



Welcome to the Autumn 2023 issue of Peninsula News.

It's hard to believe we're already well into September. It's been a busy summer and we've loved inviting family and friends into our homes, with events including garden parties and summer fetes.

We've been making the most of the late burst of sunshine recently, with time in our beautiful gardens and gentle strolls in our local areas. But, with the evenings now starting to draw in, our thoughts are turning to autumn events and winter celebrations. Of course, we're also mindful of protecting our residents through the coming months. The change of season means we'll be rolling out the flu and Covid vaccination programmes to all our homes, beginning this September.

I'd like to extend a warm welcome to those who are new and experienced in the sector and to Lisa Warne, who has joined us as Manager at Parkland (see p. 5). We've been working on a number of refurbishments within the homes, so thank you for your patience throughout this process. Our aim with these improvements is to create a better living environment and bring joy for all.

Wishing you all the best for the autumn and beyond.

Louise Arnold
Managing Director, Peninsula Care Homes

In this issue

Page 2: News from Bramble Down

Including bringing the beach to the home, the Denbury Flower Show and a treasure hunt.

Page 3: News from Coppelia House

Including success at the Moretonhampstead Carnival and enjoying an animal visit.

Page 4: News from Cornerways

Including entertaining in style at our summer fete and a busy season for our gardening club.

Page 5: News from Parkland House

Including bumper birthday celebrations and cooking up a storm in the kitchen.

Page 6: News from Plymbridge House

Including a sociable summer and our famous supersize sunflowers.

Pages 7 & 8: News from Peninsula

Including a training update, our latest care home scores and more.

Page 9: Above & Beyond Awards

Winners of our new internal award scheme.

Page 10: Sepsis Awareness Month



Denbury winners at Bramble Down
- on page 2



A cheeky ice cream at Coppelia
- on page 3



Baking galore at Parkland
- on page 5



Musical fun at Plymbridge
- on page 6

News from Bramble Down



Denbury Show success

The Denbury Flower, Produce and Art & Craft Show is a wonderful local celebration, featuring 80 classes spanning flowers, fruit and vegetables, craftwork and more. We put forward several entries this year and were absolutely delighted to come second in the 'truss of tomatoes', 'rhubarb' and 'three stems of roses' categories.

The success didn't stop there... We were very proud of our residents Michelle and Beryl, with Michelle coming second for her art work and Beryl coming third for flower arranging, while also receiving Highly Commended for the earrings she made.



Bramble Down beach day

We took advantage of the late summer sunshine to bring the beach to Bramble Down. This included setting the scene with a whole host of inflatables, providing beach-themed activities, and serving fish and chips for that traditional seaside experience.



A fabulous floral festival

The Denbury Festival of Flowers was a real sensory treat, with displays from students at the British Academy of Floral Art (which has been a Chelsea Flower Show Gold winner on several occasions). These took visitors on a journey of discovery through clever floral designs based on the five senses. Several displays were interactive, incorporating edible and audible elements.

Bramble Down sponsored an exhibit and Beryl was able to use some of the stems for her own flower arranging back at the home.



Changing our medication administration

We've now removed the use of medication trolleys in order to store medication safely in cabinets in each room. This follows the successful implementation of in-room medication cabinets at Cornerways and makes the administration of medication more personal for each individual.



A treasure hunt challenge highlighted how people with loss of sight and other issues experience the world around them. This was both a fun activity and a useful insight for our team.



An afternoon enjoying being perfectly pampered with nail and spa treatments.

"A big thank you to all the staff for the compassion and care they provide."

News from Coppelia House



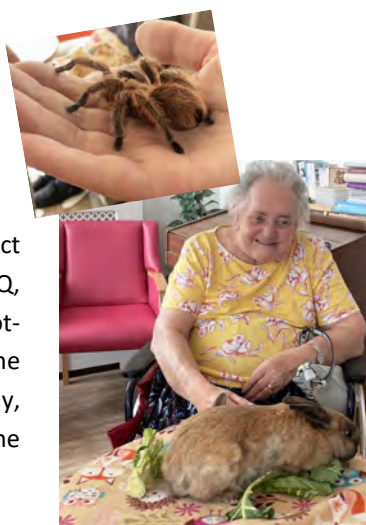
Coppelia a carnival winner

We had a fantastic day at the Moretonhampstead Carnival at the end of August – not least because we won in the category of ‘Best Local Static Entry’. Our theme was ‘Coppelia’s Old Farmers’, which was brought to life with an array of amazing costumes and props, including jars of Dartmoor demon juice! Everybody had a lot of fun creating our entry, with the activities team working hard alongside every single person who lives in the home. We loved being part of the event and seeing so many wonderful floats on the day.



Animal experience

Animals have a remarkable ability to improve overall mood and well-being, as well as being interesting to interact with. We recently welcomed Animal HQ, who brought a selection of furry and not-so-furry friends for us to meet. The bunnies and dogs were very cuddly, while it was fascinating to see the tarantula and snake up close.



Getting to know...

Emma Chatfield

Job title: Care Lead

My PCH journey: I started as a senior and progressed to care lead.

My accomplishments: Undertaking my level 4 NVQ in adult social care.

What makes my working day a great day: Seeing the smiles on all the faces of the people who we care for.



It was wonderful to welcome friends and family to our Tea and Natter event earlier in the summer.



Cora used to teach horse riding and talking to her about her past inspires beautiful sketches like this one.

A bumper birthday season!

We’ve celebrated several birthdays recently, including Margaret Dowell’s 88th birthday, Pauline Tremlett’s 84th birthday and Mavis Cripps’ 96th birthday. Mavis has lived locally her whole life, so is well-known to people here in Moretonhampstead.

Who can resist the temptation of an ice cream van? Not us! A real treat on a hot day.



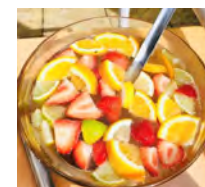
“I am really grateful for the care you all give mum, it’s very much appreciated.”

News from Cornerways



Entertaining in style

Our summer fete brought together our residents, families and staff, with the opportunity to enjoy beautiful homemade cakes, scrumptious 'rum punch', a BBQ and some lovely items for sale. Thank you to everyone who came along, we're delighted to report we raised £350. A huge thanks to Maz and Megan for all their hard work planning the event. We're already thinking about our Christmas Fayre, so keep an eye out for more details soon.



Our green-fingered gardeners

The gardening club has been able to share the fruits (and veggies) of their labour with everyone, supplying radishes for a juicy salad recently. We presented certificates to all members to mark their dedication, displaying these on the wall between our two lounges. The club makes good use of our wheelchair planter, kindly created by Richard from The Shed at Chelston Workshops in Torquay. He sadly passed away this year and we'll be adding a plaque to the planter in his memory. We're also grateful to The Shed for providing plants and compost in addition to the planter to help our gardening club.



An event-full summer!

We've made the most of local events in Paignton with outings to a sci-fi day, Elvis week and a classic cars show, to name a few! We also marked Armed Forces Day to share our links with the Armed Forces community, with some of our residents able to visit a special showcase event on Paignton Green.



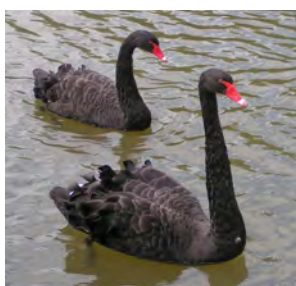
Maintenance update

Our freshly renovated first and second floor corridors are now known as 'Meadow Way' and 'Forest Walk'. New pictures, door furniture and wall art complete the themes and we've had very positive feedback on the work. We're discussing ground floor improvements next.

Other maintenance projects include the fitting of a new, more efficient boiler to help maintain a comfortable temperature during the winter months.

Seaside swans

We took eight of our residents on an afternoon trip to Dawlish recently to see the black swans, with a quick stop at the beach - plus a cheeky ice cream and cuppa, naturally.



We're always ready for some toe-tapping music and had fun joining in with entertainer, Chris Moore recently.

"We are very satisfied with the care, attention and dignity shown by staff."

News from Parkland House



A warm welcome to our new Manager

We're delighted to announce Lisa Warne has joined us as our Manager at Parkland, following Ann's retirement. Lisa brings 32 years' experience in health and social care. Having begun her career when her children were young, she worked hard to gain her Level 5 Diploma in Leadership and Management and has previously managed a number of homes across Dorset.

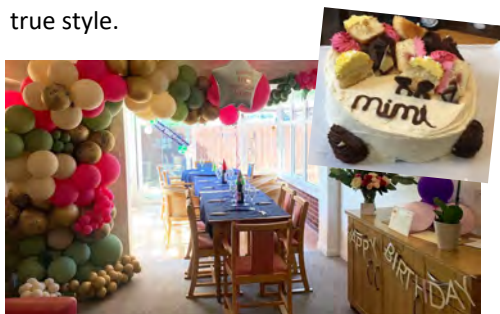


Lisa says: "I thought care would be glamorous! But I soon learned this was not just a job but a true vocation. I've loved every minute, including the highs and the lows, and could not imagine another career. When I was looking for my next role, I wanted much more than just a manager's post – it was more about the company values and the feel of the home. I know Peninsula Care Homes are very much about the care of the residents and I'm so excited to be part of Parkland House."

We'd also like to take this opportunity to say thank you and farewell to Ann Thomas (previously Boardman), who was with us for 13 years as Registered Manager at Parkland. Here's to a happy retirement, Ann!

A busy birthday season

The summer saw a number of Parkland birthday celebrations. Diane's 80th included a big party with her family, while we also celebrated Mimi's 88th and Roger's 81st with some delicious cake. Last but by no means least, Vera's family hired our Coach House for her 100th birthday bash, observing this amazing occasion in true style.



Summer outings

We managed to tick a few outings off our residents' wish lists, despite the less-than-stellar summer weather. These included a beach visit as well as a trip to the local garden centre, where people enjoyed trying on hats, card shopping and looking at the ducks – plus some coffee and cake sampling, of course.



Cooking up a storm

Our residents' kitchen has been getting a lot of use. We've enjoyed making everything from pizzas to pasties and cookies to cheese straws.



And, of course, it would have been rude not to mark National Blueberry Muffin Day...

Trying out old-school crafting! Potato printing proved a great sensory activity and prompted much reminiscing to boot.



Our Coach House makes a perfect function room for special celebrations. It's now available for families and friends to hire, with a small charge for food and beverages. Please contact us if you'd like to find out more information or to make a booking.

"Thank you for the fabulous way you care for my dad!"

News from Plymbridge House



A sociable summer

We've really enjoyed welcoming families and friends over the summer, hosting a couple of events designed to bring everyone together as well as fundraise for our activities fund.

The sun was shining and the tea was flowing for our garden party at the end of June. We had a lovely turn out, with people sampling delicious scones made by Sarah and taking part in a raffle with a hamper as a first prize. More recently, we held a bring and buy sale, which included another raffle as well as a delicious spread of homemade buns and cakes. Thank you to everyone who came along and to Liz, who has done a fabulous job organising these events.



Anniversary celebration

We had a wonderful afternoon celebrating Sarah's 30th anniversary of working at Plymbridge by drinking bubbles, eating delicious food and reminiscing. As Sarah says, it's an extremely special place and the team are her extended family. Congratulations Sarah – thank you for all you do and here's to more years to come!



In pictures



A birthday buffet for Gordon, with homemade pasties. Everyone enjoyed talking about the baking we used to do in our own busy kitchens - and Gordon gave the end results top marks!



Entertainer Patrick Jervis always gets lots of song requests, with old favourites stirring many memories. Apparently You Are My Sunshine is his most requested song.

Supersize sunflowers

Our sunflowers have put on a truly splendid show this year, hitting over 14 feet with a gorgeous display of cheery flowers. They've been a great conversation starter and even made the local news, with our landscape gardener, Mark Brown, featured in the Plymouth Herald. Mark works really hard to give our gardens at Plymbridge the 'wow' factor and our sunflowers and other displays certainly achieve this, much to everyone's delight.

Mark's 14ft high sunflowers delight residents

CARE HOME GARDENER BREAKS HIS OWN RECORD

By ADRIAN PHILLIPS

A LANDSCAPE gardener at a Plymouth residential home has broken his personal record by growing sunflowers to an incredible height of 14ft.

Mark Brown has built and tended the gardens of Plymbridge House in Plympton for 13 years, with his sunflowers being a small part of a great floral display which regularly earns compliments from both staff and visitors.

"Mr Brown, with his northwards are big, get them over 14ft, and the ones which are well above the normal height has a 11ft or even which reach from 8 to 10ft."

He said: "I've been picking up different seeds and sowing them in the garden."

"The weather certainly helps, but I've worked hard to achieve them. I've worked many hours to give these gardens the best display. It really does show what plants can do and what it takes to get them to grow."

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"I just want to say what wonderful staff you have. Always friendly and helpful and kind."

Training News from Peninsula



Learning and development is a key priority for us at Peninsula. We're very fortunate to have an extremely experienced senior team, who love sharing their experience, as well as a dedicated Training Manager.

This allows us to provide staff with a variety of internal development opportunities. Over the last few months these have included face to face Safeguarding, Moving and Handling and Emergency First Aid at Work training across the homes. We've also secured a number of external specialist training opportunities to support our teams, including workshops with the RNIB and Age UK, while Manager Andrea and care lead Emma have attended a training day on responding to safeguarding adults concerns with Devon Council.

Mental Capacity and Best Interest Training

Manager Jo and care lead Maz recently joined a training session on the Mental Capacity Act (MCA), Best Interest (BI) and Deprivation of Liberty Safeguards (DoLS).

This was very informative and highlighted the importance of details in our recording. We're in the process of reviewing our documentation to ensure this meets the required standards and regulations.

Dementia Care Mapping

Our Managing Director, Louise Arnold, has recently completed her Dementia Care Mapping™ (DCM™) training with the University of Bradford. This is designed as an observational framework that can be used to review different areas, including quality monitoring and improvement and individual assessment and care planning.

Louise joins Nick, our Quality Assurance Manager, in achieving this qualification and they will be completing Dementia Care Mapping across our homes.



Practical workshops with RNIB

Huge thanks to Linzi, the RNIB's UK Training and Development Officer, who travelled to Plymouth to deliver practical workshops for staff across our five homes. Building on previous sessions, these focused on the experience of people living with both dementia and sight loss.

Staff learnt about common sight loss conditions affecting the older generation, with a chance to experience first-hand what life can be like living with conditions such as macular degeneration, cataracts, glaucoma and diabetic eye disease. This included taking a blindfolded walk in the community, with a sighted guide to help safely navigate – communication and technique being key!

Following the sessions, we're introducing RNIB Vision Passports as part of Peninsula's care planning to ensure we continue to best meet people's needs.



Dementia training with Age UK Plymouth

Thirteen team members enjoyed a day of interactive and thought-provoking training with Tammy from Age UK Plymouth. The session had been written and co-produced by Buz Loveday (a specialist in person-centred dementia care) and people living with dementia.

We heard from people living with dementia how this affects their lives and the lives of their loved ones, with

insight into how they can best be supported to navigate their dementia journey. Staff found these real-life stories told by experts with experience incredibly powerful and moving. Practical activities highlighted daily challenges, as well as the vital role staff play in easing these to support people to live their best lives. We're looking forward to welcoming Tammy back for further training.

News from Peninsula



A perfect 10 for Cornerways

We're delighted to see Cornerways has achieved a review score of 10 on carehome.co.uk, which is the highest rating on the site. This gives us an overall score rating of 9.8 across all our homes.

The scores are calculated from your feedback, so this means a lot to us. We have exceptional teams across our five care homes who never stop giving, enabling our residents to lead their best lives.

Our current scores are:

- ⇒ Bramble Down – 9.8
- ⇒ Coppelia – 9.7
- ⇒ Cornerways – 10
- ⇒ Parkland – 9.8
- ⇒ Plymbridge – 9.8

Kickstart Scheme review

We were interested to see a recent government paper examining the success of the Kickstart Scheme, which provided a useful reminder of the benefits this offered. The scheme was introduced to provide work placements for 16-24 year olds claiming universal credit and was designed to enable businesses to support the development of crucial employability skills.

We're proud to have been part of Kickstart and we still have five members working with us today. Some started in positions such as Welcome Host before going on to be a carer or part of our Central team. It proved to be a great way for us to employ new team members into new roles and enabled training and development that would have been hard to achieve otherwise.

Remembrance Sunday

As a committed signatory of the Armed Forces Covenant, we recognise the value the armed forces contribute to our country and our businesses.



We'll be marking Remembrance Day in November, commemorating the contribution of British and Commonwealth military and civilian servicemen and women in the two World Wars and later conflicts.



"Bramble Down Nursing Home is comforting and homely... The carers and the nurses were friendly and willing, always smiling and patient. They built a good rapport with my aunt, which was really important as she had never experienced personal care before. Her health issues were carefully assessed and have been solved. All in all, a very positive experience and outcome."

"My father and (our family) are extremely fortunate to have a care home of such a high calibre on our doorstep. He needed 24/7 care and he got it... The staff do everything in their power to make the whole situation as homely and pleasant as possible... (They) were understanding and accommodating to which we are very grateful. Thank you."

"Ma was here for 5 years. She was always treated with much love, respect and humility. She felt safe and secure at Coppelia House. Throughout Covid and after there was always emphasis on the happiness of the folks in care. For me, it's been a real comfort that Ma was here being looked after."



We're thrilled to celebrate 20 years of Peninsula Care Homes during 2023 and 2024. Our first home, Coppelia, opened in February 2003 and September sees the anniversary of Cornerways.

News from Peninsula



Above & Beyond Awards

We launched a new internal award scheme during #GladtoCare Awareness Week in June 2023, with the aim of focusing on the exceptional care and efforts of our staff.

Teams were asked to nominate someone they felt went 'Above & Beyond' in relation to our 'Committed and Embracing' CARE values.

We loved reading the nominations and the award winners were presented with a certificate and prize in recognition of their service.

Congratulations to all our winners and a heartfelt thank you to all our staff across our five homes for your dedication.



Maz receiving her award



Michelle receiving her award



Ikram receiving his award

Our award winners - in their colleagues' words

Ikram - Plymbridge

"He's super hardworking, kind and caring, committed to giving the best care at all times. He anticipates resident's needs, is polite, shows outstanding dignity and respect. He deserves this award no question."

Michelle - Parkland

"Michelle is very supportive of her colleagues. She is a fountain of knowledge and someone who always makes sure she says good night to every resident before leaving for home."

Jackie - Bramble Down

"She comes in early every morning to water the plants and has transformed our garden, it looks amazing. She's managed to source many free events, including music therapy, and is always upbeat and optimistic."

Gemma - Coppelia

"She's committed to her job and is always there to help, making sure all the residents are happy and smiling, as well as ensuring a safe and friendly environment. She treats every resident respectfully and is always positive."

Maz - Cornerways

"She always puts the resident first in every situation and takes time to get to know everyone individually. She cares deeply and even on her days off she's always available to support staff members and residents."



Sepsis Awareness Month

This is an annual event, designed to raise awareness about sepsis, which is a medical emergency that claims 11 millions lives worldwide each year.

- ⇒ Sepsis is a life-threatening condition that arises when the body's response to an infection injures its own tissues and organs.
- ⇒ There are at least 245,000 cases in the UK every year and up to 48,000 deaths occur.
- ⇒ Nearly 80,000 people each year suffer life-changing after-effects.
- ⇒ Sepsis kills more than breast, bowel and prostate cancer combined.
- ⇒ It's estimated that around 2000 children each year develop sepsis in the UK.

Better awareness could save thousands of lives a year.

The UK Sepsis Trust

The UK Sepsis Trust wants to end preventable deaths from sepsis and improve outcomes for sepsis survivors.



The charity organises the month-long campaign in September to educate as many people as possible about sepsis and its symptoms. Please visit the UK Sepsis Trust website for information on how to protect yourself and others, including the short video, Get Sepsis Savvy:

- ⇒ <https://sepsistrust.org/about/about-the-charity/our-current-campaigns/sepsis-savvy>

HOW TO SPOT SEPSIS IN ADULTS

Seek medical help urgently if you (or another adult) develop any of these signs:

- S**lurred speech or confusion
- E**xtrême shivering or muscle pain
- P**assing no urine (in a day)
- S**evere breathlessness
- I**t feels like you're going to die
- S**kin mottled or discoloured

(Source: The UK Sepsis Trust)

About Peninsula Care Homes

We are a family-owned and family-run company delivering exceptional nursing, residential and dementia care in Devon. Peninsula Care Homes is able to offer choice, flexibility and quality of life. Our homely environments have excellent facilities, a wide programme of activities and nutritious good food. We aim to provide the best possible care so that each one of our residents can live their lives to the full.

Keep in touch on social media:



www.facebook.com/PeninsulaCareHomesLtd

Peninsula Care Homes

www.peninsulacarehomes.co.uk Peninsula Care Homes



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Residential Home**
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Residential Home**
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**Parkland House
Residential Home**
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Residential Home**
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