



In addition to our day support, the Seaham centre also has a dedicated carer support worker.

Our carer support workers provides **FREE** information and advice to any carer of a person with memory problems or dementia.

They can also provide practical support with issues, and arrange regular social activities to help you meet other carers.

Cost of day service:

- £34.00 per day (excluding transport)
- 45p per mile for minibus transportation
- £5.00 for a two course lunch

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HERE FOR EVERYONE

For additional information please contact:

**Caroline Robinson - East Durham
Services Co-ordinator**

Tel: 0191 581 0880

Email:

seahamdaycentre@hospitalofgod.org.uk

Website:

www.hospitalofgod.org.uk

Seaham Day Centre

Bradbury House, 67 Marlborough

Street, Seaham, SR7 7SA

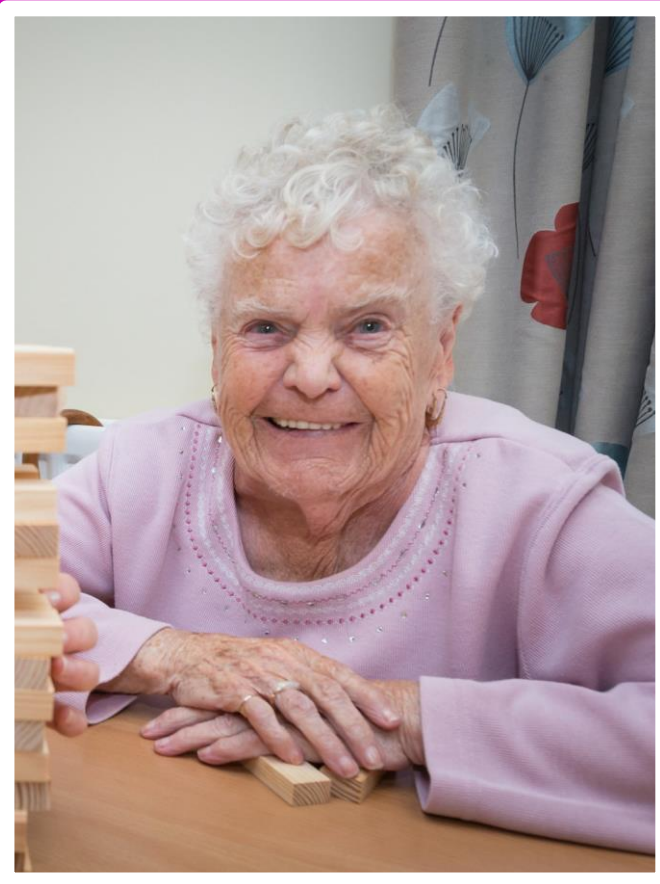


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Here for Everyone

Providing day opportunities and carer support for people with dementia



Some people find that the type of support which suits them best, is a service based in a particular building where activities are provided on site. These services are usually called day centres, and may be a good option for you if you struggle getting out on your own, and want to meet other people with similar experiences and interests.

If you have a diagnosis of dementia or memory problems, the Seaham day centre can provide friendship, mutual support and stimulation, as well as respite for carers.

The Seaham day centre provides a safe, warm and welcoming environment where you can meet new people and enjoy a wide range of activities

We aim to help people continue to enjoy their interests, as well as exploring new hobbies.

Activities we offer include arts & crafts, singing, dancing, quizzes, baking, cooking, playing board games as well as many other choices. It is up to you which activities you wish to be involved.