

good living

We focus on attitude, not age



Enjoying life, independently



ST. JOHN'S
FOUNDATION EST. 1174

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, help older adults maintain an independent lifestyle.

An active mind is as important as

an active **BODY**

**STUDIES
SHOW THAT
YOU CAN**

BOOST

YOUR IMMUNE SYSTEM

and delay health conditions
by keeping your brain
engaged and stimulated



The Five Ways to Wellbeing

Here at Good Living, we focus on improving and enhancing the lives of people within our community. We believe that happiness and independence come from the promotion of mental, physical and emotional wellbeing.

In response we have designed our Good Living service to ensure we encompass the Five Ways to Wellbeing:

1. Connect

Connecting and feeling close to the people around us is a fundamental need shared by us all.

Being reminded that we are valued by our friends, family and peers is critical for promoting mental and physical wellbeing.



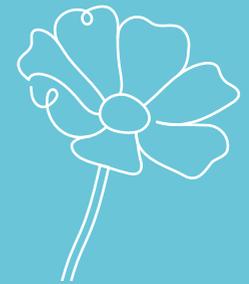
2. Be active

It has been scientifically proven that there is a link between staying active and positive wellbeing. By moving our bodies, we can make sure we stay healthy, look after our physical and mental health and have fun, whilst reducing conditions like anxiety and cognitive decline.



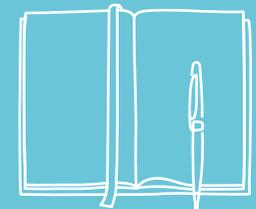
3. Take notice

Taking notice of our emotions, thoughts and environment is a great way to stay present and broaden awareness of our surroundings. Paying attention to things we appreciate and are grateful for can help enhance understanding of not only yourself but those around you, ultimately allowing for more positive connections in day-to-day life.



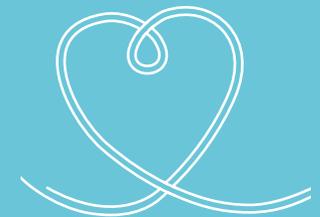
4. Keep learning

Learning new things is the perfect way to meet new people and boost self-esteem, which in turn promotes mental health and wellbeing. Challenging our brains, social interaction and the setting of goals is strongly associated with a positive outlook in life and contributes to heightened self-confidence.



5. Give

Research has found that individuals who report a greater interest in helping others experience a significant increase in wellbeing. Helping others, responding to people's needs and giving are all vital to improving mental and emotional health, and in turn overall wellbeing.



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 and activities 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 is shaped by participants and will reflect the Five Ways to Wellbeing; connect, be active, take notice, keep learning, and give.

- Advisors on site up to 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 and is tailored to our residents' needs.

- Apartment cleaning
 - Laundry
 - Shopping
- Prescription collection
 - Chaperoning
- Communal cleaning

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. Reach out to our Good Living team for a chat by phone call, email, or by popping into one of our regular coffee mornings.

☎ 01225 486401

✉ Goodliving.enquiries@stjohnsbath.org.uk

Q. How do I apply for accomodation?

A. To apply to live in one of our single or double occupancy alms-apartments please email goodliving.enquiries@stjohnsbath.org.uk

Individual(s) must be of pensionable age and have savings, or assets, under £36,000. We focus on applications with a strong connection to Bath and North East Somerset.

Q. Do I need to be a resident to access the Good Living service and its benefits?

A. The Good Living Service is available for anyone over the age of 55 in Bath and North East Somerset.

Q. What benefits can I expect from the Good Living Service?

- A.
- A tailored programme of courses, activities and lectures
 - Access to our advisors
 - Access to our chaplaincy and pastoral care
 - Support from a thriving community

A St John's resident can expect:



- ✓ A high-quality, self-contained apartment
- ✓ Good Living Advisors on site, up to 12 hours a day, Monday to Friday
- ✓ Support with the process of accessing personal care if needs are identified for residents
- ✓ An optional personal support package delivered by an external provider
- ✓ A programme of varied activities
- ✓ 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 Advisors on hand to support your physical and mental wellbeing
- ✓ Direct access to key charities and agencies providing advice, and social and care support
- ✓ Opportunities to socialise and learn new skills

Activities timetable

All classes are suitable for beginners or those more experienced.

Activity	Day	Time	Location	Cost	Class Objective?
Gentle Yoga	Mondays	10-11am	The Bubble, 4-5 Chapel Court	£ 3.50	Our gentle yoga class aims to have positive benefits for the mind, body and soul.
Gentle Yoga	Mondays	11:30am-12:30pm	The Bubble, 4-5 Chapel Court	£ 3.50	Our gentle yoga class aims to have positive benefits for the mind, body and soul.
Cook & Eat	Mondays	2:30-5pm	Royston Tucker Room, Combe Park	£ 5.00	For inexperienced cooks, or those wanting to take their learning to the next level. Cook delicious recipes and enjoy them together as a group.
Sewing class	Mondays	10am-12pm	Royston Tucker Room, Combe Park	£ 5.00	Whether your sewing skills are a little rusty, or you are venturing into this hobby for the first time, this course is made for you.
Gentle Seated Exercise	Mondays	12-1pm	Southdown Methodist Church	£ 3.50	Using a chair as a prop, all exercises are based on yoga postures that have been adapted for sitting or standing.
Pilates	Tuesdays	12:30-13:15	The Bubble, 4-5 Chapel Court	£ 3.50	Pilates aims to improve balance, strength, flexibility, focus and breathing. Our classes are gentle enough to be accessible for everyone.
Get Creative	Tuesdays	10am-12pm	The Bubble, 4-5 Chapel Court	£ 5.00	Our art sessions aim to develop creativity in drawing and painting using different media.
Cook & Eat	Tuesdays	2:30-5pm	The Bubble, 4-5 Chapel Court	£ 5.00	For inexperienced cooks, or those wanting to take their learning to the next level.
Ballet	Tuesdays	2-3pm	The Chapel	£18 per 6 week term	Whether you're an experienced dancer, have briefly dabbled, or are a complete novice, we welcome learners of any ability to join us.
Pilates	Tuesdays	11-11:45am	Royston Tucker Room, Combe Park	£ 5.00	Pilates aims to improve balance, strength, flexibility, focus and breathing. Our classes are gentle enough to be accessible for everyone.
Arty Café	Tuesdays	2-4pm	Royston Tucker Room, Combe Park	£ 5.00	A combination of art and mindfulness, this class helps attendees to create personal circular designs.

Activities timetable

All classes are suitable for beginners or those more experienced.

Activity	Day	Time	Location	Cost	Class Objective?
Mindful Art	Tuesdays	10am-12pm	The Hub, Weston	£ 5.00	A combination of art and mindfulness, this class helps attendees to create personal circular designs that help them achieve a sense of peace and wellbeing.
Artybuddies	Tuesdays	10am-12pm	Mulberry Park, The Hub	£ 5.00	For beginners or those with experience, come along and learn about art, and art history. Looking at and trying a range of topics, styles, and materials, join this fun class to improve your skills.
Gentle Seated Exercise	Wednesdays	10:30-11:30am	Zoom & The Bubble	£ 3.50	Using a chair as a prop, all exercises are based on yoga postures that have been adapted for sitting or standing.
Artybuddies	Thursdays	10am-12pm	The Bubble, 4-5 Chapel Court	£ 5.00	A combination of art and mindfulness, this class helps attendees to create personal circular designs.
Tai Chi Movement for Wellbeing	Thursdays	10-11am	Zoom	£ 3.50	Tai Chi Movement for Wellbeing is an easy-to-learn sequence designed to promote physical and emotional wellbeing.
Stitch Thursday	Thursdays	10am-12pm	Royston Tucker Room, Combe Park	£ 5.00	This is a chance to join our weekly group to relax, connect with others, share ideas, and learn a new skill while creating something beautiful.
Stitch Friday	Fridays	10:30am-12:30pm	The Bubble, 4-5 Chapel Court	£ 5.00	This is a chance to join our weekly group to relax, connect with others, share ideas, and learn a new skill while creating something beautiful.
Artful Stitchers	Fridays	2-4pm	The Bubble, 4-5 Chapel Court	£ 5.00	Use creative stitch, colours, threads, silks and ribbons in this vibrant stitching group.
BathShed	Fridays	1-5pm	The Workshop, 4-5 Chapel Court	£ 2.50	This community space is for people to connect, converse and create. Come along and try out your carpentry skills.
Learn to Play Ukulele	Saturdays	10am-12pm	The Chapel	Free	Learn to play simple tunes while making some new friends.

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 848 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

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: 01225 486401

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

Online: stjohnsbath.org.uk/what-we-do/good-living-accommodation/

Activities

Call us: 01225 486401

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

Online: stjohnsbath.org.uk/what-we-do/good-living-sessions/

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

Frank Lloyd Wright

good living 