



FRIEND IN NEED
CENTRE FOR POSITIVE AGEING

Services & Charges – Autumn/Winter 2023

Activity Centre – Monday & Thursday

(Includes attendance, meal, seated exercise and entertainment):

Full day: 10am – 3.30pm	£34.00
Half day: 10am – 1.30pm or 12.30pm – 3.30pm	£22.00
Meal only:	£ 8.00

Transport – to and from Activity Centre

Within catchment area – each way	£ 5.00
Outside catchment area – each way	£ 7.00

Tuesday Lunch Club

12.30pm – 2pm	£ 8.00
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Seated Exercise – Monday & Thursday

11.30pm – 12.30pm	£ 7.00
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Tuesday Morning Shopping Bus

Pick up from home, taken to and from supermarket	£ 6.00
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Shopping+ Service

General shop, per hour	£18.00
Accompanied shop, per hour	£20.00

Yoga – Thursday

5.30pm – 6.30pm	£ 8.00
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Foot Care – Monthly (booking required)

Assessment & full treatment (40 mins)	£35.00
Full treatment (35 - 40 mins)	£32.00
Toe nail trim: (20 mins)	£22.00

Massage – Monthly (booking required)

30 mins	£25.00
60 mins	£50.00

Hairdressing – Monthly (booking required)

Wash & blow dry	£10.00
Cut & blow dry	£20.00