



# Insch Day Care Service

**For More Information Contact**

**Day Care Organisers  
Aberdeenshire Council  
Insch Church Hall  
Western Road  
Insch  
AB52 6JR**

**Phone: 01464 821385 (Thursday)  
01466 794488 (Any Other Day)**



## About Insch Day Care

The Day Centre is held at the Insch Church Hall in Insch. It is run by Day Care Organisers who are supported by a team of volunteers.

Aberdeenshire Council Housing and Social Work service operate the Day Centre and all staff are employed by the Council. Volunteers have disclosure checks and references taken up before they can help at Day Care.

The Day Service can support up to 12 service users per day and is open on a Thursday. Sessions are from 9.30am to 3.30pm.

## What We Provide

People attending Insch Day Centre can enjoy a nutritious and tasty meal provided by outside caterers. There is a choice of menu and any special dietary requirements are catered for. Meals are paid for at the time received. Current charges for meals are available from the day centre.

At Insch Day Care it is our belief that our service users should be supported to make informed choices regarding the level of care they receive. The views and beliefs of the service user, his/her family, carers and significant others will be key factors in deciding the appropriate care plan.

We believe every individual has the right to expect staff to encourage him/her to meet their agreed aims in the support plan and that the individual is supported with the minimum intervention from staff. To ensure the support plan continues to be relevant it will be reviewed regularly. We believe that each person has the right to have his/her beliefs, religious, cultural or ethnic, to be respected and accepted in a non-discriminatory manner.

Staff will strive to ensure the provision of the support package is free from discrimination whether because of age, gender, disability, sexuality or race.

## What Will I do at Insch Day Centre

A varied range of activities to suit the needs and abilities of older people are on offer. Fitter and more active service users meet side by side with people who are less able, but there are activities to suit all abilities. You can choose the activities you would like to take part in, with support from our staff if you need it.

### Activities include:-

- Exercise to Music
- Arts and Crafts
- Reminiscence/ discussions
- Games
- Outings, parties and special celebrations (may incur extra charge)



## How Would I Get There ?

- You can be picked up by volunteer drivers with their cars.
- If you prefer, you can arrange your own transport with family or friends.
- At times of bad weather, in the interest of Health and Safety, Day Care transport to Insch Day Care will be withdrawn – you would get a phone call on the morning to advise you of this.

## Will I have any say in how things are run ?

Yes! Day care is for you and we are always interested to hear your ideas about how the sessions should be run.

We are keen to hear any suggestions you might have for new activities or outings.

Regular meetings are held so that people who attend Day Care can be involved in decision making. You will always be able to make choices whilst at Day Care and will be treated with dignity and respect at all times.