



Spend the Day with us!



Day Care from £35.00 a day – huge discounts available!

We have a fantastic range of services including :-

- Specialist day care
- Lunch
- Transport to and from the Centre on our own minibuses
- Activity and social groups
- Tai Chi exercise classes
- Art classes
- Computer classes
- Movement to Music classes
- Music Therapy
- Chiropodist services
- Hairdressing salon
- Outings, events and day trips to the seaside
- Assisted bathing service
- Health and wellbeing advice and support
- Information and advice service

Come and see us! To book a visit to see what we do, please call 0208 908 1220 or email office@sudburyneighbourhoodcentre.co.uk

Location

Sudbury Neighbourhood Centre
809 Harrow Road
Wembley
HA0 2LP
(located behind Sudbury Methodist Church)

Transport

Free car parking is available at the Centre
Trains: Sudbury & Harrow Road (Chiltern Railways)
Sudbury Town (Piccadilly Line)
Buses: 18, 92, 182, 204, 245, 487, H17, N18