

Adult Social Care
and Health



Reading
Borough Council
Working better with you



The Maples Wellbeing Centre

Day Services for Older People



Rivermead Leisure Complex
Richfield Avenue, Reading RG1 8EQ

Tel: 0118 9374525

Email: themaples@reading.gov.uk

Monday to Friday from 10.00am to 4.30pm

Welcome to The Maples Wellbeing Centre

The Maples Wellbeing Centre offers a fully supported day service for anyone who lives in the Reading/greater Reading area who requires support to take part in social and leisure activities.

Our aim is to provide a high quality community based service to meet individual needs of older people including those living with Dementia.

We offer a wide range of social, physical, creative, and fun activities in a safe, friendly and caring environment whilst promoting choice, independence and well-being.

The Maples can offer you:

- The opportunity to get out of the house
- Meet other people and make new friends
- Stay active
- Learn something new and have fun
- An opportunity for your regular carer to have a well-earned break from their caring role, safe in the knowledge that you will get all the care and support you need

What Does The Maples Offer?

Activities to help keep your mind active:

- Cognitive Stimulation Therapy Groups
- Card and Board Games
- Topical Discussions
- Reading/Poetry
- Quizzes
- Crosswords
- Beetle Drive

Arts and crafts:

- Painting
- Flower Arranging
- Embroidery
- Knitting/Weaving
- Crafts
- Music Activity with Instruments



Practical skills:

- Gardening
- Cooking/Baking

Physical activities:

- Exercise to Music
- Indoor Bowls
- Dancing
- Bean Bag Target
- Boccia
- Tai Chi

- Yoga

Being located next to the Rivermead Leisure Centre gives us the advantage of easy access to use their facilities i.e. swimming pool and Over 50's club which is held on Monday & Friday mornings.

In addition to this, we also recognise and participate in cultural and national fund raising events i.e. Chinese New Year, St Patricks Day, Wear it Pink, Macmillan Cancer Support and Alzheimer's/Dementia Awareness etc.

How Much Does it Cost?

How much you pay depends on your circumstances:

If you receive a Personal Budget from Reading Borough Council and you wish to attend The Maples, your daily attendance charge can be covered in your care and support plan.

If you pay for your own care and you wish to attend The Maples, the daily attendance rate is £43.

Are meals refreshments available?

A two course lunch and refreshment is available for a small additional charge - we currently offer:

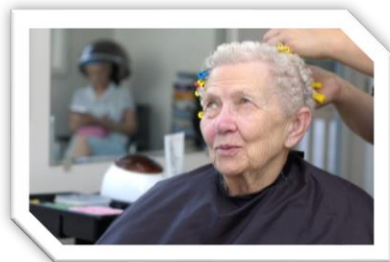
- Two Course Lunch £5.50/session
- Snacks & Drinks (if no lunch purchased) £1.00/session

You can bring your own lunch/refreshments if you prefer.

Please note: Meals and refreshments are not covered by your Personal Budget and must be paid for separately.

Hairdressing

Our hairdresser visits once a week on a Wednesday – please ask for details of costs



Understanding & Supporting your Needs

The staff at The Maples are fully trained and equipped to support people with dementia and people who require assistance with mobility to ensure personal care needs are met with dignity and respect.

When you join The Maples, a member of staff will be allocated as your key worker and they will work with you and your family/carers to ensure you receive the right care and support.

Personal Care

We have large accessible personal care area offering plenty of space for wheelchair users and up to two carers. Our facilities include the following:

- Height Adjustable Changing Bed
- Ceiling Track Hoist System
- Assistance/Emergency Call Bell System

- Showering Facility

If you are Interested in Joining Us

You are very welcome to come along look around our centre and get a feel for how we work.

If you think you might like to join us we will arrange a trial visit so we can look at the best way of meeting your needs.

For more information please call 0118 937 4525

This information can be made available in other formats (such as large print, Braille or audio and other languages on request. Please call the Maples on 0118 937 4525