

Activities residential and nursing homes

Having a broad range of activities in residential services is important as it can provide residents with choices about meaningful ways in which to spend their time. It is especially important when residents are no longer able to gain access to outside activities.

The Healthwatch Somerset enter and view team have identified some examples of successful activities and trips out, as well as some good practice and planning tips.

General good practice identified in our visits

- Display an activities timetable on the notice board and provide a copy to each resident.
- Include an activities list on your website.
- Offer regular individual activities on a one to one basis. This can include assistance with a hobby, writing a life story book or just time to chat or reminisce.
- Encourage and support residents to organise their own activities.
- Invite nearby homes to partake in events and activities such as garden parties, quizzes, visiting entertainers and tea dances.
- Discuss activities at resident meetings.
- Offer a mixture of individual and group activities.
- Give gentle encouragement to participate in activities while ensuring no-one feels guilty for choosing to opt out.
- Employ an activities co-ordinator or give staff a specific role and time to plan activities and carry out with residents.
- Arrange fundraising activities such as car boot sales which can contribute to the 'Residents Fund'. This can then be used to pay for trips out and additional activities or equipment.
- Space permitting, invite local clubs such as the WI and your local film club to meet at the home, ensuring residents can join in if they wish.
- Encourage residents to use their skills such as putting up a shelf, dusting, mending, knitting, poetry, painting or gardening.

- Make enquiries to the local Rotary Club, Stroke Club or Scouts Association to see if they can support with arranging transport to community events or rent their minibus.
- Seek volunteers to help run activities.
- Contact 'Somerset You Can Do' on 01278 664 180
Email: enquiries@somersetyoucando.org or find out more online at <http://www.somersetactiveliving.org.uk>

Activities:

- quizzes
- bingo
- visits from local falconry or bird sanctuary
- comedian visits or musical entertainers
- arts and crafts
- visitors and staff bringing in pets
- carol service
- monthly in-house faith or religious service
- hand bell ringing
- Nintendo exercise
- visits from the donkey sanctuary
- garden walks, garden games
- film club
- one to one manicure
- flexercise
- knitting circle
- singing
- drumming for the brain
- Songs of Praise
- reminiscing (group and one to one)
- chiropody
- 'old fashioned sweet shop' visit
- Clothes Direct visit to the home
- indian head massage
- cooking
- DIY club
- flower arranging
- model making
- barbeques
- guide dogs
- croquet (outdoors and indoors)
- gardening (outdoors and indoors)
- mobile bar - drinks and pub games
- dough modelling
- music and movement, dancing
- armchair exercise
- Pets at Home service
- news & current affairs discussion group
- swimming
- crosswords
- reading of local paper
- Xbox bowling

Trips out:

- garden centre
- local school nativity
- theatre
- pub lunch
- just for a drive
- fish and chip shop
- shopping and Christmas shopping
- Christmas lights
- library
- seaside
- National Trust historic building
- coffee shop
- cinema
- consultation event (for example: Healthwatch or local NHS consultation)
- stroke club
- active living group
- Taunton flower show

