

Walstead Place



CARING HOMES

Sample Activities

Taking guidance from our residents, our wellbeing programme is always designed around their needs and preferences. Here's a sample of some of our most popular activities from one to one and group sessions to virtual events with friends and neighbours in our communities.

Baking

Music Therapy

Seated Yoga

Crosswords, Puzzles and Games

Poetry Readings

Quiz of the Week

Arts & Crafts

Food Tasting Events

Carpet Bowls

Keep in touch with relatives via phone, facetime, zoom / skype, Facebook and email.

