



Welcome to the Autumn 2022 issue of Peninsula News.

I can't write my forward for this issue without honouring the sad passing of Queen Elizabeth II.

The last few weeks have shown what she meant to so many of us, not just here in the UK but around the globe. The many touching tributes are testament to how respected and loved she was as a monarch.

It's incredible to think that her 70-year reign spanned much or all of our lifetimes. We know from the Platinum Jubilee celebrations just a few months ago what an important figure she has been for many of the people living in our homes, some of whom remembered her Coronation or had even met her. We have created memory boards in each of our homes to mark her passing and acknowledge everything she did as our Queen. You can see some of these on page 8.

Wishing all the best to you and your families.

A handwritten signature in black ink that reads "Louise Arnold".

Louise Arnold

Managing Director, Peninsula Care Homes

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News from Bramble Down



A trip to Teignmouth

Margaret, Ray, Mollie, Beryl and Moira had a fabulous trip to Teignmouth seafront. They were joined by staff and their children as well as friends of Moira. After a lovely day by the coast, we enjoyed fish and chips - which were all the more delicious eaten overlooking the sea.



Farewell and good luck!

Thank you to Tia, Ellie and Kate for your hard work at Bramble Down as you leave to commence your studies.

Tia is training to become a nurse in Plymouth, Ellie is training to become a nurse in Gloucester, and Kate is studying medicine in Birmingham. We wish them lots of luck and know they will all do brilliantly.

Photo shoot

The team at Bramble Down had their pictures taken recently as part of our project to update the images used on our website. Keep an eye out for the new photographs on our website at: www.peninsulacare.co.uk



Anaphylaxis Awareness

Some of our nurses recently attended Anaphylaxis Awareness Level 3 Regulated Qualification training. The course covered what anaphylaxis is, the symptoms of allergies and anaphylaxis, and what can be done to help a person with anaphylaxis manage the condition.

This included details on the vital first aid measures to take should someone suffer from an anaphylactic shock, including how to put a person in the recovery position and how to administer an auto-injector.

In pictures...



Lovely lavender... We made use of all the lavender growing here at Bramble Down to make beautifully scented posies.



Birthdays at Bramble Down... We recently celebrated Maureen Robert's 90th birthday and Peter Cooper's 89th.



We've been making the most of our gorgeous garden for various activities this summer - including quoits.

News from Coppelia House



All the fun of the carnival

We loved taking part in the Moretonhampstead Carnival again this year. Coppelia is on the procession route, so this is a great community event to take part in.

Everybody had the chance to create their own signs and banners in the lead up to the procession. We also made crowns and decorative hats, as well as a huge banner for the front of the building, which many of those living in the home contributed to.

On the day, we wrapped up warmly with blankets and comfy jumpers and went outside to watch the procession, which we all thoroughly enjoyed.

Memories of Moreton

We welcomed the Vicar to Coppelia back in August and had an interesting discussion with him about life in Moretonhampstead and how it has changed over the years. Everybody enjoyed the visit, with those with religious beliefs finding it particularly special.



Robert enjoying the carnival



Eric at the carnival with his sign



Ron enjoying another carnival. He was the manager at the Co-Op for many years, which inspired his sign. He recently celebrated his 100th birthday with a garden party with family and friends.

A fresh feel for the entrance

Thanks to Simon, who is our maintenance person at Coppelia, we have a beautifully re-decorated main entrance. This has created a very warm welcome for those living in the home and their visitors.

Many people have commented on how great it looks and it makes the building feel like a true home away from home.



An impromptu tea party

We plan a lot of different activities at Coppelia but sometimes it's good to be spontaneous! This was the case recently when we decided to have a tea party in the conservatory, with an assortment of homemade Victoria sponges and muffins. These were delicious, washed down with a cup of tea, coffee or hot chocolate.

As it was a warm day, we could also make the most of our garden. We played an assortment of songs and had a dance and sing-along, which made for a really lovely time for all.



Moving with Wellmoor

We've been working with Wellmoor, a local community organisation focused on health and wellbeing, exploring different ways to provide meaningful activities for those living in our homes.

A recent session incorporated video, sharing virtual dance and music content that everyone could enjoy. This proved to be a fun way to stay active and we had lots of people taking part, ending with us all dancing and laughing together.



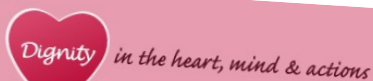
We're lucky to have a number of apple trees at Coppelia. Not only do these look lovely but we can all enjoy the harvest – an apple and rhubarb crumble is always a very welcome treat for dessert.

News from Cornerways



Dignity Champions

Cornerways staff have signed up to the Dignity Champion Campaign. Launched in November 2006, this aims to put dignity and respect at the heart of UK care services. There are over 116,000 registered Dignity Champions from every walk of life, all committing to the Ten Dignity Do's. These centre around improving the quality of care and the experience of those using services. Find out more at www.dignityincare.org.uk.



Students gain hands-on experience with us

We're delighted that several students have chosen us as their practical placement during their studies – hopefully this valuable hands-on experience will help shape the future practitioners they become. Two students from South Devon College have been immersed in life here, spending time with our residents while learning more about how health and social care is delivered to older people within our setting. Nursing students will be joining us shortly, as well as a Level 5 student enrolled on the Associate Practitioners course. We also have an A-level student, Oliver, volunteering with us, who hopes to pursue a career in medicine.

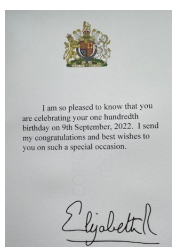
Cornerways part of new research project

We're thrilled to be part of a research project with the University of Plymouth, exploring the implementation of the Enhanced Health in Care Homes framework (EHCH). This looks at ways of providing high quality personalised care to those living in care homes and how staff can be supported to do this. As part of this, we've welcomed Gary Hodge, a registered mental health nurse and researcher at the University, so he can gather data. This is an extremely valuable project and we look forward to the findings.

We've joined the Torquay Gardening Club, which promotes gardening for wellbeing and aims to share ideas and resources across care homes. Our own gardening club has also been busy, with our sunflowers adding a real splash of colour to the patio area.



We celebrated a recent 100th birthday in the home in style, with birthday balloons, beautiful flowers and, of course, cake. The card from Her Majesty the Queen is something to treasure, most especially after her sad passing.



Thank you for bearing with us during essential electrics works, which required a temporary diversion of the main entrance. We're now talking with several contractors to schedule work on corridor flooring on the middle and top floors and will share further updates shortly.

A taste of the tropics

Our activities team went all out for our Hawaiian theme week in August, decorating the home and even dressing for the occasion. We enjoyed Hawaiian music and activities and offered various tropical punches throughout the week.



Fun at the farm

We enjoyed seeing the various animals on our visit to Ocombe Farm - including some hungry goats! - before having a chance to sample the delights of their rather famous coffee shop.



Patrick the Pony

Patrick, a gorgeous miniature pony, came to see us recently. Thanks to his short stature and amazing temperament, he was able to enter the home so our residents could interact with him, feed him and even groom his mane.



News from Plymbridge House



Birthday party fun

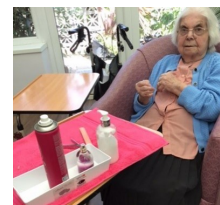
Margaret Thomas celebrated her 90th birthday in August with a special party. Liz decorated the conservatory and everyone enjoyed a delicious buffet tea. Staff then sang and danced with residents. Margaret said she enjoyed the celebrations and the singer.



An action-packed activities schedule

We've had a busy few weeks at Plymbridge House, enjoying among other things a spa day full of pampering, games night with cheese and wine, and a trip to the garden for coffee and cake in our summer house, specially decorated with lights by Liz. We have also enjoyed cooking and yoga with Julie.

A huge thank you to our amazing activity team, who work so hard to make all this possible.



Our spa day gave everyone the chance to relax and feel pampered.



Coffee afternoon in 'Plymbucks'!... Our garden summer house has become a popular destination for a drink, cake and natter.



We had a very enjoyable games evening, complete with cheese and wine and nibbles.

Five-star food

Congratulations to Cally Williams and the catering team at Plymbridge, who had an Environmental Health Officer (EHO) visit recently, to check that we meet the requirements of the Food Standards Agency. We're pleased to report that we scored five, which is the top score, representing high food safety standards.

Cally has also been enrolled on a culinary care programme with Plymouth City Council and City College Plymouth.

Staff news

- ⇒ Congratulations to Charlene Duncan on her promotion to Senior Care Assistant.
- ⇒ Congratulation to Jack Spear on his A-level results; he did very well and we're all proud of him. Jack is now starting his nursing training and eventually hopes to become a paramedic.
- ⇒ Carolyn, our Registered Manager, would like to take this opportunity to thank each and every member of staff at Plymbridge for their hard work and commitment to our residents.

Thank you for your feedback



We're delighted with the feedback from our 'How good is your care?' survey. Thank you to everyone who took part in this. Some of our favourite comments include: "Everyone here is lovely and caring"; "The home is spotless"; and "I'm encouraged to take part in activities and socialise".

Winning sunflowers

There can be no doubt that our beautiful giant sunflowers were the winners of the inter-home sunflower competition! We're looking forward to receiving our prize of spring bulbs soon, which will be put to good use in the garden for next year.





Autumn boosters and vaccinations

As autumn begins, so does the Covid-19 vaccination booster vaccination campaign. This is so important for the ongoing protection of both the people we care for and those who deliver that care.

The autumn Covid booster will be available to those living and working in our homes. We will need to have copies of consent for anyone having their vaccines in the home. Each home will let you know when their clinics are booked.

We also expect to have flu vaccines available for those that live in our homes, with social care staff able to get free vaccines locally.

A new Relief Cook for Peninsula



We are pleased to welcome Nick Lamb as our new Relief Cook. He will work at all the homes as necessary, ensuring we continue to provide healthy and nutritious home-cooked food for all those who live with us.

Nick joined us in September, having relocated from New Zealand to Devon with his family. Prior to relocating, Nick was Head Chef in a large retirement village in New Zealand. He has been a chef for over 23 years and brings a wealth of experience, having worked in a variety of industries including restaurants, cruise liners and offshore.

New starters and current vacancies

We would like to welcome all our new starters and those that have returned to work within the homes. We do still have some vacancies across the group and would welcome applications should you know anyone. Please email jobs@peninsulacarehomes.co.uk or call 01392 346442 for further information.

We recently had our first in-person manager meeting since early 2020! It was great to be able to get together face-to-face and it made a welcome change from our regular online Teams calls.

Your feedback matters...

How good is your care?

Families and friends will soon be sent a link to their email address to complete a survey online. If you would prefer to complete a paper copy, please pick up a survey from the relevant home. Thank you to everyone who has completed this so far.

Staff survey

Our latest staff survey closed in June, and we'd like to say a massive thank you to everyone that responded. In total, we had 153 people reply, which is amazing at just under 60% of everyone working at Peninsula.

Louise Arnold, our Managing Director, and Ian Taylor, HR Manager, joined staff across the group to discuss the survey and get further feedback on a few areas. This included asking how else can Peninsula support your health and wellbeing and what else can we do to improve the lived experience for those living in our homes. Thank you to everyone who contributed to the survey and to the meetings.

Online reviews

Thank you to everyone who has been sending in reviews to carehomes.co.uk, we really do love seeing them. These also help others who are looking for a care home. The scores are determined by the frequency of us getting reviews as well as the scores we receive, so we appreciate you taking the time to add your comments.

We're proud to see the high standard of current scores for all our homes: Bramble Down 9.5, Coppelia 9.8, Cornerways 9.9, Parkland 9.8 and Plymbridge 9.5.



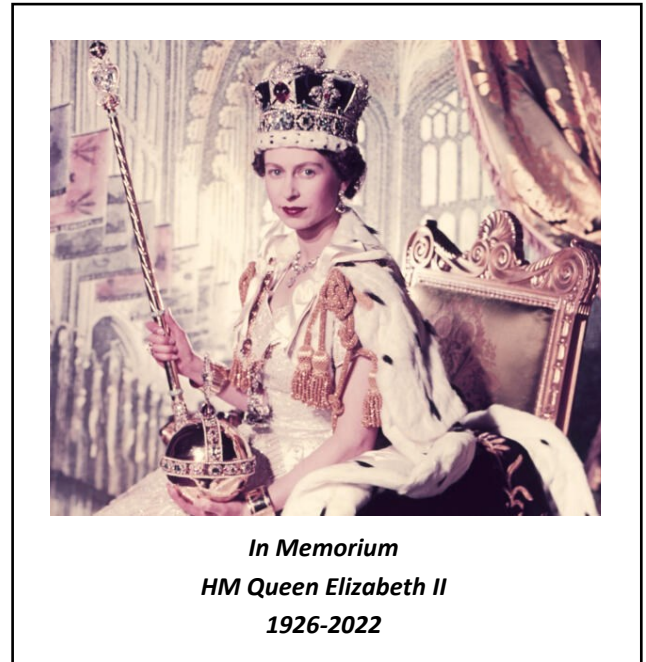
News from Peninsula



Remembering our Queen

There have been many tributes to Her Majesty Queen Elizabeth II following the announcement of her death by Buckingham Palace on 8th September at the age of 96. She was a truly inspirational figurehead for so many of us and we have been paying our own respects at each of our homes with memory boards and displays. These both commemorate her service and commitment to our country, as well as celebrating her life and her 70-year reign. As our longest-serving monarch, she really has been a constant and steadfast presence in all of our lives.

We send our condolences to King Charles III and all those in the Royal Family.



**In Memoriam
HM Queen Elizabeth II
1926-2022**



The memory boards at Cornerways (right) and Coppelia (below)



Staff at Parkland put together the display above - complete with a corgi to represent her beloved pets - and everyone raised a toast to the late Queen on 9th September.



Peninsula Care Homes

www.peninsulacarehomes.co.uk



**Bramble Down
Nursing Home**

Denbury, Newton Abbot
01803 812844



**Coppelia House
Residential Home**

Moretonhampstead
01647 440729



**Cornerways
Residential Home**

Paignton
01803 551207



**Parkland House
Residential Home**

Exeter
01392 251144



**Plymbridge House
Residential Home**

Plympton
01752 345720