

# Solihull sample Wellbeing Programme



Day	Time	Activity
Monday	11:00 11:30 15:00	Movement to music Garden centre visit Skittles
Tuesday	11:00 12:00 14:00	Music club Table top sale Quiz
Wednesday	11:00 12:00 13:45	Movement to music Bowls Piano sing along
Thursday	11:00 12:00 14:00	Movement to music Scenic drive Cake baking
Friday	11:00 12:00 14:00	Movement to music Skittles End of week outing
Saturday	10:30 11:00	One-to-one sessions Board games
Sunday	10:30 11:00	One-to-one sessions Board games

The details above are an example of our Wellbeing Programme. Our schedule is updated monthly and includes a variety of personalised, one-to-one and group activities across a wide range of interest areas.



**Royal Star  
& Garter**

Care with courage