

## Leah Jackson

Leah has this year spear headed our work on developing the Wellness Navigator role and our concept around Holistic Wellbeing at Inspired Villages. She has been instrumental in our project to develop a wellbeing offering that focuses on physical, mental and social wellbeing, working with our key partners in this.

However, first and foremost Leah works directly with the residents and team members at Millbrook Retirement Village with the aim of getting them active and engaged in a host of activities. Leah has organised a series of events, activities, seminars and been instrumental in running pilots with both groups and individuals focused on active ageing and ageing well.

In pursuit of this goal Leah has introduced from scratch a full calendar of activities and events, including:

- Gym Inductions – how to use equipment
- Exercise Programmes – goal and injury specific programmes
- Classes – Aqua Aerobics, Zumba, Stretch and Tone, Stretch and Mobilise, Tai Chi, Pilates, Cardiowall
- Weigh - ins
- Health Assessments
- Supervised Gym Session – to help build up confidence of residents who don't like to use the gym alone.
- Organised Walks
- Resident Calls and Visits – residents feeling lonely, haven't been out and about for a while, have had appointments or health issues. Catch up with them to see how they are if they need anything and have a friendly chat for support.
- Summer and Winter Games to get people involved and active, these events included indoor boules, cardio wall challenge and more

Leah has introduced a series of informative talks covering: Nutrition, Exercise, Sleep, Arthritis, Osteoporosis, mental health, better sleep and more

All of this has led to great success, highlighted through research over a 3 month period by Hero Wellbeing on a cohort of residents:

Resident Activity increased by 18%

Resident satisfaction with activity increased by 26%

Resident sitting hours decreased by 6%

Resident loneliness decreased by 32%

Resident satisfaction with mental wellbeing increased by 8%

In her own words Leah's highlights are:

Supporting a resident who went in the pool for the first time in 30 years.

The Weekly Weigh in group losing approx. 50lbs since the beginning of the year.

Resident couple Ballroom dancing for the first time in 10 years and now going weekly.

The Fitbit Team walking 15,148,966 steps.

Resident saying she needed me a long time ago and feels so much more positive with my motivation and support.

An email from a resident's daughter thanking me for getting her mum walking around the village and swimming again.

Leah should win this award as she embodies the ethos of UKactive. She is changing lives with the work she does every day - literally