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Directory of Resources.

This directory of resources has been compiled by activity staff of the elderly care homes in Gloucestershire and is full of information as used by Activity Providers throughout Gloucestershire.

This Directory of resources is hosted by Gloucestershire Care Services through the Care Home Support Team and should not to be seen as recommendations by Gloucestershire Care Services.

www.glos-care.nhs.uk/Our Services/Specialist Care/CHST/Activity Provision



Types of Activity

Physical:

Cognitive:

Sensory:

Reminiscence:

Dementia Specific:

Craft Suppliers:

Gloucester Scrap Store. www.grcltd.org/scrapstore Tel: 01452 504442

Baker Ross. (bulk craft supplier) www.bakerross.co.uk

Activity Village. www.activityvillage.co.uk

Animal Therapy:

www.therapydogsnationwide.org A new pet therapy charity working in a variety of settings including care homes. Looking for volunteer dogs and owners.

www.petsastherapy.org National organisation with local volunteers who bring their pets into the care setting.

www.animal-mania.co.uk John from this Worcester based company will bring a selection of animals to introduce to the people you support, some can be petted.

www.zoolabuk.com – a national organisation with local ‘rangers’ bring a selection of interesting animals (not always the cuddly type!) into the care setting. Tel: 0845 3306322

Ghost the Barn Owl and handler Michael Cope (ex-royal falconer) will come to your care setting to give a talk. steve@hamiltonagency.co.uk

Walks with Hawks Tel: 01452 537420 Clare and Phil www.walks-with-hawks.co.uk

Musical Therapy

www.mindsong.org.uk

www.alzheimers.org.uk/singingforthebrain

SONAS Email: sonasapc@ioc.ie

Ann MacAndrew ‘Chosen Music’ Tel: 01452 713071

www.musicinhospitals.org.uk live music acts who work in various care settings.

www.aliveactivities.org

www.LMSmusicsupplies.co.uk

www.vitalyz.com

Exercise and Fitness

G Fitness www.gfitness.co.uk specialising in exercise for older residents and an OTAGO PSI instructor for falls prevention.

www.aliveactivities.org 'Alive! Is a charity helping to bring older people back to life through activity.

Seated Tai Chi with Mark Collins www.cotswoldedgetaichi.co.uk

www.encourageactivity.co.uk offer a range of movement-based activity sessions to care and nursing home residents

Wotton Hall in Gloucester hold a Tea Dance every Monday 1 – 3pm and welcome care home residents able to get there.

Senior Citizen's Social. Every Tues 2pm – 3.30pm. Kingfisher Church. Tredworth.

Live entertainment and Tea Dances. www.kingfisher.org.uk

Active Gloucestershire – Inclusive sports opportunities for all ages

Tel 01242 246133 www.activegloucestershire.org

Reminiscence:

www.dailysparkle.co.uk weekly 'newspaper' used as a reminiscence aid

Gloucester and Cheltenham Museums have reminiscence boxes for hire.

www.speechmark.net Resources catalogue for reminiscence, sensory education – sign up for a free monthly newsletter

www.picturestoshare.co.uk

www.rempods.co.uk Tel: 0207 993 5308 mail@rempods.co.uk

Transport

Try contacting homes that may loan you their mini bus or do joint trips with other homes who have transport.

www.communityconnexions.org.uk Tel: 0845 680 5029

Go Accessible Transport Services: Tel: 01452 713375

Mobiloo: www.mobiloo.org.uk does what it says on the tin!

Robertson's Transport. Tel: 01452 547850

Ideas for accessible trips out

Gloucester Quays Gloucester Folk Museum Forest of Dean Pub Meals

Local airports can be checked for accessible viewing galleries to watch planes take off and land

Kemble Airfield (Cotswold Airport) has accessible café.

www.oakhamtreasures.co.uk Historic stores and museum. Off the M5 at Portbury.

Wotton Hall in Gloucester holds Tea Dances each week and welcome care home residents able to get there.

Cheltenham Town Hall holds monthly Tea Dances £3.95 per person (carers free)

[Training Organisations and other resources for Activity Providers](#)

[Living well through activity in care homes. Activity Toolkit.](#)

www.cot.co.uk/living-well-care-homes

The Pool Activity level for Occupational Profiling: Bradford Dementia Group.
ISBN 978-1-84310-594-7. An extremely practical resource with photocopy-able activity checklists, personal profile records and outcome sheets.

National Association for Providers of Activities for Older People (NAPA)

www.napa-activities.co.uk

Orchard Trust www.orchardtrusttraining.co.uk Activity Matters training days

Barnwood Trust run free 'Your welcome' workshops www.yourewelcome.to
Also Small Sparks Grants available to help purchase items for individuals in order to enhance their wellbeing.

Art Shape www.artshape.org.uk Design and deliver a broad education program that provides opportunities for adults who face disabling barriers to experience art activities and develop their skills.

Care Home support Team has a range of training sessions for staff in older person's care home environment. www.glos-care.nhs.uk

Follow links: Our Services/Specialist Care/Care Home Support Team

[Gloucestershire Meaningful Activity and Wellbeing Network](#) – join us on Facebook

Gloucestershire C C. www.gloucestershire.gov.uk/extra/article/108155/Training

Suggested Reading:

Keeping Busy – a handbook of activities for person’s with dementia.

James R Dowling. ISBN 0-8018-5059-2

Taking part: Activities for people with dementia. www.alzheimers.org.uk

How to make your care home fun: Simple activities for people of all abilities.

Kenneth Agar. ISBN 978-1-84310-952-5

The good practice guide to therapeutic Activities with older people in care settings.

NAPA ISBN 978-0-86388-523-5

Alzheimer’s society guide to the dementia care environment. Jackie Poole

www.alzheimersorg.uk

The New Culture of Therapeutic Activity with Older People. Edited by Tessa Perin.

Speechmark publications

Reminiscence Quiz Book. Winslow Press. ISBN 0-86388352-4

Alzheimer’s Society Book of activities. ISBN 187287472X

A 1950’s Childhood – From Tin Baths to Bread and Dripping.

Paul Feeney. ISBN 9780752450117

Activities for Older People in Care Homes. A handbook for successful activity planning.

Sarah Crockett. ISBN 978 1 84905 429 4

Useful Websites

www.glos-care.nhs.uk

Follow Links: Our Services/Specialist Services/Care Home Support Team

For information regarding Activity Provision, Training, Falls Prevention and the
Gloucestershire Meaningful Activity and Wellbeing Network

Living Well Through Activity in Care Homes Toolkit

www.cot.co.uk/living-well-care-homes

A fantastic free to download resource for assisting Activity Providers maintain the Mental Wellbeing of the people they support through Meaningful Activity.

The Toolkit has been written primarily to assist Elderly Care Home residents but many of the ideas are transferable to other care settings and service users.

www.gloucestershire.gov.uk/extra/article/108155/training

Gloucestershire County Council Training website has many training opportunities available and will soon have a link for information on Activity Provision and the
Gloucestershire Meaningful Activity and Wellbeing Network

www.ageuk.org.uk

www.dementiauk.org

www.dementia.stir.ac.uk Dementia services development centre

www.alzheimers.org.uk

www.winslow-cat.com Supplier of reminiscence aids and activities

www.elderlyactivities.co.uk



www.activitiestoshare.co.uk Supplier of activity equipment for dementia care and people with learning disabilities

Musical Entertainment

www.musicinhospitals.org.uk Charity promoting the therapeutic value of live music in various care settings - not just hospitals.

Ruby Lamont rbylamont@hotmail.com sings 40's 50's and 60's numbers

Phil Collins and Ukulele friends' pcolhead@gmail.com

The Melodians davidpb@blueyonder.co.uk group of entertainers – variety act

Cheltenham Silver band and Training Band. bookings@cheltenhamband.co.uk
Brass band can perform as a whole unit or as a small group.

Phoebe Appleby (Vocalist). PMA Entertainment. Tel: 07769973280

Strictly Entertainment Management Tel: 7851639302

Guitarist and Singer – Barry Woodley. Tel: 07900388629

Bob Smith: Tales from the Forest and sing along – Tel: 07831 103106

Sarah Waycott: Flautist 01594 530118 / 07719 528496 www.sarahwaycott.com

Nick Davis – singer: 50's and 60's Rock and Roll & Country Music Tel: 07939 840315

Rob Dee – Young at Heart. Tel: 02920 831 907

Magic Moments Productions, Golden Years Entertainment Agency Tel: 01454 321694

Bill Cooper Tel: 01452 422852

Ukulele Phil and Lil. Tel: 07815 852153

Peter Valentino Tel: 01952 608116

Barry Jackson Tel: 01600 890266

Neil Colledge – Classical piano/poetry reading Tel: 01189 289247

Not Forgetting:

Andy Dwyer (puppet show and nostalgia sweet stall) Tel: 07709904836

Robert king – film shows from 30's, 40's, 50's and 60's brings own equipment.

Tel: 01451 830070 www.robinkingnostalgia.co.uk

Step out Theatre. Jo Roach Tel: 01531 822788. Gareth Wigg Tel: 01531 828018

Ben: Circus Tricks Tel: 01453 548189

Does your Care setting need a licence for performances?

The Performing Rights Society (PRS) has a website giving information on the subject of licensing performances. Please log on to www.prsformusic.com you should be able to contact them directly and discuss any queries about whether your care setting requires a music and entertainment licence.

There is also information available about whether you need a licence from your local authority for public entertainment on the Citizen's advice website www.citizensadvice.org.uk Or contact your local authority directly to discuss your requirements as performing in a care setting may not be regarded as a public place.

General consensus among the Activity Co-ordinator Network is if an entertainer or group is coming to your care setting as a business, then they must have public liability insurance.

To have anything amended in this Directory of Resources:

Please contact Clare Mckenzie, Occupational Therapist.

Tel: Care home Support Team 0300 421 8293.

Email: CHST@glos-care.nhs.uk