

## **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 November 2019

**H&SC No. 184**

<b>Contact Details</b>	<b>Information</b>
<p><b>Age Concern</b> Helpline &amp; Information David Inglis Tel: 263228</p> <p>Social Centres</p> <p><b>Charge:</b> No charge to attend.</p> <p><b>Transport:</b> Donations welcome for use of transport and certain activities.</p> <p><b>Wheelchair Accessible:</b> Yes</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>Styx St Peters Community Centre</b> Wednesday, 1400 – 1600 Contact: June Martel Tel: 254425</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>
<b>Contact Details</b>	<b>Information</b>
<p><b>Capelles Community Centre</b> Tel: 243628 Community Centre</p> <p>Luncheon Club £6.50 (three course meal)</p> <p>Soup Bowl £3.20</p> <p><b>Charge:</b> No charge to attend.</p> <p><b>Transport:</b> Not available.</p> <p><b>Wheelchair Accessible:</b> Yes</p>	<ul style="list-style-type: none"> <li>• <b>Luncheon Club</b> First Saturday of the month (Second Saturday in January), 12.30 pm start from September – July For the elderly and/or the lonely who would like to have a meal among friends. Contact: Pat Queripel Tel: 259347</li> <li>• <b>Soup Bowl</b> Every Thursday 12.00 start October – June (approx) Choice of two soups, bread, cheese and beverages. Contact: Glenys De Jersey Tel: 247356</li> </ul>

<b>Contact Details</b>	<b>Information</b>
<p><b>Carers Coming Together</b>  <b>Contact:</b> Reverend Jan Le Billon  Tel: 234283  Email: revjanleb@gmail.com</p> <p>Support for carers and bereaved carers of dependent adults and children.</p> <p><b>Charge:</b> The cost is £10.00 for the day which includes morning coffee at 10am, lunch and all our activities.</p> <p><b>Transport:</b> Not available.</p> <p><b>Wheelchair Accessible:</b>  Yes</p>	<p><b>Support for Carers and Bereaved Carers.</b></p> <ul style="list-style-type: none"> <li>• <b>Monthly Away Day's for Carers 10.00-15.00</b>  We offer you a day to yourself in beautiful surroundings of The Cotils, where you can make new friends, relax, be introduced to a new hobby, and much more. The Day includes a creative activity in the morning in a friendly and caring atmosphere, enjoy a relaxing massage and a manicure. Take a walk in the beautiful grounds. Enjoy a two course lunch followed by a guest speaker on a wide range of interesting topics and the occasional outings.</li> </ul> <p>If you would like further details of these activities, please get in touch with us.</p> <ul style="list-style-type: none"> <li>• <b>Monthly Evening Supper for Men Starting at 18.00</b>  The evening is for male carers or recently bereaved carers to take time to relax and enjoy the company of other men who are in a similar situation. The suppers take place at Les Cotils. We offer a superb subsidised Three Course Dinner for £10.00. Booking essential.</li> </ul>
<b>Contact Details</b>	<b>Information</b>
<p><b>Club Bons Amis</b></p> <p><b>Secretary:</b> David Wyatt  Tel: 255063  <a href="mailto:david.graham.wyatt@gmail.com">david.graham.wyatt@gmail.com</a>  <a href="https://twitter.com/LESBONSAMIS">twitter@LESBONSAMIS</a></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>Various 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 Le Grande Courtil St Martins (Block B)</li> <li>• <b>Walks for 'Strollers and Walkers'</b>  Mondays - Lane and cliff walks  Wednesdays - Lane walk</li> <li>• <b>Meals</b> – Monthly lunch or dinner at various locations</li> </ul> <p>Around 150 Members, Get to know people and keep Healthy</p>

Contact Details	Information
<p><b>Guernsey Cheshire Home</b>  Contact: Sarah Winsall &amp; Karen Le Page  Tel: 720578</p> <p>Day care and support for the physically disabled.  (18 + years )</p> <p><b>Charge:</b> £13.00 a day</p> <p><b>Transport:</b> Not available</p> <p><b>Wheelchair Accessible:</b>  Yes</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 £13 per session, this includes a two course lunch and tea/coffee. 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 Six</li> </ul>
Contact Details	Information
<p><b>Guernsey Health Trainers</b></p> <p>Tel: 707311  Public Health Services</p> <p><b>Charge:</b> No charge to attend.</p> <p><b>Transport:</b> Not available.</p> <p><b>Wheelchair Accessible:</b>  Yes</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> <p>Topics that can be discussed include healthy eating, weight, physical activity, stress and alcohol.</p>

Contact Details	Information
<p><b>Holy Trinity Church</b> Tel: 724319</p> <p>For further details please contact the Church Office on 724319 or email <a href="mailto:cynthia@trinitygsy.org">cynthia@trinitygsy.org</a></p> <p><b>Charge:</b> coffee and lunch.</p> <p><b>Transport:</b> Not available</p> <p><b>Wheelchair Accessible:</b> Yes</p> <p>Trinity Café is open on a Thursday and Friday - 9am to 2pm for coffee, cake and lunches! It is run by volunteers and all our profits go to charities with local connections, if you'd like to know more please contact the Church Office.</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>• <b>Mid-Week Lunch</b> Holy Trinity Centre Cafe – Last Wednesday of Month, except December - 12:00-14:00. Enjoy a main meal and dessert followed by tea/coffee. We have an optional fun quiz and sometimes musical entertainment. (<i>Donation</i>)</li> <li>• <b>Memory Lane</b> – Mind Centre, Arsenal Road – Third Saturday in the Month 14:00-16:00. Open to anyone wishing to remember the past in a positive way, all welcome especially carers with or without their loved ones. Tea/coffee and freshly baked cakes. Reminisce the good ole days for the afternoon using photos, memory boxes and books.</li> <li>• <b>Drive and Drinks</b> – 4<sup>th</sup> Monday of the month. A driver can collect you from your door for an enjoyable island drive with a stop for tea and cake, then drop you home afterwards. (Just pay for your refreshments). Subject to spaces available.</li> <li>• <b>Saunter and Snack</b> – 1<sup>st</sup> Thursday in Month. Enjoy a short, gentle walk with friendly chatter – then a tasty lunchtime snack. Various starting points. (Just pay for your snack)</li> <li>• <b>Holiday at Home</b>—Twice yearly we run an activity day or days with a holiday theme. We also have a Liberation day tea on the 9th May.</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.</p> <p><b>Charge:</b> £7.00 a day, £8.00 with Transport</p> <p><b>Transport:</b> Available for a small charge</p> <p><b>Wheelchair Accessible:</b> No</p>	<p>Monday – Friday, 9.00 – 15.00</p> <p>People must be able to mobilise independently with or without the use of walking aid and able to use toilet facilities unassisted.</p> <p>Many activities take place. These include hairdressing, foot care, manicures, library, social games, crafts, and lots of conversation and fun.</p>

Contact Details	Information
<p><b>L'Islet and St Sampson's Salvation Army</b></p> <p>Tel: 244631 Community centre open Mon-Fri 9.30-3pm and Sat 9.30-12pm (Closed Thurs) Cafe &amp; Charity Shop</p> <p>Social groups.</p> <p><b>Charge:</b> Cost varies for food and refreshments.</p> <p><b>Transport:</b> No Transport</p> <p><b>Wheelchair Accessible:</b> Yes</p>	<ul style="list-style-type: none"> <li>• <b>L'Islet Friends Together</b> Thursday, 14.15 – 15.15</li>   <li><b>Luncheon Club</b> Thursdays, 12.30 – 14.00 meal must be booked at 24hr notice</li>   <li><b>Fellowship Meeting</b> 1<sup>st</sup> Thursday of month, 19.30 – 21.00</li>   <li>Wheelchair users welcome, but must be able to toilet independently.</li> </ul>
Contact Details	Information
<p><b>Les Bourgs Hospice</b></p> <p>Tel: 251111 Contact: Jo Boyd Hospice Director Leticia Vermeulen Ward Manager</p> <p>Day care for patients with life limiting conditions.</p> <p><b>Charge:</b> No charge</p> <p><b>Transport:</b> Not available</p> <p><b>Wheelchair Accessible:</b> Yes</p>	<p>Day care available on a Thursday, 9.00 – 15.00</p> <p>A church service is available for those who wish to participate in the morning. Various activities offered including music therapy and relaxation, Guest speakers (activities vary each week) and once a month complimentary therapies are available from trained professionals.</p> <p>We accept self-referrals, please email <a href="mailto:joboyd@lesbourgs.com">joboyd@lesbourgs.com</a> or telephone 251111 And referrals from Health and Social Care Professionals.</p>

<b>Contact Details</b>	<b>Information</b>
<p><b>Your Community Library</b></p> <p>For more information, please contact Jackie at The Guille-Allès Library on 720 392</p> <p><b>Charge:</b></p> <p><b>Transport:</b> No Transport</p> <p><b>Wheelchair Accessible:</b> Yes</p>	<ul style="list-style-type: none"> <li>• <b>La Nouvelle Maritaine</b> - Weekday mornings 10:00 - 12:00</li> <li>• <b>Rosaire Court</b> - Monday 10:00 - 12:00 Rosaire Avenue, just off Brock Road Tea and Coffee available</li> <li>• <b>The Bridge</b> - Wednesday &amp; Friday 10:00 - 12:30 Nocq road, opposite the Bridge Co-op</li> <li>• <b>Western Community Library</b> - Tuesday 15:00 - 17:00 Wednesday 10:00 - 12:00 St Saviour's Community Centre Le Neuf Chemin Road, near St Saviour's Church</li> <li>• <b>Tovertafel Drop-in Sessions</b>, La Nouvelle Maritaine - The Tovertafel creates playful, interactive light projections that entice children, adults, and older people to get moving and have fun together Wednesday 10.00-12.00 Thursday 9.30-12.30 Friday 10.00 -12.00</li> <li>• <b>IT Help Sessions</b> - It's free and you don't need to book. La Nouvelle Maritaine Tuesdays 10.00 - 11.30 get started with laptops, iPads, Kindles and all other digital devices. Rosaire Court – 10.00-11.00 dates vary. For more information please call 720392</li> </ul>
<b>Contact Details</b>	<b>Information</b>
<p><b>Life Fit</b></p> <p>Held at Beau Sejour</p> <p>Contact: Emma Kinder Tel: 747238</p> <p><b>Charge:</b> £3.10</p> <p><b>Transport:</b> No Transport</p> <p><b>Wheelchair Accessible:</b> Yes</p> <p>The cost of classes and one to one sessions are subsidised.</p>	<p>Monday, Tuesday, Thursday and Friday mornings from 10.30am-12.30pm. Monday and Thursday afternoons from 1.30pm-2.30pm</p> <p>Held in the gym, Fitness Studio or HLC 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>The exercise sessions cost £3.10 (includes free swimming during public swimming sessions).</p> <p>If class times are not suitable one to one sessions with a Life Fit instructor can be arranged.</p>

<b>Contact Details</b>	<b>Information</b>
<p><b>Ron Short Centre</b></p> <p>Tel: 724333  Contact: 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>	<p><b>Social Afternoons 1400-1600</b></p> <ul style="list-style-type: none"> <li>• <b>Monday</b> - Social for Ladies &amp; Gentleman</li> <li>• <b>Tuesday</b> - Social for Ladies</li> <li>• <b>Thursday</b> - Social for Ladies &amp; Gentlemen</li> </ul> <p><b>Social Evenings 1900-2100</b></p> <ul style="list-style-type: none"> <li>• <b>Tuesday</b>- Youth &amp; Social Club</li> <li>• <b>Last day 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>
<b>Contact Details</b>	<b>Information</b>
<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><b>Charge:</b> £7.00 a day, £8.00 with Transport (50p each way)</p> <p><b>Transport:</b> Available for a small charge</p> <p><b>Wheelchair Accessible:</b>  Yes</p>	<p><b>Tuesday – Friday, 9.30 – 15.30</b></p> <p>People must be mobile, with walking aids if required, and able to use the toilet independently.</p> <p>Wheelchair users are welcome, accessible toilet available.</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 available on request, assistance/support will be necessary to operate the bath, support of volunteer is available if required</p>



<b>Contact Details</b>	<b>Information</b>
<p><b>Vazon Elim Church</b></p> <p>Contact: Gwen Trump</p> <p>Tel: 255691 Mob: 07781192331</p> <p><b>Charge:</b> £5.00</p> <p><b>Transport:</b> Currently not available</p> <p><b>Wheelchair Accessible:</b> Yes</p>	<p><b>Luncheon Club</b></p> <ul style="list-style-type: none"> <li>• First Saturday of the month, 12.00 - 13.30</li> <li>• open to all over 60s. Two Course meal tea and coffee</li> <li>• Wheelchair users are also welcome, but must be able to toilet independently, wheelchair accessible toilet available.</li> <li>• After lunch, there is a reading or a song and carols at Christmas.</li> </ul> <p>Everybody Welcome</p>
<b>Contact Details</b>	<b>Information</b>
<p><b>Guernsey Walking for Health</b></p> <p>Tel: 707311 Public Health Services</p> <p>Social walking groups.</p> <p><b>Charge:</b> No Charge</p> <p><b>Transport:</b> No</p>	<p><b>Social Walking Groups</b></p> <ul style="list-style-type: none"> <li>• <b>Monday</b>, 10.30 at Sausmarez Park (back car park)</li> <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 (back car park)</li> <li>• <b>Thursday</b>, 10.30 at Peninsular Hotel</li> <li>• <b>Friday</b>, 10.30 at Chouet</li> <li>• <b>Sunday</b>, 16.00 March – October, 15.00 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 trained volunteers.</p>