



CASE STUDY: MILLBROOK VILLAGE, INSPIRED VILLAGES.

A look into why Inspired Villages chose the CardioWall to help promote a more active lifestyle for residents

OVERVIEW

Millbrook Village is one of six retirement villages in the Inspired Villages Group. Focusing on health and happiness, each village ensures that residents quality of life and wellbeing are at the heart of everything they do.

Millbrook Village have a particular focus on active ageing and providing opportunities for residents to be physically active.



“

I look for the lights and don't look for support, it's developing a part of the anatomy that used to work and isn't being worked at the moment - which is great for my balance and confidence.

”

DON

Milbrook Village
Resident



INTRODUCTION

In January 2019, Inspired Villages, trialled the CardioWall in their retirement village in Exeter. Three years later and they have CardioWalls installed in five of their villages. We caught up with Leah Jackson, Wellness Navigator, to find out how the CardioWall is supporting their focus on the wellbeing of their residents.

WHY DID THEY CHOOSE THE CARDIOWALL?

Already linked with UK Active, Inspired Villages aim to provide new opportunities for residents to be physically active, whilst creating communities through group sessions. This has the added benefit of increasing social engagement and combatting loneliness. They chose the CardioWall as it is a fun, challenging and engaging product that is fully inclusive for almost all residents to enjoy.

FEEDBACK ON THE CARDIOWALL?

Since Inspired Villages installed the CardioWalls, there has been a growing number of residents (and staff!) who regularly use them. CardioWall clubs are run on a Monday which has been a great social meeting for residents. CardioWalls have also been used as part of their Summer and Winter Games. Residents play independently and in pairs, always motivating each other to improve on previous scores.

For many residents, the CardioWall has improved their balance and fitness levels, and has also increased their confidence. In June, a CardioWall will be installed in their on-site gym for residents to use as part of exercise and rehabilitation sessions.

Following the successful trial at Millbrook, CardioWalls are now installed in every new Inspired Villages site build.