

Spaces are limited due to regulations (maximum 12 per day)

Service users choice of day will be accommodated where possible. It may be necessary to group clients by geographical area in order to arrange transport and maximise quality time spent at Nordalea.

If you think this could be for you or you would just like a general chat, please feel free to contact a member of staff, who will arrange a time for Day Service staff to come and see you to answer any questions.

Staff will also assess whether or not your individual needs can be met through the current admission criteria.

Phone Nordalea on:

01595 745870

**Nordalea Day Services
Baltasound
Unst
Shetland ZE2 9DX**

Do you have some spare time on your hands?

Would you like to broaden your horizons and help people to enjoy our day services, offering companionship and encouragement?

Nordalea is currently looking for volunteers who would be willing to lend a hand with:

- ◇ Escorting on trips
- ◇ Transporting service users to and from home to Nordalea
- ◇ Assisting service users to take part in crafts and activities
- ◇ Helping service users maintain their independence

Can you help?

If you are interested, please contact:

Nordalea Day Services

Baltasound

Unst

Shetland

ZE2 9DX

Tel: 01595 745870

Fax: 01595 745871

Nordalea



Shetland Islands Council



Introducing **Nordalea Day Services**



Nordalea

Tel: 01595 745870

What is Provided

Shetland Islands Council operates day services every Tuesday and Wednesday at Nordalea Care Centre.

Two members of staff are on duty throughout the day to assist and encourage service users to maintain their independence.

Service users requiring transport can be picked up in the morning (escort provided) and returned home in the afternoon. Pick up times can vary according to numbers being picked up and distance travelled.

As a general rule, the day starts at approximately 10.30 am and runs until about 3.30 pm. There is no charge for this service.

Lunch is served at 12.45 pm daily, for which there is a charge - currently £2.40.

Menus are varied and special diets can be provided e.g. diabetic, low fat, etc. Soup and main course or main course and dessert are served on alternate days.

All craft materials, games, baking ingredients, etc. are supplied and paid for through local fundraising and money generated from the sale of crafts and produce.

Would you enjoy taking part in any of the following?

Group discussions and reminiscing on a variety of subjects e.g.

Old Shetland Place Names

School Days Crofting Fishing

Transport Knitting Spinning

Local Culture 'Story Sack'

You will be offered the opportunity to take part in any of the following activities - and more.

Crafts / Knitting / Crochet Bingo
Baking / Jam Making Bowling

Music Card Making
Artwork 'Scrap Booking'

Local Outings

Visits and demonstrations by members of the local community.

We welcome your ideas for new things to do.

Is your social contact restricted, due to limited mobility or disability? The service will benefit the individual in terms of preventing deterioration in emotional, social and physical functioning, maintaining abilities or helping regain skills lost through illness or accident.

Are you looking after someone at home or do you know someone who would benefit from social contact and the opportunity to get involved in activities, outings, discussions, etc?

Could this be just the incentive you need to motivate and sustain you through the long winter months?

If you think this is for you please read on

Comments from regular service users

'It's the highlight of my week'

'I always look forward to coming here'

'We suggest ideas and the staff help us plan it'

'We are always kept busy - there's plenty to do'

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