



May  
2026

GRAMPIAN  
**Wellbeing**  
festival

# Care Home, Supported Living and Care at Home Wellbeing

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The Grampian Wellbeing Festival is an annual event which brings together communities through activities that promote and support good mental health and wellbeing.



**Promoting positive mental wellbeing in Grampian**



# 1 Introduction

This resource has been created to support the Grampian Wellbeing Festival in May 2026, celebrating connection, community, and positive wellbeing across residential care, supported living and care-at-home services. The festival offers a valuable opportunity for staff, families, and people experiencing care to come together, share ideas, and explore meaningful ways to enhance everyday wellbeing.

Rooted in the Five Ways to Wellbeing - Connect, Be Active, Take Notice, Keep Learning, and Give - this guide brings together a wide range of practical ideas, engagement activities, and supportive guidance. It is designed to help teams create environments where people feel involved, valued, and encouraged to participate in ways that are meaningful to them.

Whether you are planning festival-themed events, introducing new movement opportunities, enhancing personal plans, or fostering good conversations, this resource

provides adaptable suggestions suitable for all settings. Small moments - such as shared activities, mindful reflection, or enjoyable movement - can have a powerful impact on a person's sense of purpose, independence, and wellbeing.

By working collaboratively with people experiencing care, their families, and the wider community, we can ensure the Grampian Wellbeing Festival is not only a celebration but a catalyst for long-lasting wellbeing-focused practice throughout 2026 and beyond.

We hope you enjoy using this resource. We would love to hear about any wellbeing activities you organise during May, so please tag us on our Facebook Page:

- [www.facebook.com/GrampianWellbeingFestival](https://www.facebook.com/GrampianWellbeingFestival)

or email:

- [GrampianWellbeingFestival@aberdeencity.gov.uk](mailto:GrampianWellbeingFestival@aberdeencity.gov.uk)

**Connections** help to build a sense of belonging, allowing you to share experiences, and support each other.





## 2

# 5 Ways of Wellbeing

## Connect

Connections help to build a sense of belonging, allowing you to share experiences, and support each other.

## Be Active

Being Active can help to raise your self-esteem by setting and achieving goals, and by causing chemical changes in your brain that have a positive impact on mood.

## Keep Learning

Learning new skills boosts your confidence, gives you a sense of purpose, and helps you connect with others.

## Take Notice

Taking notice of the present moment can improve your mental health and help you understand yourself and the world better.

## Give

Giving creates positive feelings, giving you a feeling of purpose and self-worth, and helps you connect with others.

# 3

## Event ideas

One of the challenges of planning an engagement event is to ensure that the session is of mutual benefit to everyone and that everyone’s voices and abilities can be catered for. A great resource to assess people’s needs is the Jackie Pool tool.

[https://napa-activities.co.uk/wp-content/uploads/2023/03/Free-Access-Now-The-QCS-Pool-Level-Activity-Instrument\\_040822\\_pdf.pdf](https://napa-activities.co.uk/wp-content/uploads/2023/03/Free-Access-Now-The-QCS-Pool-Level-Activity-Instrument_040822_pdf.pdf)

Idea	What’s the benefit?	How to make it even better
<b>Host a quiz on wellbeing.</b>	Brings people together, people tend to like a bit of competition.	Get a group of people together to develop the questions and be the quiz master, encourage people to work in teams and come up with a fun idea, could be a weekly event with a leader board!  It could be for fun during the day or held in the evenings for families to come along to with a prize.
<b>Have a series of discussion groups on wellbeing topics based around the 5 ways of wellbeing.</b>	Brings people together to discuss topics, share their opinions.	Ask participants what topic they would like to discuss at the next session. If you are stuck for ideas have a read of some agony aunt pages for inspiration on wellbeing related topics.
<b>Wellbeing art class.</b>	Bring in an artist or a volunteer to hold an art class, creativity is good for wellbeing	Learn something new together in a class is a great way to boost wellbeing.
<b>Physical activity.</b>	Movement is good for wellbeing, there are variety of resources online to help plan a session.	Get people to write their favourite moves onto lolly pop sticks so they can to their moves every day in their own room/space.
<b>Travel club.</b>	Discussion on a particular holiday destination or favourite UK place to visit.	Ask them to share photos or mementos of trips away, share some food from the area.
<b>Cooking or baking class.</b>	What better way to boost people mood and wellbeing than making something tasty to share.	Discuss the origins of item you are going to make, discuss when they first tried them, what flavours are their favourites or try out recipes which could later feature in the in-house menu.



# 4

## Ideas for managers and leaders

Physical activity is a good way to get people connecting with their own bodies as well as with other people, if it's something people want to do together. There are lots of ways to encourage and promote movement in a care setting or even in people's own homes. Detailed below are a series of suggestions for different members of the team as well as people experiencing care and how they can be supporting and promoting movement.

### Staffing recruitment

Job description and person specification

Review the job descriptions and person specifications for each grade to incorporate moving more as part of everyone's role. Ask people experiencing care to help you review them and find out what's important for them.

### Induction

Moving more should be promoted during induction phase, why move more, sustaining abilities, opportunities to move more each day, culture of kindness is increasing dependency. Ask people experiencing care to be involved in the development and the delivery of inductions.

### Training

If not already offered, use the CAPA resource pack to deliver sessions on moving more, culture of kindness, ways to reduce risks, opportunities to move more each daily, personal commitments, aims and wishes and healthy working lives. Again, involve people experiencing care in the development, rollout and evaluation of the training.

### One to one discussion

Standing item to discuss with individual staff, ways to encourage more movement, what's working well, ways to show improvements, improvement plans - PDSA.

### Standing reports/flash meetings

You may be able to reduce the time of reports or flash meetings if you encourage staff to stand oppose to sit.

### Walking meetings

If appropriate, have walking meetings either around the complex or grounds or in the local community.

### Funding opportunities

Are there any funding opportunities available locally or nationally which could support your team and people experiencing care to access opportunities, equipment or other resources? How can you find out about what is available? Involve everyone in the process - what's needed, the application, the pitch and the celebration and sharing the news. Use data collection methods such as physical measurements and questionnaires as part of the application process and throughout the duration of the process as evidence of the impact and personal outcomes.



## Care and support staff

### Day to day movements

Encourage people experiencing care to move each day in a way which is meaningful to them. Move around in a chair, reach further for items and encourage people to stand up at regular intervals during the day. Encourage more participation in personal care and daily living tasks such as wringing out their face cloth, standing up at the sink rather than sitting, brushing their own dentures at the sink or reaching up into the wardrobe to select their own clothes. Try to think of the movements they can achieve and support them to move more.

### Family and person exp. care meetings

Discuss with families and friends the reasons why you are encouraging people to move more. Think about what the benefits are to moving, what are the potential risks and the benefits to taking the risks, what are the challenges that the individual may face, where are the opportunities to move more with family members? What community connections were there in the past and how can we support the family and person experiencing care to re-connect.

### Personal plans

Are your plans incorporating movements in all sections? Have plans captured the dreams and aspirations of the person experiencing Care? If it has, what have you done to realise this and how have you documented it? Have staff been trained in capturing opportunities to move more in personal plans. Do personal plans capture the life story to facilitate discussion, reminiscence and actions to re-connect with their community.

### Good conversations

Use ask, assess and advice to hold good conversations about moving more then assess their commitment to move more, the opportunities that are available and motivations which stimulate them to undertake it.

### Personal care

During personal care encourage the person to be as involved as they are able to. Ask them to stand up where possible. Encourage the person to stand at their sink rather than bringing the cloth to them for example. Agree what they are able to do and ensure that it is recorded in the personal plan to support a consistent approach.



## Domestic/housekeeping staff

### Domestic tasks

Encourage people experiencing care to participate in parts of the daily routine which they would like to take part in. Sweeping, wiping tables, dusting units and setting tables are some examples of jobs which can be undertaken.

### Conversations

During the time you spend with people experiencing care encourage them to discuss what they used to do to keep active and ways in which they would like to improve movements now. Share and record these conversations in the daily notes to ensure this valuable conversation can be shared and any actions taken.

### Outside spaces

Are there opportunities for people experiencing care to get outside and hang up clothes on a washing line? Could a clothes line or clothes airer be made available?

### Meal times

Encourage people experiencing care to be as self-managing as possible, support them to reach forward and help themselves to condiments or put serving plates in the middle of the table and encourage them to help themselves. Support people experiencing care consider not using straws, where possible, but instead to reach forward and grasp the glasses/cups.

**Being Active** can help to raise your self-esteem by setting and achieving goals, and by causing chemical changes in your brain that have a positive impact on mood.





## All staff

### Showcase what's happening

Tell people what's happening - posters, displays, newsletter, emails and at meetings.

### Celebrate small successes and achievements

Use appropriate and consented ways to share what's working well. Especially focus on the small individual achievements which have had big impacts on people's lives. This may be through social media, newsletters or at reviews.

### Make community connections

Who are your neighbours and friends and how can you connect better with what's going on? Connect with your local leisure centre, sports development college, university placements, voluntary services, local church groups, paths for all and local personal trainers.

### Peer connections

What other providers are around you? Do you meet up through providers forums? Can you connect better with the local community? Could people experiencing care correspond or speak with old friends or make friends?

### Intergenerational connections

Who is around you that is interested in connecting - schools, nurseries, colleges looking for placement for SVQ - sports, hair and beauty schools or universities looking for nursing/social work/physio therapist placements?

### Challenges and healthy working lives initiatives

Encourage staff to come up with and participate in whole setting or individual challenges such as the Paths for all Step Challenge. You could set up walking groups or source gym class memberships/classes.

### Team meetings

Standing item on team agendas - gather ideas from staff on how to move more, share ideas which are already working in other partnership areas. Review what's worked well, what hasn't worked so well and how to amend the plan to make it better next time. Encourage movement during the meeting - standing balance challenge for example.

**Taking notice** of the present moment can improve your mental health and help you understand yourself and the world better.





## Families and friends

### What about the risks?

A risk is the likelihood that a hazard will cause its adverse effects, together with a measure of the effect. (Health and Safety Executive, Undated).

A risk may result in a harmful outcome owing to a fall, a health condition, an incident or an accident. However, in every aspect of life there are associated risks. Certainly, in encouraging older adults to be more active there are risks involved, but the risk to not moving is potentially a greater risk.

In promoting independence and moving more, the individual responsibility for taking risks must strike a balance between safeguarding someone from harm and enabling them to lead a more independent life. However, care staff are trained in identifying the situational hazards and helping the people to avoid those risks rather than taking the chance. This can lead to being overly protective of people and essentially not enabling them to do the things they enjoy doing. Balancing the actual risks with the risk benefit is a measured approach and can support individuals to remain in charge of their own decisions.

A balance must be attained between the desire of the individual with the duty of care owed by services and their staff while taking into considerations the concerns of family members. The potential areas of concern associated with risk must be weighed up against the potential benefits of risk-taking. This should involve

everyone concerned, the person experiencing care, their families, staff and practitioners. It is important to understand what the choices and wishes of the person experiencing care are making and ensure that they are supporting.

For example, walking to the post box increases the individual's mobility, sense of wellbeing, increases their appetite and enables them to get some fresh air. However, the risk is that they must walk on a small side road which may expose them to potential risks from oncoming traffic. The control measures is to provide someone to accompany the person, this could be a member of staff, a volunteer or family member.

### Risks to not moving more

There are a number of well documented reasons why being sedentary is bad for health and wellbeing, to name a few:

- Decrease in muscle tone, reduces the balance, weight gain, frustration and reduced wellbeing as well as more long-term physiological decline.
- Enabling a person to maintain their skills may seem on the face of it to present some risks but there is consistent advice which states that staying active as long as possible avoids adding to distress or anxiety and contributes to the person with dementia's quality of life (Department of Health, 2010).



## 5 Activity ideas

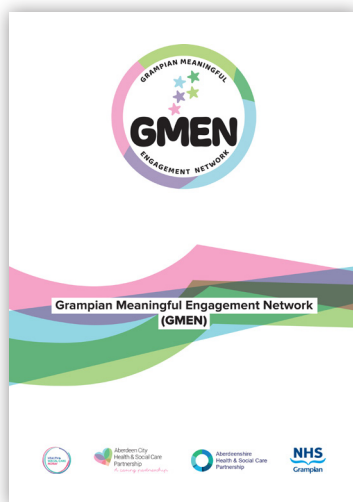
Sometimes time is short and there is little time to come up with elaborate plans for an activity, below are listed some quick ideas which can be used to engage people, have a bit of fun and connect them to other people living in the same space.

- Blowing bubbles.
- Balloon throwing.
- Ball catching.
- Popping bubble wrap.
- Watching out the window.
- Bird spotting.
- Listen to a favourite piece of music.
- March on the spot while seated.
- Toe tapping while seated.
- Read an article out loud from a newspaper.
- Water or dead head some plants.
- Arrange flowers.
- Do some dusting.
- Work on a jigsaw.
- Cut out pictures from a magazine.
- Hand massage.
- Tennis ball massage of shoulders or feet.
- Sorting out a button box.



Sometimes just having a chat with someone who, although may be living in a residential setting may feel lonely or isolated. Below is a selection of suggested topics for discussion. Make a list of the suggestions to carry with you.

- What are the first things you do in the morning when you wake up?
- What was your favourite thing to do when you were a child?
- How important is remaining physically active to you and how can you move more?
- What things do you enjoy doing the most?
- What is your favourite song?
- What's something you would like to do before you die?
- What should I know about you that isn't in your personal plan?
- What does a good day look like for you?
- What would you like to do in six months' time that you can't do now?
- 'Being physically active is the gateway to wellbeing' what do you think about that statement?
- What could you do more of each day to remain active?
- Do you prefer to do things on your own or with others?
- What makes you smile?
- What lifts your spirits?
- Do you prefer to be inside or outside?
- What was the best time in your life?
- What would you like to learn more about?
- What do you think you could teach or share with others?



## GMEN Booklet

The GMEN booklet is a practical resource designed to inspire meaningful activity and engagement within care settings. It offers a wide selection of ideas, tools, and conversation prompts that support personalised, interest-led planning. With its focus on everyday wellbeing, the booklet helps staff create experiences that are stimulating, purposeful, and aligned with what matters most to each individual.

[Link to the GMEN booklet on activity ideas](#)

Personal planner on page 14 of the GMEN booklet there is a graphic on getting to know a person's routine, this is a useful tool to use as there is a need to move to individual engagement plans as well as monthly planners for the home.

**Learning** new skills boosts your confidence, gives you a sense of purpose, and helps you connect with others.



## Monthly activity plan

Monthly Activity Plan for a Care Home based on the Five Ways to Wellbeing (Connect, Be Active, Take Notice, Keep Learning, Give). Its structured so each week emphasises one or two of the principles, while keeping activities varied and suitable for residents.

WEEK 1	Connect
Monday	<b>Tea and Chat Social Hour</b> - Residents share stories from their past.
Wednesday	<b>Family Video Call Day</b> - Help residents connect with loved ones virtually.
Friday	<b>Group Games</b> - Bingo, cards, or trivia to encourage interaction.

WEEK 2	Be Active
Tuesday	<b>Gentle Chair Yoga or Stretching Session</b>
Thursday	<b>Garden Walk</b> - Short strolls outdoors (weather permitting).
Saturday	<b>Music and Movement</b> - Light dancing or rhythmic exercises.

WEEK 3	Take Notice
Monday	<b>Mindfulness Moment</b> - Guided breathing or relaxation.
Wednesday	<b>Nature Appreciation</b> - Bring seasonal flowers or leaves indoors for discussion.
Friday	<b>Creative Arts</b> - Painting or colouring to focus on the present.

WEEK 4	Keep Learning
Tuesday	<b>"Did You Know?" Session</b> - Share interesting facts or history.
Thursday	<b>Simple Craft Workshop</b> - Knitting, origami, or card-making.
Saturday	<b>Technology Hour</b> - Teach residents how to use tablets for photos or games.

WEEK 5	Give
Monday	<b>Gratitude Wall</b> - Residents write or dictate something they're thankful for.
Wednesday	<b>Make and Share</b> - Bake simple treats for staff or visitors.
Friday	<b>Letter Writing</b> - Send notes to family or local community groups.

## Extra ideas for variety

- Monthly Theme: e.g. "Winter Warmth" or "Spring Blossoms."
- Special Event: Invite a local musician or storyteller.
- Resident-Led Activity: Encourage those who can to share a skill or hobby.



## 7 Evaluation of sessions

Measuring and evaluating how well engagement sessions have gone is important so you can improve. Here are some simple ways you can assess the impact:

- Count how many people participated in the engagement.
- Use a simple Legart scale (scale of 1-5 with happy to sad faces).
- Use red thumbs down image a level hand or thumbs up image for people to show what they liked.
- Ask them and record their thoughts and feelings about the engagement session.
- Take some pictures (with consent).
- Reflect on how the session has met key Health and Social Care descriptive statements.

**Giving** creates positive feelings, giving you a feeling of purpose and self-worth, and helps you connect with others.





# 8

## Additional resources

- [GMEN booklet, Conversation Cards](#)
- [5 ways of wellbeing](#)
- [Jackie Pool PAL tool](#)
- <https://www.qcs.co.uk/wp-content/uploads/2022/07/PAL-Masterclass-20-July.pdf>
- Make Every Moment Count  
[www.careinspectorate.com/index.php/guidance?id=2736](http://www.careinspectorate.com/index.php/guidance?id=2736)
- Interests and activities toolkit for use with people with dementia  
<https://hub.careinspectorate.com/media/1543/interests-and-activities-toolkit.pdf>
- Living well through activities in care homes; the toolkit  
[www.pkc.gov.uk/media/42488/Living-Well-Through-Activity-in-Care-Homes/pdf/Unit2-Care-home-staff-resources-2015.pdf?m=1533212941970](http://www.pkc.gov.uk/media/42488/Living-Well-Through-Activity-in-Care-Homes/pdf/Unit2-Care-home-staff-resources-2015.pdf?m=1533212941970)
- [Mind yer Mind](#)  
Aberdeenshire Community Planning Partnership's Mind yer Mind campaign encourages the people of Aberdeenshire to look after their mental wellbeing. Mind yer Mind is based on the 5 Ways to Wellbeing and offers easy-to-digest advice, as well as a list of resources and places across Aberdeenshire, that can help you to look after your mental wellbeing. See link below for more information.  
[www.ouraberdeenshire.org.uk/mind-yer-mind/](http://www.ouraberdeenshire.org.uk/mind-yer-mind/)

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