

good living

We focus on attitude, not age



Enjoying life, independently



ST. JOHN'S
FOUNDATION EST. 1174

What it means to be independent

Independence means different things to people. Most will agree few things are valued more than our independence.

An active mind is as important as

an active **BODY**

STUDIES
SHOW THAT
YOU CAN

BOOST

YOUR IMMUNE SYSTEM

and delay the onset of conditions from depression to dementia by keeping your brain engaged and stimulated



No matter a person's age, most people want to continue to make their own decisions, support themselves financially, and to take care of their own physical and emotional needs throughout their adult lives.

For the first time in history, adults 60 and over are now the fastest-growing group in our population. This changes both society's demographic and lifestyle expectations.

All of us want the ageing process and living on one's own to be a positive experience with opportunities. Our mission through the Good Living Service, is to make this a reality. Access to support services, together with a varied social life and being part of a thriving community all help older adults maintain an independent lifestyle.

The Good Living Service focusses on supporting older adults to live independent lives. While offering a comprehensive range of services, we also signpost to other providers and agencies. All of this helps us to create a thriving community shaped by individuals.



Advice Service

This vibrant service will be on hand to support the continued independence of our residents and members of the wider community. The programme of activities on offer will be shaped by participants and will reflect the five ways to wellbeing; connect, be active, take notice, keep learning, and give.

- Advisors on site 12 hours a day
- activities programme
- signposting of services
- guidance on benefits
- accommodation queries
- connecting individuals requiring support with the appropriate agencies



Wellbeing and Housekeeping Service

Focused at St John's residents, who may require some additional support in maintaining their home, we offer a bespoke housekeeping service. This service operates on a pay as you go basis, so tailored to our residents' needs.

- Apartment cleaning
 - laundry
 - shopping
- prescription collection
- chaperoning



Chaplaincy Service

Founded on Christian principles in the 12th century, the St John's of today is home to people from all faiths. Our progressive and inclusive Chaplain offers a mixture of traditional services, pastoral care and informal advice. Residents and people from the wider community are all welcome.

- Pastoral care
- meditation
- festivals
- worship

Accessing the Good Living Service

Q How do I access the Good Living Service?

A Simply by becoming a member.

Q How do I become a member?

A All of St John's alms-apartment residents are automatically made members.

Additionally, attendees who take part in our activities programme and on-site chapel services are also automatically made members.

Q How do I show I'm a member?

A Members will have the choice of a hard copy membership card or an electronic membership pass.

Q What benefits can I expect as a member of the Good Living Service?

- A
- Heavily-subsidised activities
 - Access to our advisors
 - Access to our chaplaincy and pastoral care
 - Become a part of a thriving community

Independence and activity are proven to boost *memory skills*

A St John's resident can expect:



- ✓ A high-quality, self-contained apartment
- ✓ Good Living Advisors on site, 12 hours a day, Monday to Friday
- ✓ A 24-hour emergency call system
- ✓ Support with the process of accessing personal care if needs are identified for residents
- ✓ A programme of varied activities delivered by our Good Living Service
- ✓ Access to chargeable housekeeping services, such as cleaning, shopping, medication collection, appointment chaperoning
- ✓ Professionally maintained shared spaces and gardens

- ✓ A supportive community of neighbours
- ✓ A guest suite for your visitors
- ✓ WIFI in shared areas
- ✓ Pastoral support from our chaplaincy team
- ✓ A management team that provides support with property maintenance
- ✓ Good Living staff members on hand to support your physical and mental wellbeing
- ✓ Direct access to key charities and agencies providing social and care support
- ✓ Opportunities to socialise and learn new skills

A selection of St John's activities:

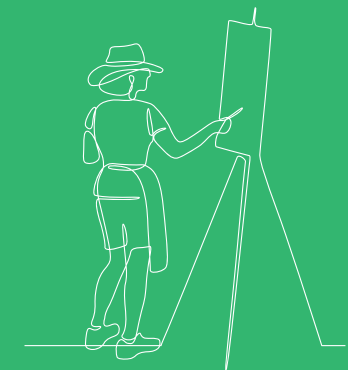
- art classes
- ballet
- breathe & begin
- chapel services
- contemplative prayer
- creative writing
- experience talking
(record your life experiences to share with an internet generation)
- informal coffee mornings
- intergenerational activities
(such as reading to young children)
- meditation
- musical instrument lessons
- singing classes
- stitching, sewing and knitting groups
- supper club
- tai chi
- technology courses
- yoga

Our Findings



85% attendees feel
less isolated

96%
attendees reported
IMPROVED
wellbeing



96%
attendees improved
their skills

To understand the unabashed power of a *community* you have to be part of one

The physical and mental benefits of living independently are vast. Managing your own health and wellbeing decisions helps to maintain a sense of individuality and purpose.

The Good Living Service provides independent living accommodation, as well as a full activities and events programme. Both St John's residents and people from the wider community have full access to all activities and events.

For St John's residents, we offer a housekeeping service, as well as help for those requiring additional personal care to access the most appropriate service.

The power of community to create health is far greater than any physician, clinic or hospital

Mark Hyman

GOOD

relationships

ARE THE KEY TO LONGEVITY

Social contact staves off **depression, stress**

and **BOOSTS**

THE DEVELOPMENT OF THE BRAIN AND IMMUNE SYSTEM

For the past 847 years, St John's has supported older adults to live independently and we continue to honour this principle.

The Good Living Service supports our purpose of ***changing lives, for good.***

I have chosen to be happy because it is good for my health

Voltaire

30

minute walk

THREE TIMES A WEEK

can reverse your physiological age by

10 years

NOT **EXERCISING**

CAN KNOCK

5

years

OFF YOUR LIFE



Our Partners



Age UK

Supporting older adults through the provision of information, advice, and networks they can turn to when needed



Alive Charity

Enriching the lives of older people in care and training their carers



Bath City Community Trust

Maximising social and community impact through activities and partnerships in the BaNES



Carers Centre

Supporting carers and are leading the way for a carer-friendly community



Curo

Providing great homes and high-quality care and support services across the region



Golden Oldies

Brightening the lives of 1000's of older isolated adults across England and Wales through the power of song



The Hive Community Centre

A community centre for activities and events, and a space for people to come to find help and support when needed



Macular society

Funding research and treatment that stop Macular Disease for good



Rural links

Providing a range of activities and events for rural communities in North East Somerset



St Monica Trust

A blend of retirement villages, specialist care homes and support for older people in the places where they live



St Mungo's

Working to prevent homelessness and support people at every step of their recovery from homelessness



THE ART COHORT

The Art Cohort

Championing emerging art and artists and exhibiting new artworks on a fortnightly basis



Virgin Care

Delivering innovative community services that have made a positive difference to people across the country



WECIL

Supporting disabled people to live as independently as possible through a wide range of services

To find out more about our Good Living service:

Alms-apartments

Call us on 01225 486401

Email us on: goodliving.enquiries@stjohnsbath.org.uk

Visit our website: stjohnsbath.org.uk/good-living/accomodation

Activities

Call us on 01225 486401

Email us on: goodliving.enquiries@stjohnsbath.org.uk

Visit our website: stjohnsbath.org.uk/good-living/activities

*The longer I live,
the more beautiful
life becomes*

Frank Lloyd Wright

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