

Activities Programme Autumn/Winter 2017

MONDAY

MORNING

Hairdressing, magazines or Bingo (residents' choice).

AFTERNOON

Complimentary bar service offering a selection of alcoholic and non-alcoholic drinks with snacks, a variety of fruit and chocolate.
Minibus outing (weather permitting).
Tina's old fashion afternoon tea party, or dancing and music.

TUESDAY

MORNING

Newspapers, quiz, reminiscing time and seated exercise.

AFTERNOON

Complimentary bar service offering a selection of alcoholic and non-alcoholic drinks with snacks, a variety of fruit and chocolate.
Sing-a-long with Fleur, manicures & aromatherapy for those who stay in their rooms.

WEDNESDAY

MORNING

Newspapers, horoscopes, poetry, Whisky the rabbit, and sing-a-long. Visits from Fudge and Bella, our friendly dogs!

AFTERNOON

Cookery afternoon including preparation & sharing of fresh fruit or famous faces with Julie (at bedside or in rooms)
Complimentary bar service offering a selection of alcoholic and non-alcoholic drinks with snacks, a variety of fruit and chocolate.
Minibus outing (weather permitting).

THURSDAY

MORNING

Newspaper reading, reminiscence quiz, sing-a-long and seated exercise.

AFTERNOON

Complimentary bar service offering a selection of alcoholic and non-alcoholic drinks with snacks, a variety of fruit and chocolate.
Minibus outing (weather permitting).
Library books, crafting club, or bingo (residents' choice).
Whiskey the rabbit.
One to one therapies/activities in rooms.

FRIDAY

MORNING

Newspapers and seated exercise.

AFTERNOON

Complimentary bar service offering a selection of alcoholic and non-alcoholic drinks with snacks, a variety of fruit and chocolate.
Live musical entertainment with Martin.
Poetry/story telling.

SATURDAY

AFTERNOON

Complimentary bar service offering a selection of alcoholic and non-alcoholic drinks with snacks, a variety of fruit and chocolate.
Entertainment with Ed and aromatherapy with Yvonne.

SUNDAY

AFTERNOON

Complimentary bar service offering a selection of alcoholic and non-alcoholic drinks with snacks, a variety of fruit and chocolate.
Minibus outing (weather permitting).
Sunday afternoon film club or craft club with Lisa.

There is a great variety to our programme of live entertainment. Our harp therapist Shirley comes to entertain in our main lounge once a month and The Arford Bell ringers visit regularly, with residents being given the chance to participate in the bell ringing. Our live entertainer, Martin does an unplugged acoustic guitar session or an electric guitar 60s express, as well as singing to backing tracks. Fleur also comes in to sing hymns and play the piano regularly.

We also offer a range of seasonal and topical activities. For example we run special activities for Valentine's Day, Shrove Tuesday and Easter. Our residents get the chance to pot seasonal plants in the spring or summer. We have themed events that reflect the sporting calendar, do pumpkin carving at Halloween, and put on a fireworks display for our residents for Bonfire night. At Christmas we have a full package of seasonal activities, including carol singing, and Christmas parties for our residents and their relatives and friends. In addition, residents also get the chance to enjoy the benefits of some animal therapy throughout the year. Our rabbit Whiskey, who our residents can interact with several times a week, and Belle the horse visits every few weeks.

We also cater for the religious wishes of our residents. A Church of England Service is held in the nursing home once a month and Catholic communion at least every two weeks. We are also happy to accommodate any other religious requirements as far as we are able to. .

Not all of our patients are able to enjoy the formal activities we provide (generally in the main lounge) but we are very keen to make sure that everyone who lives at Wenham Holt has good company and stimulation every day. Those residents who prefer to stay in their rooms have access to library books, poetry reading, hand massage, manicures and facials. Whiskey the rabbit can visit those in bed, and Harp therapy is available for all. A range of newspapers is offered, as well as access to an iPad. Our staff are on hand to chat to residents, play games with them, and create and update their Life-books.

The activities we offer are flexible, and the schedule often changes to reflect the preferences of our residents. We appreciate suggestions and ideas on how we can add to the activities and entertainment we offer, and take these on board whenever we can.