

Adult Outreach Service



We offer Outreach 1-2-1 Activity and support services for anyone who would like a someone to visit them. The service is available Mon to Fri 9.30am - 4pm and we offer a choice of activities which are based around your interests including gentle exercise, puzzles/quizzes, walks, and more. We also offer a sitting service.

One of our trained staff will come to your home and complete an assessment.

This will be where you would choose your days, times and pick activities that interest you.

You will also have the opportunity to decide if you would like to add a 2 course freshly cooked lunch.



Sam Wakefield



If you would like more information or are interested in either of these services please contact St Albans Community Centre on 0121 558 0018