



# INNOVATE NEWS

Your Summer newsletter from The Innovate Day Centre

## Introducing... The Innovate Day Centre C.I.C

We are extremely pleased to announce that as of 1st September 2019 we will become a Community Interest Community (C.I.C). A C.I.C is a social enterprise that wishes to use their profits and assets for the public good. A C.I.C also has charitable status.

The Innovate Centre was opened as a limited company in December 2013 by founders Sue and Christina Cattermole. Sue's mother, Alice, was diagnosed with early onset dementia and was struggling to live alone. Soon after Alice came to live with Sue's family and Sue became her full time carer. Sue realised that there were a lack of facilities in the borough for elderly people and became determined to establish a safe and engaging environment for the elderly population in Hillingdon. Sue's plan was for her mother to attend the centre for stimulation and to socialise. Alice's dementia deteriorated rapidly and she was taken into hospital with pneumonia in December 2013, the month that The Innovate Centre opened. She sadly passed away in January 2014 before she could attend the centre.

The Innovate Day Centre prides itself on being unlike any other day



centre in the borough and now, in 2018, offers places to residents of the Hillingdon, Harrow, Ealing and Buckinghamshire boroughs in memory of Alice.

More recently we began to realise that a limited company does not suit the type of organisation that we are and the work that we want to do for the elderly community. We therefore decided to convert to a Community Interest Company.

Over the coming year as a C.I.C we plan to expand the centre, hopefully acquiring a premises of our own.

Over the last 5 years we have seen some wonderful clients come and go. We also have one client who has been with us from the very beginning of our journey and we hope for a few more years yet to come!

We hope that you are as excited as we are about this change of status and we are looking forward to doing some amazing work in the community in the future.

# A look back over the years...



**Visit from  
The Mayor!**



**Lots of spoon  
licking!**



**Art Therapy!**



**Arts & Crafts!**



**Day Trips!**



**Visit from  
Boris Johnson!**

## Nutrition is important to us!

As you may already know, when our clients arrive at the centre in the morning, they are given a range of breakfast options. More recently we have been encouraging clients to try healthier options and now everyday we serve; fresh fruit (including a variation of berries which are fantastic for brain health) yoghurt (for calcium), granola, cereals, honey. As well as our usual fruit juices, tea, coffee and water, clients are also encouraged to drink milk as an alternative fluid to keep hydrated. Full of calcium for your bones and delicious!

Breakfast is considered the most important meal of the day as it replenishes your supply of glucose and provides other essential nutrients to keep your energy levels up through the day. Eating breakfast is linked to good health and better memory and concentration. Have a look at our perfectly arranged breakfast table.



## Our Summer Garden!

The garden at the centre is coming along beautifully and is wonderful for our clients to enjoy on these warm summer days that we are having. We have also recently had a retractable awning installed in the garden so that clients can enjoy the weather outdoor whilst keeping cool. We have also discovered that the garden is a great place for a game of bowls!

## Why is the U.K. experiencing a heatwave?

You may have noticed the beautiful weather that we have been having recently. Hot weather in the U.K. is not uncommon in the summer, but usually it is broken up by rainfall. Currently a high pressure weather system situated over the U.K. is steering storm that usually find their way to the UK northwards to Iceland.

Temperatures in the North Atlantic Ocean can influence weather in the U.K. as they affect the strength and direction of the jet stream. Warmer ocean waters this summer have pushed the jet stream further north influencing the high pressure system that has led to heatwaves over the U.K. and Europe.



## 'Call in Time' with Age UK

Call in Time is a free telephone befriending service for matching volunteers with older people. Not having someone to talk to regularly can be lonely and isolating which is which is the main reason our day centre was established.

Age UK can organise a weekly 30 minute chat on the phone for you with a friendly volunteer with similar interests and hobbies.



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A computer connects you with your telephone friend so that you will not need to give out your personal telephone number.

If you would be interested in using this free service, you can **contact the Age UK team on 0800 434 6105**. Alternatively, if you do not feel confident to set up this service by yourself, please ask Soraya at the centre who would be happy to refer you to the Call in Time service and arrange the particulars.

## Elderly in the News!

**Wacken, Germany** - If you think that you're too old for a party, think again! Two elderly men recently escaped from a care home in Germany, only to be found at a heavy metal music festival!

## 5 Ways to Wellbeing...

Evidence suggests that a small improvement in wellbeing can help to decrease some mental health problems and help people to flourish. Here are an example of 5 ways to wellbeing;

**Connect** - with family, friends and neighbours. Building connections will support and enrich you every day.

**Be Active** - as little as 10 minutes of physical activity can improve your mood!

**Take Notice** - take time to notice the sights, smells, sounds and tastes that you experience.

**Keep Learning** - there are many ways to bring learning into your life and this can positively effect your mental health.

**Give** - acts of kindness make your feel happier!

## Could you use a hand?

We are always striving to think of new services to add to our current list at the centre. We are considering adding a Handyman Service for our clients to use in the near future. If you required a small job doing at home, something fixing, or even a lightbulb changing, we could book you in for a visit from our Handyman.

At the moment we are only gathering interest but if you do feel that this service would be beneficial please let Soraya, our Centre Manager, know!

