



Older
People's
Ministries

Holiday at Home

RESOURCE PACK



INTRODUCTION

Holiday at Home

Holiday at Home is an opportunity for older people to experience the fun and fellowship of a change of scenery without having to pack a bag or stay away overnight in a strange place.

Holiday at Home was started by the Outlook Trust in 1996. This booklet produced by the Salvation Army's Older People's Ministries team aims to give helpful steps on how to run a successful "Holiday at Home". The idea of this resource is to offer you practical ideas and tips to enable you to be able to create a meaningful event for older people.

Holiday at Home events open a door to combat isolation and loneliness by introducing older people to new friends and experiences in their local area. Friendships can be cultivated and the church has an opportunity to connect with people in their community, creating space to have fun and make friends.

"I would say to a church leader considering doing this, go ahead! It's an exciting prospect, and so many people have found the Lord or sought to learn more about the Christian faith through having been on these. It's a good beginning, a lot of churches have found that this is the first contact that they've made with an older person. It's a good starting place for drawing older people into the church."

Robin Rolls

FORMER DIRECTOR OF OUTLOOK TRUST

GETTING STARTED

Things to Think About

This section poses practical questions to think about when considering running a Holiday at Home event. It's important to think of whom your event is for, your missional aims throughout the event and how this event fits into TIDE and your Mission Development Plan.

Finance and publicity

- What venue works best?
- Could we publicise the event at places like the library, doctors, local shops, post office?
- How big do you want the event to be? Decide on a maximum comfortable number of guests you can accommodate. Consider posters, flyers, advert in local paper, word of mouth is often best.

Facilities

- What space/facilities are available?
- How many rooms are available to us for use?
- What is access like to the building and is it disabled friendly?
- How are people going to get to your event?

Transport

- Can you offer safe transport?

Prayer

- Who is praying for your event?
- Can the names of guests be put into a prayer notice for the wider congregation?
- Are there people who can commit to pray on the day either in the building or at home/work?
- Could the event be prayed for in Sunday worship/prayer meetings?

Team

- Who is coordinating and planning your event?
- Do you have a small team of people to help you or could you recruit more volunteers?

Things to Think About

Outreach

- Where will your guests come from?

Holiday at Home is an outreach tool, so why not encourage your regular church members to invite a friend or relative? You could make contact with some of the following to forge links.

- Existing church groups that meet midweek in your building.
- Local sheltered housing or assisted living accommodation.
- Community based groups for older people.
- Age UK local branch.
- Local library service or mobile library.
- You could also speak to local leaders and contact those people who have not attended for some time.

Access

It is important to try and make your holiday at home as accessible as possible for as many people as possible. Consider people living with dementia, visual impairments or hearing loss. Consider that some people may require a carer with them to support with personal tasks.

A few practical questions you could ask when planning your event.

- What is access like to the building?
- Is the building disabled friendly internally?
- Is signage clear and easy to understand?
- Are there stairs required to access certain areas?
- Are hallways clear of rubbish to allow safe passage for those moving around the building?
- Are there sufficient tables and chairs available?
- Can you get wheelchairs under the tables?

Sample Day

This is a sample of a day which can be enhanced by adding a theme.

9:15 - 10:00	Team brief and prayer Drivers leave to commence pick up at 9:30am
10:00 - 10:30	Guests arrive and are registered
10:30 - 11:00	Welcome and refreshments
12:15 - 1:15	Activity 1 - One session or more than if available
12:15 - 1:15	Lunch for all
1:15 - 1:45	Relax with a cup of tea and gather thoughts
1:45 - 2:45	Activity 2 - One session or more than if available
2:45 - 3:15	Afternoon tea with cakes
3:15 - 3:30	Thought for the day
3:30 - 3:45	Transports arrives and guests leave for the day
4:00 - 4:15	Team debrief and feedback meeting
4:15 - 4:30	Set up ready for the following session if required

It is important to allow time between activities remembering that it can take older people who may have limited mobility longer to complete tasks. It will also take some older people a time to adjust to their new settings.

HOLIDAY AT HOME

Sample Programme and Ideas

St John's, Harborne, Birmingham have successfully run these events for over 10 years. This is a sample programme based on the one given to their guests.

Tuesday...			Wednesday...			Thursday...		
Time	What is on available	Venue	Time	What is on available	Venue	Time	What is on available	Venue
10:00	Arrive & register	Small Hall	10:00	Arrive & register	Small Hall	10:00	Arrive & register	Small Hall
10:30	Welcome & refreshments	Small Hall	10:30	Welcome & refreshments	Small Hall	10:30	Welcome & refreshments	Small Hall
11:00	Musical moments - Singalong with Sue Smith at the piano	Worship Hall	11:00	Musical moments - Ukulele singalong with Mark Meeson	Worship Hall	11:00	Craft demo by Simon Stevens	Worship Hall
	Confessions of a Biology Teacher with Jo James	GP2		Looking back at Britain - DVD	GP2		A royal encounter with Jenny Jefferson	GP2
12:00	Computers - Have a go	Small Hall Back	12:00	Managing your mobile phone	Small Hall Back	12:00	Computers - Have a go	Small Hall Back
	Board games	Small Hall Front		Table games	Small Hall Front		Puzzles / Crosswords	Small Hall Front
12:15	Lunch	Small Hall	12:15	Lunch	Small Hall	12:15	Lunch	Small Hall
1:15	A chance to relax, have a cuppa, do a crossword or have a snooze	Small Hall	1:15	A chance to relax, have a cuppa, do a crossword or have a snooze	Small Hall	1:15	A chance to relax, have a cuppa, do a crossword or have a snooze	Small Hall
1:45	Carpet Bowls tournament for all abilities	Worship Hall		Local MP question time	Worship Hall		Musical moments Vocal solos with Ruth Rayner	Worship Hall
	Flower arranging with Liz Lawson	GP2	1:45	Art Corner with Norman Nelson	GP2	1:45	Looking back at Britain - DVD	GP2
2:45	Computers - Have a go	Small Hall Back	2:45	Managing your mobile phone	Small Hall Back	2:45	Computers - Have a go	Small Hall Back
	Board games	Small Hall Front		Table games	Small Hall Front		Puzzles / Crosswords	Small Hall Front
2:45	Afternoon tea with cakes	Small Hall	2:45	Afternoon tea with cakes	Small Hall	2:45	Afternoon tea with cakes	Small Hall
3:15	Thought for the day	Small Hall	3:15	Thought for the day	Small Hall	3:15	Thought for the day	Small Hall
3:30	Close of the day		3:30	Close of the day		3:30	Close of the day	

On the next page is an example from Stapleford Corps, Nottingham who ran this event in August 2016.

They themed their event as Stapleford-by-the-Sea

Wednesday...			Thursday...			Friday...		
Time	What is on available	Venue	Time	What is on available	Venue	Time	What is on available	Venue
10:00	Arrive & register - Refreshments	Main Hall	10:00	Arrive & register - Refreshments	Main Hall	10:00	Arrive & register - Refreshments	Main Hall
10:30	Seaside Crafts	Small Hall	10:30	Modern Technology	Small Hall	10:30	Painting in acrylic	Small Hall
	Music and movement	Main Hall		Indoor Big Games	Main Hall		Play reading	Main Hall
11:30	Silk Painting	Small Hall	11:30	Cake Decorating	Small Hall	11:30	Painting in acrylic	Small Hall
	Creative Writing	Main Hall		Indoor Big Games	Main Hall		Boom Whackers	Main Hall
12:30	Lunch	Small Hall	12:30	Lunch	Small Hall	12:30	Lunch	Small Hall
13:15	Entertainment: Monologues and silk scarves	Main Hall	13:15	Entertainment: Old Time Music Hall	Main Hall	13:15	Entertainment: Film showing	Main Hall
14:30	Closing thoughts	Main Hall	14:30	Closing thoughts	Main Hall	14:30	Closing thoughts	Main Hall
14:45	Tea & Cake	Main Hall	14:45	Tea & Cake	Main Hall	14:45	Tea & Cake or ice cream from the van outside	Main Hall
15:00	Close of the day		15:00	Close of the day		15:00	Close of the day	

They had a theme song written about Stapleford-by-the-Sea (to the tune "I do like to be beside the side") which was sang at the start of each session. The Corps officer sat in a deck chair wearing shorts, t-shirt and a hanky on his head. He started each day with a bible story about the beach or seaside. This was told from the perspective of him being an onlooker at the scene. This was greatly received by all present.

They had a total of 6 volunteers plus 2 in the kitchen with around 30 people attending. If your event is well planned and coordinated on the days you can run with a small team. Obviously the more people available the further you spread the workload. One thing Stapleford did was too involve their local Girl Guide group. They came in on Wednesday and led a session on modern technology, looking at mobile phones, laptops and tablets. They supported with big games and cake decorating before helping with the service at meal time. The girl guides interacted well with the guests and the guides used it toward their hospitality badge.

Each day the corps provided a goody bag for every guest to take home. These included a cupcake (donated by the corps folk), stick of rock, bookmark, words of life tract, war cry and many more things.

HOLIDAY AT HOME

Outings

Some holiday at home groups run an outing as part of their programme. The trip can be either the whole day or a half day event.

Trip Ideas

Garden centre	Local village / town
Shopping trip (Outlet)	Canal boat trip
Park / Nature reserve	Seaside trip (Location dependent)
Art Galleries	Cinema
Bowling	Museum
National trust property	Theatre trip

The day can take the same format as all other “Holiday at Homes” including
Welcome
Registration
Refreshments
Activities
Lunch

Theme Ideas

Themes often help with ideas and give you something to hang your ideas on. Here are some themes you could try out

Cruise Ship

Rename the rooms for example
Atlantic, Pacific & Mediterranean Lounge, Seven Seas Restaurant
Arrival = Boarding
Ending = Disembark
Games time = Deck games

You could show a film about cruising as an activity or a view of the sea film on repeat on a TV

Maybe get someone to speak about their experience on a cruise and show their photos as an activity

You could finish off with lunch on the last day as lunch at the captain’s table and even have someone dressed as captain.

Under the Sea

Name the rooms for example Starfish lounge or Barrier Reef café

You could have a BBC underwater documentary playing silently or with music on a TV in the quiet area. You may be able to get someone from a local aquarium to come and talk about marine life.

Around the World

Each day could take a different country theme. You could have music playing in certain styles in the lounges and could theme the menu accordingly. You could maybe try and get activities based around certain countries i.e. you could make Chinese lanterns or decorate Chinese dragons. You could contact a local dance school and see if they do bhangra dancing and ask for a demo.

The Good Old Days

This could be set in the 40’s or 50’s. You could decorate the room with union jack bunting or for the 50’s maybe old records. Volunteers could maybe dress up on one day to give a special feel. You could have an American Diner experience in the 50’s. Be cautious about focusing on the war as for many older people this was a difficult time when they lost family members and may cause distress.

Seasons

You could have a different season each day. For spring you could plant bulbs and have a talk about gardening. For summer you could have a day at the beach with sand pits, ice cream van, Punch and Judy show. If you did winter you could have a Christmas celebration on the last day and maybe have Christmas dinner if possible. Each guest could receive a present. If you have enough team you could turn the room around while the guests are at their last activity before lunch and you could put up a tree and lay the tables with crackers.

Points to consider

Throwing in something special at the last meal and keeping it a secret gives that extra little boost to the end of the event.

HOLIDAY AT HOME

Thought for the day...

It is important to ensure that this is optional as you would not want to make people feel uncomfortable. The thought for the day could be done at the beginning or end of the day and would even work around lunchtime if required.

Thinking who will deliver this message is very important as it needs to be geared to the audience. The message should be no more than 5 minutes long and should provide opportunity for people to reflect and consider the message delivered.

Some ideas for thoughts could be:

- Dramatic bible reading if you have someone capable of delivering in this way
- Story acted out with costumes and props
- Bible story with questions
- Godly play story
- Listening to a piece of music and spending time reflecting on its theme
- Taking an object and spiritualising it
- A short Christian film / clip with a poignant message

Example 1

God so loved the world
JOHN 3:16

Items required: A globe

Discussion

Show the globe and discuss.

- Where is the furthest in the world you have travelled?
- If you could go anywhere in the world where would you go?
- What is the most unusual country name you can remember?

Thoughts

Talk about the fact that God loves the whole world so much he sent Jesus once and for all. Jesus came to be a sacrifice so we could be forgiven for our sins. Maybe sing, He's got the whole world in his hands or Amazing grace.

Example 2

She will give birth to a son, and you are to give him the name Jesus,
because he will save his people from their sins.
MATTHEW 1:21

Items required: A book of baby names

Discussion

Use the book and discuss the following looking up names in the book

- Does anyone know the meaning of their name?
- How important is your name to you?
- Does anyone use a different name to their given name?

Thoughts

John, Joan or Joanna means "God's gracious gift." Daniel or Danielle means "God is my judge." Michael or Michaela means "one who is like God."

When Mary and Joseph found out that they were going to have a baby, they didn't have to go to the library and get a book to choose his name. In fact, they didn't choose his name at all. God sent an angel to tell them, "You will have a son, and you will call his name Jesus, because he will save his people from their sin." You see, the name Jesus means "the Lord saves." God loved us so much that he sent his only Son to die on the cross to save us from our sin. The Bible tells us that there is no other name that can save us.

For further details please contact:
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 Holiday at Home Leader
 The Salvation Army
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 Kingstown
 K1 1BB

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 Email: joesmith@salvationarmy.org.uk

Holiday at Home


3 days of fun for those aged 65 or over

Tuesday 17th—Thursday 19th October
 At The Salvation Army , Kingstown

An opportunity to:
Join in a variety of activities
Meet new and old friends
Share food
Relax
Hear interesting speakers



<p>What is Holiday at Home? Holiday at Home is a 3 day event, in a relaxed environment where you can enjoy fun, friend and food.</p> <p>Who can attend? Anyone aged 65 or over, whether you are active or less so. Although the event is being run by The Salvation Army you do not have to a member to attend.</p> <p>What will happen during the days? Each day there will be two main session. For each session you will have a choice of activities to take part in. Every day will be different but each day's programme will look something like this.</p> <p>10:00—10:30 Arrive & Register 10:30—11:00 Morning Coffee with biscuits 11:00—12:00 Session 1—Choice of speaker or activity 12:15-1:15 Lunch—Followed by drinks and relax time 1:45—2:45 Session 2—Choice of speaker or activity 2:45—3:15 Afternoon Tea with cakes 3:15—3:30 Thought for the day 3:30—3:45 End of day</p> <p>In between session there will be plenty of time to chat or simply relax in a quiet corner. Newspapers, magazines, books and games will be available throughout. What more do you need when on holiday.</p>	<p>How much will it cost? Holiday at home will cost £15 for all 3 days. We hope you can come to the whole event but if you are only able to attend on 1 or 2 days each day will cost £6 (If the cost will be a reason not to attend then please contact Joe Smith—see back for details.) Lunch and refreshments plus all activities are included in this cost.</p> <p>Where is it? All activities will be in the main church building in Kingstown Street, Kingstown, K1 1BB. Disabled facilities are available.</p> <p>How will I get there? Please indicate on the booking form if you require assistance with transport. There is ample parking and we can be accessed on the number 17 bus towards Kingstown.</p> <p>Lunch Arrangements A main meal time will be served at lunch time as well as refreshments throughout the day. Please indicate your dietary requirements on the booking form.</p> <p>How do I book my place? Please in the form enclosed and return to the address overleaf. Cheques should be made payable to The Salvation Army. Places must be booked by 21st July. Book early as places are limited.</p>
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Holiday at Home Booking Form

[Please complete both sides]

Personal Details

Name: _____ Known as: _____

Address: _____

Post Code: _____ Phone: _____

Emergency Contact Details

Name: _____ Phone: _____

Name: _____ Phone: _____

We hope you will be able to attend for all 3 days but realise that for some this is not possible. The fee for the whole event is £15 or £6 per day. Please tick appropriate boxes below. Preferred method for payment is cheque with this booking form. Please make cheque payable to The Salvation Army.

Booking

I plan to come for all 3 days I enclose £15

OR

I plan to come on Tuesday I enclose £6

I plan to come on Wednesday I enclose £6

I plan to come on Thursday I enclose £6

Mobility

Do you need transport to Holiday at home? Yes / No

If so, can you walk unaided to and from a car? Yes / No

Can you sit in the back of a 4 door car? Yes / No


Will you be bringing a wheelchair? Yes / No

Will you be bringing a walking frame? Yes / No

Will you require any assistance while you are with us? Yes / No

Please provide Information: _____

Please turn over

 **Page 2** [Please fill in both sides of this form]

Health
Do you have any health issues we should be aware of during the week?
(e.g. Diabetes, Angina, Asthma)

Dietary Requirements
Please list any special dietary requirements?

During the event we will be taking photographs. These may be given as "keepsakes" or used for future publicising of this event. They may be put on to The Salvation Army website and displayed on the notice board. Please write to Joe Smith if you are not happy for your photo to be used in these ways.

How did you hear about Holiday at Home?

Your personal detail will be held by The Salvation Army and will only be used for contacting you in relation to this event. They will be used solely by The Salvation Army and will not be passed to any third parties. Please sign this form to confirm you give us consent to hold your information.

Signature _____ Date _____

Please return this form, together with your payment **no later than 21st July**
Send to Joe Smith, The Salvation Army, Kingstown Road, Kingstown, K1 1BB

Places are limited so please book early.
Cheques are payable to The Salvation Army

HOLIDAY AT HOME

Closing notes & contacts...

The Older People's Ministries team are available to support and give advice on this type of event in the future. If you wish to discuss anything in relation to Holiday at Home please contact your local specialist via your local service centre.

Templates for programmes, information sheets & sign-up sheets can be provided by email if you require these. Please contact your local Specialist for Older People's Ministries at your local service centre.

We are keen for good news stories to be shared so please let us know of any events you are running in the future. Ensure that photographs are taken and a piece written about your great event, this should be sent to your Communications Officer at your local service centre.

Birmingham	0121 272 6760	Bishops Stortford	0127 921 9780
Glasgow	0141 465 1790	Leeds	0113 467 1620
Newport	0163 397 3090	Warrington	0192 590 7810
West Malling	0162 223 6050		

We are grateful for the support of the following:

- Catriona Foster
- Shaun McCarthy
- Major Joy Caddy
- Captains Marcus & Jane Mylechreest
- The Outlook Trust

The Salvation Army Older People's Ministries team has been established to support Corps and the communities they serve in understanding, reaching and meeting the needs of older people. This recognises the changing demographic of the UK and that people are now living longer than ever before.

It brings many opportunities for the ministry of The Salvation Army and we are now in a position to work alongside Corps to develop the following options together.



Contact the team to talk to us about other resources and services

Email: olderpeoplesministries@salvationarmy.org.uk

Phone: 020 7367 4500

[salvationarmy.org.uk](https://www.salvationarmy.org.uk)