



One-to-One Support

At our supported living accommodation, we pride ourselves on providing exceptional one-to-one support services. Our dedicated staff is available 24 hours a day to ensure the safety and well-being of our service users. We understand that each individual has unique preferences, and our experienced team is here to provide personalised care that promotes independence, engagement, and overall well-being.

Our Multi-Disciplinary Team (MDT) works collaboratively to develop tailored strategies for each service user, focusing on their specific goals and aspirations. By combining the expertise of our staff with the input of the individuals we support, we create a nurturing environment where everyone can thrive.

A Range of Engaging Activities

To keep our service users active, engaged, and entertained, we offer a wide variety of activities both indoors and outdoors, as well as in our dedicated activities rooms. We believe in the importance of staying active, socializing, and enjoying life to the fullest. Here's a glimpse of what we have to offer:

Indoor Activities

Our indoor activities are designed to cater to a range of interests, from games and puzzles to creative arts and quizzes. Some of the indoor activities include:

- Connect 4
- 101 Games in One
- Big Cards
- Mastermind
- Chitty Chitty Bang Bang
- Great British Trivia Quiz
- Chess Set & Chess
- Draughts
- Sudoku
- Game for the Hilarious
- Party Board Game
- Disney Mary Poppins
- All-Star Family Fortunes
- Trivial Pursuit
- Drawing Pens
- Would I Lie To You
- Speechless for Players Quick on the Draw
- 164 Piece Creative Art Set
- The Logo Board Game
- Sunnyhill Farm
- Slide Hockey
- Table Tennis
- Mini-Shuffleboard

Outdoor Garden Activities

Our beautiful garden spaces provide the perfect setting for outdoor activities that promote physical activity and social interaction. Whether it's a game of basketball or a relaxing session of yoga, there's something for everyone:

- Basketball
- Volleyball
- Lawn Tennis
- Badminton
- Home Golf
- Long Tennis
- Football
- Egg and Spoon Races
- Foosball Table
- Pool
- Darts
- Mini Bowling
- Yoga
- Balance Ball Exercises
- Drumming Sessions
- Scavenger Hunt

Activities Room & Back Lounge Room

Our activities room and back lounge are perfect for social gatherings and indoor entertainment, offering a range of activities that encourage both mental and physical stimulation:



- Computer Sessions
- Premier League Football Viewing
- Movies
- Music and Dancing
- Comedy Shows
- Documentaries

Community Activities

We actively encourage our service users to participate in community activities, which offer both recreational and social benefits. Some of our popular outings include:

- **Wheels for All Kingston:** Cycling in a sociable environment
- **Tenpin Kingston-Upon-Thames:** Bowling, Pool, and Snooker
- **Motspur Park / New Malden Park:** Zoos and Wildlife, Theme Parks, Water Parks, High Ropes Courses, Trampoline Parks, and Giant Swings
- **Leisure Centre, New Malden:** Swimming Lessons, Gymnastics, Gym, Adult Education Centre, Pool Inflatable Sessions
- **Day Trips:** Cinema, Museums, London Eye, London Boat Ride, High Street Shopping, Voluntary Work, and Beachside Views
- **Activities at Croydon Sports Arena:** Athletics, Squash, Fitness Classes, Soft Play, Cycling
- **Motability Car Experience:** O2 Arena Greenwich, Outdoor Table Tennis, Giant Indoor Trampoline, Cable Car Experience, Walk along the River Thames, Bowling
- **Blue Water Shopping Centre Dartford:** Wildlife Experiences, Artificial Waterfall, Lunch Out, Shopping, Mini Golf, Swimming

At our supported living, we strive to create a vibrant, inclusive environment where our service users can enjoy a variety of activities, stay engaged, and build meaningful connections. Our goal is to enhance their quality of life by providing opportunities for fun, learning, and personal growth. Come join us and experience a supportive and active community where every day is filled with possibilities!