

How Can I access Mid-Lin Day Care Centre?

Referrals for Mid-Lin Day Care Centre can be made by contacting our office on 01382 506451 or by emailing:

Email: manager@mid-lin.co.uk

Referrals can be made by individuals or family members as well as by carers and health professionals.

Following your initial referral, you will receive an assessment to identify your Individual needs.

How do I get there?

Mid-Lin have two minibuses which collect and drop off service users each day. Potential service users will be assessed to see if they can manage to use this service.

You can find us:



For More Information Contact:

Mid-Lin Day Care Centre
59 Pitkerro Drive
Linlathen
Dundee
DD4 8AT
Tel: 01382 506451
Email: manager@mid-lin.co.uk
Website: www.midlin.btck.co.uk



Welcome to Mid-Lin Day Care Centre

We offer day care to older people who have some degree of physical disability or who experienced mental health problems leading to social isolation.

59 Pitkerro Drive, Linlathen, Dundee, DD4 8AT
Tel: 01382 506451
Email: manager@mid-lin.co.uk
Facebook: www.facebook.com/midlindaycare

What is Day Service?

Day Service provides day care for older people.

It offers a homely therapeutic environment.

Mid-Lin aim to help and support our service users to be part of their wider community.

Whilst at Mid-Lin Day Care Centre we aim to promote:

- Independence
- Dignity
- Privacy
- Choice
- Safety
- Motivation

Our objectives are:

- To promote social stimulation
- Prevent isolation
- To promote and sustain daily living skills
- To contribute to rehabilitation
- To work alongside other health professionals to promote independent living in the community
- To provide respite for carer's
- Engagement with healthy living initiatives.

What is Mid-Lin Services?

Mid-Lin caters for up to 30 service users a day and is run by a team of staff and volunteers. Our centre is open Monday to Friday.

Mid-Lin is a large single one level building and has access for less able people and wheel - chair users. All areas are suitable for service users who require to use a wheelchair.

The main hall caters for service users lunches and where most of our activities take place. Our small lounge is used for our weekly church service as well as some quieter activities.

Activities

Mid-Lin offer a wide range of person centered therapeutic activities, which you can participate in.

These include:

- Quizzes and games
- Life stories and reminiscence
- Arts and crafts
- Baking
- Live entertainment
- Gentle exercises
- Sing-alongs
- Board games
- Dominoes
- Bingo
- Interactive games
- Home Corner



Meals

Mid-Lin offer a nutritious menu with choices available for each meal. Individual dietary requirements are catered for. Light snacks and refreshments are also available in the afternoon.

How much does it cost for Service users to attend?

The day service costs as from the 1st April 2022 £30.00 per day. This includes: Access to an escorted bus service to and from the centre (if assessed as being deemed appropriate to use the minibus service). In addition, on offer is a freshly prepared home cooked three course Lunch .