

A day in the life of Cambrian Green Day Services



This week I was invited to visit Cambrian Green Day Services (Dementia Day Centre) in Yate to see how Beth Tovey and her team of Assistants and Facilitators support local residents with Dementia. Each day the Day Centre welcomes up to 35 local adults living with Dementia to join them for a range of organised activities, which help them sustain important life skills and maintain their independence and most importantly socialise with others and enjoy themselves.

Forget your preconceptions about day rooms in residential homes, here everyone is active and enjoying themselves. Whilst I was there activities on offer in the four main rooms included snooker, mini basketball and bar skittles whilst a couple of other particularly industrious groups were enjoying themselves knitting hats for premature babies and building bird tables to sell to raise important funds for trips and activities. The noisiest and busiest room however, was undoubtedly the music room, where a large group were enjoying themselves singing and playing instruments.

Whilst the Day Centre offers such impressive facilities, Beth and her team also arrange a number of trips and outdoor activities; they've recently visited the tank museum, seen Concorde at Bristol Aerospace and been out to the golf driving range. And now that it's getting warmer, they'll also be making more use of their allotments at Coalpit Heath where they grow a variety of flowers and vegetables.

Beth and her team clearly enjoy what they do and are proud of the difference they're making. Beth commented: *'I think the service is a really important part of our community. I'm extremely fortunate to have a committed and dedicated team around me who value and care for each and every one of the people who attend.'*

