

Saxon Day Centre



The Saxon Day Centre is a registered charity located in the heart of Orpington. The Day Centre provides day care and other services to older adults living in the Borough of Bromley and surrounding areas. People can refer themselves or make an application through the local council.

The centre is open Monday to Friday from 10.00am until 3.00pm each day and provides an opportunity to develop friendships and socialise as well as take part in a wide range of activities such as gentle exercise, board games, flower arranging, reminiscence therapy, arts and crafts.

On site services:

- Day care services for clients who want a change of scenery and to support carers to have a break, knowing their loved ones are looked after in a safe environment
- A dedicated craft room for knit and natter, card making, sewing, painting and calligraphy groups
- A Men's Shed (pilot project) offering a range of different tools and equipment so the gentleman can continue to use their skills or learn new skills and build, repair or re-cycle items to sell in the Centre's online shop
- Staff can support clients with personal care and with the administration or taking of prescribed medication

Other activities:

- Sitting service – offering 1:1 support to individuals in their own home to enable carers to have a break or attend appointments
- A range of virtual services offering different activities including a virtual sing a long, chat group, quiz group and carer group (currently being trialled)

For further information please email: ageconcernorpington@live.co.uk or telephone 01689 830055

