

rugged interactive

# SPOTLIGHT ON:

Millbrook Village, Inspired Villages, Exeter



In January 2019, Inspired Villages, trialled the **CardioWall** in their retirement village in Exeter. 3 months later we caught up with **Leah Jackson, Wellness Navigator**, to find out how the CardioWall is supporting their focus on the wellbeing of their residents.

## A snapshot of Millbrook Village

Millbrook Village is one of six retirement villages in the Inspired Villages Group. Focussing 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.

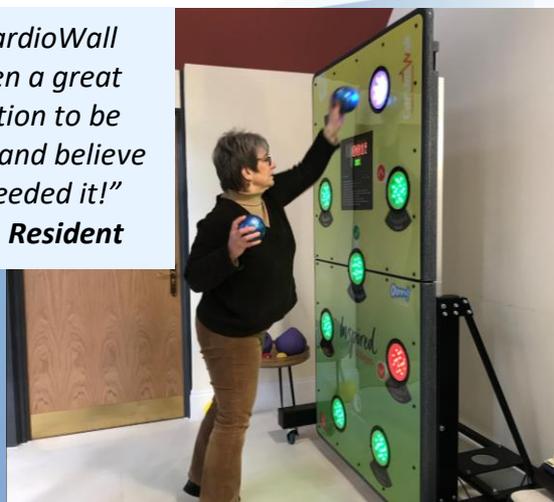


## Why did Inspired choose the CardioWall?

Already linked with UK Active and Oomph Wellness, 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 all

*"The CardioWall has been a great motivation to be active, and believe me, I needed it!"*  
**Lucy, Resident**



## 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**.

## What they had to say:

*"I look for the lights and don't look for support, its 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, Millbrook Village Resident**