

The Meeting Point Day Centre is operated and funded exclusively by Rural Age Concern Darent Valley (RACDV) for the benefit of residents over 55 years of age living in the RACDV catchment area, which is shown in our Information Sheet No 2. Persons over 55 years living outside this area are welcome to use the Centre and all its facilities on payment of a small surcharge.

#### **Location.**

The Centre is located just one mile off junction 3 on the M25 at 37 High Street, Swanley, Kent, BR8 8AE, Telephone Number 01322 667161. This is the older part of the High Street, the opposite end to the Asda Supermarket, and the Centre is opposite the Working Men's Club, near the small roundabout at the junction of High Street with Station Road. Swanley is 3 miles from Dartford, 10 miles from Sevenoaks and 3 miles from Sidcup. From the East the Centre is reached one mile on the signposted B2173 from Junction 3 on the M25 and Junction 1 on the M20. From the North, on the B258 from Dartford / Wilmington / Hextable, from the West by the A20 or B2173 from Sidcup / Orpington, and from the South by the B258 from Crockenhill. The Centre can be identified by a series of red arched windows close to the pavement.

#### **Accommodation**

This spacious and well appointed comfortable Centre can accommodate up to 120 clients per day and comprises entrance lobbies, two very large carpeted lounges, clinic room, quiet room, bathroom, large kitchen, separate ladies, men's and disabled toilets, storerooms, a bar, an office, a connecting corridor to the Age Concern office and large car park. The premises have a fire certificate and Age Concern operate a full Health & Safety Policy for the safety and wellbeing of its staff, volunteers and clients.

#### **Facilities**

The premises have full disabled access, with a level front entrance and ramped rear entrance, front automatic doors, a disabled toilet, handrails in ladies' and men's toilets, raised toilet seats if required, a special bath to permit bathing of disabled clients, high seated chairs, level floor interior, and ready access to wheelchairs, walking aids, etc. Disabled access transport is available with lifts, wheelchair spaces, and experienced & helpful drivers. A variety of local shops, Supermarket, Post Office, Banks, Chemists, etc are located nearby. Bathing, Hairdressing, Impaired Hearing, Chiropody and Information Services are operated weekly. Premises available for Private Hire Functions.

#### **Staff**

Centre is supervised by Pat Edwards, 01322 667162, supported by Cooks, Catering Assistants, Handyman, Cleaner, Drivers, administrative assistants & kind unpaid volunteers. The Centre is managed by Chief Officer, John Arnold, 01322 666448.

#### **Opening Hours**

The Centre is open from 8.30 a.m. to 3.00 p.m. (4.00 p.m. on Fridays) Monday to Friday of every week and closed on most Public Holidays and Weekends.

#### **Meal Provision**

A varied menu of fresh, home cooked 2 / 3 course lunches are provided daily and served at around 12.00 noon. Please see information Sheet No 25 for current price. Refreshments such as tea, coffee, mineral water, soft drinks, savoury and sweet pastries are sometimes available on arrival and during the day. Diets and Special requirements can be catered for but please make this known to staff upon your arrival. The kitchen area and procedures are regularly checked and examined by Sevenoaks District Council Environmental Health Department to ensure safe and best practice and the cooking staff hold a current Health & Hygiene food preparation and cooking certificate.

#### **Transport**

Low cost minibuses operate a door-to-door daily service in many, but not all, areas, which can bring you in to the Centre, and take you home, safely. In addition, the Kent County Council Dial a Ride service can be pre-booked at low cost to bring you in and/or take you home. Volunteer drivers can normally be obtained for a private and personal service at £1+35p per mile (for the volunteer's total mileage). The Centre is 5 minutes walk from Swanley Railway Station and is on several public bus routes. There are also several taxi firms in Swanley like Swantax on 01322 666777. A large free floodlit 26-bay car park is located at the rear of the Centre may have some available bays for clients using their own cars by prior arrangement.

#### **Library**

Clients have the free use of a small library with a selection of around 100 non-fiction books for use within the Centre only. In addition, various papers and magazines are always available within the Centre.

## **Chiropody**

A chiropody clinic is held in the Clinic Room at the Centre every Friday between 2.00 p.m. and 4.00 p.m., please see Information Sheet 25 for current prices. Non-day Centre clients are required to pay a surcharge. The Chiroprapist is a Mr. Tony Southey MSSCh. MBChA, who has been involved with Age Concern for very many years and offers a friendly and professional service. Appointments required and service very busy with normally a short waiting list applying.

## **Impaired Hearing**

A free of charge clinic is held on the first and fourth Mondays of every month between 10.00 a.m. and 12.00 noon. Trained and experienced volunteers are available to give advice, refer to the NHS, inspect and clean your aid, replace worn batteries, and re-tube, etc. Replacement batteries are available in the Age Concern office in emergencies during opening hours. No appointment necessary.

## **Bathing**

A trained and experienced bathing nurse is available at the Centre Monday to Friday (except bank holidays) to bathe frail and disabled clients in a specially constructed Parker Bath with side door opening and tilt and turn. See Information Sheet 25 for current prices. Appointments may be required. A Home Bathing service also is operated where two nurses call on clients at their homes weekly to assist their bathing.

## **Hairdressing**

A Salon is held at the Centre every Tuesday, Thursday & Friday from 8.30 a.m. to 1.30 p.m. for a full range of low cost treatments for both men and women, by a very experienced stylist, Sue. A surcharge applies unless the customer is a Day Centre client who has paid for a full lunch on the same day. A Home visiting service can normally be arranged by the Age Concern office.

## **Shopping**

The main Swanley Shopping Town Centre is within 2 / 300 yards but with a slight incline. Shops within the Centre include Aldi, Asda, Post Office, Chemists, Banks, Cafes, Household Goods, Superdrug, etc. Local to the Centre within 100 yards are the Age Concern Charity Shop, the Age Concern Advice office, Pubs, Newsagents, Cake Shop, Off Licence, Stationery Shop, Estate Agents, Solicitors and Fish & Chips, Office Supplies, & Restaurants, etc. The NHS Mental Health Team is also located above Age Concern.

## **Activities**

The Centre has a 26" remote controlled colour TV, a modest book library, papers and magazines, darts, bingo, draughts, chess, shove halfpenny, playing cards, raffles, and music. Occasional outings to places of interest and seasonal events are available. Age Concern also arranges occasional sales or drop in sessions in Meeting Point by other agencies or Charities, such as the Kent Association for the Blind & The Pension Service, where clients can drop in without appointment to raise any queries they may have directly with the professionals.

## **Attendance**

You are very welcome by prior arrangement to attend the Centre on as many days of the week as you wish, every day if you prefer, subject to vacancies. It may or may not be possible to provide door-to-door transport on each day you wish to attend. You may stay as long as you wish, subject to opening hours and transport. Clients are required to complete a registration form at or close to their first attendance.

## **Referrals**

We welcome enquiries or referrals from any source, be it Statutory or Voluntary Agencies, Social Services, NHS, Mental Health, GPs, Churches, Relatives, Friends, or you can refer yourself. We cater for all diets, special needs, dependencies & cultures.

## **Visits**

Informal visits can be readily arranged for clients, carers, friends or relatives, volunteers, professionals, or Doctors, etc, during which they will be given a guided tour of the Centre and its facilities and any queries they may have dealt with.

## **Catchment Area**

Sevenoaks Parishes of Ash, Crockenhill, Eynsford, Fawkham, Farningham, Hartley, Hextable, Horton Kirby, Knatts Valley, Lullingstone, New Ash Green, South Darenth, Swanley, Swanley Village and West Kingsdown and the Dartford Parishes of Wilmington, Bean, Darenth, Hawley, Longfield, Southfleet & Sutton at Hone. Other areas would be readily considered.

## **Information**

For any further information or advice on the Meeting Point Day Centre, or on the other Day Centres and Services that Rural Age Concern Darent Valley provide, please contact Pat Edwards, Centre Supervisor on 01322 667161 or John Arnold, Chief Officer at 37 High Street, Swanley, Kent, BR8 8AE, 01322 666448 / 01322 666118 during Centre opening hours, E-Mail: enquiries@ageconcerndarentvalley.org.uk or telephone out of hours to John Arnold on 07889 133633. Answerphones operate on landline telephones out of hours.