

**Contact us:**

For further Information please contact:

Manager

OR

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**Data Protection**

Any personal information is kept confidential. There may be occasions where your information needs to be shared with other care professionals to ensure you receive the best care possible.

In order to assist us improve the services available your information may be used for clinical audit, research, teaching and anonymous for national NHS Reviews.

Further information is available in the leaflet Disclosure of Confidential Information IL137, via QE Gateshead website or the PALS service.

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## Woodside Centre

### Gateshead Younger Dementia Service



## Day Care Leaflet

## Who we are

The Woodside Centre is based at Dunston Hill Day Unit and is open between the hours of 8am - 4pm Monday to Friday, with a view to extending hours in the future. We have an answer phone service which is available when the unit is closed.

We are highly trained, qualified mental health nurses & support workers, who offer a specialist day service for people who are diagnosed with dementia and are aged under 65 years at time of diagnosis.

Once our client has reached the age of 65 they will be referred on to another age appropriate service.

We are a nurse led unit who work within a multi-disciplinary team, which includes consultant psychiatrist, psychology, physiotherapy, and occupational therapy.

## Philosophy

We specialise in providing an individual, person centred package of care for a younger person with dementia.

We believe that all individuals have physiological/safety/social and spiritual needs that must be met in order for an individual to achieve their full potential.

We will endeavour to meet those needs and to maintain motivation to help our clients achieve a sense of well being and fulfilment.

Privacy and Confidentiality will be respected at all times

We welcome feedback and new ideas.

## Newsletter

A news letter will be sent out twice a year to clients and their carers with dates for future events and dates for dementia café and carers group.

## Incident Reporting

If any client has an accident on the unit, a written report is sent to the Clinical Risk team and the Carer will be informed of the incident by a member of staff.

Should any further investigation be required following an incident, this will be carried out by an internal inquiry team.

Standards and Policies can be reviewed by an external panel.

## Complaints

Any complaints about the service or the care provided:

- ◆ Can be discussed with day unit staff
- ◆ Informal comments can be discussed with the Patient Advice Liaison Service (PALS) which is available on 0191 445 6129
- ◆ Formal complaints can be put into writing to:  
The Chief Executive  
Trust Head Quarters  
Queen Elizabeth Hospital  
Sheriff Hill  
Gateshead  
NE9 6SX

## **Charitable Donations**

We regularly receive donations from local businesses, all of which are spent on the clients in our service.

We also sell cards at the reception which are hand-made by staff with all proceeds going to the Woodside Centre.

## **Carers Group**

We provide a carers group on a monthly basis to provide on-going therapeutic support and practical advice which includes finances, benefits, DVLA & transport issues. We can also discuss any other situations that may arise.

## **Dementia Café**

We also provide a dementia café on a monthly basis which both clients and their carers can drop in for a coffee, cake and a chat to discuss situations around dementia. Information leaflets can be provided. The Dementia Café will usually take place on the last Friday of every month.

## **Mild Cognitive Impairment Group (MCI)**

The MCI group is a new group which will start in March 2014 which provides several sessions of advice and practical support to both clients and their carers who have been diagnosed with a memory problem rather than a Dementia.

The objectives of the day care team are:

- ◆ To provide a person centred service which is responsive to individual needs and interests.
- ◆ Help to retain skills and abilities for as long as possible
- ◆ Help to build on confidence and self-esteem.
- ◆ Help to promote and maintain the ability to socialise/reduce isolation.
- ◆ To encourage the continuation of your life long roles

Whilst attending the unit all clients will be given the opportunity to choose the type of activities they would like to participate in, activities include:-

- Memory recall and reminiscence games
- Arts & Crafts
- Seasonal Projects
- Gardening, including purchasing of plants & seeds, planting seeds & growing our own produce such as potatoes, peas, carrots, cabbage, Cauliflower, leeks, tomatoes, beetroot, strawberries, radishes, rhubarb, raspberries & blackberries.
- Woodwork activities, mosaics made from egg shells and pictures made from tiles
- Playing darts
- Playing pool
- Playing dominoes,
- Watching DVD's
- Read daily Newspapers
- Cookery such as cakes, scones & quiches.
- Beauty therapy/relaxation where you can have your hair & nails done, hand massage & mini facials, or 1.1 pampering
- Playing bingo



## **Lunch**

A light lunch is provided while attending day care, which is usually soup and sandwiches. We also have Fish & Chip Friday once per month.

## **Transport**

Transport can be provided if carers do not have their own transport, using our new 14 seat mini bus.



## **Trips**

We also arrange small outings to places of historical & cultural interest.

## **Medication**

Where possible medication should be taken before attendance to the Day Centre.

If you have any queries regarding medication please feel free to contact a member of the nursing staff.

If in an unlikely you are admitted to hospital or respite then you will be unable to attend the day care service.

## **Future**

For the future we intend to have further fundraising, i.e. sponsored walk, raffles, coffee morning, implementing our new mini gym, extend opening hours, and offer pet therapy.