

## Things You Should Know

We provide morning and afternoon respite sessions.

Each session costs £19.50 and includes lunch and refreshments.

A full day (i.e. both the morning and afternoon session) costs £35.00.

We ask that any bookings are preferably made at least a week in advance. Any cancellations made at short notice will incur a retaining fee of £10.00.

We do not provide transport, but can provide you with details of organisations that may be able to help.

Our care team can also provide support such as personal care, domestic care, medication support, shopping, food preparation, overnight stays, accompanying to appointments, trips out and befriending. Please get in touch to find out about how we can help.

### Comments from our clients:

*“A very happy crowd and well looked after.”*

*“I can meet others and put the world to rights!”*

*“It’s good to know that my carer has a decent break.”*

*“Everybody is so friendly and the staff are very caring.”*



NEW for 2016



## Community Outreach Services

### Respite Care in Your Community



**Carers Trust Phoenix Ltd.**  
(Formerly North Somerset Crossroads Ltd.)

Badger House Enterprise Centre  
Oldmixon Crescent  
Weston-super-Mare  
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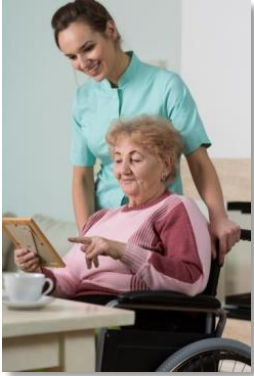
Carers Trust Phoenix Limited is a registered charity in England and Wales 1076889.  
Registered as a company limited by guarantee in England and Wales No. 3745705.

Registered office: Badger House Enterprise Centre, Oldmixon Crescent, Weston-super-Mare BS24 9AY

## How We Can Help

We are very excited to announce the launch of our **Community Outreach Programme**.

This new service provides drop in sessions of respite care for those with care needs at centres across North Somerset, Bristol and Bath & North East Somerset, giving carers a rest from their caring role.



Unpaid carers will be able to access a well-deserved break knowing that the person they care for is in an enjoyable, safe and stimulating environment. Whether you need a break to get some shopping done, attend appointments or just have some 'me' time, our community outreach respite service is here to help.

We are proud of our professional, caring, fully trained team of community care workers who provide continuity of care and many of whom have worked for us for over 15 years.

We have launched our first respite centre in Weston-super-Mare at:

**Our Lady of Lourdes Church Hall**  
28 Baytree Road, Milton, Weston-super-Mare, BS22 8HQ

Where we deliver respite care sessions every week on;

**Tuesday mornings (10:00am – 12:30pm),  
Tuesday afternoons (12:30 – 3:00pm) and  
Friday afternoons (1:30 – 4:00pm).**

If you would like to know more about this service or find out how to access it, please get in touch with our care team.

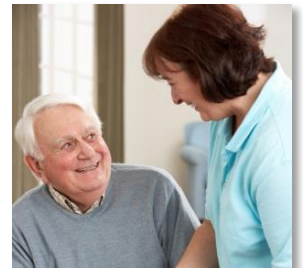


## What We Offer

All of our sessions include quality, engaging activities, refreshments and lunch and are fully supported by our excellent care staff along with help from volunteers.

Our activity programme includes regular favourites such as quizzes and bingo as well as new activities to keep things interesting, such as:

- ✓ Gentle Exercise Sessions
- ✓ Art and Craft Workshops
- ✓ Performances
- ✓ Singing Groups
- ✓ Special Interest Groups (e.g. book clubs)
- ✓ Woodwork Workshops
- ✓ Indoor Gardening
- ✓ Guest Speakers
- ✓ And more!



We are working hard to implement our new Community Outreach Services across North Somerset, Bristol and Bath & North East Somerset. We hope to provide new opportunities in your area as soon as possible. Please contact us for more information.

**Tel.: 01934 411840**