


**Alexandra House  
Resource Centre  
Eccles**

SUPPORTING PEOPLE IN SALFORD TO LIVE WELL

A photograph of an elderly man with short, grey hair and glasses, smiling broadly. He is wearing a dark blue sweater over a light blue collared shirt. He is standing outdoors in front of a brick building with a dark wooden fence. The background shows a residential area with brick walls and a grey sky. A green decorative shape is visible on the left side of the image.

Friendly, relaxed, safe and welcoming resource centre in the heart of Salford's community for older people and those with learning disabilities.



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A young woman with brown hair in a ponytail, wearing glasses and a pink top, is smiling. She has a red hair clip and a purple hair tie. The background is a blurred indoor setting with a potted plant.

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## Alexandra House Resource Centre provides person-centred support for older people, people living with dementia and those with a learning disability.

We offer:

- support with communication and living skills
- activities and games; including reading groups, singing, arts and crafts, exercise and gardening
- hot meals served daily  
\*charges apply
- support with personal care; including bathing
- physiotherapy and complimentary therapy
- reminiscence and music sessions

The centre offers a safe, warm and welcoming place to meet other people, enjoy a good meal and take part in a range of social activities.

Our activities range from arts and crafts and singing to baking and bingo. We share life skills, and knowledge on health and wellbeing to promote independence and choice for each individual. We can also help with your personal care.

**"I REALLY ENJOY MEETING MY FRIENDS, ESPECIALLY DOING DRAMA, DANCING AND SINGING WITH THEM. I ALSO REALLY LIKE TO BAKE, GARDEN AND JOIN IN WITH THE BINGO. IT IS ALL REALLY GOOD FUN."** - Sammy

Our dedicated team provides a friendly but professional environment and helps everyone who comes through the doors to have fun, and we love seeing new friendships being formed. Come along and join us.

**Alexandra House Resource Centre is open five days a week, Monday to Friday, between 8.30am and 4.30pm.**

\*flexible services are available outside of core hours, please contact the centre to discuss



Aspire for Intelligent Care and Support (CIC)  
Alexandra House Resource Centre  
395 Liverpool Road



Eccles  
M30 7HB  
0161 788 0636



aspire@iamaspire.org.uk



iamaspire.org.uk



@AspireSalford



/AspireCareSupport



aspirealsford

**Personal Creative Honest Excellent**

Company Registration No. 09360642