

# Activities & Wellbeing handbook

A guide to our person centered approach to life here at Harley House Nursing Home



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# What is our approach?



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*'Being person-centred is about focusing care on the needs of individual. Ensuring that people's preferences, needs and values guide clinical decisions, and providing care that is respectful of and responsive to them' - NHS.*

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Everything we do here at Harley has a purpose, and it all comes back to our person-centered approach to care and activities. Whilst ensuring our residents have fun is of huge importance, there are other aspects that we factor in when planning and organising activities and events.

Every element you see in this wheel is considered in the planning of our activities schedule. At the forefront of everything we do, we ensure that our residents have choice, freedom and autonomy when it comes to what they do with their day. Our residents are empowered to ask for specific things they would like to do, and have the freedom and choice to join in with activities as and when they want to.

# What do we factor in when we build activities?

## The persons experiences

When putting together our activities schedule, we take into account the lives and experiences of our residents. Many of our residents have hobbies or professions that they hold dear to them, and we will always look for a way to incorporate their lived experiences into what we offer in the home. We ask our residents if there is anything they would like bringing into our schedule, as well as speaking to relatives and loved ones to gain insight into their lives. We also ensure that culture, religion and beliefs are considered and brought into our activity plans, to make sure that we honour each residents' belief systems in this chapter of their lives.

## The persons opinion

When we hold activities, we check in with our residents to see whether or not they have enjoyed it. We also document and take into account the level of engagement in activities, as residents who cannot verbalise their opinions to us usually indicate to us whether or not they have enjoyed the activity through movements, gestures or how much they join in. If a resident doesn't enjoy a particular activity that we are holding, we always offer an alternative or ask if there is anything else that they would enjoy doing instead.

## The persons abilities

Here at Westcroft, we ensure that mobility levels do not act as a barrier for people engaging in our activities. We adapt all of our activities so that people of all abilities can join in. For example, we offer seated dance for those who are unable to stand, we play games such as bean bag toss to incorporate fitness in a fun way for those who have movement in their upper body, and we offer sensory activities in many different forms for those who are unable to mobilise. Inclusivity is paramount to our home.



# The importance of activities on wellbeing

Activities give residents a sense of purpose and belonging. By facilitating a resident being able to make a contribution of some form by joining in with activities, it creates a sense of fulfilment.

## DID YOU KNOW?



Many activities have a cognitive aspect to them, encouraging thinking and problem solving. Activities like these can be vital for maintaining someone's independence when they have a diagnosis of dementia.

## DID YOU KNOW?

Physical activity may improve some aspects of memory. For example, it can help you to have clearer memories of certain events, whether or not you have dementia. -

Alzheimer's.org



## DID YOU KNOW?

# A whole home approach



Here at Westcroft, the wellbeing of our residents is the responsibility of the whole home. We work collaboratively to ensure every resident feels acknowledged, appreciated, respected and valued. Every interaction, conversation and activity with our residents is done with them at the forefront of our minds. Together as a team, we make our home feel like exactly that, **home**.

# Spontaneous activities

As well as offering our residents a pre-planned fortnightly schedule, and a monthly run down of all entertainment and events, we also hold spontaneous activities to prioritise the needs of our residents.



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The nature of dementia means no day is the same, and whilst one day a resident may be really involved with an activity, they may have a totally different response the next day depending on how they are feeling. This is something our residents have no control over, and to ensure that this is never a barrier for them we offer spontaneous activities to replace those on the schedule if required. If the weather is nice, we will often offer an alternative to our scheduled events to bring our residents outside into the garden to sit in the sunshine, do some gardening or take them on an outing to the local park.

Our staff participate in all activities with the residents, which helps to create a homely atmosphere where we all get stuck in together. We are always developing activities that are engaging for our residents, and apply to their hobbies and interests.



It is very important to us that our residents always have choice when it comes to our wellbeing programme, and residents are always encouraged to vocalise their thoughts and opinions if they don't fancy joining in with that day's schedule. Sometimes people prefer to sit with a cup of tea and the telly on instead of a bigger activity, and that is always absolutely fine. The activities team often sit and spend quality time with those residents who prefer a more peaceful day.



## Activities Champion course and NAPA membership

Here at Westcroft, we take the quality of our activities programme very seriously. To ensure we are keeping our knowledge and training up to date, our activities team have all undergone and completed the Activities Champion course. Completing this course gave us extra knowledge and things to consider when planning our activities, as well as learning more about the science behind and purpose of activities and events in the care sector. Activities programmes are often known as life enrichment programmes, and that is exactly what they do, they enrich and enhance the lives of our residents.

## NAPA membership

NAPA stands for the National Activity Providers Association, and they are an organisation dedicated to 'making a positive impact on the lives of individuals by championing the importance of activity, engagement and overall wellbeing'. Care and Nursing homes can choose to subscribe to their programme, as an initiative to offer the best quality activities possible in their home. Westcroft has taken that step and we are NAPA members, which mean our activities team regularly access their learning, calendars and newsletters to bring new ideas into our activities schedule.

NAPA is committed to setting high standards and offering guidance that encourages positive activity and engagement, as well as elevating the role of Activity Providers by providing professional development services that enable knowledge and skill enhancement. This is a value that Westcroft holds dear, and we are constantly working to improve our activities and offer the highest quality programme for our incredible residents.



## Meet the team

It is important to us that you are familiar with our activities team here at Westcroft, although we're sure we have spoken to you many times around the home! For any new visitors to our home, these are the people that bring our activities schedule to life.



**Lauren Beeston**  
Activity Coordinator (February 2024)

As well as Lauren and, we are fortunate enough to be joined by a volunteer once a week, who further helps us with resident engagement and gets involved with our activities. Our incredible care team also help and join in with our activities, and accompany us on outings with our residents. We absolutely love the work that we do, and give 100% to our roles and the quality of activities that we provide to our amazing residents. The relationship we have with our residents is so important, so that everyone in our home knows that we are a familiar, friendly face, who is always up for a chat and to offer company. All of the staff at Westcroft genuinely care about the residents, and that is evident in everything we do.

# Get involved - fundraising and donations

To help us continue offering varied and engaging activities for our residents, we hold regular fundraisers here in our home. Every other month, we hold a themed fundraiser to raise money for our residents fund, which is how we fund our entertainers, games and tools for our regular scheduled activities.

We are eternally grateful for any donations made that we can use as prizes for one of our fundraisers, as well as donations that we use as gifts or prizes for our residents games and competitions. Some of our residents join our home with very little in terms of belongings, and during their time with us they have the opportunity to win keepsakes, gifts, toiletries, accessories and much more, all whilst having fun in an activity.

If you ever want to make a donation to our residents fund, or if you have any items that you'd like to donate for our wonderful residents, please speak to Lauren or Helen, or a member of our management team, we are eternally grateful for all of your generosity.

