

Welcome to Hennessy Recreational Therapy Centre

Why join our recreational program?

Recreational activities are an important factor in living a healthy lifestyle, for both our physical and mental wellbeing.

When we engage in leisure pursuits, we exercise our mind and body.



David Styles and Ulricka Noyes watch on as Joan White tees off

Participating in activities such as gardening, Tai Chi, music and singing can benefit us by lowering blood pressure, improving fitness and mobility, and decreasing stress levels.

When we take part in leisure activities, we relax, have fun and take a break from everyday routine.

It is also a great way to meet people, make friends and develop social networks.

Hennessy Recreational Therapy Centre is experienced in providing care to people with mild to severe dementia and provides centre-based day respite.

Group-based recreational therapy

Group-based recreational programs are offered at Hennessy Recreational Therapy Centre to people aged 65 years and over to develop and extend their social networks and enhance their quality of life through meaningful and enjoyable leisure activities.

Men's Group

The Men's Group promotes social interaction with male peers in a relaxed environment. Men can take part in their choice of leisure interests such as carpet bowls, cards, outings or just having a yarn.



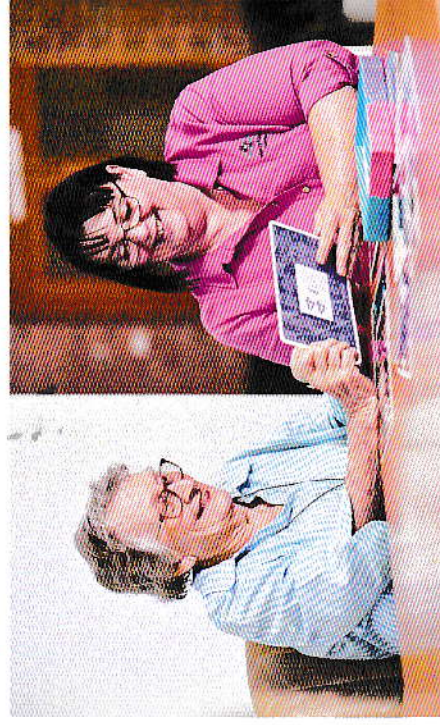
Warren O'Brien and Bob Frost play cards in the Men's Group

Leisure skills for younger people

Younger people with a disability aged 18-65 years have the opportunity to meet with peers to enjoy a range of leisure pursuits, gain skills and learn about leisure and recreational opportunities in the community such as art and craft classes, exercise groups and movies.

Memories Group

The Memories Group undertakes leisure activities, which assist with reminiscence, memory recall, sensory awareness and social interaction within a supported and interactive environment. This group is particularly suited to people living with dementia and memory loss.



Diversional Therapist Margaret Bailes (right) and Valerie Pahlow enjoy memory exercises

Hennessy Recreational Therapy Centre

Hennessy Recreational Therapy Centre is a leisure-based community service for people aged 65 years and over, and younger people with a disability aged 18–65 years.

The centre is open Monday to Friday and programs run from 10am–3pm.



Ulricka Noyes steps off the Hennessy Recreational Therapy Centre bus

Transport is available on the Mercy Care Centre Young bus at no cost. Wheelchair access is also available.

The centre is funded by the Australian and New South Wales governments. We charge a small fee of \$5 to clients for lunch, which includes soup, mixed sandwiches and dessert. Clients may also choose to bring their own lunch.

Morning and afternoon tea is provided at no additional cost.

Activities are programmed on a monthly basis with input from clients.

About Mercy Health

Mercy Health is a Catholic organisation founded by the Sisters of Mercy and grounded in a 2,000-year tradition of caring for others. We employ people from many cultures and backgrounds who, irrespective of their beliefs, share a common bond to care for those in need.

We are guided by the values of compassion, hospitality, respect, innovation, stewardship and teamwork. These values inform the way we care for those in need as well as each other.



Front page: Bob Frost and David Styles play a round of Uno

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For more information about Hennessy Recreational Therapy Centre or to make a referral, contact Mercy Care Centre Young.

Mercy Care Centre Young
69 Demondrille St, Young NSW 2594
Phone: (02) 6382 8444