



# Royal Star & Garter

Care with courage

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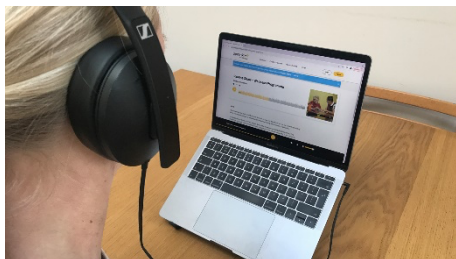
## **Podcast celebrates charity's new Wellbeing Programme**

Veterans' charity Royal Star & Garter has published its first podcast to mark the launch of its new Wellbeing Programme.

The podcast features Director of Care Pauline Shaw discussing the impact the new programme will have on residents' mental and physical wellbeing and the move to work with service provider Oomph!

Royal Star & Garter was established in 1916 and provides loving, compassionate care to veterans and their partners living with disability or dementia, and has Homes in Solihull, Surbiton and High Wycombe.

The charity announced last week it was expanding and improving its award-winning services, with the new programme running seven days a week.



*The podcast marks the launch of Royal Star & Garter's Wellbeing Programme*

When fully operational and functioning, the Wellbeing Programme will: "...keep people happy and stimulated in their lives..." said Director of Care Pauline Shaw in the podcast. It is led by Wellbeing Teams across the charities three Homes who deliver 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.

Wellbeing service provider Oomph! will deliver training, resources, ideas, inspiration and a vast library of online material.

Speaking in the podcast, Pauline says: "We've always been known for our person-centred care, we've always treated people as individuals, and that's something that's been important to how we provide care. The Wellbeing Programme will very much focus on individual needs."



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She continued: "After 106 years we're not an organisation who that rests on its laurels and its previous success. We will always be looking for ways to innovate, progress and make changes that really enhance the lives of people who live with us."



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

To listen to Pauline's podcast, go to: <https://starandgarter.org/wellbeing-podcast>

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](http://www.starandgarter.org)

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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

**Facebook:** facebook.com/starandgarter

**Website:** [www.starandgarter.org](http://www.starandgarter.org)



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Royal Star & Garter  
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