



The Riverside Centre Newsletter—October 2020

The Riverside Centre Opens

After many months we were delighted to open our doors again as a day centre on Wednesday 9th September 2020. Despite the many changes that we are all having to adhere to, (to make us COVID-19 safe) it has been so enjoyable to see people back in the centre enjoying each other's company.

One of the biggest adjustments we are having to adapt to is the limited numbers that we are allowed each day and having to maintain the "bubbles" that have been formed. At present we are only allowed a maximum of 10 clients per day for the day centre, split into two bubbles of 5 per bubble. Due to the limited numbers and the ruling of bubbles we are only able to allocate one day per week to each client. We appreciate that this is a big adjustment and would like to thank you all for your understanding in these difficult times. We are constantly keeping ourselves updated with guidance from the Government and Public Health on how best to keep everyone safe and any future changes we may need to make will be relayed to you all.

It is currently difficult for us to resume many of the activities that we used to undertake at the Centre due to the restrictions with social distancing, sharing items etc, however if you can think of an activity that you would like to do at the Centre please mention this to a member of staff/volunteer so that this can be considered.

New Lunch Club

As the dining room is vacant on many days we have decided to introduce a lunch club every Monday and Friday from Monday 19th October 2020 to take place solely in the dining room. To access the lunch club please phone the centre to ensure there is space (as numbers are limited) and use the side entrance only. The lunch club will run between 12 pm and 1.15 pm.
Please note this will be for lunch only.



Meal Delivery Service

Our meal delivery service continues to run successfully from The Riverside Centre with many Dover residents benefitting from a two-course lunch delivered to their door, plus the options of a tea pack and additional extras. From Monday 12th October 2020 we are trialling a tick menu which will enable customers to have more choice with their meals, we hope you are finding this useful.

We are always looking at ways in which to improve the service and the most effective method is through feedback from our customers. Enclosed with this newsletter is a short survey form providing you with the opportunity to comment on the service that you are receiving and if there is a meal(s) that you would like to see on the menu. Your feedback will enable us to evaluate the service that we are offering and to consider any improvements that are suggested. Your cooperation in completing this survey is very much appreciated and can be completed anonymously if preferred. Once completed please return to your delivery driver. Thank you!

Annual General Meeting

On Monday 9th November 2020 The Riverside Centre will be holding its Annual General Meeting. Unfortunately, due to the current situation and rules with socially distancing we are unable to invite our clients to the meeting this year. If you would like to have any points or questions raised at the AGM for the Board of Trustees/management please could you pass this to the Centre Manager, Maggie Paterson by Friday 6th November 2020 and feedback from this will be passed back to you.

Services available at The Riverside Centre

Hairdressing

Julia who has been hairdressing at The Riverside Centre for many years will be at The Centre every Friday offering hairdressing at very competitive prices;

Shampoo & Set	£12.00
Cut, Shampoo & Set	£18.00
Cut only	£10.00
Blow dry	£12.00
Perms from	£28.00
Colour from	£24.00
Cut & restyle	£12.00



To book an appointment please call The Riverside Centre on 01304 207268.

Footcare

If you are having problems with your feet, or simply want a pamper session our foot care practitioners are at The Riverside Centre every week and are able to offer a 30 minute appointment for the competitive price of £17.00. Book yourself in with Amanda or Sarah and treat your feet!

Confidence & Remobilisation Service

Following the lockdown period it became apparent to us that it has affected many people's confidence and mobility and some people have been finding it difficult to access the community or going beyond their doorstep.

With this in mind we made an application to The National Lottery for funding to be able to offer a confidence building and/or remobilisation service to the residents of Dover. We are delighted to report that the application was successful and we have been awarded funding to be able to provide a support service. If you think that you would benefit from some help with your confidence or mobility please contact Maggie Paterson at The Riverside Centre on 01304 207268. We are able to offer a free service for a 6 week period, in this period we will look at how best to support the individual to gain back confidence and/or mobility.

A Welcome Donation

A special thanks to Pam Taylor, one of our dedicated volunteers for all her tireless efforts in raising the sum of £600 for The Riverside Centre. The money will be used to buy equipment needed to maintain our meal delivery service as well as items to further improve the centre. If you have any ideas on how you would like this donation to be spent to further improve the centre please can you let Maggie know. Ideas could be some further art work for the walls, craft items, media. All ideas will be considered. Thank you Pam.

Christmas Cards

Now on sale at The Riverside Centre and Dover Age Concern Shop is an assortment of Christmas cards with all proceeds going to the upkeep of The Riverside Centre.

Packs of 5 can be purchased as a single design or an assortment for £3 per pack.

