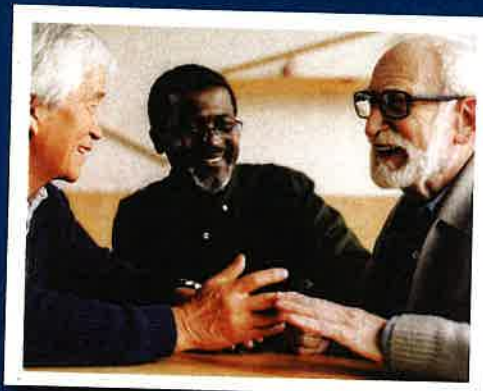




# Gateway Services at Ravenhurst

The Coach House,  
121 Lickhill Road North,  
Stourport-on-Severn  
DY13 8RU  
To book call: 01299 825 610

The Gateway offers a range of services to older people in our community, supporting independent living through occupational and recreational sessions and activities. We promote living well in later life, starting friendships, learning new skills and most importantly having fun.



## **Strength and Balance Sessions**

**Thursday 6.30pm to 7.30pm**

Getting active is crucial to our physical and mental wellbeing whatever our age, and as we get older may also improve the quality of life for you or a loved one. This is a fun and interactive session, with like-minded individuals.

## **Friendship Café**

**10am and 4pm daily**

Join us for a hot drink and scrumptious cake of your choice at our daily social. A chance to make new friends, reminisce and enjoy homemade refreshments. Please contact the home for signposting to transport.

## **Community Lunchtime Café**

**Monday, Wednesday and Friday 12.30pm to 1.30pm**

Enjoy a home-cooked two course meal and the company of our lovely residents and other group members at our thrice weekly lunch club.

## **Allotment Club**

**COMING SOON**

Enjoy spending time in the great outdoors? Why not join our green fingered club, seeding, planting and growing your own produce in our Gateway's allotment. Refreshments, tools and storage are included.

## **Reminiscence and Memory Sessions**

**Tuesday and Thursday 7pm to 9pm**

These sessions are specifically designed to support people living with dementia, with our trained staff on hand; they also give carers the opportunity to speak with others in a similar position.





# Prices

Strength and Balance  
Sessions: £4

Friendship Café:  
£10

Community Lunchtime  
Café: £5

Reminiscence and Memory  
Sessions: £10

The Coach House is also available for community hire, please call 07385 051 510 for more information and to book.

For Gateway Bookings, please call us on 01299 825 610 or visit our website for further information.

[www.sanctuary-care.co.uk](http://www.sanctuary-care.co.uk)

# Gateway Services

## at Ravenhurst

Facilitated by Residents and Staff

<b>Spa Therapy</b>	<b>Bathing Service- Hydro-choice of oil Hot towels-attention one carer throughout.</b>	<b>£15-£20</b>
<b>Manicures</b>	<b>Hot hand massage, to stimulate circulation, Choice of Shape, length and colour</b>	<b>£6</b>
<b>Hair</b>	<b>Wash and Set Cut and Blow Dry Perm</b>	<b>£10 £15 £30</b>
<b>Namaste</b>	<b>Tranquil setting, Indian head massage, reflexology</b>	<b>£15</b>
<b>Community Lunchtime</b>	<b>Two Course meal-selection of choices</b>	<b>£5</b>

### Friendship Cafes

<b>Creative Writing Club</b>
<b>Poetry Corner</b>
<b>Topics around History</b>
<b>Choir Sessions</b>
<b>Allotment Activities</b>
<b>Flower Arranging</b>
<b>Book Reading Sessions</b>
<b>Reminiscence Sessions</b>

### Strength @Balance Sessions (minimum 6 people)

<b>Tai Chi Sessions</b>
<b>Yoga</b>
<b>Cognitive Oppositions ( eye/hand co-ordination and Memory)</b>

Transport options may be available (2mile Radius)