

*Our services include a wide range of traditionally services to the Fragile senior community of Tees Valley.*

*We offer a wide range of physical and educational activities tailored to suit individual's needs.*

*Our services include the following*

Personal care

Relaxing Massage Therapy

Chair based exercises and yoga

Healthy Eating option

Health workshops

Outings and special events

Educational sessions

A chance to meet and chat with others

*And much more....*

*We also have access to a Minibus and can provide pick up and drop off services for our service users. Feedback from the service users is welcomed and fully respected and applied where appropriate.*

Access to service is subject to assessment only

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## **Education for Opportunities**

Registration No: 9956234

A Charitable Voluntary Community Organisation we dedicate our services to improve the lives of the people in the community.

Multi-ethnic Day Care Service to the Fragile ageing and Disabled Black Minority, Ethnic, Asian, Refugee and Asylum Seekers

Admission is subjected to Assessment only

Committed Volunteers are Genially Welcome: This will be subjected to a full Disclosure and Barring Service clearance. (DBS)



**LONG Live Pakistan**

We offer a Multi-Ethnic Daytime Care Service for fragile senior men and women and individuals with disabilities, from the BMEA, Refugees and Asylum Seekers in the community.

Our aims are to avert isolation within the ageing community by offering a variety of activities that are suitable for every individual's needs.

This involves drop in sessions, healthy lifestyle activities, educational information, ESOL classes, day trips to a variety of locations and much more.

Altogether our sessions are located in a welcoming and comfortable environment.

Our Care Workers are DBS cleared and supervised by Professional Staff/ Trustees at all times.

Women's Sessions:

Women's sessions are held every Monday, Wednesday and Thursday at 10:30 am to 2:00pm.

Men's Sessions:

Men's sessions are held every Monday, Wednesday and Thursday at 10:30 to 2:00.

*For all our sessions we:*

*provide light healthy snacks these include tea, coffee and drinks we also accommodate for individual dietary requirements.*

*We also organise professional advice and support on different topics such as immigration matters, debt issues, mental health issues and safeguarding for all our service users or we refer service users to other organisations to seek support all within a friendly environment.*

*Our service..... is designed to integrate people of all communities, not everyone wants to join in, we respect your wishes and highly consider religious and cultural needs.*

**LONG Live Pakistan**