



Activities.
We're serious about making
sure our residents have fun!

ACTIVITIES
CCAREFULLY PLANNED IN A
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IINDIVIDUAL NEEDS FOR
VVERY SPECIAL PEOPLE
EEVERYDAY!



How we craft our activity schedules

How do we decide which activities we think our residents will enjoy and get the most value out of?

It's simple really – we ask them.

Our individual-focused approach to care means that we learn about each person, so we can best understand how they want to live their life and to do our best to facilitate that. To give an example, we have a resident cook who runs workshop recipes to learn the favourite meals of our residents and their loved ones. That's how we personalise mealtimes – one of the most important and meaningful activities of them all. It's just one example, but it shows the importance of communication and treating people uniquely.

It's the same for activities in general. We get to know our residents and ask what they would like, or offer suggestions based on what we've learned about them. It's simply about understanding who each person is and trying to provide them with all the options they need to live whatever life they want as optimally as possible.

Meaningful Activities

We ensure that our residents have a wide variety of activities and supported past-times available every day. We make sure to discuss in detail what our residents might find fun and stimulating activities and entertainment.

We have an activity every day and have regular morning activities for those who feel even more active!

We have a weekly choir practice and one of our most popular activities is to arrange flowers which means we have bright, fresh flowers in our rooms weekly!



01903 230406

Achieving Ambitions



Ambitions are not something many people would associate with a care home, but we believe that everyone should be given the **opportunity to achieve something they have always wanted to** or something they never thought they could do! **We work closely with our local community** to offer all residents the choice about what they might like to learn.



Why activities matter at Melrose

Our aim is always to ensure that every person who stays with us is provided with a home where they can pursue the best life possible, no matter what stage they're at. Activities are vital to achieving this – probably more so than you think.

Ways to progress in later life

We want our residents to achieve any ambition they have. For instance, we've had people learn photography, rediscover their artistic side, and gain computer skills, as just a few examples. Achieving personalised goals gives people things to look forward to and can be a great way to access new abilities and improve self-esteem.

A way of asserting individuality

Our hobbies and interests make up a huge part of who we are as individuals. It reflects our uniqueness and our own life story. It's vital to us that all of our residents receive personalised care, so that they can maintain and even further explore all the things which make them so special. Providing activities related to their interests is one way of achieving that. Plus, there are few things better than sharing something you love with friends.



Person Centred Care

You are the most important element when it comes to your care.



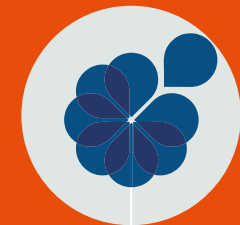
Learning & Growth

It's never too late to learn something new or take up old hobbies.



Enjoyment & Fun

We sing, we laugh, and we smile; we share the good moments every day.



Individualism & Dignity

Upholding your dignity is at the core of all our practice.



Music – it's just so very important...



Using music-based activities to connect with families and friends...

Sharing music can help to maintain meaningful connections with family and friends outside of the care home setting as well as inside.

Families can become actively involved in contributing to life reviews or creating playlists - children especially can enjoy becoming 'music detectives' and finding music their family member enjoys.





We make sure External Musicians are a regular feature in our activities program.

We also arrange for singers and a band on special occasions.

Carers and nurses always break out in song and dance at the drop of a hat to lighten the mood!!!

We have Alexa and Google Smart Speakers playing music in the lounges and selected rooms. Residents can play music in their rooms on the TV, radio or Smart speakers.

To us – Music is more than just an activity – we make sure it is a part of everyday life for residents, staff, family and friends!







SINCERE CARE
MEANINGFUL
ACTIVITIES BUILT ON
RELATIONSHIPS AND
TRUST

What is SMART CARE?

Sincere care

Caring driven by years and years of experience and listening to what our residents want and need then delivering it through a desire to create the best Nursing and Residential care experience possible.

Meaningful

Our residents' lives are important. Wherever possible, we make sure their lives continue to be meaningful – and that they are important, whilst still maintaining control of their decision-making and lives.

We embrace independence and ensure our residents do too.

Activities

Activities are a huge part of everyday life at the SMART CARE HOMES Group – all of our homes are focused on providing quality activities and entertainment. Every resident will have their own understanding about what is a meaningful activity to them – so we embrace this and create something individual wherever possible. Our loving teams of staff get to know what is right for each resident – whether it be reading, gardening or something else entirely – the aim is to ensure residents enjoy themselves, relax and continue to be stimulated.

Relationships

Relationships are everything in life and having fruitful ones based on understanding and caring only creates a better life, never more so than for Nursing and Caring home residents. Our residents put their trust in us to keep them safe, well and loved. We embrace the words CARE and HOME, focusing on delivering that every day.

Trust

Our residents are their families and other loved ones – trust us to deliver the very best of care and provide a stimulating, safe and loving home – a place they enjoy living at – a place that makes them feel secure, a place that is staffed by teams of people they trust – and more than anything – a place they feel proud to call: HOME.

Activities.

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if you have any further questions,
We are here to help – please just get in contact.



Melrose Care is a small, friendly
and loving CQC rated Outstanding
Nursing Home in Worthing for
long-term and respite care.

CONTACT
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