



**TERRY'S
PLACE**



What a difference a day makes

Terry's Place is a unique day care charity

Our experienced team help older adults, their families and friends take a break for the day, enjoying some company and activities in a relaxed setting in Chichester.

Terry's Place provides a sanctuary for family and friend carers needing a break, or loved ones who are lonely or isolated, requiring a bit of social and emotional stimulation and support.

We offer new visitors an introductory day or half-day to come and experience our unique day centre environment, meet our friendly and dedicated team, giving you peace of mind that your loved one will be in safe hands.

Our highly experienced care team are also available for families, friends and carers needing a bit of advice in caring for a loved one, providing information or access to our network of community health professionals.

A typical day at Terry's Place:

09:00 - 09:30	Arrive / drop off
09:00 - 10:30	Breakfast
10:30 - 12:30	Activities / music/ reminiscing
12:30 - 14:00	Lunch
14:00 - 15:30	Board games / gentle exercise/ Singing
15:30 - 16:00	Tea & cake tasting
16:00 - 16:30	Leave / pick up

Half Days:

Morning – leaving after lunch (13.30 - 14.00pm)
Afternoon – arriving for lunch (12.00 - 12.30pm)



**Give our team a call on:
01243 682060 to discuss prices.**



Sensory stimulation is what makes all of us feel alive: touch, sight, sound, smell and taste.

As we get older, most adults experience some level of sensory loss, usually on more than one level. In addition to this, social isolation is very common in older adults, and has been particularly challenging for many following the impact of Coronavirus restrictions.

Activities at Terry's Place are therefore designed to stimulate the senses, evoke positive memories, share stories, fun and meaningful experiences together.

Equally, our experienced team recognise that an 'activity-led' format won't work for everyone... and so our warm and friendly space allows for visitors to relax in a comfortable environment where they can soak up the atmosphere and take things at their own pace.



Our experienced facilitators may offer any of the following activities from week to week:

Activities:

- Arts & crafts
- Cake tasting
- Cards, board games, puzzles, crosswords, quiz and bingo
- Exercises including chair yoga, indoor golf and team games
- Music & movement, music therapy and singing & dancing
- Pet therapy
- Planting & gardening
- Reading & poetry
- Scratch & sniff
- Stories & reminiscence
- Touch & tell

Available by appointment:

- Audiology
- Dentistry
- Foot health care
- Hair & beauty
- Mobility aids and equipment
- Occupational health assessments
- Physiotherapy

Activities will be reviewed and developed over time in partnership with guests, their families and friends.

Terry's Place aims to have up to 15 visitors at any one time to provide the optimum experience for our guests. Our space is fully accessible for all abilities.



The Team at Terry's Place was brought together in connection with our founding donor, the late Terence Senn.

At Terry's Place, we share a passion for helping vulnerable adults to remain in control of their care choices as far as possible, whilst always maintaining dignity and respecting diversity.

Our values inform everything we do, from the staff and volunteers we employ, to the facilities and activities we provide:



- Compassionate and supportive
- Optimistic and fun
- Honest and sincere
- Dignified and respectful



We hope Terry's Place is a fitting tribute to Terry's individual character.

Although we only knew Terry in his latter years, like many older adults, Terry was full of wisdom, always telling stories from his past.

As a former fabric salesman for Sanderson in Savile Row, he was passionate about textiles and decoration. Some of these fabrics can be found in the curtains and cushions in Terry's Place.

The artwork in Terry's Place reflects Terry's love of the South Downs, and has been supplied by local artist Stephen Pritchard, who cared for Terry in his final years, taking him on trips to the countryside regularly where they would enjoy nature, good food and the occasional cider.

Terry appreciated, enjoyed and accepted each day for what it had to offer. In parting, he left a legacy that will help others to do the same for many years to come.



Terry's Place aims to be warm, fun and friendly, inclusive, holistic and accessible.

Interested in Terry's Place and want to get in touch? We'd love to hear from you. Here's how you can reach us:

By phone on 01243 682060

By email on info@terrystplace.org

We are located just off the main roundabout at Westhampnett, there is ample parking for visitors and family.



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Madgwick Lane · Westhampnett · Chichester
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