



Tapestry Day Club

May 2025

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National Context

Adult day centre services in the UK have a rich history, evolving from charitable initiatives to being a vital component of the national social care system.

Initially, day centres were primarily for older adults and individuals with disabilities, offering activities and social interaction as alternatives to residential care.

Over the years, day centre services have expanded to include various needs-led models, targeting specific populations and offering specialised services such as dementia. They promote social and preventative services, independence, supporting health and daily living needs and much needed support for family carers.

Day Care type of services tend to be provided by independent private and voluntary, community and social enterprise sectors. Day Care services provide attendees with opportunities of **social contact** and support (Lecovich & Biderman, 2012), **support** with health, nutrition and daily living (Anderson et al. 2012) physical function and quality of life (Orellana, Manthorpe, & Tinker et al., 2018), and valuable respite for carers.

Research indicates a significant gap in post-diagnosis support for people living with dementia, which can hinder their ability to maintain social engagement and active lives. This lack of comprehensive and timely support negatively impacts their health and quality of life and the healthcare system. (Social Care Institute for Excellence, 2015).

It is important to add, that there are numerous operational models today for Day Care services, where the focus is on the wellbeing and active ageing for the individual as well as respite for the carer. Tapestry Day Club is one model that reflects this new focus.

Tapestry Day Club model

Tapestry Day Club started in 2019 to create a different kind of support service for older people living with early-stage dementia.

The founders of the charity, both have experience of family members who struggled with dementia and deep loneliness. Their ambition is to create a support service of the highest standard for those experiencing these issues in the locality of West Sussex and Surrey.



Tapestry Day Club offers a unique solution that provides stimulating and friendly care within the family home of vetted and appropriately trained hosts.

Thus, allowing individuals to remain in their own homes for longer, and provide much needed respite for their caregivers. This service focuses on creating a home-like environment in small groups, (max of 6 guests), fostering social interaction, fun and memory-boosting activities.

Tapestry Day Club achievements

Since 2019, Tapestry Day Club has supported 230 guests and family carers.

It is well documented that respite provides numerous benefits for families and carers, principally, offering much-needed breaks from the demanding responsibilities of caregiving. These breaks help to prevent burnout, reduce stress and anxiety, and improve overall well-being.

It is a great idea and service.

In 2024, Tapestry Day Club provided 14,886 respite hours to support family carers. Currently Tapestry Day Club have 14 active hosts, who are providing 17 club days each week.

Facts and figures during 2025

Between January and May 2025, guests attended 1,307 Tapestry Club Days. Which provided 7,896 respite hours for families and carers. 31% of guests attend Tapestry Day Club more than once a week.

230 guests and families supported by Tapestry Day Club since 2019

14 active hosts

17 club days per week

7,896 respite hours provided Jan-May 2025

31% guests attend more than once a week

1,307 Club Days attended Jan-May 2025

Introduction

Healthwatch West Sussex is working in partnership with Tapestry Day Club, to provide an independent impact report on the service.

In order to achieve this, two surveys were circulated to Tapestry Day Club – hosts and guests which included independent guests, family members, and those caring and supporting the guest.

The survey was open from mid-March to the end of April 2025. The **Guest survey** was completed by **31 people** and the **Host survey** by **7 people**.

As part of this work a visit to a typical Tapestry Day Club group, and telephone conversations with a carer and host have also been captured.

This report is based on this data, insight and stories.

Thank you.

We would like to thank everyone who has taken the time to complete the surveys and have conversations to share their insight and stories to support this important piece of work.



Summary

This lived experience review of the Tapestry Day Club model involving small groups in a home environment, shows that the service provides important benefits for guests, carers, as well as the host and the charity.

The impact for guests living with dementia: increased social contact, cognitive stimulation, decreased isolation, enhanced mood and well-being. Provided in a safe and supportive environment, supports people to maintain independence and can delay the need for full-time care longer, for some.

We heard that the service provides much needed respite for families and caregivers. Providing a break from 24/7 caring, reducing stress and anxiety, preventing burnout, and improving overall well-being. This gives carers a chance to do what they need or want, in their own time and their own way.

It has changed her life. She was depressed, miserable and in a bad place having lost my father and then getting diagnosed. Meeting other people, the social interaction and superb food eating with others, has enabled her to stay at home despite her illness, I am sure. She just loves going. It's given her a reason to not give up.

It provides me with much needed respite.

The impact of Tapestry Day Club

Emotional and mental boost

- For the guest and those who care for and support.
- Guests feel supported in a small group and home environment.
- The Guest welfare is the central focus for the hosts.

■ It is a fantastic all-round service. Being in a home and a small group is hugely important to feeling safe secure and loved.

Social connection

- Guest spending time with others, sharing information and having fun.
- Developing friendships -being together and supporting each other.
- Reduced social isolation.

■ Our guests are always happy and confident at the end of every day with us.

Improved resilience

- Guests improved socialisation.
- Guest improved emotional and mental health.

■ It makes a huge difference, makes guests feel useful (they may help with the clearing up after lunch for example). Carers feel relaxed knowing their loved one are being looked after.

■ It gives a space where the guest can talk about how they may be feeling with others who can relate to what they are saying which is hugely important. Especially, if they don't feel they are getting emotional support from their loved ones.

Benefit for carers

- Improved emotional, mental and physical health resilience.
- Gift of time to do non-caring tasks.

■ The wellbeing of the guest is greatly increased. This has a multiplier effect as the carer receives hugely needed respite from providing 24/7 care and in turn, can replenish their reserves and continue to do the heroic job of looking after their loved one.

Benefits for Hosts

- Altruistic benefit: motivational state where an individual's goal is to improve another person's well-being. Altruistic behaviour is seen as a natural part of human nature, driven by a desire to benefit others.
- Improved emotional, mental and physical health.

Hosting a lunch club for individuals living with dementia is my way of giving back to the community, raising awareness about dementia, and providing support to those affected by dementia.

Social Value

- Using local services for food, supplies and entertainment.
- Guests travel is local between 5-10 miles to attend a Tapestry Day Club.

All the food is locally bought. Local craft people come to teach the group. Volunteer drivers who are local.

Overall excellence

- 97% (n30) guest respondents rated the service as excellent.

My sister has been going to Tapestry Day Club for 10 weeks and absolutely loves it. It has made a huge difference to her life as she can't go out on her own anymore. So much so, she gets ready to go even on non-Tapestry Club days so looks forward to it although she forgets which day she has been.



Main findings from surveys and conversions

97% (n30) guests like having a home cooked lunch. 94% (n29) enjoy being part of a small group, in a family home setting.

Being in a family home means it feels more 'normal', rather than going to an event in a church hall, and the smaller groups make it easier to join in – larger groups for mum would mean her sitting on the edge and not participating.

87% (n27) like having a range of activities. 90% (n27) being with others. 81% (n25) having fun. 77% (n23) like that the Club is local. 69% (18) like the transport to and from home.

Having fun is very important, we are always laughing. Seeing others in a similar position who are able to make the best of their condition and even laugh about it is very positive.

97% (n30) self-rated Tapestry Day Club service as excellent.

Mum was feeling socially isolated. The weekly trip and eating with others is the highlight of her week and she is so much happier now despite her illness progressing.

Another aim is that family carers have respite time. Respondents shared how they use this time: catching up on household chores and administration, meeting with friends, doing activities, attending medical appointment, and having time for themselves.

The main benefit is knowing that their loved one is in a safe environment.

Knowing that my husband is happy and stimulated for five hours means I can use this much needed break positively.

Carers self-rated their emotional, and mental health prior to their loved one attending the Tapestry Day Club and currently. This shows positive movement to excellent, very good, good. A reduction from fair and poor. They also self-rated their physical health, and this shows movement to very good, fair and poor., with decreases in fair and poor.

Over half of respondents answering the Isolation and Loneliness questions felt they lacked companionship (58%), felt left out of things (52%), and 42% felt isolated or socially excluded, with the coding average value of 4 indicating least likely to be lonely and isolated.

Many carers use proactive solutions to improve resilience, such as meeting friends, joining groups, and joining exercise classes.

Now making more effort to reconnect with my own friends.

It is interesting when comparing the responses between confidence and motivation to see how aligned the results are. With (n4) low confidence and (n6) low motivation and (n26) medium to full confidence and (n25) motivation.

Note: These self-rated indicators provide only a snapshot and are most effective when used at multiple points of contact with an individual.

A place to meet others who have memory issues but who all join into discussions. And a well-cooked homemade meal. My quality of life has definitely improved by the good discussions and the intelligence of both staff and the other Day Club members.

In answers to the Living in Your Area questions, the main concerns were isolation, security, no local Tapestry Day Club in the area, lack of dementia support and poor transport services.

The availability of social groups like Tapestry Day Club are so valuable for the carers as well as the attendees. It's draining and a real emotional and mental strain caring without any support. It's made such a difference to my life as well as my Mum's.

What matters to respondents about Living in their area are: friendly people, green open spaces, cafes, community groups, shopping, sports and gym, accessible spaces, and local church.

Being able to walk to local shops and health centre.

36% (n10) respondents stated that the current financial challenges are difficult for their family.



Hosts perspective

Seven hosts shared their main motivation for doing the role. A way of giving back to the community.

- Helping both carers and guests at a difficult time.
- Doing a job that makes a difference.
- Working for an ethical and respectful charity.

Hosts shared what they enjoy about the role: guest satisfaction, seeing friendships being made; creating a safe and enjoyable environment; hearing amazing stories.

■ **Like meeting people in our community and helping them to socialise with each other.**

Hosts also shared what they least enjoy about the role: driving guests; the emotional impact of seeing the decline of a guest; washing up!

Support from Tapestry Day Club management is very supportive, respectful, and clear.

There were a couple of points that could improve the Host role. Peer support to share experiences and ideas. For some, not having to provide the transport.



Conversations

Conversation with a Carer

My mother has been attending the Tapestry Day Club for 2 years, 2 days weekly.

Things changed when dad died, and mum moved closer to me. We noticed that her behaviour had changed, and she was becoming a hoarder. But it was difficult to get a diagnosis due to COVID and lock down. She became a little depressed –it was a battle to get a diagnosis, and she became more socially isolated. She lived in a village and there was not much going on, which did not help.

As we did not have a firm diagnosis at this point, it was difficult to join many of the groups and activities but found out about Tapestry Day Club who did not need a diagnosis. Attending Tapestry Day Club completely changed her mood and attitude.

■ I was surprised that she agreed to attend as she is not the sort of person who likes groups, but she absolutely loves it.

Before attending Tapestry Day Club, she had stopped eating on her own. I know she is better off at home but she needed to eat and as I work, I'm not always there to oversee this – it was always the wrong time or foods etc., always an excuse. Now that she attends Tapestry Day Club twice a week, I know that she is eating a good meal, and she is safe.

■ I am so grateful to these guys!

Conversation with a Carer

Mum was initially confused and angry and absolutely horrid. Things could not go on like this as I love mum but needed support.

I sought support from **Carers Support West Sussex** who were very helpful.

Tapestry Day Club gave me my Tuesday back and I know she is well cared for.

We struggled to get a dementia diagnosis. Her GP surgery is fantastic but would not assess her unless she agreed. It was a real battle to get a diagnosis. Tapestry Day Club had taken some beautiful photos of mum and when I showed her, she said I don't look like that. She did not recognise herself.

So, I went back to the GP and told them. When she visited the GP for something he asked 'how's your memory? And after 18 months we got a diagnosis.

Once we had a diagnosis, social services began supporting and now, she has two people who take her shopping and out and about –she has lunch whilst out and Tapestry Day Club 2 days a week.

■ Dementia is a stressful condition for carers, especially how to cope with the behaviour changes, but Tapestry Day Club are a shining light as they provide a secure and safe place for people to be themselves, and respite for carers.

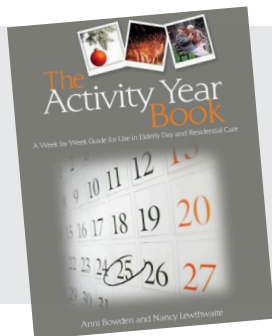
Conversation with a Host

I retired 2 years ago and took some time off and then needed something to do and felt that Tapestry Day Club host was a good fit.

What I enjoy: I like the people who visit and to be able to provide a normal home setting. Our day typically starts with teas/coffee and biscuit and then a chat, games, and activities. Many Guests just want to talk –as some live alone and do not have the opportunity to chat.

■ I really look forward to seeing the group.

My guests (max of six) tend to be male which works well for many males. We start with refreshments and a chat – this is organic as one person starts and another follows and can be a wide range of topics.



At about 12.30 we have quizzes or play a game from the handbook.

I have also designed my own quizzes for example on Patricks Day, multiple choice plus pictures of cities in Ireland.

The group are very engaged and love multiple choice.

Lunch is about an hour and then out in the garden – weather permitting and a look around. In the garden we also do games and movement.

Then chatting. Another refreshment break and games – scabble like tiles – you take 15 and make words – the words fit together in a crossword type grid. What I see is that the group help each other.

As a host I ensure that all guests are engaging. The guests know they have dementia and struggle to find the right words, but they support each other and share past stories.

If I had a magic wand, it would be to have an environment that is comfortable and loving when living with dementia. Tapestry Day Club is a beneficial environment as people can become isolated very easily.

Dementia can be traumatic for hosts –I recall how I felt when a guest deteriorated and had to stop attending and how this affected me. As you build a relationship with your guests, so it is bound to have an effect.

What support do you receive?

Tapestry Day Club keep their hosts well informed – for example, before a new guest arrives, I will be briefed by the managers and have information online.

The hosts calls are very supportive.

■ My longest Guest is 18 months and that is a long time to know someone.

Tapestry Day Club is about supporting people and giving time to talk about things. Most information is online, but the managers are always available for a chat if needed. We are exploring holding monthly hosts chats to share information and knowledge. This type of approach works well in the workplace and will for Tapestry Day Club as sharing and reflection is so important.

Guest Survey in detail

The guest survey was completed by 31 people –guests, carer, family members and supporters.

What attendees like about attending the Tapestry Day Club. 97% (n30) is having a home cooked lunch. 94% (n29) being part of a small group, and in a family home.

87% (n27) having a range of activities. 90% (n27) being with others. 81% (n25) having fun. 77% (n23) that the Club is local. 69% (18) the transport to and from home.

What did you enjoy the most?

1=least enjoy to 5 enjoy the most.

| | 1 | 2 | 3 | 4 | 5 | Response Total |
|-----------------------------------|---|---|---|---|----|----------------|
| Home cooked lunch | 0 | 0 | 0 | 6 | 24 | 30 |
| Small group size | 0 | 0 | 2 | 7 | 22 | 31 |
| Being in a family home | 0 | 1 | 1 | 8 | 21 | 31 |
| Range of activities | 1 | 0 | 3 | 9 | 18 | 31 |
| Being with others | 0 | 0 | 3 | 3 | 24 | 30 |
| Having fun | 1 | 0 | 5 | 7 | 18 | 31 |
| Tapestry Day Club is local to you | 2 | 0 | 5 | 3 | 20 | 30 |
| Transport to and from home | 4 | 0 | 4 | 3 | 15 | 26 |

Tapestry Day Club Feedback

Lots of opportunities to chat and giggle.

Dad was initially reluctant to join Tapestry Day Club, but he now enjoys it and really enjoys the food!

She doesn't recall what she has done or

what she had for lunch so it's great to get the reports.

The predominantly male group is a real benefit and relates to previous work environment. Conversation topics are therefore more male related.

97% (n30) of respondents self-rated the Tapestry Day Club service as excellent.

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|----|
| 0 | 0 | 1 | 2 | 28 |

How family members/carers use the **Time** when their cared for person attends the Tapestry Day Club.

| | |
|---|---|
| 'Me Time' | Household chores |
| Relaxation. (n2) Have a nap. | Catch up on household chores (n6). |
| Meet with friends | Activities |
| Meeting with friends. (n8) Going for walks with friends. | Yoga class. Tennis. Golf. Gardening. Take dog for a long walk. Volunteering. |
| Medical Appointments | Administration |
| Attend arranged appointments: GP, dental other. | Sort out financial and general administration. |

Tapestry Day Club Feedback

Attend work and do not worry.

Look after Dad.

Give mum a chance to relax for the day.

A break from caring role.

I feel free for a few hours – wonderful.



The benefits family carers get most by their loved one attending the Tapestry Day Club, is knowing that their cared for person is in a safe environment.

Tapestry Day Club Feedback

Mum enjoys the club so much and gets so much from it, makes me happy. I know she is safe and well looked after and I don't feel guilty now having time for myself.

Knowing that mum is out somewhere socialising rather than being home alone. Being well fed and stimulated.



Family carers informed of the social impact/value for their loved one from attending the Tapestry Day Club.

It is crucial. Although she has a poor short-term memory and often can't remember what she has eaten or done, she knows she is happy and had a good time. It sometimes sparks a memory if she has won a game or made something she may remember this as it is an achievement. She is proud to still have the ability to do it.

Mum's life is benefited hugely by Tapestry Day Club, she has withdrawn from her previous social circles due to her dementia so being part of a group again, doing normal things like sharing a meal, playing games and chatting is amazing.

Emotional, mental, and physical health

Respondents self-rated their emotional and mental health prior to their loved one attending the Tapestry day Club.

| | | | | | |
|-----------|----|-----------|---|----------------|---|
| Excellent | 1 | Very Good | 2 | Good | 7 |
| Fair | 13 | Poor | 7 | Prefer not say | 1 |

Respondents (n31) self-rated their emotional and mental health currently.

| | | | | | |
|-----------|-----|-----------|-----|----------------|------|
| Excellent | ↑ 3 | Very Good | ↑ 9 | Good | ↑ 12 |
| Fair | ↓ 6 | Poor | ↓ 0 | Prefer not say | 1 |

These two questions show positive movement in excellent, very good and good. A reduction from fair and poor.

Respondents (n31) self-rated their physical health prior to their loved one attending the Tapestry Day Club.

| | | | | | |
|-----------|---|-----------|---|----------------|----|
| Excellent | 2 | Very Good | 4 | Good | 12 |
| Fair | 7 | Poor | 4 | Prefer not say | 2 |

Respondents (n31) self-rated their physical health currently.

| | | | | | |
|-----------|-----|-----------|-----|----------------|------|
| Excellent | ↓ 1 | Very Good | ↑ 7 | Good | ↑ 17 |
| Fair | ↓ 3 | Poor | ↓ 2 | Prefer not say | ↓ 1 |

This shows positive movement from very good to good. With fair and poor decreasing.

These four questions indicate good improvement in emotional, mental, and physical health for those whose loved ones attend the Tapestry Day Club service. Although caution is needed as this is a small statistical sample.

Isolation and Loneliness

To gauge isolation and loneliness respondents were asked to self-rate (n31) against three questions, based on the University of California, Los Angeles (UCL) **3 item Loneliness Scale** (2004).

1. How often they have felt a lack of companionship?
2. How often do you feel left out of things?
3. How often do you feel lonely, isolated, or socially excluded?

Using the following coding to measure: Never =0, Hardly ever = 1, Some of the time = 2, and Often = 3.

Based on the responses received the average value is **4**, indicating they are least likely to be lonely and isolated. However, this scale is best used at several points of contact with an individual.



Additional responses (n17) were received highlighting the resilience and proactive solutions that have helped individuals to feel less lonely, isolated, or socially excluded.

| | | | | | |
|-----|----|-----|----|----|-----|
| Yes | 17 | 57% | No | 13 | 43% |
|-----|----|-----|----|----|-----|

Some of the things respondents stated they have done include meeting with friends, joining groups, going for walks, attending dance class, playing golf, joined exercise group, gym, and volunteering.

I have lots of friends but didn't have time to see them until Mum started going to the Club. My time was taken up with her.

Confidence and Motivation Levels

How confident respondents (n30) feel to go out, socialise or attend a group?

| 1 No confidence | 2 | 3 | 4 | 5 Full confidence |
|--------------------|---|---|---|----------------------|
| 2 | 2 | 5 | 7 | 14 |

How motivated respondents (n31) feel to go out, socialise or attend a group?

| 1 No confidence | 2 | 3 | 4 | 5 Full confidence |
|--------------------|---|---|---|----------------------|
| 0 | 6 | 7 | 7 | 11 |

It is interesting when comparing the responses between confidence and motivation how aligned the results are. With (n4) with low confidence and (n6) with low motivation and (n26) with medium to full confidence and (n25) motivation. *N.B. for people to gain resilience a good level of both confidence and motivation are needed.

I can do things that otherwise I wouldn't.

Living in your area

This part of the survey was about living in your local area. This forms part of the social determinants to health and wellbeing for people.

Social Determinants to health are the non-medical factors that influence an individual's health outcomes, including their opportunity to be healthy, risk of illness, and life expectancy. These determinants, such as income, education, employment, and housing, are the conditions in which people are born, grow up, live, work, and age.

The primary areas respondents live are Crawley (n1), Horsham (n19), Mid Sussex (n1), Portsmouth (n1), Surrey (n6), and West Sussex (n2).

20% (n6) of respondents stated they have concerns about living in their local area. However, 80% (n24) had no concerns about living in their local area.

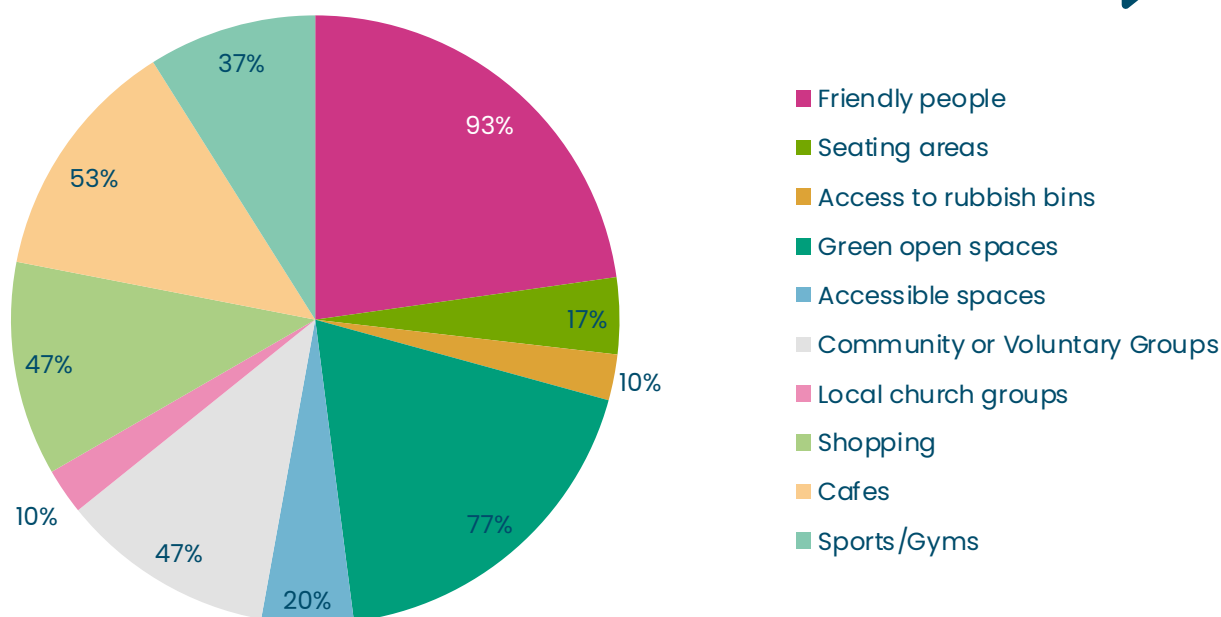
The principal areas of concern are isolation and security:

- Have a RING doorbell but there have been reports of people scouting the area.
- No local Tapestry Day Club in their area.
- Not enough services for people that are actively and physically fit but have less cognitive function.
- Not enough support and resources.
- Lack of dementia support.
- The bus service is not as good as it was.
- Need a communal space.

Respondents (n30) shared what matters to them in their local area: friendly people, green open spaces, cafes, community and voluntary groups, shopping, sport/gyms, accessible spaces, local church group, access to rubbish bins.

To be able to cycle into town and to the village.

Tell us what matters to you about living in your local area?



Living in your local area

Isolated. If you go for a walk, you may come across someone, but they rarely engage. This is why the Tapestry Day Club is so important.

I have moved recently to an area where I have neighbours. I previously lived in a remote area and am happy in my new house.

Having lived in my area for over 40 years we know many local people and have access to numerous local community groups.

How the ongoing economic situation -cost of living -has affected some guests and carers.

Limited income so everyday costs are more intrusive.

Mostly notice significant increased cost of food shopping.

Particularly with energy costs.

We do not go out as often to eat and have to watch our spending.

Increased monthly expenditure.

The current effect of the cost-of-living; 36% (n10) stated that this is affecting them and their family.

| | | | | | |
|-----|----|-----|----|----|-----|
| Yes | 10 | 36% | No | 18 | 64% |
|-----|----|-----|----|----|-----|

Cost-of-living affecting daily living

Look after Mum on Friday Saturday and Sunday. I work the other days. Feel I need more help at the weekend, but it is difficult to a) Find someone in this area. b) Find consistency of person and time which is extremely important for someone with dementia.

A familiar face rather than ever changing people coming. Expectations – she needs to feel safe and know what is happening.

Signposting to dementia groups.

It would be lovely for mum to have more than 1 day out.

More access to groups like Tapestry Day Club that do not feel institutional.

Always looking for new ways to support Dad in making the most of his time living with dementia.

Longer periods of respite care.

During the week no issues, but weekends are more difficult with family life.

One guest answered for themselves – they have a diagnosis of dementia but are able to live independently with appropriate support.

It would be nice to have an experienced person to call on days when things are not going well.



Hosts Survey in detail

7 Hosts completed the survey.

The main motivation for being a host for Tapestry Day Club was.

Rewarding job that makes enough money whilst being able to work from home.

To help both the carers and the guests at an incredibly difficult time.

Doing a job that makes a difference to someone's life.

Working for an ethical and respectful charity.

The things hosts enjoy and least enjoy about the role.

Enjoy most about being a host

Guest satisfaction.

Seeing friendships made.

Guests enjoying themselves with the whole group.

Creating a safe and enjoyable environment –so they feel seen, respected, and engaged in social activities.

The fun we have every week.

Hearing amazing stories.

Meeting so many interesting people hearing amazing stories and getting to know guests.

Although it's hard work it's fun with lots and lots of laughter.

Least enjoy about being a host

Driving guests.

Seeing guest decline over time –can have an emotional impact.

Managing expectations, balancing the needs of the guests and their families.

The washing up!

The guests going home.

When the time comes when we can no longer accommodate their needs and they have to move on to the next type of dementia care.

It's the nature of the illness but working with a group where one member is at a very different part of their journey compared to the rest of the group.

Guests travel between **5 to 10 miles** to attend a Tapestry Day Club.

Communication between the Tapestry Day Club management is excellent (n7)

Very quick response to any questions and always keep me informed of what is happening in the organisation.

I feel very supported.

Clear, upbeat, and very respectful.

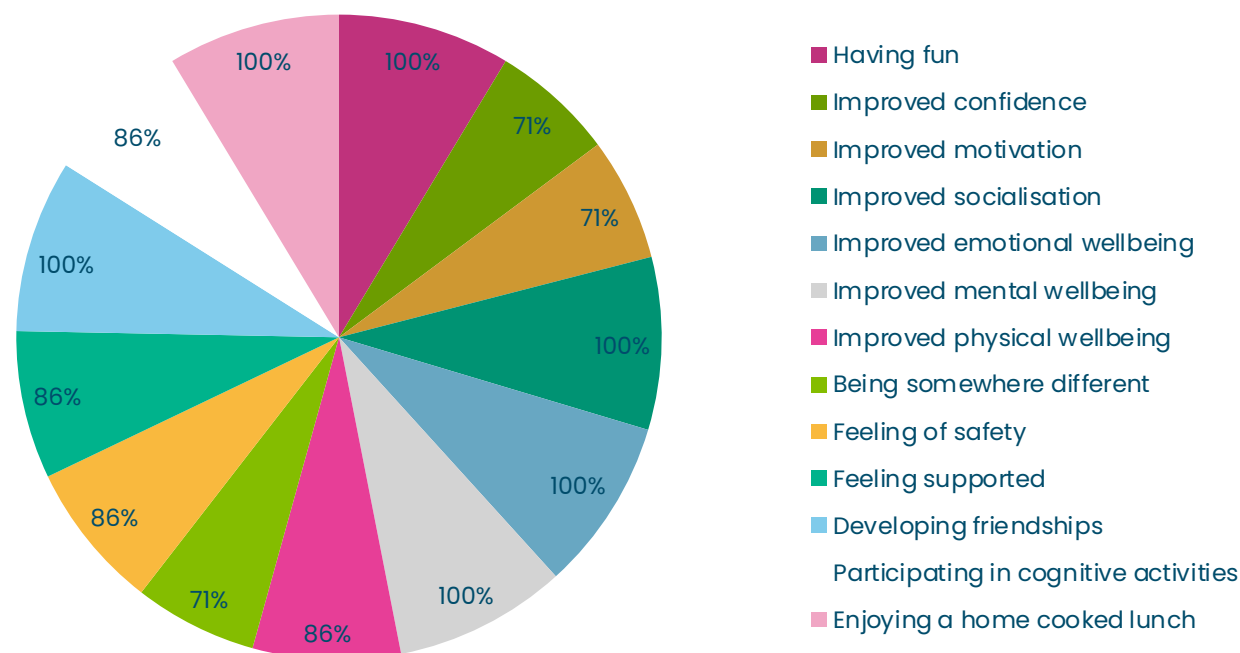
The things that would improve the role of a host is not having to provide the transport and an opportunity to discussing activity ideas with other hosts.

All hosts reported they feel **very supported** by Tapestry Day Club managers.

Impact for Guests

The main impact for guest attending the Tapestry Day Club is having fun, improved socialisation, emotional wellbeing, mental wellbeing, physical wellbeing, developing friendships, enjoying a home cooked lunch.

Main benefits for guests



Tapestry Day Club importance

Many guests comment on how important a day with Tapestry Day Club is to their lives and how much they enjoy it.

Tapestry Day Club is in the home of the host, as opposed to a communal, public setting and this is perfect for feeling of comfort, safety and continual reassurance for the guest.

The social value of the Tapestry Day Club impact for guests.

Being together as a group of friends, having fun and eating lunch provides an oasis of normality in a life that is anything but normal. They all contribute to the day in their own way and even if they cannot remember much about it, they leave feeling positive.

Feeling they're not alone in having dementia and making friends.

A lot of my guests have become socially isolated due to mobility problems or dementia illnesses. My guests love coming together, chatting, playing games, and doing quizzes. They have become friends and look forward to it every week.

It gives Guests a chance to chat about their life and be heard and listened to. Gives them something each week to look forward to.

How hosts support local services they use local services for food, activity supplies and entertainment.

Have used volunteers from the community such as musicians to perform for guests.

Buy art supplies in Horsham town.

Tend to shop in local supermarkets for the food and drinks apart from things I grow like herbs and tomatoes.

Often use the memory and quiz boxes from Horsham Museum.

About the area you live in

The hosts live in the Haslemere, Horsham (n3), Storrington, Southwater and West Sussex areas.

29% (n2) hosts had concerns about living in their local area.

Planning has been granted for a house next door which may mean guests can't get to us whilst building work is going on. Unsure how the noise will impact the guests.

Too much house building without appropriate increases in services.

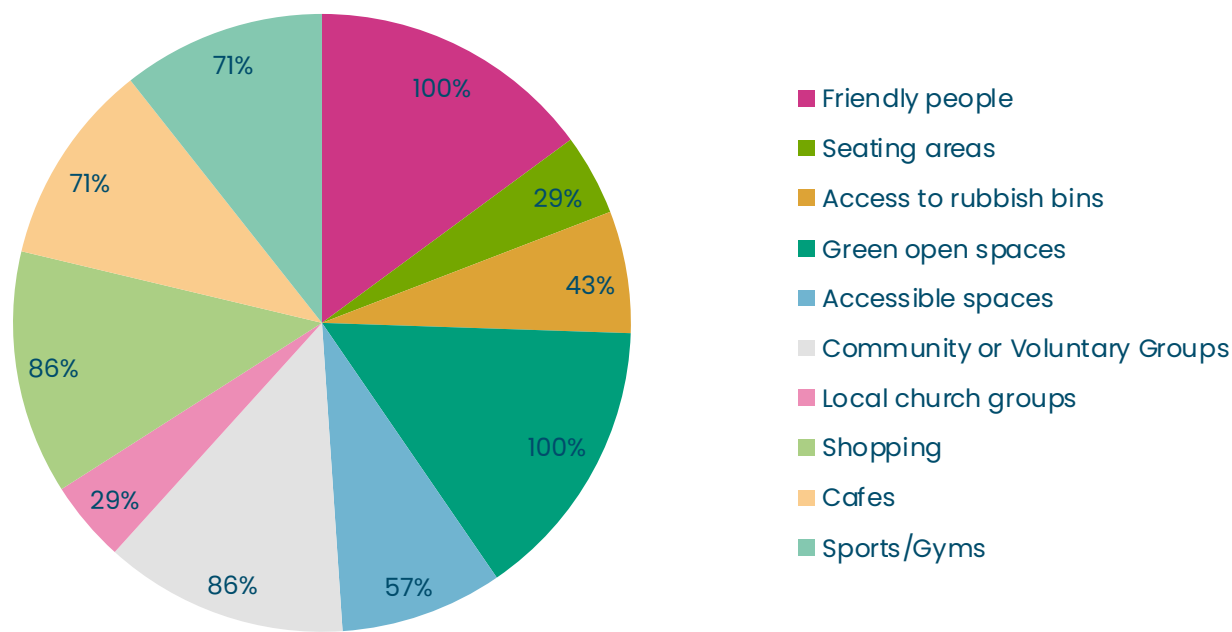
What matters most for hosts about living in their area:

A sense of community and safety, friendly people, green open spaces, shopping centre, community and voluntary groups, cafes, sports/gym, and accessible spaces.

Also like to be near pubs and restaurants, and local amenities such as community centre, health centre, hospital, and train station.

■ Have an allotment and use the produce for my guests.

What matters to Hosts living in your local area?



The current economic –cost of living – has affected hosts in a number of ways such as sticking to a food budget has become harder. The increased cost of supplies has affected the budget for the guest. Food is more expensive, as are art supplies.

■ Yes, the cost of food to provide a home cooked lunch and tea, coffee, and snacks. The cost of electricity for cooking and extra heating in the winter.

Support needs are around transport and loneliness.

| | | | | | |
|-----|---|-----|----|---|-----|
| Yes | 3 | 43% | No | 4 | 57% |
|-----|---|-----|----|---|-----|

Hosts feedback

Most of my guests live with their partners who provide their care as they would struggle to look after themselves. I have one guest currently who lives on his own and whilst he copes quite well day-to-day, he could do with someone to talk to as loneliness is a problem.

Request for a volunteer driver to help out once a week to collect and take home one guest.

Tapestry Day Club

Tapestry Day Club was founded in 2019, to help people with dementia in Surrey and West Sussex live well and independently for as long as possible by banishing social isolation, a known factor in the progress of the illness.

Tapestry Day Club have clubs running across Horsham District and in other areas of West Sussex. They do this by enabling personalised support within the comfort of the family homes of Tapestry Day Club's hosts, who provide transport, a home-cooked, two-course lunch and optional memory-boosting entertainment for up to three times each week, allowing friendships to flourish.

This also gives carers – usually partners or other family members – invaluable and much needed respite time.

Contact details:

Website: www.tapestrydayclub.co.uk

Email: support@tapestrydayclub.co.uk

Call: 01403 610345





Talk to us

If you have questions about the content of this report, please either call 0300 012 0122 or email cheryl.berry@healthwatchwestsussex.co.uk

How this insight will be used?

We recognise that all health and care services are under pressure at this time and have had to adapt their ways of working. We will share this report with the local NHS, Local Government, and other providers to help them understand where things are working well and services are adapting to meet peoples' needs, and to help them identify any gaps.

We see this as a continuation of discussions taking place and will continue to use this fresh insight and the solutions presented to challenge for a better future.

For help, advice, and information or to share your experience

We also help people find the information they need about health, care and community and voluntary health and care support services in West Sussex. Here to help you on the next step of your health and social care journey



You can review how we performed and how we report on what we have done by visiting our website www.healthwatchwestsussex.co.uk



Healthwatch West Sussex works with **Help & Care** to provide its statutory activities.

w: healthwatchwestsussex.co.uk

t: 0300 012 0122

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