

Activities

Arts and Crafts

We make cards and decorations for all occasions e.g. Valentines, Easter, Christmas etc. Residents with limited dexterity and dementia can also produce art through aqua painting kits and other sensory based activities. Art therapy classes with an art teacher are also available helping residents produce effects through watercolour. All types of arts and crafts can be seen displayed throughout the building.

Bingo

Bingo is played weekly on specialised hard boards. Games are played at a relaxed pace and with assistance of staff if needed. Residents enjoy the fun and, of course, the prizes.

Cards Club

This club runs weekly and keeps expanding. Or you can play 1 to 1 card games if you are not up to joining the group.

Pet Therapy

Our therapy dog Molly visits weekly and we also welcome pets of residents families dogs, pet lambs etc. We have an aviary with finches in the courtyard garden to provide stimulation outdoors along with our pet fish.

Live Music & Singalongs

Local musicians and choirs come in regularly to provide entertainment. There are opportunities for dancing and our staff enable chair-based dancing for everyone. Music provides time for reminiscence, evoking memories, encouraging movement and fun.

Care Pals & HEPA – Health Enhancing Physical Activities:

Chair based exercises are tailored to suit most residents with the use of props such as foam batons, soft balls, hula hoops etc. Exercises are done to music which enables everyone to sing along as well as move to music. Our facilitators are trained activity therapists in Care Pals and HEPA.

Religious Activities & Pastoral Care:

We have weekly Mass in our Oratory for residents and family members who wish to attend. Holy communion is also distributed weekly. Local ministers of different faiths visit residents regularly and provide services. They also attend our annual Ecumenical service at Harvest and Christmas time. Local members of the Legion of Mary visit weekly for a rosary group for those interested in taking part.

We also use Ciúnas which is a programme from Engaging Dementia and features a collection of popular Hymns, Prayers and Rosaries which we use for residents unable to attend Mass and for personal use in bedrooms if the resident wishes. We play the weekly Sunday service

at 11am which rotates between Mass and Church Services to keep this time for Spiritual worship inhouse.

Local/National News:

We provide a selection of daily papers, the weekly local paper, Ireland's Own and other glossy magazines with daily discussion groups on the headlines and other articles of interest.

Household Activities

Residents are encouraged to do simple tasks themselves working on singular movements or instructions such as Folding, Rolling, Sorting, Polishing. Baking groups are done regularly and recipes are chosen so that residents can assist by mixing, sieving, beating which encourages them to actively take part.

Gardening

When weather permits, residents are encouraged to assist in gardening – weeding, planting and watering plants and flowers and even mowing the grass with a manual mower.

Hairdressing

Our hairdresser works from the in-house Salon. This is a hub of activity every Friday as resident's congregate, chat and get pampered.

Pampering

Our staff provide nail and hand care offering hand massage, manicures and foot spas to residents which all helps skin integrity and boosts self-esteem and comfort.

Reminiscence:

We reminisce through memories from Ireland's Own magazine, residents discuss memories, share stories and remember the olden days. We use DVD's of turf cutting, farming, wool spinning and even making Poteen. Picture books, poetry and other reminiscence books are used to enable residents to share and retain their memories. Life histories of residents capture individual life stories, enabling residents and staff to form friendships and cater more specifically for their unique interests.

Namaste Group

This is a specific activity for residents with advanced dementia to provide sensory stimulation as a means of communication in a relaxed setting. It provides person-centred and individualised care and promotes an increased sense of well-being and interaction within their environment. The programme is delivered through a variety of music, nature, scents and sensory based activities.

Intergenerational Programmes

Students from local schools visit regularly and provide music and entertainment and chat with residents and get involved in joint projects. Residents also enjoy when children of staff come in to visit.

Imagination Gym

This is a relaxation therapy which provides a calm space where residents simply use their imagination in a holistic gentle approach to reminiscence. It is facilitated by trained activity therapists and is guided by audio. It also uses Light Touch therapy to connect and increase relaxation in the individual.

Sonas Therapy

This programme activates potential communication through music, rhythm and reminiscences using repetition and proven ways of communicating and self-expression. People are encouraged to interact and be expressive while evoking memories in a safe environment. This therapy is only carried out by trained facilitators to ensure a high standard are maintained. Esker Lodge is a Sonas Centre of Excellence.

Reflexology

We have a monthly reflexology day with a fully qualified Reflexologist by appointment. This caters for 4-5 residents monthly by rotation for anyone who wishes to avail to a treatment.

Events

In-house events are run monthly and seasonally and includes New year's Eve parties, Valentine's day celebrations, St Patricks' day celebrations, Mothers and Father's day celebrations, outdoor events such as Show Days, BBQ's, Afternoon tea parties with full China tea sets, Halloween events, fundraising events, Christmas celebrations, Educational events, Historical events and many more.

Outings

Monthly outings include lunch in local eateries, concerts, GAA football games and shopping trips to town. There are also visits to places of interest like the local museum, the cathedral for Sunday mass and the local Alzheimer's Society coffee morning. Family members can accompany residents on outings organised with our Activity team if they wish. 1 to 1 outings and walks also take place to the local park and we attend any local events of interest, arts festivals, music festivals etc.