



Young people's mental health inpatient service

Weekend recreational activities

Young people being treated in the private inpatient service at Priory Hospital Roehampton are provided with weekend access to a number of interesting and beneficial activities.

These activities encourage social interaction, self-reflection, build core strength, improve self-esteem and help with concentration. The aim is to enable the young person to get the most out of their treatment programme, and support them once they have returned home.



Activities

Tennis Project

Tennis Project is a brand new initiative aimed at getting families to spend more time together while being active. It is aimed at providing young people with high quality, fun, game-based tennis coaching that also involves the whole family. Three to four sessions of tennis coaching will be offered from a professional tennis coach and their assistants.

Kintsugi

Kintsugi is a centuries-old Japanese repair technique which uses Japanese lacquer dusted with powdered gold, to restore broken ceramic and porcelain vessels. Rather than masking fractures, kintsugi highlights them with gold to tell an object's story. Items which have been restored using the kintsugi technique are often considered even more precious than they were before.

Kintsugi is a powerful metaphor for embracing imperfections and finding beauty in brokenness. It reminds us that life's challenges and setbacks do not diminish our worth, but rather add depth and character to our journey.

Tai Chi

Tai chi is an art embracing the mind, body and spirit. Originating in ancient China, tai chi is one of the most effective exercises for the health of mind and body. Although an art with great depth of knowledge and skill, it can be easy to learn and soon delivers its health benefits. For many, it continues as a lifetime journey.