



The Riverside Centre Newsletter—July 2020

Update from The Riverside Centre

At the time of writing this newsletter it has been just over 100 days since we opened our doors as a day centre. We wanted to send out this newsletter to our clients to keep you up to date with what has been happening behind our closed doors and also to let you know that we have been thinking about you all through what has been a very difficult time. For most we know that this period of time has been very challenging. A time where people have been feeling lonely, frightened, isolated, fed up & worried amongst all other emotions. We are in very uncertain times and as the lockdown measures start to ease we all hope that the COVID19 virus does not cause another spike. It is very important to keep yourself safe in these times and adhere to the Government guidelines to protect yourself and others.

The Riverside Centre has very much missed seeing all the people that come through our doors and we can't wait to welcome you back. We are currently looking at the logistics of being able to open again as a day centre service from the beginning of August 2020, however we need to ensure that this is done safely and that risks are kept to an absolute minimum. Reopening the day service will mean that there will need to be changes to how it was used before and we are working very hard to put these changes into place, but also make this into a warm and welcoming place for you to come back to. When we have full details about the day centre reopening we will be in touch to share this with you. We would also like to offer a warm welcome to people who have never used the Centre before but have been enjoying our meal delivery service.

Changes that have taken place at The Riverside Centre

Refurbishment

Although the Age Concern charity shop has been closed since March 2020 the shop manager, Pam has continued to keep herself very busy and has been fundraising. The proceeds have been used to reupholster 22 chairs for The Riverside Centre to enjoy. Thank you Pam for all your hard work and efforts to support The Riverside Centre.



We have taken advantage of the Centre being closed to decorate the main lounge of the centre and the snack bar is also due to be given a new look, these changes are to make the Centre a more pleasant and brighter environment for everyone to enjoy.

Staff Changes

Sadly the three support workers that worked at The Riverside Centre prior to lockdown are no longer working with us. We would like to thank Zofia, Chris and Gill for all their hard work and efforts and would like to wish them well. Bridie the interim centre manager has also left. We would like to thank Bridie for all of her help, particularly with all her assistance in setting up the meal delivery service.

We have had some new members of staff join the team since the lockdown period. Julie and Leanne have joined us as support workers, Gemma has joined the team in the kitchen and Maggie is the new centre manager. All other staff members, Ann, Tuula, Carol, Pat and Margaret have continued to work hard over the last 3 months are looking forward to returning to some form of normality.

We have been very fortunate to receive funding from Dover Big Local (who were entrusted with £1 million lottery funding to spend on central Dover) so that we could renovate our old bathroom to make this into a clinician's room to provide a foot care and hairdressing service from The Riverside Centre. This work has now been completed and foot care appointments can be made with our foot care technicians, Amanda and Sarah and our hairdresser Julia by calling the centre on 01304 207268. All practitioners are fully compliant with COVID-19 and will be wearing appropriate Personal Protective Equipment to ensure your safety. The new room is very bright and comfortable for your pampering needs.



Meal Delivery Service

As many of you will know we developed a meal delivery service in March 2020 which has been extremely well received by many Dover residents. The timing of this service was perfect due to the lock down restrictions. Due to the popularity this is a service that we will continue to run alongside our day centre services as we realise that this is a need within the Dover area. We have a marvellous team of volunteers who have been assisting with this service and have delivered hot lunches and teas every day (excluding Saturday's). We would like to send our thanks to all of the volunteers who have been and continue to be amazing in providing such an essential service, without all of their help it would have been very difficult to sustain such deliveries every day throughout the lockdown period. **Thank you to our volunteers.**



The menu for our meal delivery service can be viewed on our website www.riversidedover.org.uk and we also have the menu in paper form which you can request by contacting the Centre on 01304 207268. We are able to deliver a two-course hot lunch and a tea every day excluding Saturdays. However we can cater for your Saturdays by delivering a meal to you on a Friday for you to place in your fridge and enjoy on a Saturday.

Activity Packs

The Riverside Centre have formed a partnership with a number of neighbouring organisations to work together in developing a weekly activity book to keep the mind and body active. The activity book includes a variety of quizzes, brainteasers, baking ideas, ideas for exercise to keep the body active as well as other pages to keep you entertained.

Please let The Riverside Centre know should you wish to receive an activity pack at the cost of £2 per week and we will arrange for this to be sent to you.

Information & Advice Service

We have joined forces with Age UK Hythe & Lydinge to be able to assist the people of Dover with an Information and Advice Service. This is a free service available offering impartial information and advice on a wide range of subjects to include benefits and housing queries. If you require assistance please contact The Riverside Centre to be referred to this service.

**Thank you for reading - Please stay safe
From The Riverside Team.**