



# Royal Star & Garter

Care with courage

**FOR IMMEDIATE RELEASE**

## **High Wycombe care home offers free Day Care taster sessions**

A care home in High Wycombe is offering a free Day Care session this summer and autumn.

The taster session is available from Royal Star & Garter to veterans and their partners, and includes spaces for people living with early-stage dementia.

The offer runs until October 31, with one free session per person available.

The Day Care service supports veterans and partners of veterans who live with disability or dementia but are not in need of full-time residential care. Furthermore, it offers valuable respite to their carers, who are often older people themselves.



*People using Day Care will take part in activities with Royal Star & Garter residents*

Royal Star & Garter is a charity which provides loving, compassionate care to veterans and their partners living with disability or dementia. Day Care is one of several services it runs which reach out into the local community.

As well as tackling social isolation which can be a significant issue amongst the veteran population, Day Care promotes wellbeing by providing home-cooked food, activities and structure to the week.

People using the service will be kept busy, joining permanent residents in activities including quizzes, outings, entertainment, art therapy, and movement to music. Emphasis will be placed on rekindling memories and creating connections, including making new friends over delicious and healthy meals.

Day Care runs at the High Wycombe Home from 10am-4pm on Tuesdays, Wednesdays and Fridays. Those attending should arrange their own transport to and from the Home.



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Booking in advance is required and places are subject to availability. There is no obligation to continue using the service later.

Reggie Ballos is the Home Manager at Royal Star & Garter in High Wycombe. She said: "We know our Day Care is a popular service, and family members tell us about the positive impact it has on them too. We'd love for more people to benefit from Day Care, and hope they take advantage of the free taster session."



*Delicious home-cooked meals will be enjoyed by people using Day Care at Royal Star & Garter*

For more information on Day Care at Royal Star & Garter in High Wycombe, and the free taster session, go to:

<https://starandgarter.org/our-homes-and-care/types-of-care/high-wycombe-day-care-service-organic/>

The Home is also welcoming new residents. For more information on this, or to work at Royal Star & Garter, go to [www.starandgarter.org/hw](http://www.starandgarter.org/hw)

**[ENDS]**

## Captions



Day Care HW 1: People using Day Care will take part in activities with Royal Star & Garter residents



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Day Care HW 2: Delicious home-cooked meals will be enjoyed by people using Day Care at Royal Star & Garter

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**About Royal Star & Garter**

Our charity provides loving, compassionate care to veterans and their partners living with disability or dementia.

**Twitter:** @starandgarter

**Facebook:** facebook.com/starandgarter

**Website:** [www.starandgarter.org](http://www.starandgarter.org)



Royal Star & Garter  
is a member of the  
National Care Forum