

Cluster Care Group Day Opportunities

*"Coming to the Centre is like
coming to a family gathering"*



Adult Day Opportunities

"enliven you"

Background

- The Cluster Care Group is an independent Day Centre, and also a Registered Charity, No. 1100948, and has been running for 15 years.
- It serves the group of villages of Cropredy, Claydon, Great Bourton, Little Bourton, Hanwell, Horley, Hanwell Fields, Mollington and Wardington, hence the name Cluster Group.
- The Day Centre is located in Cropredy, in the Sports Pavilion, and is open only on Tuesdays. There is disabled access.
- We are a small independent Day Centre, with two qualified staff trained to the standards required to run the Centre, with the help of volunteers; each day consists of two staff members for the twelve clients, plus two volunteers.

Our Philosophy

- We accept older persons of any class, creed, colour or background, who need some care or support for a physical or emotional problem, or in need of socialisation.
- Cluster Care aims to provide clients with a warm and happy family atmosphere and stimulation to suit the individual.
- We aim to recognise individual social, physical and psychological needs, valuing and respecting each person and preserving their dignity.
- We aim to improve clients' well-being, by helping to motivate, educate and care for their changing needs.
- We believe in asking our clients for their views, so that we can help to develop a service that meets the needs of our clients and their interests.
- Where possible we encourage people to be independent; they have a choice of making their own way to the Centre or, at the time of assessment, arrange to use the service of our volunteer drivers.

- We believe in fostering good links with the local community, including visits from the village school children, health and support advice for our clients, and professional speakers and entertainers.



- We recognise the importance of nutrition, and provide a freshly cooked two-course lunch from the Red Lion pub in Cropredy, who will cater for certain different dietary needs. We also serve tea, coffee and biscuits on arrival, and tea and freshly made home-baked cakes before leaving, with the option of taking cake home with them if they wish.



- Personal, family values are reinforced by celebrating special personal events of individual clients, such as this 90th birthday celebration, with the cake shown here.

Our Activities

Day Opportunities can be extensive, and our activities are designed to focus on enriching our clients' lives, building upon their skills, knowledge, and unique abilities and strengths. We aim for improvement in their physical and mental health through enjoyable and educational activities. Below are some of the many activities that Cluster Care offer our clients:

Educational

- Discussion Groups
- Quizzes
- Competitions



Arts and Crafts

- Card Making
- Painting
- Pottery Painting



Creative

- Flower Arranging
- Sweet Making
- Salt Dough Modelling



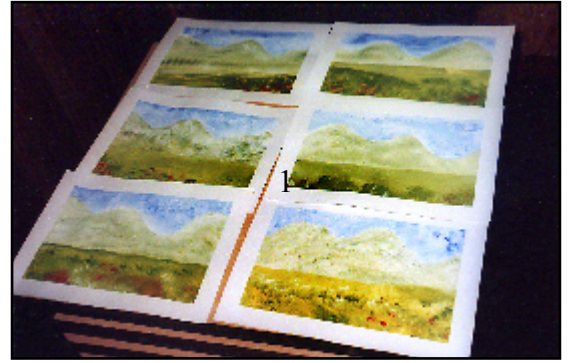
Entertainment

- Entertainers
- Speakers
- Film Shows
- Sing-a-longs



Social

- Birthday Celebrations
- Holiday Celebrations
- Reminiscences
- Mobile Library



Mental Stimulation

- Discussion Groups
- Quizzes
- Competitions
- Mind Exercises
- Word Target



Table Games

- Whist
- Scrabble
- Dominoes



Gentle Games

- Croquet
- Curling
- Skittles
- Nintendo Wii sports
e.g.
Golf
Tennis
Ten Pin Bowling



Physical Stimulation

- Seated Exercises

Special Occasions

- Apart from regular activities that take place at the weekly meetings in the Sports Centre, Cluster Care endeavour to commemorate special events and celebrations.



Harvest Thanksgiving



Remembrance Day

Day Outings and Meals

- Day Outings and Meals are much enjoyed by our Clients.



Fund Raising

- Various fund raising events are held during the year to help with running costs of the Cluster Care Group.



A Typical Day

- On arrival, at just before 10 am, clients are welcomed by staff and volunteers into a light and warm lounge, where they greet everyone and, whilst they have a chat, they are offered tea or coffee and biscuits.
 - Activities begin when everyone has arrived, by 10.30 am.
 - Hot, two-course, lunch is served at 12 noon.
 - Afternoon activities begin when lunch has been completed.
 - Afternoon tea and cakes are served at 2.30 pm, before clients prepare to return home.
 - Clients leave at 3 pm, either making their own way home or being driven home by the team of volunteer drivers.
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Charges per Session

The charges per session, covering the day from 10 am to 3 pm, include the following:

- Morning tea, coffee and biscuits
- Two course hot lunch (from the Red Lion pub)
- Afternoon tea and cakes
- All activities on the day
- Transport

Please contact the Co-ordinator for details of charges; contact details are on the back cover of this brochure.

Free Trial Day

Cluster Care welcomes visitors, and anyone interested in attending is welcome to come along for a trial day to find out more about what we do at the Day Centre.

Please contact the Co-ordinator for more information.

Quotes from Staff and Volunteers

- "What I like to see is when the smile comes on the faces of new clients; it tells me that they are beginning to relax and enjoy themselves, which is just what we want to see."
- "I like the enthusiasm of everyone, and always go home feeling better than when I arrived in the morning."
- "Family atmosphere, everyone made to feel welcome, and everyone enjoying themselves."
- "I get satisfaction in helping them, and I enjoy the company of the clients."
- "Meeting the clients, along with the other volunteers, and helping to make an enjoyable day."
- "I very much enjoy helping with Cluster, who are a very happy and friendly group."



CLUSTER CARE DAY OPPORTUNITIES

CENTRE STAFF



MOYA REED
Co-ordinator

Moya has been with Cluster Care for eight years. She has a NVQ 2 in Care, and holds certificates for Moving and Handling, Emergency Aid, Food Hygiene, Elderly Abuse and Mental Health, Sound Footing, Hand Massage and Communication, and Recruit, Select and Retain Staff.



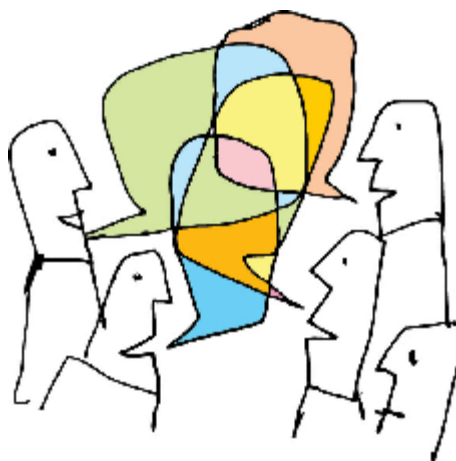
VERONICA PURDEY
Deputy Co-ordinator

Veronica has been with Cluster Care for six years and holds certificates for training in Emergency Aid, Moving and Handling and Food Hygiene. Veronica also compiles the Quizzes and Word Targets.

We have overall 42 volunteers, made up of in-Centre helpers, transport drivers and Management Committee members, all of whose dedication help to give our clients an unsurpassable day.

Quotes from Our Clients

- "I like the warmth, the friendship, and the helpfulness of staff and volunteers; it makes an enjoyable day out."
- "I enjoy the company of all; it's just one big family and I enjoy the help and friendliness of all the staff and volunteers."
- "It's a good crowd, lots of fun. I enjoy the help given by staff and volunteers; it makes a good day out."
- "I like the various activities and meeting people."
- "I like coming because everyone is so friendly, and everyone enjoys talking to you, even if you do not know them."
- "I like the companionship and how the day is run - I look forward to Tuesdays."
- "Cluster has become a very special place for me. Even if I feel down it always cheers me up and helps me forget my ailments; everyone is made to feel very special."



What is Directed Support and who can access it?

Self Directed Support is for adults (aged 18 and over) who need Social Care and Support Services. It is a new way of social care made available to people who need assistance with activities which many of us don't think about.

Whether you are someone who uses Social Services, looks after someone who does or a professional working in Social Care, we aim to provide information about Self Directed Support in this brochure.

How will users benefit?

Self Directed Support helps you to make decisions for yourselves. By planning their support they will be able to say exactly what is important to them, from what they want help with to organising and speaking out. It is about living their lives in the most independent way, if their situation allows.

To access Self Directed Support, contact the Access Team:-

The Access Team provides single point of contact with Oxfordshire County Council's Adult Social Care Services. It also provides information and signposting on a wide range of services available.

Access Team, PO Box 780, Oxford. OX1 9GX

Phone: 0845 050 7666 Fax: 01865 783111

Email: access@oxfordshire.gov.uk

SMS text number: 07788 571 577

Cluster Care Group Day Opportunities

Cropredy Sports Centre
(Tuesdays only)
Telephone 01295 750899
Mobile 07974 105947

Co-ordinator
Moya Reed
'Tea Leaves'
13, Cup and Saucer
Cropredy
Oxfordshire
OX17 1NN

Telephone/Fax 01295 758531
Mobile 07974 105947

