



For more information please do not hesitate to contact:-  
Claire Buckland  
Day Centre Manager  
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01702 545111  
07596 325824

Forget Me Not Caring was established by Alan and Dianne. Dianne realised there were not many development and care options for her own children with learning disabilities when they left college and her dream was to set up a day centre to cater for their needs. With Alan's help, her dream became a reality when they opened Forget Me Nots in 2011. In 2014, Forget Me Not Caring became registered with the Care Quality Commission (CQC) and branched out into supported living.

Fast forward to 2022 and the company now has 19 supported living services as well as the Day Centre in Rochford, Essex.

The centre in Rochford provides day opportunities for adults (18+) with learning disabilities, catering for all aspects of care, support and most importantly fun.

The below is a list of skills and opportunities we offer at the centre

1. Cooking
2. Money Management
3. Arts & Crafts
4. Making healthy choices
5. Sports Activities
6. Days out & Activities
7. Monthly Themes to learn about different holidays and cultures
8. Talks on current problems we face or how to deal with situations
9. Music including music Therapy
10. Drama
11. Sensory Therapy
12. Volunteering opportunities
13. Helping to identify skills and job opportunities with support from carers

We have the below facilities at the centre

- Large Kitchen with wheelchair accessible sink, hob and work surface. We do a lot of meal prep and baking in here, we also have our lunch in here when in the centre
- All rooms have wheelchair accessible tables
- Sensory room with ceiling hoist. We have two very large and comfy beanbags in the sensory room as well as lots of sensory items and lights to choose from
- Changing room with ceiling hoist, this gives us the ability to hoist onto a toilet or bed depending on needs
- Main area where we complete projects. This is also equipped with a computer area and also a large projector
- Snug room where we can go and have some quiet time or xbox Olympics
- Summer House. This is used for our music sessions, playing pool, games and can also be a nice calm retreat
- Little Kitchen can be used for making drinks and also smaller groups doing meal prep
- Wheelchair accessible garden with raised beds

As well as the above facilities we also have two 9-seater minibuses that not only do pick up and drops off to the centre but also enable us to go on days out. We are also very lucky to be round the corner to the train station so we can hop on the train and go to many different locations.



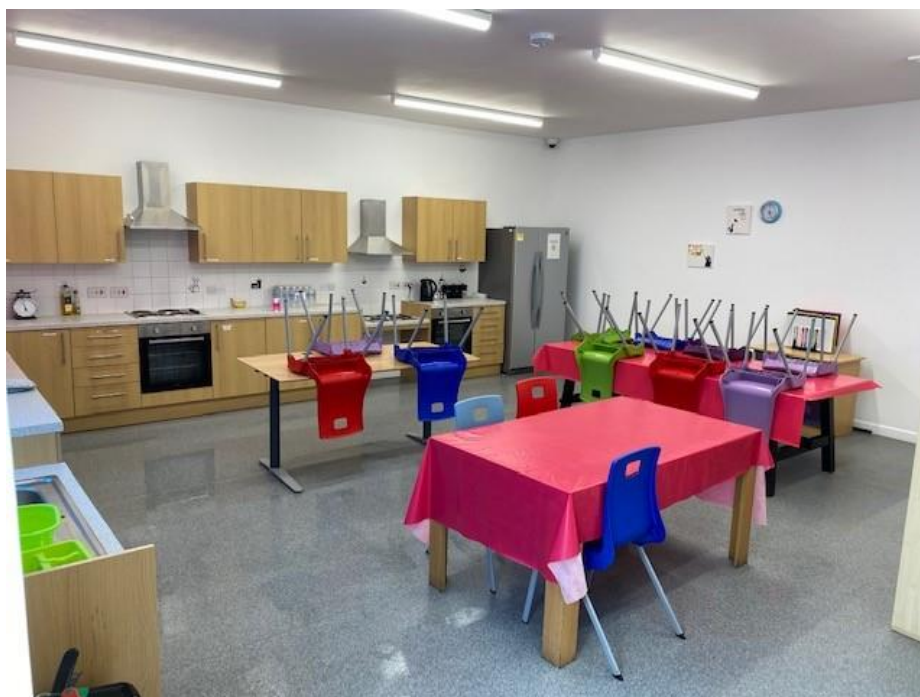
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Garden



Minibus



Large Kitchen



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Snug room



Main Hall



Summer House





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Sensory Room

### Meet some of the Team



Minibus Driver Mo



Support Worker Nina



Activities Coordinators

Joe & Toni

If you would like to come and have a look around the centre or have any questions you would like to ask please do not heistate to contact me

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