

**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

### 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.

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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.

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

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

**Phone: (08) 8198 2060**

**Email: [respite@resthaven.asn.au](mailto:respite@resthaven.asn.au)**



<b>Monday</b>	
24 hours	Respite: Day and / or Overnight
1.00 pm – 4.30 pm	The Shed
<b>Tuesday</b>	
24 hours	Respite: Day and / or Overnight
10.00 am - 12.30 pm	Koffee Club
1.00 pm – 4.30 pm	The Shed
1.00 pm – 4.00 pm	The Cue Club
<b>Wednesday</b>	
24 hours	Respite: Day and / or Overnight
9.00 am – 12.30 pm	Just Fellas
12.00 noon – 3.00 pm	The Golden Girls
1.00 pm – 4.30 pm	The Shed
<b>Thursday</b>	
24 hours	Respite: Day and / or Overnight
<b>Friday</b>	
24 hours	Respite: Day and / or Overnight
11.00 am – 2.30 pm	Friday Ladies Luncheon
11.00 am – 4.30 pm	The Shed

<b>Saturday</b>	
24 hours	Respite: Day and / or Overnight
<b>Sunday</b>	
24 hours	Respite: Day and / or Overnight

