

Revitalise

Respite holidays for disabled people and carers

Our centres:

- Jubilee Lodge
Chigwell in Essex
- Netley Waterside House
Southampton
- Sandpipers
Southport



Grants and spaces are limited so book now!

For more information or to book:

- **Call 0303 303 0145**
quoting J15
- Visit www.revitalise.org.uk
- Email bookings@revitalise.org.uk

Registered charity no 295072

Revitalise

Carers
can come
too

Up to
80%
of your
respite holiday
funded by
Simplyhealth

- ✓ 24 hour on-call nursing care
- ✓ Exciting accessible excursions
- ✓ Fantastic live entertainment
- ✓ New themed weeks for 2015

0303 303 0145

www.revitalise.org.uk



Pay as little as £145.80* for a full board 7 night break

Revitalise

Simplyhealth has provided a donation that will fund **up to 80% of the cost of breaks** for people who would like a Revitalise respite holiday and require financial assistance.

Grants are available for breaks in February and March 2015 for guests who have not stayed with Revitalise in a year or longer and meet our eligibility criteria. Contributions towards travel costs may also be possible. **Here are a few of the breaks available:**



NEW! International Food & Wine

**7 Feb at Netley Waterside House and
14 Feb at Jubilee Lodge**

Join us for the tastiest break ever! We will take you to the best foodie hotspots and bring the most delicious cuisine from around the world to your plate during this new themed week.



Cathedrals & Market Towns

**14 Feb at Sandpipers and 21 Feb at
Netley Waterside House**

This break is all about soaking up the history of the country's best-loved cities and market towns. You will visit some fascinating heritage sites whichever centre you stay at.



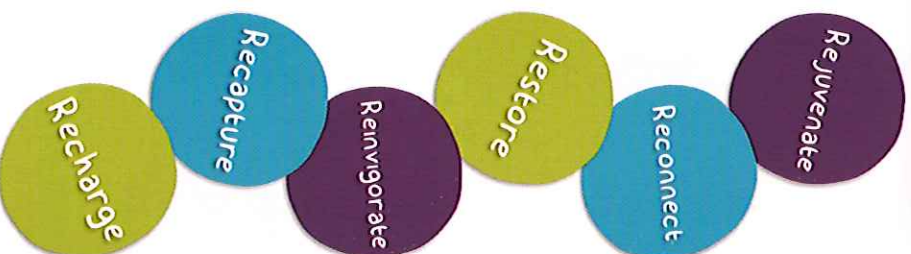
Hollywood

21 Feb at Jubilee Lodge

We will roll out the red carpet this week and transport you into the world of cinema with trips including a James Bond exhibition at the London Film Museum and a Harry Potter tour at the Warner Brothers Studio.

NEW!

Check out our new website at www.revitalise.org.uk



Theatre

28 Feb at Jubilee Lodge

London theatre is easily up there with the world's very finest, so join us to celebrate the best of the West End! Whether you fancy high drama, singing along to some pop classics or releasing your inner child, there is a show for everyone (please note that tickets are not included in the cost of your break).



Stately Homes & Gardens

7 Mar at Netley Waterside House

The South East offers a fabulous variety of Stately Homes and Gardens and this week is designed to showcase some of the grandest. Trips could include Exbury Gardens, RHS Garden Wisley and Uppark House and Gardens.



NEW! Flashback 80s

7 Feb at Sandpipers and 28 Mar at Jubilee Lodge

This week we will be celebrating pop culture, big hair, Pac-Man and all other things 80s! You can expect a terrific range of excursions during this break as well as plenty of in-house entertainment to reflect our retro theme, so pack your leg-warmers and join us for our awesome 80s flashback.



City Sights & Discovery

28 Feb at Sandpipers

Our Southport centre is perfectly placed to venture out to some of the country's most popular cities such as Liverpool, Manchester and Chester. Whether you hope to soak up some history and culture or just fancy a spot of retail therapy, there is something for everyone to discover.

*Price based on moderate care level in a Single Room for selected breaks. Prices vary according to dates. Grants of up to 80% of the cost of a break are available for people with physical disabilities and up to 70% for carers who have not had a Revitalise break for 12 months or more, or have never had a Revitalise break and meet our eligibility criteria. Grants are subject to availability and can only be applied to one break starting between 7 February and 28 March 2015, excluding 21 March 2015. Contributions may be possible towards travel costs exceeding £150. Please contact us for full terms and conditions. Attractions visited on excursions may incur entry fees.

A Revitalising experience

Our three centres:

1 Chigwell, Essex
Jubilee Lodge

2 Southampton
Netley Waterside House

3 Southport
Sandpipers



A typical day at a Revitalise centre

08.00am

I decide to get up and ready nice and early today. Then I go into the lounge and speak to guests and volunteers before a tasty breakfast.

10.00am

It's time for today's excursion. I've been on lots of trips during my stays at Revitalise including bowling, shopping, ice skating and museums. If I don't feel like going out there is always plenty to do at the centre too, such as Boccia, arts and crafts or relaxing watching a film. Today I am off for some city sightseeing, but there is always a great atmosphere whatever I choose.



11.00am-3.00pm

I have a lovely day out exploring the city with several fellow guests and friendly volunteers for company.

4.00pm

We arrive back at the centre and I spend the rest of the afternoon happily watching the world go by in the garden.

6.30pm

It's time for dinner! This is really nice because you can sit with other guests and volunteers and talk about your day. There are lots of menu options on offer too.



8.00pm

The evening entertainment starts. Tonight there is a singer, but Revitalise has lots of different types of entertainment such as karaoke and discos. As I like to visit during Youth Weeks, the mood is always lively and the volunteers get us all involved with singing along and clapping.

10.00pm

The entertainment comes to a close and some guests start heading off to bed. I stay up a bit later in the lounge, enjoying a drink and a chat with my friends before going to sleep myself, ready to do it all again tomorrow!

**Written by Louise
Read, regular
Revitalise guest
since 2003**



What makes you feel *Revitalised*?

Revitalise

Respite holidays for disabled people and carers

For over 50 years Revitalise has been providing a refreshing alternative to traditional respite care, offering short breaks in a relaxed, holiday-style environment. We give our guests plenty of choice throughout their Revitalise experience, ensuring that everyone who comes through our doors has the break they need and leaves with a smile.

Excursions are an integral feature of Revitalise breaks and we have some sensational trips lined up over the coming months. We also offer lots of activities at our centres, such as boccia and fitness classes, arts and crafts sessions, games, or simply relaxing and socialising with fellow guests and volunteers. Our breaks always include exciting evening entertainment too, such as live music, quizzes, karaoke or even one of our unforgettable parties!

24 hour on-call nursing care

24

- 50+ years' experience catering for guests with over 150 disabilities
- Pre-assessment to develop a personalised care plan for every guest
- Call systems in place throughout our centres

Brilliant entertainment

- Fabulous range of themed weeks
- In-centre entertainment which could include live singers, comedians, quizzes, karaoke and lots more
- Unique fun and friendly holiday atmosphere

Excellent facilities



- En suite accessible shower facilities
- Hoists available*
- Specialised equipment including profiling beds, airflow mattresses* and bariatric beds available

Quality hospitality



- Full board - three tasty meals a day from seasonal menus with specialist dietary requirements catered for
- Licensed bar* and tea/coffee
- All centres awarded a four star rating in serviced accommodation from VisitEngland

Fantastic excursions



- Great variety of day trips available*
- Return transportation to excursions in our own minibuses
- Lots of choice - with a range of trips on offer, it is up to you where you go

Plenty of support



- Friendly booking process including advice on funding and preparing for your break
- Financial help available
- Staff and volunteers to assist you throughout your stay

*Additional costs apply for bar purchases, hoists and other specialised equipment. Entry fees may apply on excursions.

New to Revitalise? We understand that it is a big step to put your care in the hands of someone new. If you would like to visit our centres before you book, our team would be delighted to give you a guided tour and answer any questions you may have. Please get in touch to arrange a visit.