

DAY ACTIVITY CENTRE

The Day Activity Centre provides a range of indoor/ outdoor activities and opportunities for those community members who require companionship and friendship. Activities include exercises, craft, book club, brain gym, movies, bowls, music and outings are also arranged. The Centre also promotes good mental health, physical strength, and self confidence, encompassing both carer and client while ensuring longevity in ones home.

The program is flexible and able to meet individual needs and a nourishing hot meal is included.

This individualized approach ensures quality of life and general well being is maintained. The Centre is open four days a week and its clients are well supported by a dedicated team of caring volunteers.

UMHCS adopts the active service model, which is helping people stay active, involved and doing as much for themselves as possible. This is proved to help people stay more independent with a greater sense of wellbeing.