



# Our Book of Wellbeing: Simple Ways to Enjoy Life

Abbeyfield Bristol & Keynsham has been dedicated to tackling isolation for 60 years, as we know that staying connected is vital for our health. This is why we created Our Book of Wellbeing, to share a practical summary of ideas that help you beat loneliness and enjoy life. Based on the "5 Ways to Wellbeing," it offers simple tips to boost your happiness:

## The Five Pillars of Wellbeing

- **Connect:** Strong relationships are like a "warm hug for your brain". You can reach out by making a quick phone call, visiting a "Chatty Café" like the ones hosted by Age UK Bristol, or joining a local hobby group. At Abbeyfield, shared mealtimes and coffee mornings provide a built-in circle of friends.
- **Be Active:** Physical movement releases natural chemicals that improve mood and sleep. Try "micro-walks" to the end of the street, gentle chair yoga, or spending 15 minutes gardening. Our houses offer organised classes, but you can also stay active at home by simply waving along to your favourite song.

- **Take Notice:** Practising mindfulness helps you find richness in small things, like the taste of tea or the warmth of the sun. Try mindful observation by focusing on a single flower or leaf, or use full-body breathing techniques to promote calm and reduce stress.
- **Keep Learning:** Challenges keep your mind flexible and boost self-confidence. You might try a new recipe, learn a new feature on your phone, or visit a local library. Residents also enjoy "friendly" competition through weekly quizzes led by our house "quiz masters".
- **Give:** Helping others enriches both the community and yourself. Consider volunteering at a charity shop, being a good neighbour by collecting a parcel, or helping run a local coffee morning. At Abbeyfield, residents play a vital role by helping each other and making the house feel like a true home.

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## Choosing a "Better Independence"

Managing a home alone often comes with a heavy "mental load" of bills, maintenance, and isolation. Abbeyfield offers an alternative that supports your independence while removing the daily burdens:

- **No Chores:** Home-cooked meals are served in a communal dining room, and all bills and maintenance are included in the monthly fees.
- **Private Living:** Residents enjoy private, unfurnished apartments with en-suites and kitchenettes.
- **Peace of Mind:** A house manager is available for support, ensuring you are never truly isolated in a crisis.

We invite you to experience this friendly atmosphere for yourself. Come by for a "Proper Cuppa and a Chat" with our residents at our houses in Hanham (Kift Lodge), Henleaze, Redland, or Keynsham.

**We are committed to the wellbeing of our residents and the wider community.  
Read our Wellbeing Guide on the website under 'resources'.**