

Wednesday, 30 August 2017

## Nowra Adult Day Centre throws open its doors

Illawarra Shoalhaven Local Health District (ISLHD) is inviting members of the community to attend an open day at the Nowra Adult Day Centre facility and learn more about the services it offers.

Over the past decade, the Centre has provided regular social support and group activities for older people in the community and those with memory loss or dementia, who are living at home, but may be isolated from the community.

ISLHD Nowra Adult Day Centre Coordinator, Pamela Heanes said activities range from group discussions and gentle exercise through to games and quizzes, arts and craft.

“Our programs are tailored to suit the individual needs of participants. We also hold various music and entertainment sessions as well as regular outings and a monthly support group for members of the community caring for an older person living with memory loss or dementia,” Ms Heanes said.

“The Open Day is a chance for members of the community to come along and learn more about the facility, experience our friendly, supportive centre first hand and gain a better understanding of what we do and the services we provide,” she said.

Referrals to the Nowra Adult Day Centre can be self-made and eligibility is based on assessment of individual needs and circumstances. To make a referral or for more information contact **Pam Heanes** on **4421 0975**.

The Centre is also seeking volunteers who like working as part of a team, helping older people and have good listening and communication skills. Volunteers are needed to assist with group activities and work as part of a team to support the diversional therapists in the preparation of activities, resources and daily programs. Interested members of the community are encouraged to attend the Open Day and learn more about the volunteer opportunities available. You can also contact Pam to register your interest.

### Nowra Adult Day Centre Open Day

Time: 10.30am – 12pm  
Date: Wednesday, 6 September 2017  
Address: 39 Holloway Road, Nowra

Morning tea and entertainment will be provided.

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Illawarra Shoalhaven Local Health District  
Media contact: Communications Unit on 4221 6861 or 0477 391 219  
Afterhours 0422 003 764  
[www.islhd.health.nsw.gov.au](http://www.islhd.health.nsw.gov.au)