

## Activities and Groups available at Hartington Unit

### Cooking Groups:

- Aim towards working co-operatively with support as and when required
- Developing awareness of healthier options to snack type foods
- Develop or improve on social skills building confidence in oneself
- Develop a basic knowledge of the importance of good nutrition, and its effects on mood
- To maintain skills and independence within cooking and baking tasks
- Develop confidence in cooking abilities in order to the transition of making meals within their own environment and the possibility of attending a cooking group within the community

### Healthy Life Styles Drop-In:

- To provide information and education to promote healthy lifestyle choices.
- To develop awareness of lifestyle factors that may affect physical and mental health.
- To raise awareness of the overall benefits of adopting a healthier lifestyle.
- To facilitate the partnership working between mental health and health promotion services by inviting visiting speakers to deliver accessible information.
- To promote social inclusion.
- To develop a referral pathway from inpatient services to community agencies

### Pottery Group:

- To learn and practice pottery skills in a safe environment, and to work towards the individuals goals.

### Mindfulness Groups:

- To assist group members to learn about mindfulness principles and how to implement them into their lives.
- To practice mindfulness techniques such as meditation.
- To assist group members to manage anxiety and depression.

### Expressive Art Group:

- Generate a creative outlet for patients to explore the use of art materials for self-expression and pleasure.
- Gain greater competence and satisfaction in creative skills and activities that can be used in everyday life.
- Discover creative and social skills that will reduce occupational deprivation and thereby enhance quality of life.
- Stimulate an interest in viewing/learning about art that could be continued in the community after discharge.
- Dispel the belief that there is a right and a wrong way to create art work.
- Increase self-esteem through taking part in an activity and producing an end product.
- Try out new skills in a safe environment.
- Improve concentration, problem solving and decision making.
- Assess ability to follow instructions.
- Encourage co-operation with others.
- To provide opportunity for occupational "flow".
- Increase dexterity and hand eye co-ordination.

### **Multi-Gym and Out of Hours Gym Service:**

- To educate and promote the importance of exercise in a daily routine, for the benefit of mental and physical wellbeing.
- Utilising a gym environment to allow service users to engage in an exercise programme, regardless of leave status, subject to staff availability.
- To encourage the use of gym facilities and promote moving on to community exercise referral facilities.

### **Walking Group:**

- To encourage social inclusion
- To promote familiarisation with local area.
- To encourage regular exercise through a group activity.
- To facilitate recovery by linking into community walking groups

### **Gardening:**

- To encourage social inclusion
- To provide an outdoors activity
- To learn or reconnect with past skills
- To provide a stepping stone to community allotment projects

### **The Hub offers daily activities of individual choice, on offer daily are the following**

- One to one gym sessions
  - Mindfulness
  - Arts and crafts
    - POOL
    - Table tennis
    - Jewellery
  - Knitting and Embroidery
    - Wii
    - Quiz
  - Relaxation sessions
  - Creative writing
    - Board games
  - Patient feedback service
    - Library service
    - Drumming group