



DEMENTIA DAY CARE

**YOUR JOURNEY, YOUR
CARE, YOUR WAY.**

Caring for Those You Care About

At Living Well North, we understand how important it is for your loved one to receive exceptional care in a safe and supportive environment. Our CQC-registered Dementia Day Services are designed to enrich lives, build connections, and provide peace of mind to families like yours.

Why Families Choose Living Well North

- **Trusted and Reliable Care:** We are fully registered with the Care Quality Commission (CQC), ensuring the highest standards of safety, professionalism, and compassion.
- **A Home Away From Home:** A warm, welcoming space where your loved one feels valued, respected, and engaged.
- **Specialist Support:** Our team is trained in dementia care and committed to treating every individual with dignity and kindness.



Contact us
0191 406 4328

Website
<https://www.livingwellnorth.com/>





Our Service



Full Day Service

providing a full day of tailored care, activities, and support for individuals with dementia.



MCST

MCST, offering structured cognitive stimulation therapy to enhance memory, communication, and well-being.



Personalised Service

tailored activities, compassionate care, and support, fostering independence and enhancing individual well-being.



Value

high-quality care, personalised activities, professional support, and a welcoming environment, enhancing quality of life for individuals with dementia.

What we do and our Activities

Our services are built around Cognitive Stimulation Therapy (CST)—an approach proven to enhance memory, communication, and overall well-being.

Here's what your loved one can enjoy during their day with us:

- **Creative Arts and Crafts:** Encouraging imagination and self-expression.
- **Music, Movement and Live entertainment:** Lifting spirits and strengthening connections through rhythm and dance.
- **Memory Activities:** Games and exercises designed to gently stimulate cognitive abilities.
- **Group Discussions and Social Time:** Opportunities to make friends and share moments of joy.
- **Nutritious meals with refreshments and snacks** throughout the day
- **Scheduled external services** such as Hairdressers etc.

At Living Well North, our activities are designed to truly engage and connect with each person. Our team takes the time to understand each individual's unique personality, interests, and abilities, so we can tailor activities that feel meaningful and enjoyable. From creative arts and crafts to group discussions and memory games, we focus on fostering connection and promoting a sense of achievement. Music sessions often bring moments of joy and comfort, while outdoor activities offer gentle exercise and a chance to enjoy nature. Our team's warmth and attentiveness ensure that everyone feels included and supported throughout the day.

Join Our Community

If you are interested in joining the Living Well North Dementia Day services or would just like some more information the please contact us via the details below.

 **Call Us Today: 0191 406 4328**

 **Email: Services@Livingwellnorth.com**

 **Visit Our Website: <https://www.livingwellnorth.com/>**