

Edition 01 | **January
2026** | Winter Edition

Monthly Newsletter

Maya Supported Living Limited

SUPPORT GUIDED BY LOVE, DRIVEN BY CARE



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At Maya Supported Living Limited, we are dedicated to creating inclusive, engaging, and meaningful experiences for every resident across our supported living homes. During January, our residents took part in a variety of social, educational, and recreational activities designed to enhance wellbeing, foster independence, and strengthen community connections. Here's a look at some of the wonderful things happening across our homes:

January 2026

Monthly Resident Activity Highlights

Lets explore what happened in our houses in January



Westway House residents took part in varied outings and activities promoting learning, community connection, and cultural engagement, including local trips, park visits, educational and faith visits, plus birthday celebrations—making the time both meaningful and memorable.



Birthday Celebration at Cottage House



Memorable tour of Cambridge city.

Hollygrove House residents enjoyed a range of meaningful activities supporting daily living skills, community involvement, and social wellbeing, including shopping, park walks, church visits, dining out, cinema trips, airport bowling, and a special birthday celebration.

Marryat House residents enjoyed a variety of enriching activities that supported independence, wellbeing, and social connection, including shopping, bowling, dining out, gardening, cycling, and a memorable tour of Cambridge.



Argyle House residents enjoyed a lively and engaging activities that offered fun, creativity, and community involvement. Highlights included trips to Aldershot, shopping outings, cinema visits, park visits, and energetic disco sessions, alongside joyful New Year celebrations.

Residents also took part in museum visits, including the Harry Potter Museum, and enjoyed interactive bubble game activities, creating a well-balanced and memorable period for everyone involved.



The Cottage House residents experienced a vibrant and engaging period filled with a wide variety of activities that supported wellbeing, social connection, and enjoyment. Residents took part in dining out, café visits, shopping trips, cinema outings, bowling, and arcade games, alongside active pursuits such as swimming, outdoor gym sessions, and regular walking, jogging, and running. Outings to Heathrow Central Airport, cab and bus rides, and meaningful celebrations—including birthdays and New Year festivities—made this a memorable and enriching time for everyone involved.

*“Care is not just what we do,
it’s how we make people feel.”*

Green Bell House residents enjoyed a variety of community-based and recreational activities that encouraged social engagement and active lifestyles. Outings included airport bowling, shopping trips to Kingston and Hounslow Centre, and relaxing visits to local community parks. Residents also took part in an Aldershot trip for dining, cinema visits, café outings, and outdoor gym sessions, making the period both enjoyable and enriching for everyone involved.



Did you know?

Regular social interaction in care homes can significantly improve residents’ emotional wellbeing and reduce feelings of loneliness.

Wheatland residents enjoyed a balanced activities focused on community engagement and wellbeing. Outings included park visits, community walks, shopping trips, library visits, and relaxing breaks at Costa Coffee. During periods of poor weather, residents took part in enjoyable indoor activities, alongside longer outings and movie visits, ensuring a varied and engaging experience for everyone.



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“Supporting residents with *compassion*, while reassuring families with care you can *trust*.”



Prakit Panday

EMPLOYEE OF THE MONTH

Bhakta Khadka has been recognized as Employee of the Month-January. His hard work and dedication is remarkable.

As an appreciation he received certificate and £50 worth gift voucher.



THANK YOU