

## Annexe 4

### **Day Centres Review**

#### **Notes of focus group held at The Clockhouse (Milford and Villages Day Centre) on 2 July 2008**

Facilitators: Jenny Else, Alayne Boyden

Attended by approximately? users of all five day centres in Waverley.

The following is a summary of the comments made by those attending.

#### What should Day Centres be like in 10 years time?

Overwhelming agreement by those present that Day Centres will still be needed.

Day Centres particularly important to those with no family

Provide a very valuable service during the week. Weekend activities provided by organisations such as the British Legion and churches.

#### Should buildings be only for older people?

General view tending towards a mix of ages.

Would be good to have younger people promoting activities for all ages.

Noted that some centres run by Age Concern have a lower age limit of 60yrs, but these do provide advice on a range of problems including insurance, benefits, pension credits and advocacy.

Probably not suitable to mix teenagers with older people, but could have a multi use building that acts more as a community centre.

Most people under 60 yrs old are at work and so probably would be unlikely to attend.

#### What activities should be provided at day centres?

Feeling that day centres make a positive contribution to well-being.

They provide a reason for getting out of bed in the morning.

Would like the centres to provide more exercise, dancing, advice on keeping fit and healthy, plus teaching new skills, particularly IT.

Other activities should include quizzes, competitions, learning new languages.

Outings thought to be very good.

A number of those attending praised the Walking for Health scheme.

#### Should day centres of the future provide main meals?

General consensus that main meals important.

However, some would like lighter meals to be provide, possibly with a snack bar.

### How can day centres promote a more positive image?

Could change the name from day centre to drop in or community centre since this would avoid reaching the conclusion that they are only for older people.

Could use specific names eg The Clockhouse.

Could run a competition at each centre to find an appropriate name.

### Is there a continuing role for volunteers?

Thought that volunteers play an essential role.

Difficult to see how can encourage more to volunteer, given the increasing upper age for work.

CRB checks may deter some from volunteering.

If centres had a wider age range, this could increase the numbers of volunteers.

### What innovative ways are there of raising money?

Could possibly charge an annual fee.

Subscriptions charged by some day centres enable users to get discounts at various places.

Could charge for car parking.

### Other issues

A number of those attending would like better outside facilities such as gardens, possibly with raised beds.