

Day Services

Using Day Services is something you may want to do.

There are day centres where you can go for one or more days each week.

Your social worker will help to arrange this.



- » You can meet new friends
- » You can learn new skills
- » You can use computers
- » You can do art and crafts



You can learn more about how to look after yourself as an adult.

Most people using a day centre will do things in the community and in the town where they live.

