

Wool Class

When: Thursdays 11am to 12pm

Benefits include:

- Creates a sense of community and connection with others.
- Stimulates both mental and physical dexterity, especially good for clients with arthritic hands.
- Provides a sense of accomplishment when displaying the finished product.

Arts and Crafts Class

When: Wednesdays 11am to 12pm

Benefits include:

- Improve mental health.
- Give a sense of purpose and accomplishment.
- Help improve self-confidence.
- Stimulates fine motor skills
- Reduce adult cognitive decline.

Mindfulness and Wellbeing

When: Tuesdays 10.30am to 12.30pm

Benefits include:

- Relaxation from breathwork.
- Improves mobility.
- Induces relaxation and sleep.
- Brings balance to all the body systems.

Where to Find Us



Contact Us:

- ☎ 045 521748
- 🌐 www.svp.ie
- 📍 St Conleths Day Care Centre,
Bride St., Kildare Town

St Conleth's
Day Care Centre

www.svp.ie

About Us

St Conleth's Day Care Centre, Kildare was established in 1981, providing services to the local community. At St Conleth's Day Care Centre we provide dedicated care to all our clients for their health and wellbeing. In particular, the service we provide at the Centre contributes significantly to an enhanced quality of life and prolongs independence, social contact, safety and wellbeing of older people in our community.

Meals On Wheels, St Conleth's Day Care Centre also provides Meals on Wheels service for Kildare town and surrounding area. Please call the centre to check if your area is also covered by the Meals on Wheels service.

Opening Hours: Centre is open Monday to Friday 9.30am to 4.00pm

Contact Information:
Connie.hennessy@svp.ie
045 521748

WHAT DO WE DO?



The Day Care Centre operates a five-day service and provides transport in a 14-seater minibus which collects and drops patrons to and from their homes daily. Clients can attend as many days as they wish from Monday to Friday. We are open from 9.30 to 4pm daily.

Some of the services on site are, hairdressing, chiropody and shopping.

Daily activities include music, art & crafts, flower arranging, light yoga, bingo, board games, mindfulness and wellbeing, pamper days, card games and spiritual visitors.

Breakfast, lunch, and afternoon tea are served each day. All ingredients are sourced locally by our catering team and freshly prepared inhouse every day.

DAILY ACTIVITIES

Seated Exercises

When: every day, alternating between morning and afternoon.

Benefits include:

- Reducing the risk of falls.
- Builds and maintains muscle strength.
- Strengthens bones and slows down osteoporosis.
- Keeps joints, tendons and ligaments more flexible.
- Improves coordination and flexibility.

Memory Lane

When: Weekly, for one hour

Benefits include:

- After remembering happy memories, people are often brighter and smile more.
- It reduces symptoms of depression.
- It increases self-esteem.
- Can sometimes help find closure from past conflicts.