



'Days at the Haven' - Quality Respite Day Care Service for people with neurological conditions including Dementia, Parkinson's, brain injury and Stroke recovery.

CURRENT AVAILABILITY

This document is intended to detail current availability* at our Respite Day Service, Days at the Haven. The centre offers full days, half days and hourly sessions...

*Document created April 2023

Mondays

Mornings –

Men only session. Low key, relaxed gathering with lots of chat and reminiscing, discussing the day's news events and the odd game of dominoes. Some lovely friendships have been formed in this group between the gentlemen.



Afternoons –

Ladies only session. Always full of lots of laughter and friendship. The ladies enjoy an afternoon of bingo and craft. Includes a monthly visit from local Milton Hall School Children.



**All other sessions throughout the week are mixed gender*

Tuesdays

Afternoons – TRAVEL IN TIME

We will use these sessions to explore REMINISCENCE THERAPY.

We will be talking about 'the good old days', crafting e.g. creating memory books, encouraging clients to bring in old photos and items to talk about in an individual and shared group session and including visits from local groups of interest, tailored to this sessions theme of history.



***All activities are included in your regular price**

Wednesdays

A **popular session** including busy morning and afternoons with a variety of activities, arts and crafts, bingo, chair exercises , quizzes, word games and floor games.

- ‘Singing for the Brain’ sessions from 1-2pm most weeks with Val from Musicality – therapeutic music interventions C.I.C
- We are thrilled to hold ‘Hartbeeps’ multigenerational sensory session in the morning once every two months.
- Occasional entertainer – past sessions have included drama groups, singers, musicians, pet therapy etc



***All activities are included in your regular price**

Thursdays

Afternoons –

Smaller group. Chatting and reminiscing, quizzes and art and crafts.

- ‘Singing for the Brain’ from 3-4pm most weeks with Val from Musicality – therapeutic music interventions C.I.C



***All activities are included in your regular price**

Fridays

Limited space on this day.

Busy morning and afternoon with a variety of activities, similar to Wednesday.

- (Afternoons) Volunteer DJ who plays a variety of music for dancing
- (Morning) ‘Hartbeeps’ multigenerational sensory session, once every two months.



***All activities are included in your regular price**

Saturdays

Operating a waiting list, subject to number of enquiries we hope to open soon to open more respite care when you need it most, including hourly rates. *Please email us to register interest.*

Clients are encouraged to join in all activities and are given assistance where needed.

No one is forced to join in and we also have a quiet corner with comfortable armchairs for a nap, a read of the newspaper or of one of our wide variety of non-fiction and local history books.

There is normally a jigsaw puzzle on the go here as well. We also have a day centre companion dog and cat which can be comforting for some.

We have VR headsets with a variety of interesting gentle seated programmes on. We have tablets for word games, board games, magazines, aqua paints and of course plenty of tea , coffee and biscuits.

Our aim is to provide fun, stimulating and person-centred activities whilst providing care and support in a safe and comforting environment.

Contact sarah.wilson@acsos.co.uk or call the Age Concern Southend office on 01702 345373 to book a free trial.

<https://www.acsos.co.uk/our-services/days-at-the-haven/>