



Royal Star & Garter

Care with courage

FOR IMMEDIATE RELEASE

Veterans' charity enhances award-winning care with new Wellbeing Programme

Royal Star & Garter has launched a new Wellbeing Programme which will expand and improve the award-winning services already provided by the charity.

The programme will build on the outstanding person-centred care already delivered at Royal Star & Garter's three Homes. When it is fully operational and functioning the programme will "bring joy, interest and fulfilment, and address aspects of physical, mental and psychological health" said Director of Care Pauline Shaw.

Royal Star & Garter is a charity that provides loving, compassionate care to veterans and their partners living with disability or dementia, from Homes in Solihull, Surbiton and High Wycombe.



Lily has her nails painted at the Surbiton Home

The new programme will extend from a five to a seven-days-a-week service. This will be led by a Wellbeing Team delivering activities, companionship, outings and exercise. Once fully running, every member of staff will be trained to assist with a resident's wellbeing and the in-house physiotherapy rooms will continue to provide vital physical exercise and mental stimulation for residents.

Royal Star & Garter will work with Oomph! as its wellbeing service provider. The organisation, which works with many other care settings, will deliver training, resources, ideas, inspiration and a vast library of online material.



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In a blog launching the Wellbeing Programme, Director of Care Pauline Shaw, said: "At the heart of care is acknowledging someone's wellbeing, which is the essence of what we do, and considers every part of a person's life. I believe we will achieve this with our new Wellbeing Programme. The new service will create a positive impact and will be delivered by people who really understand our work, our values, what we stand for and ultimately the residents and their specific needs."



Margaret enjoying a game in High Wycombe

The new training will also help staff look for visual clues and body language of people in illbeing. This is the opposite of wellbeing and harder to recognise if the resident is living with dementia or unable to communicate verbally.



Maureen gets creative

Events which bring health benefits will be showcased as part of the Wellbeing Programme, such as Nutrition and Hydration Week in March. National events, such as The Queen's Platinum Jubilee celebrations, culminating in a four-day bank holiday in June, will be marked with celebrations within the Homes.

Also running alongside the new Programme, Royal Star & Garter will be celebrating all aspects of wellbeing throughout 2022, so the charity can promote its importance in its supporters' lives as well as its Homes. As part of this, the charity will be using the hashtag #YearOfWellbeing

To read Pauline's blog go to: **ADD LINK HERE.**

Royal Star & Garter is welcoming new residents to its Homes. For more information on this, or to work for the charity, please visit www.starandgarter.org

[Ends]

Captions:



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Wellbeing

Programme 1-4: The new Wellbeing Programme at Royal Star & Garter will bring “bring joy, interest and fulfilment” to residents.

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About Royal Star & Garter

Our charity provides loving, compassionate care to veterans and their partners living with disability or dementia.

Twitter: @starandgarter

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Website: www.starandgarter.org



Royal Star & Garter
is a member of the
National Care Forum