



HADDON HALL CARE HOME

BUXTON

A PORTHAVEN CARE HOME

EVENTS & ACTIVITIES

MARCH 2019

MINIBUS TRIP - CRISPIN INN, GREAT LONGSTONE

FRIDAY 1ST MARCH

We are looking forward to going on one of our many bus trips for a pub lunch.

The Crispin Inn, named after St Crispin, the patron saint of shoemakers is a very traditional pub located in the unspoilt, attractive village of Great Longstone near Bakewell. It's a popular Peak District village pub with award-winning cellars serving locally sourced food.

PETER BUXTON

TUESDAY 5TH MARCH 2:30pm

Peter is a regular singer/entertainer here at Haddon Hall Care Home. He sings a variety of well-known songs and our residents always look forward to seeing him. Why not come along, have a cup of tea or coffee and enjoy his wonderful music while chatting to our residents?

ITALIAN DAY

WEDNESDAY 6TH MARCH

As part of our cultural activities, we have lined up a selection of fun things to do when we celebrate Italy. There will be various things throughout the day including history and facts about Italy, learning the Italian language, a quiz and to end the day, a fantastic dinner that will include lasagne, limoncello and amaretto cheese cake.

COMMUNION SERVICE

WEDNESDAY 13TH MARCH 10:30am

We welcome the return of our vicar for our monthly Communion Service. Haddon Hall encourages religious practice and links between the community and our residents. Everyone is welcome to the service and to enjoy tea, cake and a chat with the vicar afterwards.

RED NOSE DAY

FRIDAY 15TH MARCH

Red Nose Day is when people across the land get together, put on their noses and raise money to change lives. This year, we have various activities planned to raise money and at the same time, give our residents a sense of purpose and belonging. Why not come and we can all have fun raising money for a very worthy cause?

MUSIC THERAPY WITH CHIER

MONDAY 18TH MARCH 2:30pm

Music therapist Chier provides sessions that have a great hands-on approach and an informal atmosphere which makes it an ideal activity for grown-ups who simply want to have fun. Exploring the world around us through music and stories helps to relax the mind, body and soul.

JOE BRADBURY'S SEASONAL FILM SHOW

FRIDAY 22ND MARCH 10:30am

We welcome back Joe to provide a spring film show travelling through local towns, cities and countryside. Reminiscence activities are a good way to spark memories and exercise your mind. Why not join our residents and have a nice cup of tea on this wonderful journey through the beautiful countryside of the High Peak District.

MOVEMENT TO MUSIC WITH JENNY

FRIDAY 29TH MARCH 11:00am

Run by Chris Hill Community Sports, their aim is to empower people to learn new skills, interact with others, stay healthy and have fun through the provision of sporting activities. Why not come along, have a laugh and get fit whilst having fun with Jenny and our residents?

In addition to all of these activities, we will also be holding regular groups such as:

CHINWAG CAFÉ

EVERY MONDAY 3:30pm

On Monday afternoons, everybody is welcome to join us in our coffee and chinwag sessions, held weekly in the leisure and wellness room. A great way to interact, get to know each other and reminisce. Staff and residents are encouraged to participate in everyday tasks such as making a cup of tea or washing up enabling them to engage in meaningful social interactions.

CHAIR BASED EXERCISE

EVERY TUESDAY 10:30am

Exercise is an integral component in maintaining and improving our wellbeing. Our instructor Keith provides gentle exercises to music from the comfort of your own armchair, with clear guidance and explanations for each exercise. Everyone is welcome to join in the fun but please book in advance so that our instructors can adapt the session to suit your individual requirements. Light refreshments will be served after the session. Please note that the day for this activity is subject to change should any events or open days take place.

MINIBUS TRIPS

EVERY TUESDAY & FRIDAY 10:30am

With our residents wants and needs in mind and with input from the residents and relative meetings, we plan our trips to various locations around the North West taking in interesting, educational and fun locations. On each trip, we incorporate a visit to a local pub or cafe for lunch which all the residents enjoy. If there is anywhere in particular that you might like to go, please let us know and we will endeavour to include it on our list of locations.

KNITTING CLUB

EVERY WEDNESDAY 10:00am

Our Knit and Natter group is hosted by the U3A group and is a fabulous way for us to keep in touch with our local community. If you are new to knitting or a seasoned pro, a knitting group might be just what you have been looking for. Joining a knitting group can offer you help with a tricky pattern, help complete a lingering project, find new knitting project ideas and is a great way to make new friends with similar interests to yours. Why not come along and meet our residents for a knit and natter over a nice cup of tea.

HADDON HALL CARE HOME SHOP

EVERY WEDNESDAY 10:30am

Our shop has proved to be very popular and as a result we now take the shop to our residents on a mobile trolley where residents, family and staff can purchase everyday items at reasonable prices.

GREEN LANE NURSERY, BUXTON

EVERY THURSDAY 10:30am

Every Thursday morning the children of Green Lane Nursery come and visit us to interact with the residents. We really enjoy their lively visits which we combine with activities like arts and crafts or gardening. Often the children will entertain us by singing and dancing which is always popular with our residents.

VIRTUAL CYCLING CLASSES

EVERY THURSDAY 3:30pm

Our low impact indoor cycling is proving to be extremely popular. This fabulous facility means that we can exercise and experience all the benefits of cycling, in the safety and comfort of our very own gym. Indoor cycling removes the risk and fear of falling. In fact, its benefits are many. It improves our muscle strength, helps with balance, mobility, and increases our cardiovascular fitness. We have also added a large screen TV so that we can now take a virtual cycle ride through lush green forests or over sun kissed beaches with breathtaking sunsets.

QUIZ CLUB

EVERY FRIDAY 11:30am

Get those brain cells buzzing as we exercise our minds with quizzes, brain training, IQ challenges and riddles. Learn some amazing facts and share your intellectual prowess with your friends and family. Everyone is welcome and light refreshments will be available after the session.

PRIZE BINGO

ALTERNATE SATURDAYS 10:30am

Bingo has proven to be a very popular activity for our residents. It's a great way to socialise and new members are always encouraged! So please feel free to come and join in the fun, meet new people and win some prizes! Light refreshments will be available

DAILY KINESIS ONE GYM SESSIONS

EVERY DAY Morning or Afternoon

The Kinesis Machine has proved to be very popular here at Haddon Hall. Physical exercise during older age strengthens the muscles, facilitates mobility and can help prevent injuries and falls. The gym is easily adaptable to individual physical needs and is simple to use for all abilities. Our aim is to encourage the residents at Haddon Hall to set their own exercise goals, so they can maintain their dignity and improve their independence.

Contact us today on 01298 600700 to find out more about these upcoming events and activities, or why not suggest an activity yourself!