

Daily Activities

Armchair Exercises

- Minimum 20–30 minutes every day (can be split into shorter sessions).
- Focus on gentle stretching, posture, strength, and mobility.
- Use OOMPH! resources or similar exercise programs tailored to abilities.
- Encourage music-based sessions to increase enjoyment and engagement.



Engagement & Conversation

- Small, spontaneous group chats or one-to-one engagement each day.
- Use reminiscence prompts, newspaper discussions, music, or personal life stories (all available on OOMPH).



Daily Living

- What does each resident want to do and how can this be incorporated into every day?



Weekly Activities

Volunteer Day (once per week)

Residents can volunteer alongside our team in:

- Light housekeeping tasks (dusting).
- Baking/cooking prep.
- Administrative support (sorting papers, greeting visitors give out the post).
- Helping in laundry (folding towels).
- Small projects (making welcome packs for new residents, create their own club).



Clubs & Hobbies (2 -3 times per week)

Clubs based on resident interests:

- Gardening Club (using outside spaces).
- Walking Group (gentle supervised walks).
- Arts & Crafts Club.
- Knitting/Sewing Group.
- Book Club.
- Practical Skills Club (woodwork crafts, fixing things, model building).
- Music Groups and Choirs.
- Cruising and holiday around the world- virtual events.



Creative Activities (twice per week)

- Painting.
- Pottery.
- Flower arranging.
- Making seasonal decorations.
- Creative writing or poetry.
- Scrapbooking.
- Simple DIY or upcycling projects.



Reminiscence Sessions (twice per week)

Clubs based on resident interests:

- Themed reminiscence (childhood games, holidays, work life).
- Memory boxes, photos, music and objects.
- A “Memory Wall” where residents can add photos and stories.
- Sessions cater to interests of all residents, regardless of gender, ability, culture.



Activities Schedule

Monthly/ Occasional Activities

Local Community Trips (once per week)

Attend groups/ activities in the local area:

- Local community centre groups.
- Coffee mornings.
- Church or faith-based groups.
- Men's sheds.
- Library sessions.
- Local markets or shops.



Tea Dances (every 3 monthly)

- An afternoon of singing and dancing.
- Relatives invited to come along - Stockport & Staffordshire events.



Celebrations & Seasonal Events

Celebrate key holidays/cultural events. Themed activities, meals, include residents in event preparation/ decorating etc:

- Christmas/ Easter/ Halloween
- Residents' Birthdays
- Royal celebrations/ sporting events



Use of OOMPH!

- Oomph! is the UK's leading wellbeing business and digital platform dedicated to improving the physical, mental, and emotional health of older adults.
- We plan weekly OOMPH! sessions for exercise and creative engagement.
- Engagement of family access to the platform to be promoted and used in all homes.
- We track attendance and engagement levels via OOMPH!



Activity Key



Physical



Cognitive



Social

What We Want

- Improved physical health and reduced falls.
- Enhanced cognitive stimulation.
- Increased social connection.
- Better mood and reduced loneliness.
- A vibrant and engaging environment where all residents feel valued and included.