

## Can we help you?

Are you an older person?

Would you enjoy being in a caring, supportive environment, meeting people of your own age and enjoying stimulating activities?



Are you caring for an older person or know someone who is, and would enjoy a little respite from the responsibility?

**NEW—** We are now open on Wednesdays from 11am to 4pm providing an Assisted Bathing Programme



If you would like to know more please ring 01453 759388

Registered Charity no: 1166045

## The Uplands Care Service

is a community based, not-for-profit charitable organisation

### OPEN:

**Tuesdays, Thursdays and Fridays. 9.30am — 4.00pm**

### LOCATION

The Centre is on the corner of Springfield Road and Upper Springfield Road. From Slad Road turn up the hill at the Fountain Inn, past the Post Office — do not turn right into the cul-de-sac leading to the church — shortly afterwards the Centre appears on your right where the road divides.

**The All Saints' Centre  
Upper Springfield Road  
Uplands, STROUD  
Gloucestershire GL5 1TF**

If you would like more information or to receive a visit please contact the Manager on 01453 759388

or email

[uplandscareservice@gmail.com](mailto:uplandscareservice@gmail.com)

[www.uplandscareservice.org.uk](http://www.uplandscareservice.org.uk)

# WELCOME

to



## The Uplands Care Service

- caring for older people  
in the Stroud area



## Our DAY CARE Service is committed to:

- Providing good intermediate day care for older people, so enabling them to remain in their own homes
- Providing stimulating and enjoyable day care, including a bath, if required
- Supporting carers by providing them with regular respite, and support
- Providing information about health, social issues and entitlements
- Enhancing quality of life and feelings of self-worth for all its users
- Committed to providing a Dementia Friendly Community
- Helping to maintain the social networks of those users whose circumstances necessitate a move into residential care
- Providing these services irrespective of a user's race, ethnicity, creed, gender or sexual orientation

## Our DAY CARE Service offers:



- *Companionship and a listening ear*
- *An assisted bathing service using modern equipment and experienced staff*
- *Gentle exercises to music*
- *Arts and crafts sessions*
- *Quizzes and crosswords*
- *Reminiscence sessions*
- *Musical entertainment*
- *Music therapy*
- *A cooked lunch and refreshments throughout the day*

We own our Mini Bus so we can transport people to and from the Centre and provide occasional local outings.

## Individual care from experienced staff



We hope that clients will enjoy their visits and look forward to their days at Uplands.

Before attending regularly, each client is invited to visit the Centre for an assessment, and occasionally one of our staff may make a home visit to complete a more detailed assessment.

Staff are experienced in the care of older people, and suitably qualified and insured.

We care for older people with general frailty, post-stroke, Parkinson's, Alzheimer's, and cardiac and respiratory conditions requiring the use of oxygen.

## Prices and contracts

As we are not a drop-in centre, all service users will have a contract outlining our terms and conditions and agreed fees.

The cost is **£38.50 per day**, which includes transport, meals and all activities. Smaller care packages can be arranged. Occasionally special outings may incur additional costs, to be agreed in advance.