

Are you interested in our

# Respite Activity Sessions?

Contact Reminiscence Learning to:



Book your place today  
Email - [office@reminiscencelearning.co.uk](mailto:office@reminiscencelearning.co.uk)  
Phone - **01823 668676**



Arrange a visit to view our engaging and stimulating premises



Arrange a home visit assessment from one of our specialists



Find out more details about the team and our programme. Remember you can:

- Pay privately
- Use your direct payments

We look forward to you joining us at our Respite Activity Sessions at

## Reminiscence Learning

The Counting House,  
Tonedale Mill, Wellington, Somerset, TA21 0AW

ReminiscenceLearning @RemLearning reminiscence\_learning



The Counting House Tonedale Mill Wellington TA21 0AW  
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**Reminiscence Learning**

Specialising in Dementia Care, Activity & Reminiscence  
Training & Community Projects

# Respite Activity Sessions

Providing respite activities in Wellington, with the overall aim of supporting carers and those they care for, including those with memory problems and dementia.

A safe, comfortable, welcoming environment with a team of dedicated, qualified staff, led by an Occupational Therapist.



Group or 1:1 engagement



Themed activities addressing individual need



Nutritious healthy lunch and snacks available throughout the day



Vast library of resources and memorabilia



Quiet lounge for relaxation and resting time



Opportunities to access counselling for carers and holistic therapy treatments

Supported by



SOMERSET  
County Council

An innovative solution for carers  
and those you care for

# PROGRAMME

- ✧ This is not a rigid timetable; the day will be user-led and activities will be based around what best suits or interests the attendees.
- ✧ This is a mixture of active and passive activities, with opportunity to access the quiet lounge for one to one or quiet breakaway time.
- ✧ Refreshments will be readily available throughout the day, including hot and cold drinks, biscuits and fruit.

## 09:30 am - **Welcome and Breakfast**

## 10:00 am - **Daily catch-up**

Shake and wake exercises • newspapers • discussion on daily programme

## 11:00 am - **Activity session** (creative activities and activities of daily living)

Crafting • Textiles • Pottery • Woodwork • Cooking/Baking/Bread-making • Knitting and sewing • Gardening

## 12:30 pm - **Music and movement**

Exercise (seated and standing) • Indoor games (parachute, ribbon sticks, action games)

## 1:00 pm - **Lunch**

An opportunity to help set-up lunch and sit together to eat

## 1:45 pm - **Relaxation and quiet time**

Mood music • Yoga • Guided relaxation • Tai chi • Mindfulness • Quiet library time

## 2:00 pm - **Cognitive and memory stimulating activities**

Reminiscence • Quizzes • Armchair travel • Indoor games

## 2:45 pm - **Active music**

Music • Singing • Dancing • Instruments

## 3:15 pm - **Daily round-up**

Afternoon tea • Review of day • Planning future programmes and events • Carers may join us for a cup of tea and update

## 3:30 pm - **Close of day**

An opportunity for staff to share daily journals with carers



**Full day - £45**  
**Half day - £35**  
**Lunch Included**



Booking essential, contact us to book your place  
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