



What a difference a day makes

The Filo project is an award winning not for profit organisation providing enriching small group care days for people with early to moderate dementia and other challenges of older age; stroke, Parkinson's and sensory loss. We delight in providing a warm and welcoming space where friendships are fostered and social isolation diminished. Transport is provided.

Filo care days take place in the intimate setting of our Host's own

homes; nobody is overwhelmed by a large group. Apart from having a home-cooked lunch, what happens in each group varies and is bespoke to the individual preferences and personalities of each group member.

Within the nurturing environment of The Filo Project, the focus is firmly on individuals' capacities. Clients flourish, many experiencing positive changes in their symptoms and wellbeing. Families are also able to enjoy regular and extended respite.





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The Filo Project is really blazing a trail in elderly social care. They demonstrate that through developing close, caring and creative relationships, it is possible to bring the lost and lonely back to life. It is this kind of demonstration that helps build the more caring society so many of us crave.

- Kate S, daughter of Mildred

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THE
FILO
PROJECT



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