



eawa

Your Care, Our Priority

Enhancing the lives of older people and their carers in Enfield and surrounding boroughs



Daycare centre
for Asian elderly
people



**50+ Services open
to all communities**
i.e. not Asian specific

Maintain
good health

Social
interaction

Prevent
isolation

Break for
carers

Tel: 0208 443 1197

Website: www.eawa.org.uk Email: info@eawa.org.uk

Daycare centre for Asian elderly people

- Enjoy a good quality of life, by receiving support in your old age.
- Access active opportunities regardless of your disabilities or physical and mental challenges.
- Maximise your potential and independence.
- Remove isolation, loneliness, or boredom for yourself or your carer.
- Access local services and the wider community.

HOW? Call EAWA on 0208 443 1197

We will, through the Day Centre, provide you with a range of services and also respite for your relatives and carers.

We will visit you at home to understand what your personal needs are, so that we can tailor our support to you.

Plus, by discussing with you what you want to achieve, we can offer a range of activities to help you develop new skills.



Activities offered are:

- Chair-based Yoga/Tai
- Reflexology and Indian Head Massage
- Nail cutting
- Health Workshops
- Flower arranging
- Outings
- Celebration of Birthdays, Diwali, Eid and Christmas
- Board Games
- Knitting/Arts and Crafts
- Reminiscence activities
- And much more

We also include a vegetarian hot lunch.

Transport: We can arrange your transport through Dial A Ride or on our Community Bus. Please speak to our Daycare Centre Manager.

Cost: The charge will depend on your needs, so please speak with us or ask your Social Worker to contact us.

Opening times: Monday, Tuesday, Wednesday, Thursday and Friday from 9.30am to 3pm.

Venue: Wheatsheaf Hall, Main Avenue, Bush Hill Park, Enfield, London EN1 1DS.