



BARCHESTER

Celebrating life

Life-enriching Activities



Life Enrichment
at BARCHESTER



Introduction

At Barchester we celebrate life through everything we do. Life in our homes is about more than just the care needed, so our teams are trained and committed to enriching the lives of all of our residents, through stimulating the mind, the body and the soul. Every resident is unique. From spending time and learning about each and every one, we can support positive well-being through a wide range and choice of events, outings, connections in the community and tailored activities.

We're interested in residents' history, their life stories, the things they love and the things they don't. We encourage social connections through engagement with residents whether in their personal space, or in the heart of the home with others, using technology and expertise as appropriate, to ensure everyone receives the support that adds enrichment to their life.

Our **Getting to Know Me** booklets, completed by residents and their families, help us to really understand each resident when they move into one of our homes.



Our dedicated team

Our activities team prepare a weekly activity plan which includes physical, mental and social stimulation, tailored to residents' interests, abilities and cultural diversity – with each activity designed to enhance life skills and provide a feeling of purpose and self-worth. A large part of this is supporting residents to have fun, build friendships and laugh with each other.

The team is trained to understand the importance of variety and stimulating engagement as well as ensuring residents have the opportunity to enjoy passions and creative hobbies that are personal to them.

Life in our homes

No two days are ever the same in our homes. We ensure that each week incorporates a range of different types of activities and stimulation for residents that support the mind, body and soul. This includes outings to local places of interest, live entertainment, events and opportunities to engage with the community.

However, we don't believe in restricting activities to just within a specified timetable, so residents are able to join in with the day-to-day tasks of living, and there are plenty of activities and sources of entertainment within the home for residents to enjoy.

The following are always available for residents to make use of at any time:

- Recent magazines and newspapers on different subjects and interests
- Fiction and non-fiction books
- Audio-books
- 'Oomph On-demand' – an online platform for quizzes and activities of interest
- Variety of games including puzzles, crosswords and cards
- TV, radio and films
- Writing sets
- Knitting and craft materials

And specifically for residents living with dementia:

- Reminiscence materials to encourage positive memories
- Interactive 'Magic Tables' for light projection gaming (where available)



Interactive games for engagement



Newspapers and magazines offer topics for discussion

A typical weekly timetable

 **Life Enrichment** at BARCHESTER Activities at Adlington Manor
Week commencing: 1st February

<p>Monday</p> <p>11.00am - Horticultural Club</p> <p>2.00pm - Weekly Pamper Sessions</p> <p>3.30pm - Memories of the Past, Photos and Scrap-booking Workshop</p>	<p>Tuesday</p> <p>11.00am - Flower Arranging Master Class</p> <p>2.00pm - Mindfulness Colouring Workshop</p> <p>3.30pm - Well-being Exercise (Yoga and Pilates)</p>
<p>Wednesday</p> <p>11.00am - Still Life & Drawing Master Class</p> <p>2.00pm - Excursions to Meaningful Places - Historical Landmarks, Operas, Theatres, Rotary Clubs</p> <p>3.30pm - Traditional Tea Dance</p>	<p>Thursday</p> <p>11.00am - Orchestral Concert</p> <p>2.00pm - Memories of the Past, Photos and Scrap-booking Workshop</p> <p>3.30pm - Language Lessons</p>
<p>Friday</p> <p>11.00am - Movement to Music</p> <p>2.00pm - Local Primary School Visit</p> <p>3.30pm - Sharing Stories</p>	<p>Saturday</p> <p>11.00am - Ramblers Club</p> <p>2.00pm - Animal Therapy</p> <p>3.30pm - Reminiscence Workshop</p>
<p>Sunday</p> <p>11.00am - Family History Tracing</p> <p>2.00pm - Local Church Service</p> <p>3.30pm - Live Virtual Events</p>	<p>Notes</p>

Weekly and monthly activities

- Group time
- Time with individuals
- Balanced for mind, body and soul
- Inclusive and culturally diverse
- Personalised to abilities



Themed events

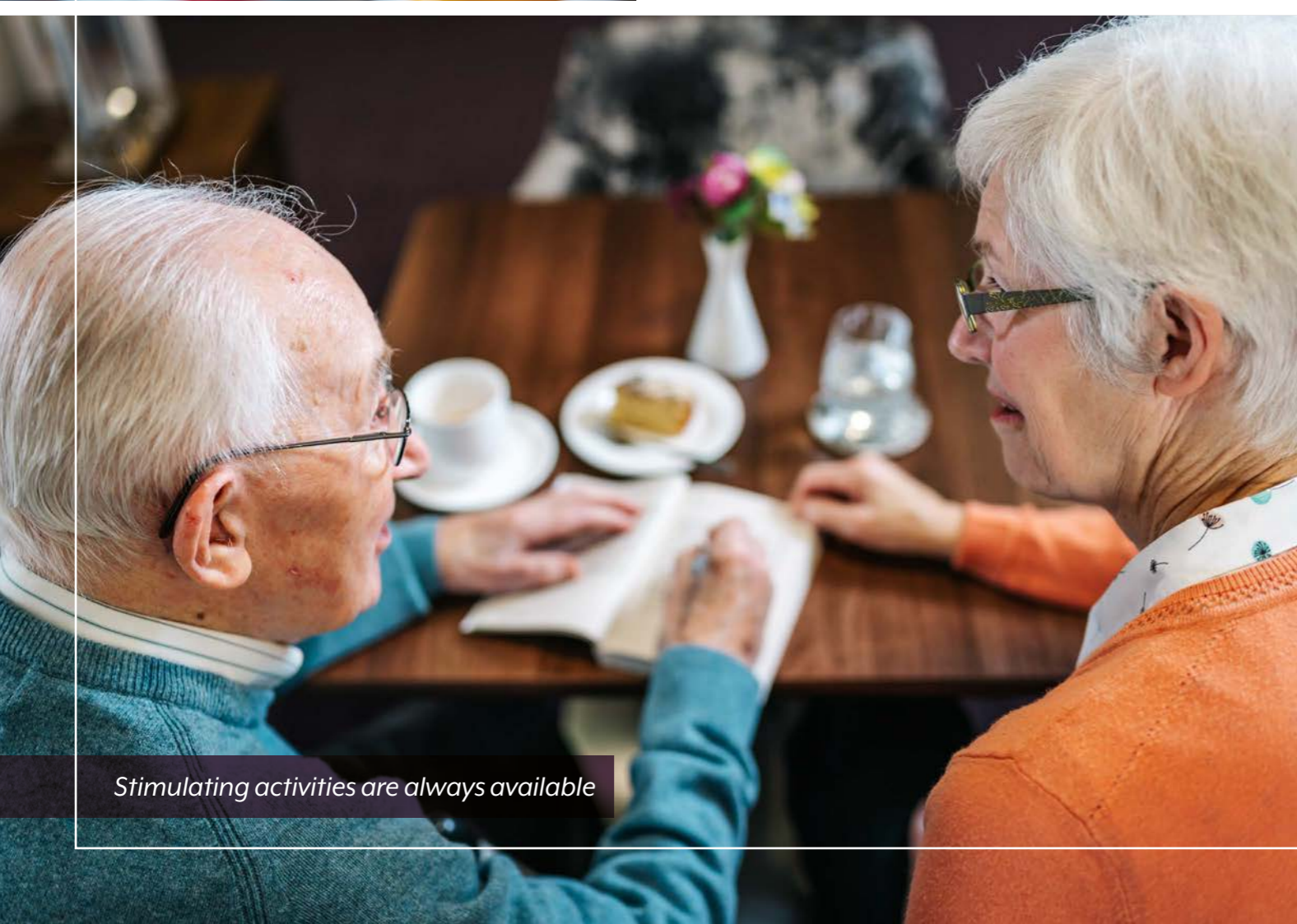
- Seasonal such as Easter, Christmas, Diwali, Thanksgiving and Hanukkah
- National and international events such as Chinese New Year, Burns Night, St Patrick's Day, V.E Day
- Live virtual events
- Community events local to our homes



Special moments

- Individual meaningful activities
- Any special wishes
- Special birthdays, anniversaries and celebrations





Creativity and stimulating the mind

We value the experiences and life stories of every person in our care, and learn so much from discussing their lifetime of creative hobbies and achievements.

That's why we support residents to pursue old hobbies or learn something new, with opportunities that stimulate the mind, encourage social interactions and offer a great sense of achievement in everything they do.

Examples of residents' favourite pastimes include:

- Baking and cooking
- Still life and creative drawing
- Painting and other artistry
- Tapestry
- Music – Sing-a-longs, karaoke and instruments
- Creative writing
- Poetry reading and writing
- Photography and scrap-booking
- Mindfulness colouring
- Flower arranging

Stimulating activities are always available

Keeping active

Maintaining an active lifestyle is thought to boost the immune system and improve well-being as we age. By always taking a person's ability into account we support residents to keep active and have fun – whether that's physical activity in groups through timetabled classes or supporting everyday movement that promotes independence.

We've seen excellent participation in weekly group sessions, which are designed as fun activities for all abilities, and one-to-one activities are always available too.

Here are some examples of the activities residents enjoy:

- Yoga
- Pilates
- Exercises with weights or resistance bands
- Movement to music
- Ball and balloon games
- Floor games (i.e. skittles)
- Walking
- Gentle exercises in bed
- Armchair exercises
- Sensory experiences
- Mindful relaxation



Exercises for all abilities



Mental stimulation and cultural interests

Fulfilling interests and keeping the mind active is an important part of each day, so our homes are filled with discussions and activities designed to stimulate memory, and encourage problem solving and logical thought processes.

By understanding a person's cultural history, what skills and games they currently enjoy and the topics that interest them most, we can tailor activities to their unique needs and preferences.

The following activities are always popular with residents:

- Topical discussions and debates
- Quizzes and trivia
- Crosswords, word searches and Sudoku
- Board games e.g. Scrabble, Pictionary and Trivial Pursuits
- History and cultural sessions
- Newspapers / Magazines
- Documentaries
- Listening to debates or news on TV / Radio
- Podcasts

Life Stories

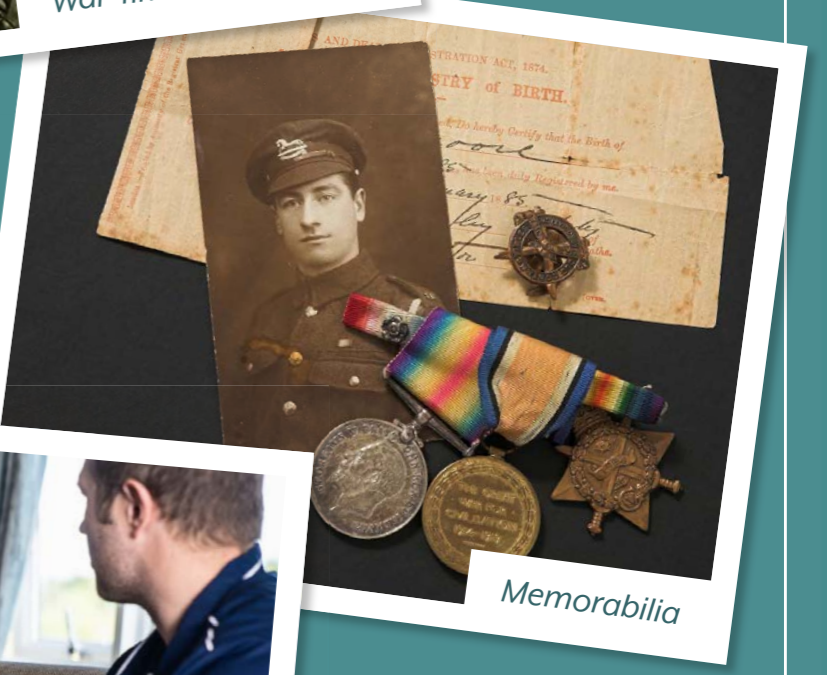
Every life story is unique and a tale worth telling. For many residents, discussing or remembering the past brings back positive memories which they enjoy recounting and is an important exercise for cognitive function. Reminiscence helps us to understand who a person was, as well as who they are now.

Our homes include reminiscence prompts from certain time periods that can be used for activities, to aid discussion topics or even as way-finding devices that promote independence.

Listening and getting to know a person's life experience and history also helps us to understand their likes and dislikes, enabling us to offer truly personalised care.

Here are some of the ways we enable residents to reminisce:

- War-time entertainers and singers
- Empathy dolls and robotic pets
- Memory boxes
- Memorabilia in areas of the home
- Photos and memorabilia of celebrities and well-known events from the past





Socialising and uplifting the spirit

Each week there are lots of different social activities available for residents to participate, make friends and have some fun, either amongst other residents or with the local community. We ensure there's plenty of variety to enrich the soul from sing-a-longs to religious services and afternoon tea.

Families and friends are always welcome to join any of the events and take part in activities.

Some of the ways our residents like to socialise:

- Skype calls with loved ones and community contacts
- Letter writing and pen pal initiatives, often with local schools
- Sherry afternoons, wine and food tasting
- Religious services
- Dog and animal visits
- Gardening clubs and discussions
- Book club or audio book club subjects
- Cinema afternoon
- Entertainment shows
- Personal celebrations and parties

Opportunities to socialise with residents, families and communities



Community

We know how important it is for residents to maintain links with the wider community, which is why we ensure there's lots of opportunities to engage with all ages. From school choirs to pen pal schemes, and history talks to knitting clubs. These engaging purposeful activities enable residents to stay connected with the things they love.

We recognise the special impact that volunteers have by choosing to spend time getting to know our residents and their families, and supporting with events and activities.

Outings

Day trips and outings are an important part of our life-enrichment programme, and all of our homes have access to a minibus to provide day-to-day trips to the shops, as well as planned group outings to meaningful places of interest. Popular destinations include National Trust homes, garden centres, and the seaside to enjoy an ice-cream.

We welcome friends, families and local communities to share in exciting events and entertainment, all chosen by our residents. Creating special moments, and new cherished memories with loved ones.



The use of technology

Through technology we provide sensory engagement to nurture the well-being of our residents. This includes music players to create personalised play lists, and interactive light projections that provide a range of games to stimulate movement and have some fun.

We're also proud to work with national partners that join us through the use of technology to bring the best of Britain into our care homes, enabling residents to experience exciting new places and stay connected with the world around them. These have included the V&A Dundee, English National Ballet and The Wallace Collection.



Here are some examples of the events residents have been enjoying through the use of technology:

- Live musical and dance performances
- Historical and cultural tours
- Wildlife encounters
- Gallery tours and art seminars
- Flower arranging
- Chocolate factory tours



Family video calls



Hereford Cathedral



Blenheim Palace



Virtual Proms



Interactive dementia-friendly environment



Winston Churchill Talk



English National Ballet

[Click here](#) to find your local Barchester care home, and see what's going on in a home from their Facebook page.



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www.barchester.com