



age
connects
torfaen.

Day Activities

Strong History • Bright Future



Independent • Local • Listening



Aims Of Our Day Activities

At Age Connects Torfaen we are able to provide a combination of day activities for people with reduced health and mobility and also a specialist dementia day service offering support and providing activities and care in a stimulating environment.

Widdershins Centre

The Widdershins Centre has easy access. People can help grow flowers and vegetables or sit and relax on the patio. Our main lounge has comfortable seating with tea and coffee making facilities. During the summer months many of our activities take place on the patio.

It can provide carers and loved ones with a few hours of free time, whilst being assured that their loved ones are being looked after in a safe environment.

Tailored Activities

We offer two tailored day activity programmes at our Widdershins Centre:

Programme 1:

Is aimed at putting the person before the dementia. We focus on the individuals lifestyle, social & family network, circumstances and environment.

Programme 2:

Provides day opportunities for older people who are going through the ageing process.





Programme One

Dementia Services

We recognise that the support and care that we provide to a person suffering from dementia is built around each individual's needs, improving their quality of life and encouraging independence.

Age Connects focus on specific outcomes such as helping to reduce confusion, encouraging social interaction, and restoring self-esteem whilst ensuring that a person's dignity remains intact.

We have a specific reflection room which uses light, movement and sound to enable people to calm their senses and relax their mind & body. A multisensory approach to interacting is particularly important when engaging with a person suffering from dementia. This is because bright colours, interesting sounds and tactile objects can all catch their attention in a way that other activities, such as making conversation or reading, may not any more.

Our Activities

Our activities provide a safe setting with a structured activity programme. Group activities are organised to encourage social interaction, enjoyment and physical and mental stimulation. We also plan regular one-to-one sessions.

There is a choice of activities depending on the interests and needs of different people.

Activities include:

- Arts and Crafts
- Active Games
- Board Games
- Outings and Picnics
- Computers
- Quizzes
- Reminiscence Groups
- Sensory Group Work
- Films and Videos
- Guest Speakers
- Life History
- Massage
- Cognitive Stimulation Therapy
- Music Participation
- Exercise
- Gardening



Games and Exercise

We concentrate on maintaining a person's well-being through exercise sessions. Although some sporting activities may be more difficult as the illness progresses, it is important to stay fit and healthy by taking regular exercise.

It is also important to maintain a person's mental well-fare, through a variation of board games and mental exercises we keep the brain active and help remember key skills.

Arts and Crafts

It is becoming increasingly recognised that activity in the arts has a major therapeutic benefit in helping to maintain the physical and mental wellbeing of a person with dementia. Whether working within a group project or individually, arts and crafts can bring enjoyment and a sense of fulfilment to a person.

We deliver a varied programme of arts and crafts sessions in order to suit the needs of an individual.

Computers

We encourage people to learn no matter how old they are, carrying out IT sessions help people to learn new skills and also gives them access to the internet. This means that they can keep in touch with friends and relatives and also research information about their hobbies and interests.

Life History

This focuses on us getting to know an individual in greater detail. During the life history sessions we will build up a life history book which will record a person's memories. It is part of the reminiscence process and it will be an important tool in understanding the individual needs of a person.





Guest Speakers

Keeping mentally active is just as important as remaining physically active, on a monthly basis we provide a range of information talks helping people to receive up to date information about services or simply an information talk about hobbies and interests.

Sensory Environment

We have a brand new interactive sensory environment allowing people to have complete control of their surroundings and stimuli with minimal intervention and without having to rely on complex control systems.

The environment is designed to stimulate and empower, reward, teach and boost self-confidence, improve communication skills and hand/eye co-ordination. It will deliver multiple benefits to users right across the spectrum of dementia.

Music

Music is a powerful trigger to emotional response and memories. It can be used to prompt discussion and reminiscence or aid as a tool for relaxation.

Music is a great mood enhancer, singing and dancing provide an enormous benefit because they exercise and stimulate both mood and mind.

Reminiscence Groups

We run regular reminiscence activities as it can help a person by reassuring them that the past is real and helping them make sense of the present. We do this through regular group sessions using photographs, videos and items from the past.

Carers and relatives may be asked to give details of a persons history to help in our reminiscence work.





Programme Two

Day Activity Services

Day Activities is available to older people who need some support during the day and would benefit from having these needs met away from home.

Our day activities service offers you the chance to:

- Learn new skills and hobbies
- Join in social and creative activities
- Meet new friends
- Visit places of interest
- Get advice and support on different issues

Day Activities

We offer a range of activities to meet the needs of individuals as well as group activities.

The more active an individual remains the more skills they are likely to retain for longer, the more independent they are likely to remain, and consequently the better the quality of life they are likely to enjoy.

We have a varied programme of activities which is reviewed every six weeks to take on board the views and opinions of the participants.





Physical Activities

We encourage individuals to move about and exercise in order to retain levels of physical ability, reduce stiffness and promote circulation. This can be in the form of walks, carpet bowls, skittles or movement to music.

Intellectual Needs

We understand that we need to provide cognitive stimulation to keep the mind active and the brain ticking over. We do this through holding discussion groups, debates, listening to the radio and running reading groups.

Social Activities

We promote social engagement and encourage people to spend time with others, develop friendships and meaningful relationships.

We regularly provide shopping trips, cinema trips, musical events and link with local school to run intergenerational projects.

Esteem Activities

These activities are offered to boost an individual's sense of well-being and self-esteem. It is particularly good for a person who may have been unwell and in need of a boost.

Some pampering, a foot massage or family tree tracing is great for relaxing an individual and helping a person to feel rejuvenated.

Sensory Activities

Verbal communication can be difficult for some people particularly those with a cognitive impairment. Sensory activities are one way of trying to engage with people who are withdrawn, and it can open up communication routes. We carry out activities addressing the main senses through smell quizzes, rummage boxes or fabric and texture projects.



Typical Programme

We operate on a six week programme which is reviewed with the people attending the groups in order for them to choose future activities, events and trips.

Programme 1 - £25.00 per session.

Week 1	Welcome, tea & coffee lunch order taken	Music participation	Lunch	Modern Reminiscence
Week 2	Welcome, tea & coffee lunch order taken	Fruit Tasting	Lunch	Health & Wellbeing
Week 3	Welcome, tea & coffee lunch order taken	Quizzes & board games	Lunch	Relaxation Afternoon
Week 4	Welcome, tea & coffee lunch order taken	Life Stories	Lunch	Games, exercise & movement
Week 5	Welcome, tea & coffee lunch order taken	Sing a long	Lunch	Pamper Sessions
Week 6	Welcome, tea & coffee lunch order taken	Memory tray	Lunch	At the Beach

Programme 2 - £15.00 per session.

Week 1	Newspapers & hot topics discussion	Magician & Comedy	Lunch	Hand Massage
Week 2	Newspapers & hot topics discussion	Card Making	Lunch	Cinema Afternoon
Week 3	Newspapers & hot topics discussion	Recitations	Lunch	Reading Group
Week 4	Newspapers & hot topics discussion	Flower arranging	Lunch	Mini makeovers
Week 5	Newspapers & hot topics discussion	Play your cards right	Lunch	Surfing the internet
Week 6	Newspapers & hot topics discussion	Desert Island Disks	Lunch	History of Cwmbran

How We Work

What happens when you are referred to Widdershins?

We will invite you in for a taster session to introduce ourselves, give you a tour of our facilities and to see whether the service suits your needs. The number of days you attend and other arrangements will be agreed such as your dietary requirements, transport, likes, dislikes and medication.

Review Date

When you start a review date will be agreed between the support worker, yourself and family members.

This is to ensure that the service you receive is working to the best of its ability. This will usually be after six weeks.

Transport Services

We will try to arrange transport to take you to and from our Widdershins Centre.

The companies that we use make every effort to accommodate everyone's need and are able to transport a limited number of passengers who need to remain in their wheelchairs when travelling.

Empowering Our Customers

We value everyone as an individual and we consult with individuals to arrange a programme of entertainment based on their interests and suggestions.

Users are encouraged to actively participate in discussion making and where possible we support people to solve problems by themselves.

Age Connects Staff

A majority of the staff have achieved a minimum NVQ Level 2 in Social care, and all have had training relating to caring for an older person.

Our dedicated team are all CRB and POVA cleared.

Widdershins Centre

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