

# GO-LD

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Supported by  
Oaklands Community Care

## Drop in Service

Saturdays 10 - 4 pm



**Revive Healthy Living Centre**  
**23 Roe Farm Lane**  
**Derby DE21 6ET**  
**Tel 01332 288700**

## ACTIVITIES & HOLIDAYS



Make the drop in centre the place to be. Just like with Oaklands, we can organise activities, trips and holidays.

## GO-LD MEMBERSHIP

Annual Membership is £2.40 (November 2009 - October 2010). Part months will be reduced by 20p per month through the year.

You will need to bring your membership card every week to sign in.

You will be able to have first choice of booking groups, trips and holidays.

You will have a chance to go on the Service User forum committee.

You will be able to request activities to be put on the timetable.

## CAFE

Have a drink or a snack, relax and chill, meet friends, make friends, in the hub of our drop in service.



Weekly speakers to give us talks and information. Go to the web site or pick up a time table.

## LIBRARY

Relax and enjoy the weekly story sessions, use the PC's or browse through the books.



## ROOM 2

Take time to relax in our "sessions of relaxation" and a variety of therapies to help you cope with the stresses in your life or why not join our Art & Crafts group. These will run alternative weeks 2pm - 3pm.



## ROOM 1

10 am - 1 pm

Join our workshops, starting with dance and drama.....put on your own production or relax for the "Movie Club" 2 -4 pm



Charges for these groups will apply.

## DANCE STUDIO

Join in one of the variety of activities in our "dancercise".

Whatever it is, it will be fun, fast and get us fit.

2pm - 3.30pm



## RECEPTION



Meet our staff, find out the day's activities, try and sort out any problems or concerns.

Electronically sign in with your membership card or register for one of our day passes.

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## GO TO IT - HOW to FIND US

### By Car & Walking

FOR SAT NAV



DE21 6ET  
Number 23

From Pentagon Island - Take the exit After Sir Frank Whittle Way (A38) towards Chaddesden along Nottingham Road. Turn left onto Wiltshire Road (where the Fire Station is) opposite the cemetery. At the mini roundabout (where the Blue Boy Pub is) turn Right - **Revive Centre** is 150 metres on the left.

### By Bus



22  
24



BLUE  
BOY  
PUB



Catch either the 22 or 24 outside Morledge next to the Eagle Centre, near the Derby Ram statue.

Get off at the Blue Boy Pub - Walk down Roe Farm Road - **Revive** is on the Left

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## ABOUT OAKLANDS

We have been caring for and supporting people with mental ill health & learning disabilities for over 25 years.

We support people to live inclusively in community in either their own property or in one of our "sister" company's homes. We listen to the people we work with and help them to attend activities, groups, work and holidays - all the things that are important to them.

Our Service User forum "speaks" on behalf of the people we support. It helps shape how we deliver our service for the future as well arranging regular activities & holidays.

There have been many successful holidays around the world, day trips and weekend breaks. There will always be something going on.

**Oaklands** brings years of experience & enthusiasm to the drop-in service. We will open up more opportunities and we will try to provide services that people in Derby have been asking for.



OAKLANDS COMMUNITY CARE

Supporting **GO-LD**

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