b></p> <p>Tel: 246045 Josie Bretton</p> <p>Dietary needs can be catered for. 3 course Lunch</p> <p>Day care.</p> <p>£6.70 a day. (Charge covers refreshments and activities)</p>	<p>Monday – Friday, 9.00 – 15.00</p> <p>Open to all over 65s. People must be mobile and continent. Wheelchair users are welcome, but need to leave wheelchairs at the door and use a walking aid.</p> <p>Transport is available.</p> <p>Many activities take place. These include hairdressing, foot care (pedicure), library, social games, crafts, and lots of conversation and fun.</p>

Contact Details	Information
<p><b>L'Islet, Clifton and St Sampson's Salvation Army</b></p> <p>Tel: 244631 Community centre open Mon-Frid 9.30-3pm and Sat 10-12pm St Sampsons Care &amp; Charity Shop</p> <p>Social groups.</p> <p>No charge.</p> <p>Wheelchair users welcome, but must be able to toilet independently.</p>	<ul style="list-style-type: none"> <li>• <b>L'Islet</b></li> <li>• <b>Ladies Meeting</b> Thursday, 14.30 – 15.30</li> <li>• <b>Fellowship Meeting</b> 1<sup>st</sup> Sunday of month, 19.30 – 21.00</li> <li>• <b>Luncheon Club</b> Thursdays, 12.30 – 14.00 (at Clifton on other weeks) £6 two course meal must be booked at 24hr notice</li> <li>• <b>St Sampson's</b></li> <li>• <b>Lunch and Fellowship Group</b> 1<sup>st</sup> and 3<sup>rd</sup> Monday of each month, 12.00 – 15.00</li> <li>• <b>Every Luncheon Club</b> Wednesday 12.30-2pm £6 two course meal</li> </ul>

Contact Details	Information
<p><b>Les Bourgs Hospice</b></p> <p>Tel: 251111</p> <p>Jo Boyd Hospice Director or Leticia Vermeulen Ward Manager</p> <p>Day care for patients with life limiting conditions.</p> <p>No charge.</p>	<ul style="list-style-type: none"> <li>Thursday, 9.30 – 15.30pm Looking to expand</li> <li>Transport can be arranged, sometimes possible.</li> </ul> <p>Activities include social activities such as bingo, a church service, massage therapy, etc. (activities vary each week)</p> <p>Referrals by Health and Social Care Professionals.</p>

Contact Details	Information
<p><b>Life Fit</b> Held at Beau Sejour</p> <p>Tel: 747238 Emma Kinder</p> <p>Gentle exercise programmes.</p> <p>The cost of classes and the fitness package is subsidised and includes one free swim per week.</p>	<p>Monday and Thursday or Tuesday and Friday.</p> <p>Held in the Fitness Studio at Beau Sejour.</p> <p>Two options for classes: either the gym or a gentle exercise circuit option. Both can accommodate all levels of fitness.</p> <p>If class times are not suitable a Life Fit Fitness package is available. This includes a one to one session with a Life Fit Instructor in the gym, followed by ten further unsupervised sessions to be taken at attendee's convenience.</p> <p>Referrals from GPs or specialist nurses.</p> <p>Tuesday and Friday, 13.30 – 14.30 Very Gentle Exercise option. No referral required.</p>



Contact Details	Information
<p><b>Live for Life</b></p> <p>Tel: 707311 Health Promotion Unit</p> <p>Some sessions may have a small charge</p> <p>Sessions on enjoying a healthy lifestyle. (Sessions are not regular, but run by request)</p>	<p>A live for life session provides people with the opportunity to take a look at their lifestyle and consider what to do to improve their health and well being.</p> <p>People are welcome to attend one session or sign up for several. Sessions include:</p> <ul style="list-style-type: none"> <li>• Alcohol</li> <li>• Cancer</li> <li>• Exercise</li> <li>• Healthy Eating</li> <li>• Stress Management</li> <li>• Weight Management</li> <li>• Five ways to happiness</li> </ul>

Contact Details	Information
<p><b>Red Cross Monday Links Club</b></p> <p>Tel: 244034 Maureen Ware</p> <p>Afternoon club for ladies.</p> <p>Charge: £1.00 per week. Covers refreshment costs and raffle prize.</p>	<p>Monday, 13.45 – 15.45</p> <p>Transport can be arranged. Ladies must be mobile. Wheelchair users are also welcome, but must be able to toilet independently.</p> <p>Activities include: knitting, playing cards, and socialising.</p>

Contact Details	Information
<p><b>Ron Short Centre</b></p> <p>Tel: 724333 Jean Craker ronshort@cwgsy.net</p> <p>Social day care for the physically and sensory disabled.</p> <p>No charge. (Need to be a member which requires a discretionary annual subscription)</p> <p>A wheelchair vehicle (pool car) is available for anyone over 25 with driving licence to use on loan – free of charge.</p>	<ul style="list-style-type: none"> <li>• <b>Monday – afternoon</b> Social for Men</li> <li>• <b>Tuesday – afternoon</b> Social for Women</li> <li>• <b>Tuesday – evening</b> Youth and Social Club</li> <li>• <b>Thursday – afternoon</b> Social for Men</li> <li>• <b>Thursday – 6-7pm</b> (1 hour in summer, ½ hour in winter) Swimming Group at Beau Sejour.</li> <li>• <b>Friday – Last of the month</b> Social for all (as advertised)</li> </ul> <p>Transport can be arranged. Regular fundraisers also take place such as coffee mornings, car boot sales, Christmas and summer fayre, and bingo nights.</p>

Contact Details	Information
<p><b>The Russels (GVS)</b></p> <p>Tel: 238055 Denise Cohu</p> <p>Three course meal and afternoon tea (All drinks included).</p> <p>Day care.</p> <p>£6.70p a day.</p>	<p>Tuesday – Friday, 9.30 – 15.30</p> <p>Open to all over 65s. People must be mobile and continent. Wheelchair users are welcome, but must be able to toilet independently.</p> <p>Limited transport is available.</p> <p>Many activities take place including: hairdressing, manicure and pedicure, chiropodist, library, social games, crafts, and lots of conversation and fun.</p> <p>Bathing service is on wish list.</p>

Contact Details	Information
<p><b>Vazon Elim Church</b></p> <p>Tel: 255691 Mob: 07781192331 Gwen Trump</p> <p>Seniors luncheon club.</p> <p>Charge: £5.00</p>	<ul style="list-style-type: none"> <li>• First Saturday of the month, 12.00 - 13.30</li> <li>• Luncheon club open to all over 65s.</li> <li>• Wheelchair users are also welcome, but must be able to toilet independently.</li> <li>• Transport can be arranged.</li> <li>• Limited transport - No wheelchairs.</li> <li>• After lunch, there is a reading or a song and carols at Christmas.</li> </ul>

Contact Details	Information
<p><b>Guernsey Walking for Health</b></p> <p>Tel: 707311 Health Promotion Unit</p> <p>Social walking groups.</p> <p>No charge</p>	<p><b>Social Walking Groups</b></p> <ul style="list-style-type: none"> <li>• <b>Monday</b>, 13.45 at Cambridge Park</li> <li>• <b>Tuesday</b>, 14.00 at the bus stop, Imperial Hotel</li> <li>• <b>Wednesday</b>, 10.30 at Sausmarez Park</li> <li>• <b>Thursday</b>, 10.30 at Houmet Tavern</li> <li>• <b>Friday</b>, 10.30 at Chouet</li> <li>• <b>Sunday</b>, 16.00 March – October, 14.30 October – March. Different location each week.</li> <li>• Alderney- Sunday 14.45hrs Meeting place at Bray Common</li> </ul> <p>All walks are 30 minutes long and are led by two Mac Millan trained volunteers.</p>

