

## We Offer

1. Day Care Services / Drop in (subject to availability)
2. Dementia Workshops
3. Musical Therapy.
4. Comfortably furnished lounges with Satellite TV and music centre.
5. Library books/Ethnic news papers.
6. Regular sessions on health related matters, Stroke, Epilepsy.
7. Monthly surgeries for Benefits and Pensions.
8. Regular Service User meetings.
9. Social / Recreation Activities, Pool table, Art therapy and many more indoor games.
10. Freshly prepared meals on site.
11. Day Trips.



**GURU NANAK DAY CENTRE**  
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Gravesend, Kent DA12 1LU

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**Guru Nanak Day Centre**



**Caring for the Community**



At Guru Nanak Day Centre we offer a variety of activities designed to meet the needs and interests of our service users in a friendly, supportive, diverse, professional setting, taking into account individual's cultural backgrounds and aspirations.



Our trained bi-lingual staff promotes independence and well being by providing social, physical, emotional and psychological support thus reducing feelings of isolation and social exclusion..



The day centre's 'person centred' approach encourages and empowers service users to work alongside staff and other professionals, to implement care plans according to their needs and preferences.

Our holistic approach to body, mind and spirit encourages our service users to stay healthy as possible, while enjoying the company of peers in a comfortable setting.



Social stimulation and various meaningful activities undertaken at the centre help towards improving, maintaining and in many cases delaying the decline of physical and cognitive function.

