

# Wellbeing Service

One of the special features of MHA's Retirement Living, is the Wellbeing Service. The Wellbeing Service includes 24-hour staffing support on site, help in any emergency, as well as the organisation of an activities and events programme, all tailored to suit your needs.

The service covers all of the following:

- 24 hour support
- Response in an emergency
- Daily contact
- Co-ordination of social event and programme

## **24-hour staffing**

This means that there is always a staff member on hand, that you know and trust, to support you and deal with any concern that you may have - 24 hours of every day, 7 days a week, 365 days a year; providing you and your family with peace of mind.

## **Help in cases of emergencies**

Should you experience any emergency, such as a fall, illness or accident at any time of the day or night, there will be someone there to help you and provide immediate assistance, so you don't need to worry.

Our staff are employed for their skills and experience and receive ongoing MHA training. We believe that you and your family will find the reassurance of our back-up and support invaluable now and into the future.

## **Supporting you to live a fulfilled life**

Our friendly staff will be in daily contact with you to maintain your wellbeing.

Our aim is to provide a range of social activities for your interest and enjoyment which are available each day.

These are designed, with your help, so that you fill your personal time in the ways you prefer. An active events programme offering a variety of pursuits can include exercise to promote good health and movement; as well as morning coffee, afternoon tea, and outings to places of interest. (Some activities or outings may incur a charge.)