

WHY RECENTRE?

A different approach to traditional day support

Recentre brings together wellbeing, activity, rehabilitation and social connection in one welcoming environment.

● PERSONALISED

Activities and support shaped around the individual, their interests and what matters to them.

● PURPOSEFUL

Meaningful opportunities designed to help maintain skills, confidence and independence.

● SPECIALIST

Support informed by clinical experience of memory, cognitive, and age-related changes.

● CONNECTED

Working alongside families, carers and other professionals to support the whole person.

Support built around living well.

INTERESTED IN RECENTRE?

We'd love to hear from you

Whether you're interested in Recentre for yourself, a family member or someone you support, please get in touch.

Our team can tell you more about the service, discuss how Recentre may be able to help and keep you informed as we move towards opening in early 2027.

CONTACT & FIND US

Telephone : 0151-353-2046

Email : info@recentre.care

Web : recentre.care



SCAN TO VISIT
RECENTRE.CARE

OUR LOCATION

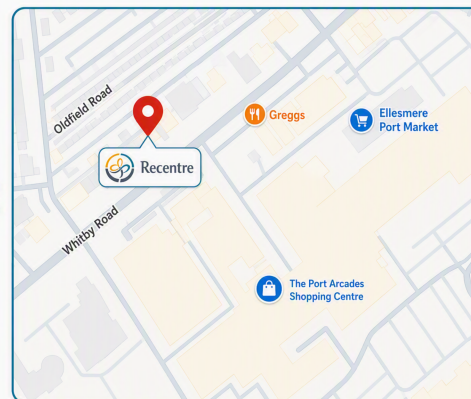


Find RECENTRE

86 Whitby Road,
Ellesmere Port,
CH65 0AT

What3Words
///option.ready.proud

Dementia Wellbeing,
Therapy &
Independence Centre



Supporting Brain Health, Wellbeing and Independence

A welcoming specialist service supporting adults experiencing memory concerns, cognitive change and age-related challenges to remain active, connected and independent.

MOVE | CREATE | CONNECT | GROW | ENJOY



THE RECENTRE ENVIRONMENT

Designed around how people feel

Recentre is being planned to feel welcoming, calm and easy to use - an environment that supports confidence, comfort and choice.

WELCOMING

Where every person is valued, understood and welcomed.

CALM

Where you can feel at ease, take your time and be yourself.

FLEXIBLE

Where support fits around your life, not the other way around.

ACCESSIBLE

Where the right support is available when and how you need it.

SUPPORTIVE

Where you are encouraged to live well, stay independent and thrive.

A place that supports confidence, comfort and choice.

The detail will be shaped around the people who use Recentre.

WHAT WE OFFER

Support built around living well

Our starting point is acknowledging what people can do.

Brain Health & Wellbeing

Stimulating programmes supporting memory, thinking, confidence and emotional wellbeing.

Therapy & Rehabilitation

Purposeful activities to maintain abilities, rebuild skills and work towards personal goals.

Exercise & Movement

Enjoyable opportunities to improve strength, balance, mobility and physical confidence.

Meaningful Activities

Creative, practical and recreational experiences shaped around individual interests and abilities.

Social Connection

A welcoming environment to build friendships, share experiences and feel part of a community.

Family & Carer Support

Information, education and practical support for people providing care and encouragement at home.



A DAY AT RECENTRE

Days shaped around the individual

MOVE

Gentle exercise, balance work, walking and activities that promote physical wellbeing.

CREATE

Art, music, cooking, gardening and practical experiences that provide enjoyment and purpose.

CONNECT

Conversation, shared interests, friendships and opportunities to be part of a community.

GROW

Therapy, education and personalised support that help people maintain skills and confidence.

A DAY WITH PURPOSE

Choice throughout the day

There is no single way to spend time at Recentre. People can choose a balance of activity, social connection, quieter moments and individual support.

TAKE PART

Join an activity, exercise session or something creative.

CONNECT

Spend time with others, share conversation or enjoy a group activity.

TAKE TIME

Choose a quieter pace, relax or simply have some space.