Region: Metropolitan South
Outlet: Resthaven Community Respite Services

Activity Description

Respite – Day
Day respite available at Westbourne Park, Kingswood and Marion locations. Sessions can be full day or half day (AM or PM). Times available depend on respite location.

Respite – Overnight
Overnight respite at Ridgway House, Westbourne Park. Available 7 days. Can include day respite sessions.

Respite Locations
Weekend Getaway
Silver Sands, Aldinga
Weekend getaway in Silver Sands, Aldinga, with 24/7 staffing to assist with transport, meals and personal care. A private, relaxing weekend getaway for you and your loved one, with help on hand, or time out for the carer while your loved one enjoys a weekend stay with our friendly staff. Close to beaches, Fleurieu Peninsula wineries, tour local areas and attractions with assistance.

Ridgway House
36 Sussex Terrace, Westbourne Park
Offers day and short-term overnight respite in a secure environment with a sensory garden and nutritious home-style meals cooked on site. Activity and social programs focus on individual abilities and interests. Open 7 days a week.

Hersey Cottages
6-8 Township Road, Marion
Offers day respite in local heritage listed home-style environment for older people, people living with dementia or in need of a higher level of care.
Mon - Fri, 8 am - 7 pm
Sat, 9 am - 5 pm

Lane Cottages
Truto Avenue, Kingswood
Offers day respite in a homely environment. Enjoy a range of cognitively stimulating activities, including games, music, exercise, and craft. Outings to concerts and local cafes. Hot meals or sandwiches, freshly prepared. Mon - Fri, 9 am - 5 pm

Resthaven Group Programs

The Cue Club
Men’s social group activities including pool, snooker and lawn bowls at Brighton RSL. Beginners welcome.

The Shed
Group social and woodworking activities in “The Shed” at Marion. Afternoon tea provided.

Just Fellas
Men’s social group. Visit local places of interest.

Koffee Club
Experience coffee and a chat at a variety of venues. Transport provided.

Friday Ladies Luncheon
Join our friendly, welcoming ladies for lunch at a variety of venues.

The Golden Girls
Experience lunch at a variety of venues in our small friendly group.

Resthaven Community Respite Services can assist you with organising a referral if necessary.

Transport may be available to and from respite venues and social activities. Please enquire.

Main meals, morning and afternoon tea may be included at Resthaven venues, depending on activity and time attended.

Activity timetable may vary. Please confirm details when booking.

All subsidised services require a referral from My Aged Care. Phone: 1300 200 422

For more information or to make a booking, please contact Resthaven Community Respite Services.

Phone: (08) 8198 2060
Email: respite@resthaven.asn.au
## Resthaven Group Programs

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td>24 hours</td>
<td>Respite: Day and / or Overnight</td>
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<tr>
<td></td>
<td>1.00 pm – 4.30 pm</td>
<td>The Shed</td>
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<tr>
<td><strong>Tuesday</strong></td>
<td>24 hours</td>
<td>Respite: Day and / or Overnight</td>
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<tr>
<td></td>
<td>10.00 am – 12.30 pm</td>
<td>Koffee Club</td>
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<tr>
<td></td>
<td>1.00 pm – 4.30 pm</td>
<td>The Shed</td>
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<td></td>
<td>1.00 pm – 4.00 pm</td>
<td>The Cue Club</td>
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<tr>
<td><strong>Wednesday</strong></td>
<td>24 hours</td>
<td>Respite: Day and / or Overnight</td>
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<tr>
<td></td>
<td>9.00 am – 12.30 pm</td>
<td>Just Fellas</td>
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<tr>
<td></td>
<td>12.00 noon – 3.00 pm</td>
<td>The Golden Girls</td>
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<tr>
<td></td>
<td>1.00 pm – 4.30 pm</td>
<td>The Shed</td>
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<tr>
<td><strong>Thursday</strong></td>
<td>24 hours</td>
<td>Respite: Day and / or Overnight</td>
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<tr>
<td><strong>Friday</strong></td>
<td>24 hours</td>
<td>Respite: Day and / or Overnight</td>
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<tr>
<td></td>
<td>11.00 am – 2.30 pm</td>
<td>Friday Ladies Luncheon</td>
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<td></td>
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<tr>
<td><strong>Saturday</strong></td>
<td>24 hours</td>
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<tr>
<td><strong>Sunday</strong></td>
<td>24 hours</td>
<td>Respite: Day and / or Overnight</td>
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