

Edition 03 | **March  
2026** | Spring 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 March, 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:

## March 2026 Monthly Resident Activity Highlights

Lets explore what happened in our houses in March



### TOP NEWS



All the clients & staff joyfully celebrated **Holi at Cottage House**, filling the day with vibrant colors, laughter, and a strong sense of togetherness.

At **Argyle House** offered engaging activities that supported clients' social and community involvement. Outings such as cinema trips, dining, and shopping helped build independence, while bowling and arcade games encouraged social interaction. Clients also enjoyed a picnic, museum visit, gardening, and celebrations like Holi and Mother's Day. Overall, these activities positively supported wellbeing and quality of life.



*From everyday outings to special moments, each experience supports growth, connection, and a better quality of life.*



Red Nose Day was celebrated on 20th March 2026 at cottage house. Every clients enjoyed it and they even started to color the pictures.



All the clients warmly celebrated Mother's Day, honoring appreciation love & care, with heartfelt moments and joyful togetherness.



The team joyfully celebrated a baby shower for one of our staff at Cottage House, sharing laughter, gifts, and best wishes for the new arrival.





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**At Hollygrove House** offered a wide range of activities supporting clients' physical, social, and emotional wellbeing. Clients enjoyed armchair exercises, ball games, twice-weekly walks, and outdoor time in the garden and on the swing.

Creative expression was fostered through art and craft sessions, while social events included a lively Holi celebration, FB's birthday, & a staff baby shower. Community engagement featured shopping trips, café visits, weekly takeaways, and outings like bowling, Jump Giants, and movies, as well as a dry picnic in the park. These activities created a positive, engaging, & supportive environment for all

**At West Way House** offered a varied programme supporting clients' independence, wellbeing, and social inclusion. Activities included college attendance, airport bowling, park visits, movie outings, & trips to Heston and Hounslow High Street. Clients enjoyed shopping at ASDA, family visits, dining out, and takeaways. Physical wellbeing was encouraged through swimming & cycling at Bushy Park, while cultural enrichment included visits to Osterley Park & Central London museums. These activities created a positive, active, and fulfilling environment for all clients.



**At Cottage House** provided a person-centred programme supporting clients' independence, wellbeing, and individual preferences. Indoor activities included movie days, art and craft, music and dance, cooking, board games, writing, & household tasks, while respecting clients' choices for independent time. Outdoor and community activities featured High Street visits, shopping at Asda, Tesco, and Poundland, coffee trips including Kadak/Karak chai, and dining at local cafés. Clients also enjoyed regular walks, park visits, light exercise, photography, gardening, gym sessions, and community outings by car or bus. Education continued with college attendance and supported travel, while family involvement included home visits and help with special occasion gifts. Additional highlights included countryside farm or garden centre trips, swimming, bowling, Jump Giants, and movie outings, all creating a positive, engaging, & supportive environment for clients.

**"Do more of what makes you happy."**



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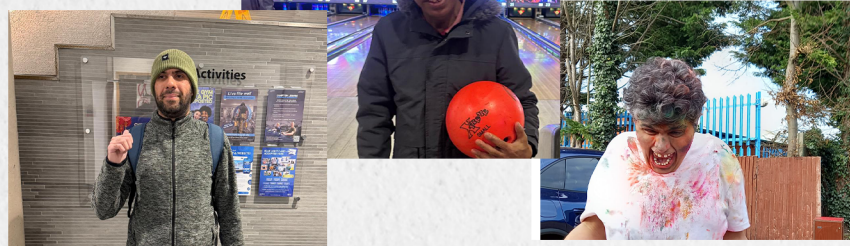
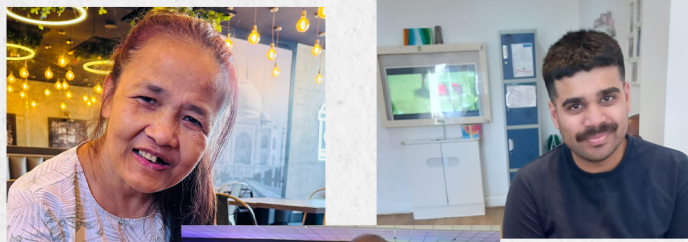
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At **Marryat House** delivered a varied programme of activities promoting clients' independence, wellbeing, and community participation. Clients enjoyed outings such as bowling, cinema trips, and shopping visits, while social connections were strengthened through visits to other houses.

Outdoor time, dining outings, and activities like cycling and swimming supported both relaxation & physical wellbeing. Overall, these experiences created a positive and enriching environment for clients.

*"A smile is a quiet kind of strength."*



At **Wheatland House** offered a balanced programme supporting clients' well being, social interaction, & community involvement. Activities included visits to the urban farm, community walks, Costa Coffee and library trips, & participation in events at Cottage House such as a Holi celebration and staff baby shower. Clients also enjoyed indoor relaxation & creative activities, as well as movie outings, swimming, and a dry picnic in the park. These varied activities fostered a positive, inclusive, & stimulating environment for all clients.

At **Greenbell House** offered a varied program supporting clients' independence & wellbeing. Clients enjoyed daily routines, relaxation, and practical life skills such as cooking, baking, & housework. Physical health was promoted through physiotherapy and walking exercises, while shopping trips, community outings, and family visits encouraged social interaction. Highlights included the joyful Holi festival celebration with music and colors, alongside college attendance and continued structured routines that positively supported daily life.



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## HAPPY Birthday TO YOU



AASHISH KURMI



Dr. Raksha Thapa



SUJANA KHADKA

Client FB along with the friends and family celebrated her birthday in March. Staff members Aashish Kurmi and Sujana Khadka, shared their birthday this month with great joy and excitement. On their special day, they got £25 worth of a gift voucher from the company. Along with that we also celebrated birthday of our HR Director, Dr. Raksha Thapa.

## WELCOME TO THE TEAM



Bikram Aditya Mahaseth



Namrata Khaniya



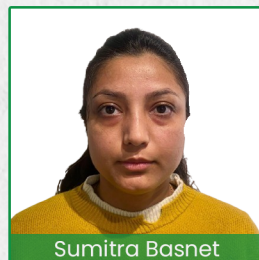
Pawan Shahi



Subekshya Shrestha



Subin Khatri



Sumitra Basnet



Riya Dhungel

## EMPLOYEE OF THE MONTH

*Diya Maharjan has been recognized as Employee of the Month-March. Her hard work and dedication is remarkable.*

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



## TRAININGS

Oliver's McGown training on Learning disabilities and Autism - Tier 2

