

Greenfield House



Care in West Berkshire
www.westberks.gov.uk



West Berkshire
C O U N C I L



Greenfield House Resource Centre

Greenfield House Resource Centre is a purpose-built centre providing excellent facilities, a calm atmosphere and highly trained and caring staff.

We are dedicated to providing compassionate support to individuals who face unique challenges in their daily lives and we are experienced in working with people with various physical, neurological and cognitive conditions.

Conveniently situated just off the M4 in Calcot, the centre offers a welcoming, inclusive environment that promotes acceptance and respect for all individuals.

Our team

Our professional team of care staff are experienced in providing social support, therapeutic activities and personal care assistance to a diverse mix of people.

As a service, we believe that every person deserves the opportunity to live a fulfilling life and we work closely with each of our customers to develop personalised care plans that capture their unique goals and preferences.

Activities

We currently offer a wide range of activities, allowing individuals to enjoy socially stimulating group activities or more solitary pursuits of their choice. Examples include arts and crafts, weekly dance activities, daily exercises, reminiscence, singing and music participation, bingo, celebration days, quizzes, skittles, board games and much more. (See more details overleaf).

We put a high value on personal choice and routinely seek input and feedback to enable us to develop activities that reflect our customers' preferences and abilities. We are dedicated to helping customers maintain vitally important connections with hobbies or pastimes that they have always enjoyed, as well as providing support and encouragement to those who are able to benefit from trying new things.

Volunteering opportunities and student placements

Volunteers

We support people to volunteer their professional skills within our service, providing fulfilling activities involving meeting others and social interaction.

Students placement

We offer students an insight into caring for customers with various abilities, team building opportunities, increasing their confidence and helping them to make the right choice, preparing them for their careers and the working environment.

Activities

IT Suite

We have a fully networked computer suite with internet access where customers can learn how to use different computer programmes and enjoy group activities.

Tovertafel magic table

Tovertafel is a technology which incorporates infrared sensors and sound with a projector so users can play interactive games which promote physical, sensory and cognitive activity and social interaction.

Sensory Room

Our sensory room combines a range of lights, sounds, aromas and soft play resources to help develop and engage individuals' senses. Customers with sensory needs and preferences are safely supported to explore and interact in a stimulating and calming environment.

Reflexology and aromatherapy

Qualified professionals provide sessions tailored to the needs of the customers. For example using techniques to relax muscle spasms, calm anxiety and provide close interaction through touch.

Community activities

Regular trips out are on offer, which include ten pin bowling, garden centre visits, museum visits shopping trips and pub lunches. Customers are invited to suggest ideas for trips that we can incorporate into our programme.

Life skills

Some customers are keen to maintain existing life skills or develop new skills to adapt to changes in life circumstances and we have been able to help them to achieve their goals by offering support with preparing and cooking a meals, budget planning, menu planning, maintaining a healthy lifestyle and shopping. For those who will benefit from this type of involvement we provide them with an opportunity to have some responsibility for daily tasks at the centre.

Therapeutic Gardening

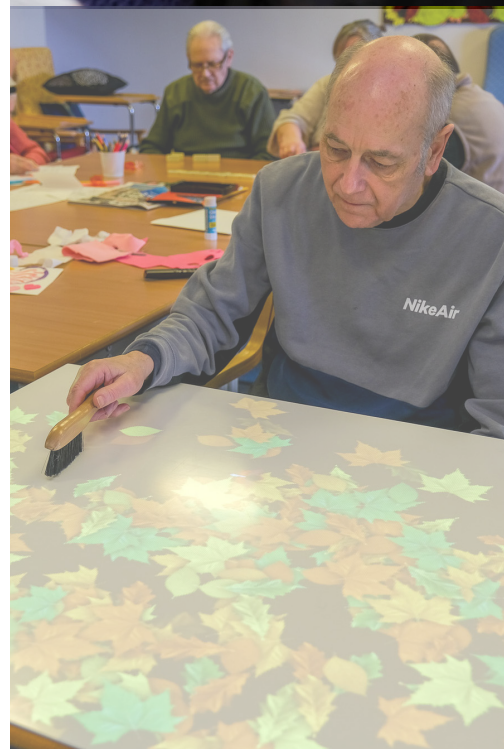
We run therapeutic gardening sessions, both in our outdoor gardens, which have sensory areas and flower and vegetable beds, as well as flower arranging and creative work with plants and flowers. Customers who prefer the indoor environment have an opportunity to get involved in pot planting and seasonal planning and preparation.

Entertainment

We have entertainment from visiting musicians, singers and entertainers. These activities are always lively and all those who wish to are encouraged and supported to join in in any way they can.

Physical activity

We offer a range of physical activity sessions which can help improve mood and reduce feelings of loneliness and isolation. These include armchair exercise, movement through music and games. We also offer activity using a specialised movement therapy machine, MOTomed, which stimulates muscles, exercising arms and legs. It can be used independently or with support from staff. There is also a playing field at the back of the centre which we use for walking and outdoor games.





We are based just off junction 12 of the M4 in Calcot.

You can find us at
Greenfield House, High View, Calcot, Reading, West Berkshire, RG31 4XD

Contact us to find out more:

Online: www.westberks.gov.uk

Call: 0118 943 2074

Email: Greenfieldhouserresourcecentre@westberks.gov.uk

The Centre primarily covers the east of West Berkshire, but also offers services to other counties.

Our vision and mission are underlined by our core values; Respect, Inclusion, Compassion and Empowerment

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