

Frethey House



CARING HOMES

Sample Activities

We have an enhanced Wellbeing Programme including access to facetime, video calling, email and skype. Taking guidance from our residents, our wellbeing programme is designed around their needs and preferences. From one to one activity and socially distanced group settings to virtual events with friends and neighbours in our communities, there is something for everyone. Here's a sample of some of our most popular activities.

Skittles

Quiz of the Week

Daily Sparkle Reminiscence

Bingo Sessions

History Club

Movement to Music

Arts & Crafts

Monthly Theme Days

