



Prospect Street, Radford, Nottingham NG7 5QE. Tel: **0115 9786133**  
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## General Information

**Transport:** If you live locally there is a bus available to transport you to and from the centre. Please ring **0115 9786133** for details.

We are open 5 days per week Monday to Friday 9am to 4.30pm.

There are many more things to enjoy at our centre so please look at our website or telephone us for a visit to learn about how to join the Radford Care Group and what the cost will be to you.

Email: [info@radfordcaregroup.org.uk](mailto:info@radfordcaregroup.org.uk)

Website: [www.radfordcaregroup.org.uk](http://www.radfordcaregroup.org.uk)

Telephone: **0115 9786133** for any enquiries or **0115 9422766** for day care enquiries only.

Or drop in during any of our opening times.

If you would like to donate to our charity by way of goods or cash donations please call or call in to see us.

Radford Care Group would like to thank all those who support our charity through donations. Visit our website for more information.

## Stay young with the Radford Care Group **Centre for Care**







## Share The Care...

We run a carers group every quarter on a Saturday morning. We offer transport to our centre and look after any loved ones whilst you attend the meeting. Professionals attend the meeting to offer valuable advice and support.

### **Do you look after someone with Dementia?**

Introducing a programme of specific support sessions for carers.

**All enquiries on 0115 9786133.**

## Volunteers

Volunteers are essential to providing an enjoyable and exciting day at Radford Care Group. We always have a need for volunteers in the centre. Their time and efforts are invaluable.

**If you would like to help please call in at the centre or telephone 0115 9786133.**

## The Friendship Group

The Friendship Group is a warm and welcoming centre for older people (50 plus) open Monday to Friday.

Transport can be provided door to door please telephone for details.

As a charitable organisation serving the community since 1968 we wish to continue with your help. This is your centre and new ideas for services and activities to benefit you are always welcome.

**All enquiries on 0115 9786133.**

### **Once here you will enjoy:**

- **The friendship of others**
- **Trying new things and enjoying familiar past-times.**
- **Information and advice and positive steps to stay healthy**
- **Refreshments throughout the day and a midday meal**
- **Regular trips out**
- **A hair salon**
- **Bathing facilities on site**
- **Special dietary needs or other needs based around different ethnic origins**
- **Aromatherapy massage**
- **Arts and crafts and exercise**

## Our Day Care Service

Our specialist Day Care service is for those elders in the community who may need some extra help and for their loved ones who may benefit from some time to themselves.

We provide transport door to door (please telephone for further details), and the centre is supported by our professional care staff.

Our aim is to help people to remain independent and living in their own homes.

**All enquiries on 0115 9422766.**

### **Our day-care offers**

- **A warm and friendly environment in which to enjoy activities and friends.**
- **Refreshments throughout the day and a midday meal**
- **Regular trips out**
- **Daily activities**
- **Arts and crafts and exercise**
- **Bathing (supported if necessary)**
- **Hair salon**
- **Aromatherapy massage**
- **Special dietary needs or other needs based around different ethnic origins**
- **Helpful advice and information**