



## Affordable day care for Older People

The Hoskyn Community Centre (Registered Charity 1183250) is a long-established, volunteer-led Day Centre in Rugby supporting older residents who are lonely, isolated, or struggling with routine.

### What We Provide

- Safe, friendly Day Centre for older people
- Hot, nutritious lunch cooked in our own kitchens
- Respite for carers
- A consistent weekly anchor for those who rarely see others

### Why Refer to Us?

- Reduces loneliness –known to be harmful to health
- Improves mood and confidence and builds routine
- Provides respite for informal carers
- Supports those not ready for formal care but needing connection

### Who We Support

- Older adults experiencing loneliness or social isolation
- People with low mood or bereavement
- Those with mild mobility issues
- Individuals seeking an affordable, local alternative to commercial services.
- Daily rate £10 including two-course hot meals and drinks, Bingo optional at £5

### Referral Process

Please contact

Alun Williams, Chair - Tel: 07832 672945

Email: [alune.williams@hoskyncentre.co.uk](mailto:alune.williams@hoskyncentre.co.uk)

Hamilton House, 12 Bilton Road, Rugby – Open Monday, 10am–4pm (more days in 2026).

Car parking on site and on many bus routes