

# Supporting your wellbeing

**Keeping active, engaged and entertained is a huge part of living with us. All our homes work hard to boost the wellbeing of the people who live with us, ensuring activities and events are well-planned and organised.**

All our homes have Wellbeing Leads who spend time with each resident to get to know them. The activities on offer are influenced by a resident's life history and linked to areas of wellbeing including physical, sensory, cognitive and spiritual needs. Some activities will be group-based, others will be personal to a resident, but what's certain is that there will always be something to please everyone.

We also make sure that we have lots of fun; celebrating birthdays and holding events and parties at our homes, which everyone is welcome to attend.

Continuing to be part of our local community is extremely important to us, so we make sure that we arrange trips out for our residents to enjoy parks, community groups and attractions.

**Typical activities across our homes include:**

gardening, quizzes, armchair exercises, discussion groups, day trips, art and craft groups, music, knitting, flower arranging, movie clubs, sports and exercise sessions, cooking and so much more.



