

## Volunteers

Shirevale's volunteers play a big part in improving the lives of older people in the Shirebrook area. We have a volunteer in every group we run. All live in the local area.

## Students

Shirevale also supports local students who are interested in getting into care work. So from time to time students from collage and schools will help out at Shirevale.

## Further information

Shirevale also provides a newsletter up to five times a year. This gives information on forthcoming events, birthdays of clients and any other information we feel may be useful to you.

An Amenities Committee comprising of clients, carers and volunteers meet every 3 month to discuss issues and matters that need attention. This may include ways to fundraise and spend on treats. You can discuss any ways your service could be improved.

Shirevale also runs a small shop, selling things like toiletries and other small items like birthday cards. This is aimed at people who cannot get out and shop for themselves.



# Shirevale Resource Centre Day Care for Older People

If you or your carer feel you may require our services please contact:

Call Derbyshire on 01629 533190 or Shirevale Resource Centre on 01629 537355

Rockley Way  
Shirebrook  
Derbyshire  
NG20 8PD

email: [jaki.duncan@derbyshire.gov.uk](mailto:jaki.duncan@derbyshire.gov.uk)

# Shirevale Resource Centre Day Services

Caring for older people - caring for you

## Why choose Shirevale?

- We are recognised as a Centre of Excellence
- Staff team with over 100 years experience between us
- Qualified to NVQ 3 and above
- A team continually seeking to improve wherever possible
- All staff treat people as they would their own cherished relative
- A centre providing care, comfort, interesting and enjoyable activities, catering for your individual needs and above all, treating you with dignity and respect.

## What is Shirevale?

Shirevale is a day centre which opened in 1990 to serve Shirebrook and local villages; Langwith, Whaley Thorns, Pleasley, New Houghton, Glapwell, Bolsover, Bramley Vale and Doe Lea areas. It is situated centrally within a residential area and near to the market place.

We are open five days a week Monday to Friday, closed bank holidays. Our opening times are from 9am to 5pm, although groups tend to run from 8:30am to 4pm.

## Bathing Service

We offer a bathing service five days a week where a trained Day Care Assistant will assist people who cannot access a bath or shower at home. You will have to be referred for this service by adult care. The bathroom has a tracking hoist and a bed for dressing people on. This bathroom can also be used by the general public with prior arrangements, from 1pm Mon to Fri. If you need to, you can bring a carer or family member to help you bathe.

Hair washing and drying facilities are available with staff assistance.



## Diet and Nutrition

Diet and nutrition is also very important to us here at Shirevale so we have a programme to help maintain individual well being - simple things like providing juice on the table to help prevent dehydration, good healthy food, weighing people regularly if we think they may be neglecting themselves by not eating properly. We can then provide full fat milk and yogurts for these people whilst in the Centre to help balance the weight loss.



## Dignity and Respect

You will always be treated with dignity and respect. All matters will be treated in the strictest of confidence in accordance with Derbyshire County Council's policies and procedures.

When arriving at Shirevale you will be greeted by staff with a welcoming smile and a helping hand. Once seated you will be offered the choice of tea, coffee and toast. Lunch is also provided with the choice of a hot, two course meal.

We have a large range of activities from word search, anagrams, dominoes, floor skittles, floor darts, card making, craft work, music, sing song, quizzes, knitting, baking, painting, colouring, crosswords, hangman and many other games.

From time to time we have a special event where entertainers come into Shirevale and sing; we also have a special meal that week.

People who may need some sort of assistance in the toilet will be offered help from a member of staff, either female or male, whichever is appropriate.



Helping vulnerable people get out of their homes and surroundings. It also offers much needed respite for carers in need of a break

In each group we do chair based exercise, a gentle form of exercise in which you only join in and do what you feel you can do. This lasts for around 20 minutes. This helps you to keep mobile, maintain movement and remain independent, and it's also fun!

We have a yellow room where people can go and sit if they want some peace and quiet. This room is used by people with dementia.



### How will I get to Shirevale?

If you have transport or a carer/family member can transport you to Shirevale then it is up to you to make your own way in. But if this is not possible transport can be arranged. The first bus will arrive approx 9am onwards, according to where you live and who is in the group. The first bus leaves Shirevale at approx 2:15pm so if you are on the last bus home you will not leave till later.

### Access to the Groups

Access to the groups at Shirevale is by referral. If you or a family member think that you may need this service, please phone Call Derbyshire on 01629 533190.

Places are offered on a needs-led basis in line with Derbyshire County Councils' eligibility criteria. This will be explained to you by the worker who does your assessment.

Before you attend Shirevale you will be offered a taster session from 11am – 1pm to see if you would like to attend, if you decide to attend and when you have been coming a couple of weeks, one of the staff will visit you at home and discuss your needs, likes and dislikes.

