



**Hackney Community Services**

# Sam & Annie Resource Centre



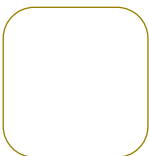
INVESTOR IN PEOPLE



# Sam & Annie Resource Centre

The Sam & Annie Resource Centre is a centre with a warm and welcoming feel. We cater for older people aged 60 and over, who are lonely, frail and vulnerable, have hearing or eyesight problems or a mental illness.

We develop programmes with you in mind, to improve your physical ability, self-esteem, behaviour and attitude. We will support you with your social skills. We will continually assess you. Every six months we hold meetings with you, your family, your carer, your care manager and other care professionals who are involved with your care.



# How can I apply?

## Step one

Phone Community Services Assessment & Care Management (A&CM) on 020 8356 5045, who will come and see you to assess your needs.

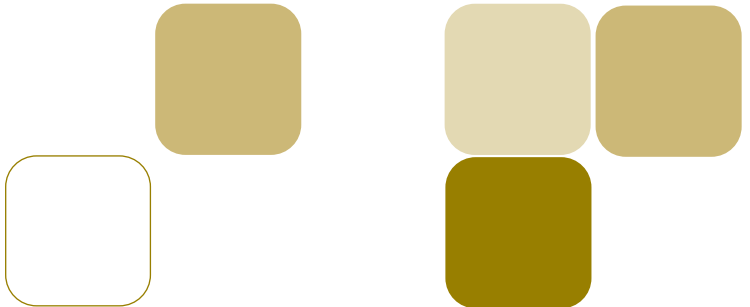
All our referrals come to us from A&CM. If you are referred to us direct, we will pass your referral to A&CM.

## Step two

If Assessment & Care Management agree, we will offer you a place. We will write to you and your carer to tell you the days when a place is available. We can arrange for you and your carer to visit the centre before you start.

## Step three

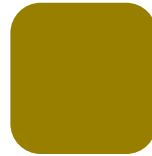
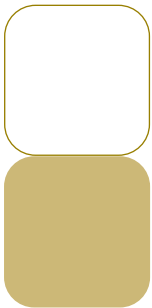
You will be given a key worker, who will work closely with you to make sure the activities identified in your care plan are provided. The care plan sets out your interests and ability. We will review your care plan every six months, to make sure we are still meeting your needs.



We will monitor your progress to review any changes and to make sure we are still meeting your needs.

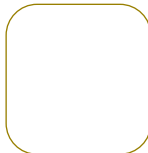
The activities you can take part in at the centre depends on your interests and ability, as set out in your care plan and may include the following:

- ✓ Craft and art groups
- ✓ Music and movement
- ✓ Exercise sitting down
- ✓ Relaxation
- ✓ Healthy living
- ✓ Rehabilitation programmes  
(as set out in your care plan)
- ✓ Massage
- ✓ Word games, board games and music quizzes



- ✓ General knowledge quiz
- ✓ Bingo
- ✓ Outings

You can find more activities in our day services information pack. You can get this by phoning the centre on 020 7923 7720 or by phoning A&CM on 020 8356 5045.



# General information

## Opening times

We are open from 9am to 5pm, Monday to Friday. How often you come depends on your needs and circumstances. Your carer must tell us if you cannot come to the centre on the day we expect you.

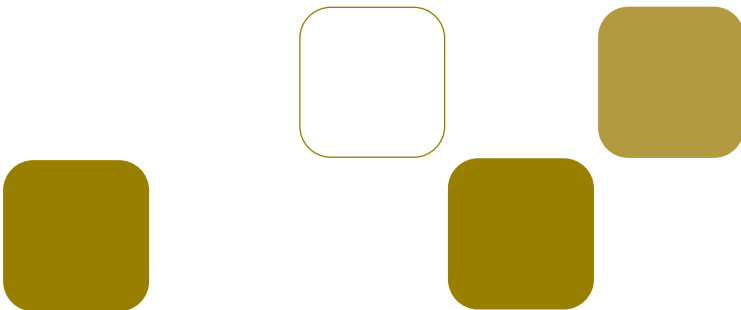
## Meals

We provide a wide range of ready-cooked meals. Our menus are healthy and meet different dietary and cultural needs. For example, we provide meals for people who are diabetic and meals for people from different ethnic backgrounds. You can order hot or cold drinks. You can also buy meals to take home, if you cannot prepare your own meals.

We charge £3.20 a day for meals. (This was correct in 2007/2008, but may change in future).

## Going home

If you have a disability, we will arrange for a home carer to meet you when you arrive home.



## Transport

We can arrange transport for you to the centre. We have a dedicated team. All our staff are fully trained to work with frail and vulnerable older people. They will come and collect you and check that you have your keys to lock up and to get back in when you return home. Our transport will take wheelchairs.

You are responsible for all jewellery and valuables you have with you at the centre.

### You can phone or write to us at:

Sam & Annie  
Resource Centre  
161 Northwold Road  
Clapton  
London  
E5 8RL  
Phone: 020 8880 0200  
Fax: 020 8806 5319

