

# Indian Community Centre

Day Service for people with dementia, physical, sensory, and mental health disabilities

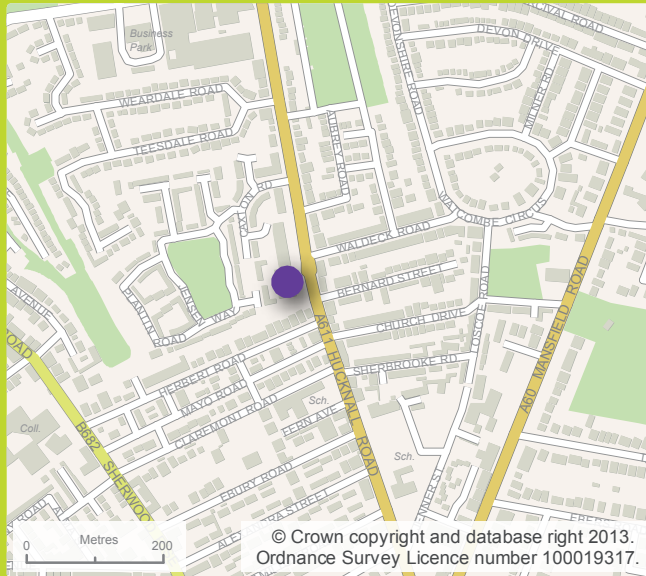


## How to find us

Indian Community Centre  
99 Hucknall Road  
Nottingham  
NG5 1QZ

For a friendly chat about our Centre, including opening hours and appointments please call 0115 876 3222.

The Indian Community Centre is easily accessible by public transport and is served by major bus routes.



'All the staff provide an excellent service, they understand our needs fully and provide all the support we need at the Day Centre. When we visit the Day Centre it is our only opportunity to get out of our house, meet people, and take part in activities. We don't know what we would do without this service. Thank you for everything that you do for us. We appreciate it.'

If you need our help to access or understand this information, please call us on 0115 876 3222 or email [adultsocialcare@nottinghamcity.gov.uk](mailto:adultsocialcare@nottinghamcity.gov.uk)

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For more information please visit

[www.nottinghamcity.gov.uk/supportingadults](http://www.nottinghamcity.gov.uk/supportingadults)

# About the Indian Community Centre



The Indian Community Centre, in Carrington, provides services primarily to members from the Indian community who may be suffering from dementia, physical or sensory disabilities, have mental health needs, are socially isolated or have other health issues. The Centre provides an environment where older people can receive help and support and develop friendships.

During your first few weeks at the Indian Community Centre, we will work closely with you to carry out an assessment of your needs. Our aim is to support you to work towards your goals and to help you have as much independence as possible. We will also



maintain close links with your carers, and give support and advice where needed.

We provide an activity-based service with links to other agencies. We are able to put you in touch with other organisations that can help you.

You are assigned a keyworker, who will ensure that you get the most out of your attendance at the Indian Community Centre. If you have any problems or issues, please speak to your keyworker.

## How can the Indian Community Centre benefit you?

The Centre aims to develop, maintain and prevent the loss of a person's independence by enabling people to rebuild their confidence, increase socialisation and an overall improvement in their quality of life.

At the Indian Community Centre our services are built around you. Everything from meals and transport to activities and leisure

time is tailored to provide you with quality care and an enjoyable experience.

**Activities:** We offer interesting and varied activities including quizzes and games, religious sessions, chair-based exercises, shopping and day trips. Speakers are also invited to hold talks on topics of interest which helps to support people's health and wellbeing.

As our care is person-centred, we try to accommodate for requests made by citizens, for example suggestions made regarding activities which they would like to take part in.

**Transport:** We can facilitate transport to and from the Centre, for which there is a charge. There is car parking available for visitors to the Centre.

**Meals:** You can have authentic Indian meals with us at the Centre. We cater for a range of dietary needs. There is a charge for meals.

**Personal care:** We provide personal care to those who require it, in a dignified and respectful manner. All our staff are fully trained in this area of care.

**Representative groups:** The Indian Community Centre has members' representative groups which meet regularly to discuss and input on issues in the Centre and in the community as well.

“My mother in law looks forward to going to The Indian Centre; since my husband and I are both working it gives us the peace of mind that she is being cared for while we are at work. The Indian Centre has played an important role in her life and kept her going since the death of my father in law.”

“My mother benefits physically and emotionally from her attendance - without this her mental wellbeing would suffer considerably.”

Call us now on 0115 876 3222