

Experience days at Belong offer the opportunity and any support needed to enable you to:

- Meet people and make new friends
- Take part in a range of social and recreational activities
- Stay busy and have fun trying out something new
- Rekindle your interests by taking up again a previous hobby or enjoyable past time
- Enjoy a meal out in our bistro, where special dietary needs are also catered for
- Be pampered in the hair and beauty salon
- Enjoy a spa bath in our specialist bathing suite
- Take time out to relax, read a book, or simply watch the world go by in safe, secure and pleasant surroundings
- Keep fit and active in the gym or take part in a personalised exercise programme designed to increase your mobility

Whatever you would like to be able to do, Experience Days at Belong will provide you with the time, space and support you need to do it!

Enquire at your local village  
or contact **0800 032 2266**

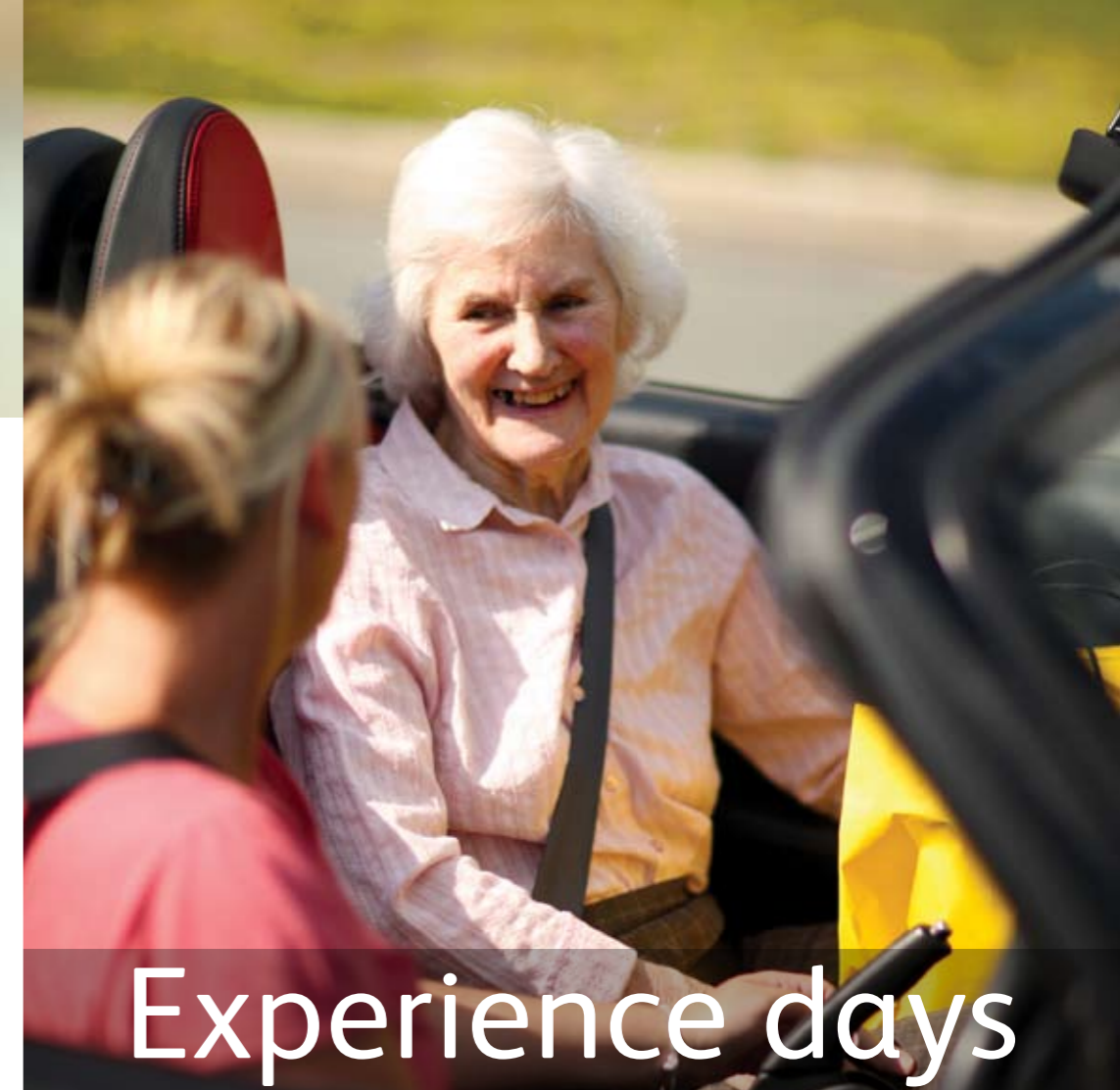
Belong villages: • Crewe • Macclesfield • Atherton • Wigan

## What our customers say:

*“My wife was offered a place at a local day care centre so that I could take some time out from the responsibilities of caring 24/7. However, we found that this was not working for either of us. The day centre was full of frail old people and although my wife has dementia, and we are both in our late 70s, fortunately for us we are still physically fit and active, so understandably, my wife couldn’t identify with being a member of this club! Also, having always been together, I found myself somewhat lost without her and missed her being around.”*

*“Belong has enabled my wife and I to enjoy time out together for the first time in a couple of years. Experience Days at Belong means we can still be together, but are amongst people who understand and can provide support when needed. This means that as a couple we also get time to do our own thing too!”*

*“I am my mum’s main carer but I have other family responsibilities, which means I still need to go out to work. Having had a bad experience in the past, Mum will now not entertain home care, although she has enjoyed attending the local day centre. Unfortunately the day centre opening times did not fit with my work commitments. Experience Days at Belong have been the answer to my prayers, open seven days a week, with no restriction on hours. Now I have a package of care for mum that not only fits around my shift pattern at work but my other family commitments too.”*



# Experience days

Enjoy a wide range of opportunities within a vibrant Belong village community



Your life, your pace, your way.



Your life, your pace, your way.

# Experience days - a refreshing alternative to traditional day care.

Experience days at Belong villages offer opportunities for meaningful involvement in a range of activities – whether to catch a classic film, discuss the day's newspapers or simply sit back and be pampered.

The village team is on hand to provide expert support, delivering a refreshing alternative to traditional day care.

## **Vibrant village centres.**

Each Belong village has a vibrant centre with facilities including bistro, hair salon, exercise studio, lounges and internet café. There is also a regular programme of activities and entertainment, both for residents and members of the community.

## **Tailor-made packages.**

Come into the village and join in the day's programme of events, with your day co-ordinated by

## Sample packages include:



### Pamper day

Enjoy a spa bath followed by an appointment at our hair salon, with the option for additional beauty treatments. Finish off with dinner in the bistro.



### Start the day

Start off your day with us digesting the morning's papers, then join in a 1960s quiz in The Venue. Finally, replenish with brain food in the Belong bistro.



### Film night

Dine in our licensed bistro before taking in a film in the Belong Venue. From classic movies to the latest dramas on the big screen.



### Work out & relax

Keep your muscles active with a gentle work out in our exercise studio, or try something different like Wii Bowling. Later, wind down in one of our lounges before rewarding yourself with a meal in the bistro.

our activities facilitator and/or members of the support team. There are a range of packages on offer and we can tailor packages to meet individual requirements.

## **A break for carers.**

Experience days at Belong are designed to support the needs of carers too. Support can be offered either on a regular or ad hoc basis to give them a much needed break.

## **A time to suit you.**

Experience days are available Monday – Sunday, including early

morning and evening. Overnight breaks and short stay breaks can also be provided.

## **Help with transport.**

If you need assistance to get to your nearest Belong village, this can be organised through our Belong at Home team, a registered domiciliary care provider.

## **Open to all.**

Everyone is welcome to use the village facilities independently and pay for services as they are used. Booking is recommended for the hair salon and exercise studio.

*Whatever you would like to be able to do, Experience Days at Belong will provide you with the time, space and support you need to do it!*

Enquire at your local village or contact

**0800 032 2266**

**Belong Atherton  
Mealhouse Lane, Atherton,  
Greater Manchester M46 0EW**

*Please note, packages and prices may vary from village to village. Contact your nearest Belong village for more information.*

Belong villages: • Crewe • Macclesfield • Atherton • Wigan



Belong... *live the lifestyle of your choice.*