

Cotman House



CARING HOMES

Sample Activities

Taking guidance from our residents, our wellbeing programme is designed around their needs and preferences. From one to one activity and group settings to events with friends and neighbours in our communities, there is something for everyone. Here's a sample of some of our most popular activities.

Baking

Bingo

Arts and Crafts

Pamper sessions – manicures and hand massages

Chair exercises

Flower arranging

Quizzes and puzzles

Cinema

Sunday church service

Games

Sensory activities

