

SEYMOUR DISTRICT NURSING HOME

BARRABILL HOUSE

“A River Flows Nearby”
(Local Aboriginal meaning for Barrabill)



**LEISURE AND LIFESTYLE
PROGRAM**

AND

ENVIRONMENTAL SERVICES

Barrabill House Leisure and Lifestyle Program

Whether creative workshops and gentle exercises through to singing, cooking and excursions our qualified and innovative leisure and lifestyle program offers exciting engagement opportunities designed to support a diverse range of abilities and preferences.

If you enjoy activities and hobbies of your own, in small groups or in larger gatherings – our qualified lifestyle team members will develop a lifestyle plan that works for you. You will be encouraged to nominate your preferred interests as it is important to your health and wellbeing and to promote independence.

Barrabill House offers a range of wonderful opportunities for you to stay connected and engaged, to contribute, make new friends and learn new things.

In addition to the normal daily activities organised by our creative staff the Barrabill House Lifestyle Program includes a broad range of special activities throughout the year eg: Australia Day, Anzac Day, Easter, Christmas, High Teas, Footy Grandfinals and Melbourne Cup.



Oaks Day



Christmas



High Tea



Easter Bunny













Easter



Oaks Day

Leisure and Lifestyle Program

(Sample Calendar)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10.00 am Hairdresser 	10.00 am One on One	10.00 am Art – Abstract Painting 	9.30 am Craft	9.30 am Gentle Exercises	10.00 am Cooking 	10.00 am Hymns and Prayers
11.00 am Word Games 	11.00 am Gentle Exercises 	11.00 am Current Affairs	10.45 Resident & Relatives Meeting	11.00 am Word Games 	11.00 am Residents Choice or Carpet Bowls	11.00 am One on One
1.30 pm Bingo 	1.30 pm Craft	1.30 pm Garden afternoon 	1.30 pm Men's Group	1.30 pm Happy Hour 	1.30 pm Bus Ride	1.30 pm Movie and Popcorn 

Our daily activities are designed to suit your needs and encourage an environment of choice and dignity.

The Leisure and Lifestyle Program calendar is published monthly with input from residents with ideas and suggestions of what they would like to do.



Baking



Bus trip to Nagambie



Men's Group restoring furniture

Environmental Services

Catering

All meals at Barrabill House are prepared and cooked by suitably qualified catering staff on a 5 week rotational and seasonal menu. This ensures an adequate variety of nutritional and satisfying meals. The staff are also qualified in preparing special diets with consultation of the Seymour Health Dietitian for residents who may have a cognitive or physical impairment. Resident preferences are also available as they are requested to have input into the menu at monthly Resident and Relatives meetings or in annual surveys. We offer a choice of menu for all meals.

Leisure and Lifestyle staff often put together an alternate meal such as a BBQ or homemade pizza etc in addition to the daily menu on offer.

Cleaning

Our Environmental Services staff are experienced and trained in the correct use of all cleaning products and equipment to ensure that Barrabill House is maintained daily with a high level of cleanliness and that infection control measures are in place at all times.

Laundry

A full laundry service is provided at Barrabill House with dedicated and experienced laundry staff 5 days per week. This service included the washing, drying and ironing of all residents clothing with the exception of pure wool items. This exception is due to the required heat required to be used in the washing and drying machines for infection control purposes. Laundry staff will also label all clothing.

All linen is provided by an accredited external Laundry Service provider.

Maintenance

Daily maintenance is conducted by experienced and knowledgeable staff ensuring Barrabill House is kept as a safe, secure and well maintained environment. External professional contractors are employed for specific needs eg: plumbers or electricians.

Annual checks are conducted by authorised agencies on all emergency, fire and alarm systems ensuring compliance with Health Departmental regulations.

Sample of weekly menu



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Continental (Toast, Porridge, Cereal, Pikelets, Croissants – Cooked Breakfast on request)							
Morning Tea							
Biscuits, slices, cakes, scones or treats cooked by residents and Leisure and Lifestyle staff							
Lunch							
<i>Option 1</i>	Sausages & Onion Gravy	Roast Lamb with Mint Gravy	Lasagne & Vegetables	Chicken and Mushroom	Baked Fish with Lemon & Dill Sauce	Meat Loaf & Tomato Relish	Roast Port & Apple Sauce
<i>Option 2</i>	Salmon Patties	Savoury Omelette Ham, Cheese & Tomato	Chicken Casserole	Zucchini & Pumpkin Slice	Mild Pepper Steak	Creamy Carbonara Pasta	Chicken Chow Mein
<i>Vegetables</i>	Mashed Potato Broccoli Sliced Carrots	Potato Bake Roast Carrot Parsnip Pumpkin Greens	Mashed Potatoes & Vegetable Medley	Hassel Back Potatoes Yellow Beans Roast Pumpkin	Mashed Potatoes Green Medley	Mashed Potatoes Cauliflower Diced Carrots	Roast Potato or Mashed Potatoes Diced Carrots Peas
<i>Light Choice</i>	Daily Salad or Sandwich						
<i>Dessert</i>	Poached Pears	Pineapple Upside Down Cake	Fruit Salad	Banana Cake	Cheesecake	Fruit Pudding with Custard	Pavlova
<i>Soup</i>	Chicken Mulligatawny with a hint of curry & Bread Roll	Roast Cauliflower & Bread Roll	Scotch Broth (with minced lamb) & Bread Roll	Pumpkin & Bread Roll	Creamy Vegetable & Bread Roll	Chicken & Bread Roll	Chick Pea & Vegetable & Bread Roll
Afternoon Tea							
Dinner							
<i>Main</i>	Gnocchi Bake Roast Pumpkin & Fetta	Veggie Pattie	Beef Hot Pot & Mashed Potato	Beef Enchilada's	Curried Sausages with Mashed Potato	Baked Potato with Bacon and Cheese with Side Salad	Vegetable & Mustard Fritata with Tomato
<i>Light Choice</i>	Sandwiches or Cold Meat & Salad						
<i>Dessert</i>	Apple Pie with Cream	Jelly and Fruit	Black Forrest Cake	Berry Mousse	Fruit Compote	Apple & Rhubarb Crumble	Ice-cream and Banana Custard
Supper							

Special dietary needs are catered for in consultation with Seymour Health Dietitian and resident preferences eg: Vegetarian, Gluten Free, Low-Fat, Diabetic