

Hungerford Resource Centre



Care in West Berkshire
www.westberks.gov.uk



West Berkshire
C O U N C I L



Hungerford Resource Centre

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

We support people with physical or learning disabilities mental health issues and those with frailty and dementia.

Situated close to the beautiful Hungerford Common and a short walk from the town centre, it is a small but vibrant environment with a warm, friendly atmosphere.

Our team

Our caring team are highly trained and experienced in helping people with a wide variety of conditions.

They work hard to provide a fun, inclusive environment and meaningful, therapeutic activities.

Activities

We offer a range of meaningful occupational, creative and therapeutic activities, tailored to meet the needs, abilities and choices of our customers.



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

Magic Room

Our magic room includes an IT area with an external computer and Tovertafel magic table activities: 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 is used for relaxation, foot spas, massage and much more. Customers can also use our MOTomed machine to improve physical abilities and general wellbeing.

Reflexology and aromatherapy

Qualified professionals provide sessions tailored to the needs of the customers. For example these could relax muscle spasms, calm anxiety, and confidence and ease close interaction and touch.

Community activities

The Centre has regular trips on offer to suit individual needs. They include ten pin bowling, garden centre visits, shopping, pub lunches, trips to local parks and national trust venues.

Life skills

We support customers to enhance their existing life-skills as well as using activities to offer sensory or practical experiences which can have therapeutic benefits, provide emotional support and build confidence. For example, this might include sensory cooking, preparing hot or cold beverages, sorting out laundry or clearing tables after meals.

Therapeutic Gardening

We run therapeutic gardening sessions, both in our outdoor gardens, with sensory areas and flower and vegetable beds, as well as flower arranging and creative work with plants and flowers. This is beneficial for memory, cognitive abilities and social interaction.

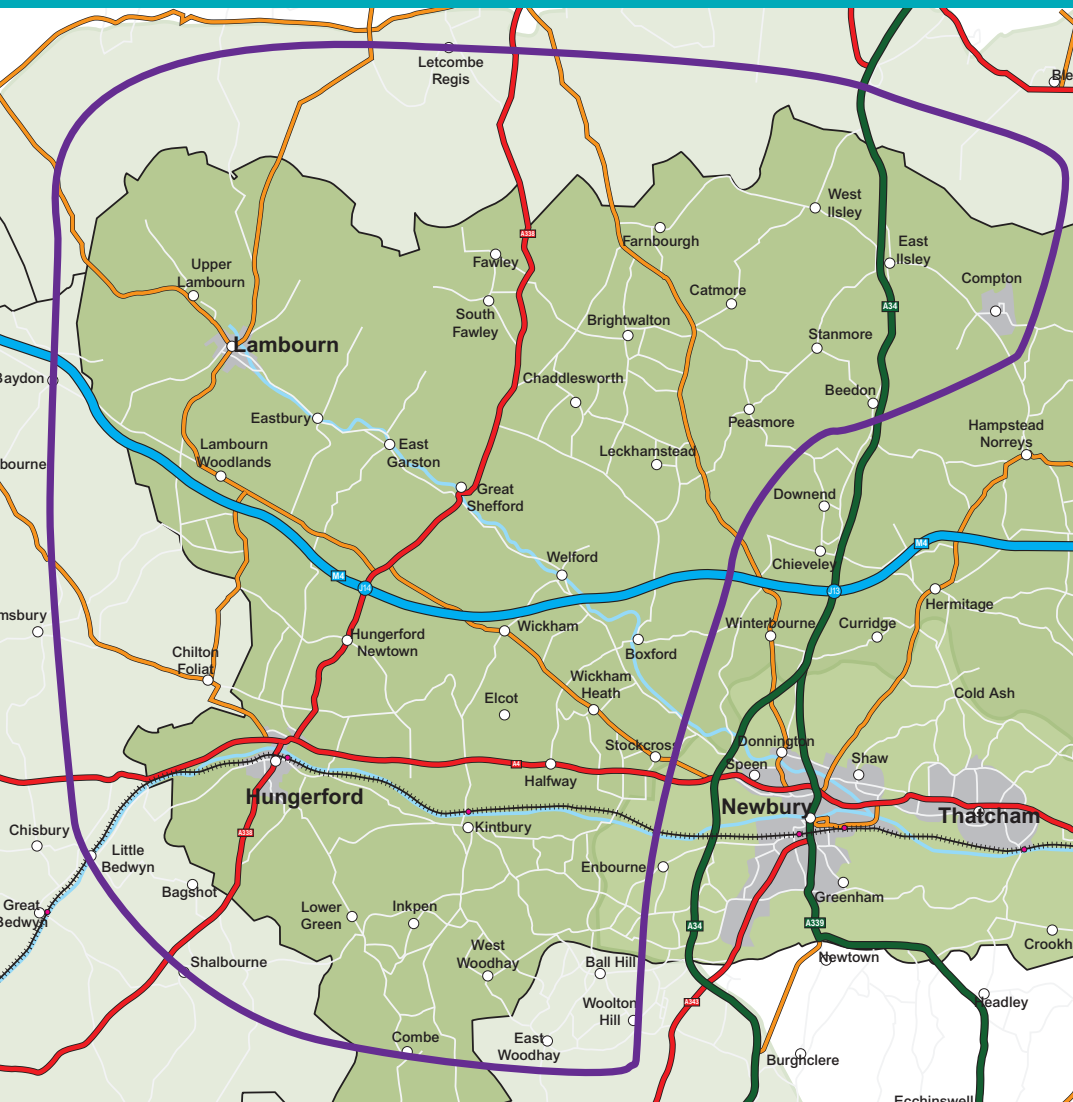
Entertainment

We have entertainment from visiting theatre companies, animal-therapy visits, musicians and singers. Everyone is encouraged to take part.

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.





We are based just outside Hungerford town centre, close to Hungerford Common.

You can find us at:

Hungerford Resource Centre, Ramsbury Drive, Hungerford, West Berkshire RG17 0EE

Contact us to find out more:

Online: www.westberks.gov.uk

Call: **01488 682601**

Email: HungerfordRC@westberks.gov.uk

The Centre primarily covers the west 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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