

MEDIA RELEASE

For immediate release

From: Kasey McCulloch, Media Officer, Mercy Health

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Healthy body, healthy mind at Hennessy Recreational Therapy Centre

People aged 65 years and over and those living with a disability in Young and the surrounding district are reminded of the importance of keeping active and maintaining their social connections.

Research shows physical activity and cognitive challenges are a great way to keep healthy and happy as we age.

The Hennessy Recreational Therapy Centre (HRTC), operated by Mercy Care Centre Young, offers a variety of programs which are designed to support, challenge and enhance psychological, social, emotional, spiritual and physical wellbeing.

Mercy Care Centre Young Nurse Unit Manager Mary-Lou Cusack said HRTC provides holistic recreational therapy overseen by qualified allied health professionals.

“The centre offers a range of social programs and activities as well as health education, exercise classes, guest speakers and brain games,” Ms Cusack said.

“The staff are extremely enthusiastic and always welcome feedback from clients about how they can improve and enhance the programs on offer.

“In keeping with the Mercy Health values, person-centred care underpins all of the services Mercy Care Centre Young provides including those at HRTC,” she adds.

Other programs offered at HRTC include socialisation, cognitive and physical stimulation sessions designed for people living with dementia, an interactive peer group for young people with a disability and a men’s social group.

The men’s group runs twice a week and brings men together to socialise with the aim of decreasing loneliness, social isolation, boredom and depression.

Colin Edgar regularly attends the men’s group and said it provides a friendly environment to talk and take part in activities.

“We enjoy a footy tipping competition and regular bus outings,” Mr Edgar said. “I would highly recommend this group to men living in the Young community, especially men like myself who live alone and would like to have a day out.”

Mercy Care Centre Young offers all services at HRTC free of charge. People can also arrange free transport to and from the centre on the Mercy Care Centre Young bus which is equipped with a wheelchair hoist.

Morning and afternoon tea are supplied at HRTC. A light lunch of mixed sandwiches, soup and dessert can be purchased for \$5. Those who usually receive meals on wheels can have it delivered to the centre or clients can bring a packed lunch (a fridge and microwave are available).

Vacancies at HRTC are available. For enquiries and referrals, please phone 63 8282 444.

- Ends -

For interviews, photos or filming opportunities, please contact:

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