

Bring The Outdoors In

The winter months affect vulnerable adults more than we can imagine, so it's as important as ever to bring the outdoors in this winter. Doing so we can combat a sense of restriction and isolation, offer freedom of choice, and a greater connection with community.



Options for both quiet and active spaces can be highlighted by colour and contrast, and provides a clear choice to 'go out' or spend time alone to unwind.

A 'pop-up café' can be a fun excuse to invite friends and family over and share some warm drinks. You can show food prep or get them involved, provide fruit bowls, set the table and even provide menus for that feeling of an outing.

Bring plants inside or offer views to the garden as a way to open up the space and make it feel like the outdoors.

Use shades to diffuse light and reduce confusing shadows whilst mimicking sunlight.