



Hallaton Manor

Natural and Complementary Therapies

Social Activities

At Hallaton Manor we recognise how important a full, creative and varied Social Activity Programme is for our residents. Two social activities co-ordinators are employed together with visiting therapists.

Research shows that certain activities can help to improve a residents' physical and mental wellbeing. Our Social Activity programme is thoughtfully composed.

The aim of the programme is to build an individual's self-esteem, confidence and self-belief so we never set tasks that are not achievable but encourage the resident to try new or old experiences and, where possible, take responsibility for an activity.

There are many therapies that are run alongside the Social Activity Programme and that are very valuable for residents who have dementia or mental health issues.

These therapies can benefit residents psychologically and physiologically, the effects enabling some to regain life skills that may have been lost through their mental health condition, and others to achieve a sense of normality, peace and relaxation.

One of the first things that is taken away from people when they enter long term care is responsibility. Suddenly, they do not have to take responsibility for even the smallest decisions. For example, when to have a drink, when to have their hair or nails cut, what clothes to wear or when to take the dog for a walk.

One of our aims is to enable residents to take back responsibility for some parts of their lives and to regain a sense of worth as they contribute to life at Hallaton Manor.



To this end, there are hot and cold drinks machines and an ice cream machine in the café/restaurant that dispense excellent tea, decaffeinated coffee and hot chocolate together with chilled fruit juices and, of course, ice cream. These can be accessed by residents at any time, day or night without the need to ask a member of staff. Those residents who require assistance are asked regularly by staff if they would like drinks or ice cream.

THE SPA is a purpose built building outside the home which is used as a hairdressing salon, nail bar and light therapy room.

Reflexology, aromatherapy, Reiki and massage therapies are also given here, the residents being given a reminder card for their next appointment.



Enjoying Light Therapy in THE SPA



Animal Therapy

There are chickens, rabbits and during the summer months, two lovely Shetland ponies that roam the grounds of the home.

A trained Pet Therapy Dog, owned by our Social Activities and Therapies Manager is a regular visitor to the home, providing warmth and friendship for less able residents, and physical exercise for those able to walk and play with her.

The residents take responsibility for grooming, feeding and even mucking out the ponies and taking them for walks around the garden. They also have the responsibility for collecting the eggs and putting the chickens away at night. These responsibilities help the residents regain a sense of worth, that they are being useful in caring for the animals.

The benefits that animal therapy can bring to our residents are well documented. Animals can help to promote and improve speech and communication. For some, an animal can provide a trigger in the resident's memory and a focus of attention that can lead to verbalisation in people who are otherwise aphasic. They provide friendship, create special bonds and they help residents to relax and reduce anxiety.



THE HAPPY HORMONES

Serotonin and Dopamine are often labelled the 'Happy Hormones' as they play a role in increasing positive mood and emotions. At Hallaton, we endeavour to complement traditional medical interventions in treating depressive illness and low mood with natural and proven methods of increasing the production of these hormones: Light and sunlight; massage; exercise; nature and music.

Light Therapy

Research has shown that light therapy can benefit patients suffering with depression. Certainly, daylight and sunshine can help to lift the mood, but in the darker months, we have found that our light therapy has benefited some residents.

The therapy is given in a quiet room with the resident sitting or lying in a comfortable recliner chair. Residents can choose to listen to music of their choice during the therapy which lasts for 20 to 30 minutes.

Windows and French doors in the communal areas of the home are kept uncluttered by heavy window dressings to allow as much light into as possible.

Reflexology, Aromatherapy and Massage Therapies

We offer a range of holistic therapies to all our residents and have a visiting qualified therapist. Reflexology can be given alone in a quiet and restful environment or together with aromatherapy. Both these therapies have benefited residents most of whom are calm and relaxed during the sessions and lose any anxieties.

One of our Activity Co-Ordinator's is also qualified in Reiki and Indian Head Massage and we also offer hand and arm massage.

All these therapies promote the production of serotonin and dopamine, enhancing well-being, relaxation and reducing anxiety.



Exercise

Exercise is one of the best ways to increase serotonin and dopamine levels in the body.

Walking, jogging or a knock about football game in the grounds are encouraged and use of the exercise machines - rowing machine, ski walker, tai chi, cycling machine etc - located around the grounds increases aerobic capacity too.

Exercise assists residents to regain strength and movement that have been lost through illness or confinement and can improve cognitive function.

Those residents whose mobility is restricted are offered armchair exercise and are enabled to access our outdoor facilities.



Nature

We are fortunate to be situated in the glorious open countryside of Leicestershire, so nature is on our doorstep. Walking and Talking Therapy outside the constraints of the building itself on a 'green walk' helps to reduce levels of stress, depression and anxiety.

Staff or key workers accompany residents who gain a sense of freedom and frequently unburden themselves. Residents who have reduced mobility have access to safe and beautiful country lanes and can participate in country walks.



Music Therapies

Singing is great for the brain; it relieves stress and research shows that singing stimulates multiple areas of the brain at the same time. This may enable people with an impairment in one part of the brain to communicate using other areas of their brain. Singing can also prolong the sounds in each word, which may make it easier to pronounce them.

Very often, we have found that people who find it difficult to communicate verbally can sing a song that they knew in the past, perfectly, exercising the brain and giving the dementia sufferer great pleasure and a sense of satisfaction.

There's also evidence that singing may boost your immune system and help you fight off illnesses. It also develops a sense of belonging and connection and can help to enhance memory in people with dementia.

Musical entertainers come into the home and deliver a programme of music that is relevant to our resident groups. Residents join in, playing percussion instruments and singing and dancing.

Music is available in many areas of the home through 'Alexa' and through a jukebox in the café/restaurant and CD players in the relaxation spa. Our Karaoke sessions are among the most popular social activities that are offered in the home.

Communication

Based upon our resident's 'social history', we offer talking therapies, supporting our residents to talk about their thoughts and feelings and adapting the conversation to each individual.

Staff work with the resident to establish any concerns or anxieties they may have and the resident is given the opportunity to speak openly about their feelings, relationships and how they feel about their diagnosis. This has, in the past, helped in re-establishing and then maintaining a healthy relationship with their friends and family members.



Sensory Therapies

We also provide sensory therapies for our residents with smell, touch and taste. We know that smells can bring back happy memories for people, sweet smelling flowers, home baking and freshly mown grass for example.

Touching something soft like an animal is comforting and relaxing as well as tasting things that remind of us of happy days.

We promote lots of reminiscing therapies, such as holidays, days at the seaside, toys and games and home life from the past.

We have collected many visual aids to help with the reminiscing and residents enjoy picking up and seeing the items they may not have seen for a long time. We sometimes put on our own shows so we can take a trip down memory lane together.



Art and Creative Therapy

These activities give our residents the chance to be creative, helping with their own self exploration and can be a great way for residents who sometimes struggle to express verbally their emotions. Residents enjoy the moment and achieve something for themselves.

Baking, knitting and crocheting, painting, making birthday cards and Christmas decorations are among the creative activities that can be pursued at the home

Among our other activities we enjoy going out into the community and visiting a variety of different environments for shopping, coffee mornings, visiting garden centres, special interest sites such as steam railways, stately homes, nature reserves etc which gives the residents the opportunity to socialise in a different environment and bond as a group better. We also find that the more able residents take responsibility for assisting the less able, thus enhancing their sense of worth.

All our staff are trained to understand how vital social activities are for our residents' well-being and the benefits that alternative and complementary therapies can offer.

They are encouraged to spend time with residents, to get to know them as well as they can, understanding their likes and dislikes and the triggers that may promote challenging behaviour. Staff are trained to respect residents on an individual basis, treating them with dignity and compassion, so that they feel important, special and unique.

The home has the ambience of a family home, not just a care giving service.



For further information

If you would like to know more about the excellent facilities and care available here at Hallaton Manor, please telephone or visit and we will be pleased to answer your queries.

Hallaton Manor

Cranoe Road, Hallaton,
Leicestershire LE16 8TZ

Telephone: 01858 555 271

Email: info@hallatonmanor.com

Website: www.hallatonmanor.com