

Social activities play an important role in our care home. With a range of activities, we support physical, psychological and social well-being of our residents.

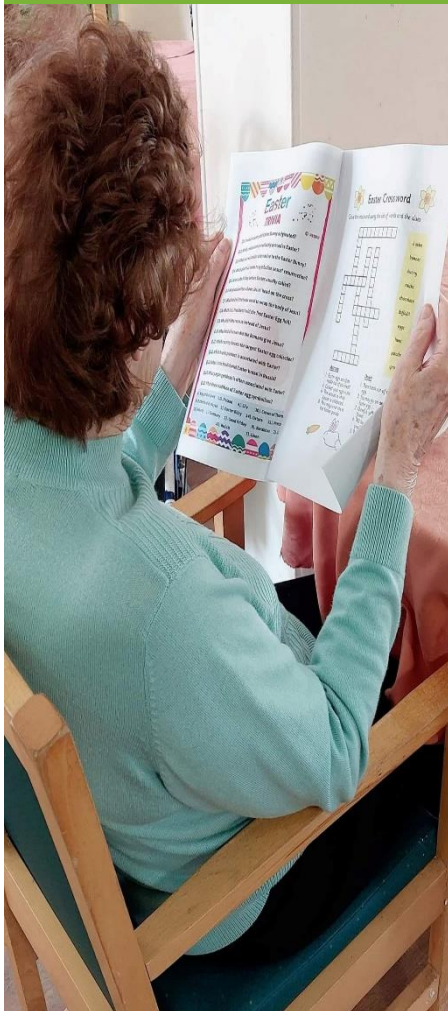
At The Willows we aim to improve our residents' quality of life by providing a variety of person centered activities.



ACTIVITIES AT THE WILLOWS

3ab
Care
Limited

**Exceptional
Excellence**

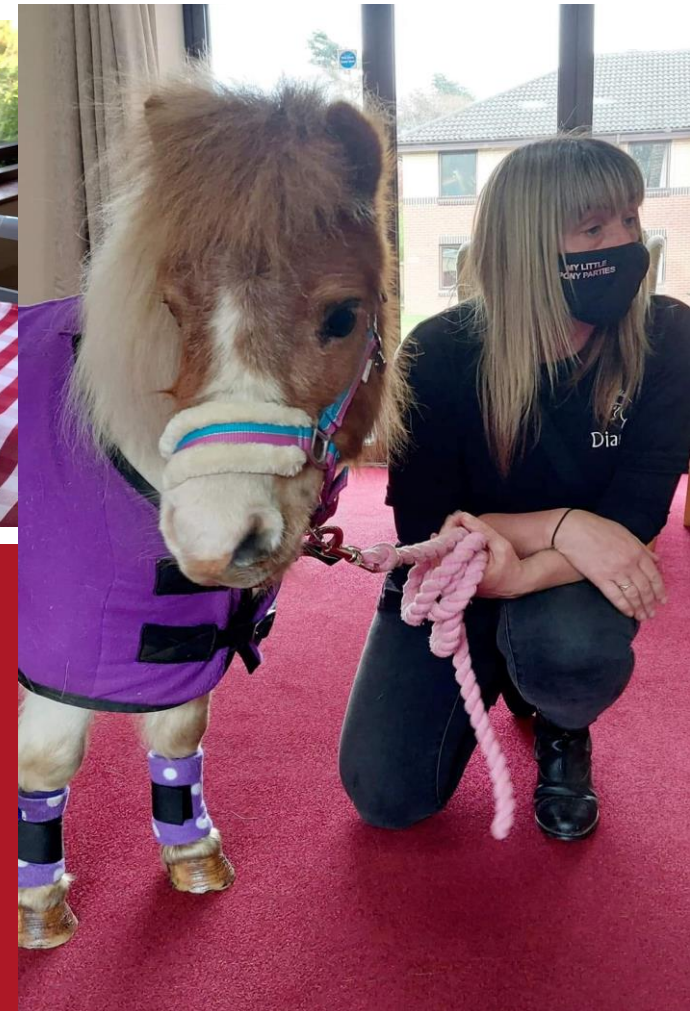


Activities we provide have a positive health influence on all our residents but they also directly impact on and improve a range of factors such as:

- Loneliness and isolation
- Mental health
- Lifestyle
- Activity
- Life expectancy



We understand that every person is unique and therefore the activities that they require are individual to them. We boast a strong Activity Co-ordinator team, who organise, special events, entertainment and day to day activities for the residents to enjoy in groups as well as one to one. These are tailored to the residents' abilities and interests.



Our staff creates an encouraging environment for residents to participate in carefully planned and organized activities, without worry if they can fully engage or complete it.

The Willows Activity Calendar	
MORNING	AFTERNOON
<ul style="list-style-type: none"> Family Visits Hairstresser with Beth 	<ul style="list-style-type: none"> Family Visits Manicures
<ul style="list-style-type: none"> Posh Breakfast Family Visits 	<ul style="list-style-type: none"> Family Visits Manicures
<ul style="list-style-type: none"> Family Visits Chiroprapist from 9:30 	<ul style="list-style-type: none"> Family Visits Bingo
<ul style="list-style-type: none"> Family Visits Music Reminiscence 	<ul style="list-style-type: none"> Family Visits 1:1 sessions
<ul style="list-style-type: none"> Family Visits Chiroprapist from 9:30 	<ul style="list-style-type: none"> Family Visits Marie M. Birthday Celebration!!
<ul style="list-style-type: none"> Posh Breakfast 	<ul style="list-style-type: none"> Afternoon of Fun and Games!
<ul style="list-style-type: none"> Posh Breakfast Palm Sunday 	<ul style="list-style-type: none"> Movie evening

Our activities aren't limited to scheduled events. Getting involved in tasks around the home and spontaneous activities gives purpose to our residents' daily living.



Many of our activities help residents to socialize and connect with others, including fellow residents, staff members and visitors. They also allow residents to feel a part of our home community.



The body heals with **play**, the mind heals with **laughter**, and the spirit heals with **joy**.



All staff are aware of the Activities Calendar, and they happily assist and participate in organized sessions and events. They're each committed to understanding our residents' needs and supporting them in their daily activities.



At The Willows we strive to keep our residents as active as possible and do our utmost to keep an ongoing program of variable events. This helps to keep the residents amused and occupied whilst helping to maintain both physical and mental wellbeing. We employ Activities Co-ordinators who are very popular with our residents and who organise several events within the home throughout the year.

Each of our residents had a life within their community before. We ensure that they can still maintain and enjoy those connections. We reach out to the local community by pairing with local churches, schools and groups. We also participate in annual events like Shepshed Scarecrow Festival.



Some of our activities include:

- Dominoes/Jigsaw Puzzles
 - Bingo (weekly)
- Singer/guitarist – playing old time favourites (weekly)
- Craft making (weekly)
- Nail painting/Manicures (weekly)
 - Reminiscence (periodically)
 - Chair exercises (periodically)

We strive to make seasonal events such as Christmas, Easter, Birthdays etc. memorable events for our residents. We organize fetes and Bbq's at these important times of the year. All monies raised at these events go into a residents' fund to give them extra little treats.



When resident moves in, their preferred activities, interests and abilities are discussed, and an agreed activities plan is created.

Then we ensure that, wherever possible, these requests are fulfilled.

Residents' suggestions also help with activities planning.



Freedom of activities choice enables our residents to decide how they would like to spend their time. We support this for all our residents, including those living with dementia.



We take time to help our residents use technology, such as WhatsApp, Skype and FaceTime, to connect with family and friends who can't visit them.



Relatives play a huge role in supporting residents' care. We work closely with them through Personal Life History, but we also encourage families and friends to take advantage of all activities available during their visit.

