The Leah Manning Centre is a purpose-built, modern day care centre with a warm, friendly atmosphere.

The Leah Manning Centre provides specialist day care for the elderly under contract with Essex County Council Adult Social Care, for Harlow residents with a higher level of need. It is an ideal environment to make friends and socialise with others. Every day at the centre is different, with a variety of stimulating activities on offer.

“Unbeatable service. It’s changed my life for the better. Staff are excellent, I’m always looked after.”
David Callcut 86

We offer daytime activities and opportunities for older adults with a range of support needs.

The centre has a wide range of activities to support individuals to maximise independence and to gain and maintain skills for everyday living, enabling them to be part of their local community and meet new people.

“Excellent service, I look forward to coming to the Centre. I am looked after like a lord!”
Arthur Mallard 83

Our highly skilled staff provide person-centred support to the client to achieve their aspirations and goals through individual care plans.

Each individual is offered choice and control over the activities they wish to participate in, and we continuously review these to ensure variety and stimulation for each and every day of attendance.
Activities at the centre include:

- Reminiscence through pictures and music
- Cinema afternoons
- Quizzes
- Physical games
- Bingo and raffles
- Arts and crafts
- Non-heat cooking
- Board games
- Mobile library
- Event speakers
- Monthly outings
- Sensory activities
- Therapeutic activities
- Cultural celebrations
- Sing-alongs
- Musical entertainment at various times of the year

Accessing our service
If you are interested in attending our centre there are two routes you could take: self-referral or a referral from Essex County Council Social Services (Adults, Health & Community Wellbeing).

If you opt for self-referral, you can contact us for more information on charges and availability.

We have a range of packages available to suit your individual needs and requirements.

Packages can include, for example:

- Full or half-day attendance.
- Transport to and from your home.
- A hot two-course lunch.
If you seek a referral from Essex County Council Social Services (Adults, Health & Community Wellbeing), they will assess your requirements for care and support and, if appropriate, you will be referred to the centre.

This can be either through their in-house teams or by setting you a personal budget to pay for your visits to the centre. Direct payments are welcome.

For more information please contact the Leah Manning Centre on 01279 446121 or visit www.harlow.gov.uk/leahmanning

Leah Manning was a former MP for Epping in the 1930s and 1940s and a teacher.

How to find us
We are located along Park Lane, just off First Avenue in Harlow.

Leah Manning Centre is open Monday to Friday: 8:30am to 4:45pm.
Tel: 01279 446121

Leah Manning Centre
Park Lane
Harlow
Essex
CM20 2QJ