



Welcome to the Summer 2025 issue of Peninsula News.

Somehow we're nearly in July... Time certainly flies when you're busy and we've had plenty to keep us occupied.

If you follow us on Facebook, you'll have seen the transformation of the Coach House at Parkland through our regular updates. This is progressing well and we share some photos on p.5. Coppelia is also looking very smart after a complete exterior repaint.

We're continuing our investment in Peninsula and have recently finalised our Quality Plan for the year ahead (see p.7 for more details). We've welcomed new team members to some of our homes, while we've supported others to take on secondment positions within the group. It's been wonderful to see how well everyone has settled into their roles.

All our homes took part in Care Home Open Week in June. This was a brilliant start to the summer, with a host of special events celebrating the power of music. You can see photos from the week on p. 8. We have much more planned over the coming months and will be sharing details of our activities very soon, with dates for your diary.

In the meantime, I hope you all have a lovely summer.

Louise Arnold

Managing Director, Peninsula Care Homes

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News from Bramble Down



Celebrating everyday superheroes

We had a lot of fun with National Superhero Day. Naturally, the team jumped at the chance to don their capes and masks. From Batman and Robin to Superman (plus a few cheeky villains), everyone got into the spirit. Of course, the thing about superheroes that makes them special is their courage and selflessness. We think our teams across our homes have got that covered and they are all everyday superheroes to us.



Beautiful Buckfast Abbey

The sun was shining for our trip to Buckfast Abbey. We hired a mini bus and were thrilled that some of our residents' family members could join us for the day too. The Abbey and grounds were looking splendid under the blue skies, while the cake at the café was very more-ish. A truly lovely day out.



Remembering D-Day in style

We started our summer season with an event to mark D-Day. Our Manager Director Louise and Ian, Chair of PCH Board, joined residents, relatives and the team for lunch. We dressed for the occasion in red, white and blue, tucking in to a fabulous buffet spread, while a singer entertained us with tunes from the era.



Birthday buffet

Clara, James and Martyn all turned 60 within a few weeks of each other. There were big celebrations, with homemade birthday cakes and even a posh buffet breakfast and bubbles, courtesy of the catering team. Happy birthday all!



Staff news

Welcome to Jo...

A very warm welcome to Jo Broderick as Manager of Bramble Down. Jo was previously Manager of Cornerways and will be steering us on the next stage of our journey. She's already settled in and we're excited to see where she's going to take us. Jo says, "Thank you to everyone for making me feel so welcome. I'm looking forward to working with the fantastic team here to see what the future brings for Bramble Down."



... and goodbye to Patric

We said farewell to Patric, who has been part of the Bramble Down family for 17 years, working on the ancillary side. He has hung up his apron to return to Slovakia and we wish him all the very best for the future.



Enjoying the sunshine with lunch at the pub

News from Coppelia House



A facelift for Coppelia

Coppelia is looking pristine following a repaint to refresh the exterior. This entailed hiring a mobile lift to access the higher areas, which we sent all the way to the top to take in beautiful views of Moretonhampstead and the countryside beyond the town.



Sunny summer days

With the return of the warmer weather, we've been enjoying our lovely garden as much as possible, including a delicious al fresco roast dinner. The sunshine has also been flooding into the home, providing a cheery backdrop for activities such as our skittles afternoon.



Jeanette's Legacy Trek

A sponsored trek to the Himalayas is taking place in memory of Jeanette, who worked Coppelia House. She was an incredible lady, who we all remember fondly. Her son Matt and his wife Sam are taking on an epic fundraising challenge: 40 events before they are 40 in aid of Hospiscare, culminating in the overseas adventure. Details on Jeanette's legacy trek and how you can support this can be found on Just Giving.



Flower arranging makes a great focused and creative activity, with a beautiful end result.



Staff news

We're excited to welcome Jemma as our new interim Deputy Manager. Jemma has joined us on secondment from Plymbridge, bringing a wealth of experience and a calm, confident approach that's already making a positive impact. She's settled in brilliantly, getting to know everyone, jumping into the day-to-day and offering great support to the team. Her approachable manner and steady presence have been felt throughout the home. Please do say hello if you haven't had a chance to yet, she's always up for a chat and eager to get to know residents, families and staff alike.

We've also welcomed two more key members to the team: Tom Miller, as our new maintenance person, and Skye Bond as a new chef. They're already working hard and making a positive impact, and we're thrilled to have them on board.

90th birthday bash

Bob celebrated his 90th birthday in style, with a party with all his friends and family. A very happy occasion enjoyed by all.



News from Cornerways



Front row for English Riviera Air Show

We are so lucky to have the amazing displays of the English Riviera Air Show on our doorstep. Our seafront beach hut gives us the perfect vantage point to marvel at the various aircraft. Everyone thoroughly enjoyed watching the aerial acrobatics. We were all astounded at the skill of the wingwalkers, while the Red Arrows and the Typhoon were firm favourites.



Congratulations to our Acting Home Manager

We're delighted that Marie (Maz) Mason has been promoted to Acting Home Manager, following Jo Broderick's move to Bramble Down. Maz, who was previously Deputy Manager, has settled in remarkably well to the new role.

She says, "Cornerways genuinely feels like my second home. I'm incredibly lucky to lead such a brilliant team and care for our lovely residents, each one with their own stories, quirks and ability to make me laugh every day. When I'm not at work, life is full, noisy and wonderful with my husband Andy, our three brilliant kids and four (soon to be five!) grandchildren."

In full bloom

Our gardening club has been very busy and we're now enjoying the fruits of their labour, with an array of beautiful blooms and some healthy-looking strawberry plants in our raised planters. We're also looking forward to seeing how tall our sunflowers grow this year.



Delightful day trips

A trip to the National Marine Aquarium in Plymouth proved very popular with everyone. We loved the chance to peek into the underwater world, watching fish darting in and out of seaweed and rocks, while sharks and rays glided through the tanks.

We also enjoyed a visit to the Donkey Sanctuary at Sidmouth. There was a chance to pet these peaceful animals, which was very therapeutic, along with time to relax in the café before the bus journey home.



Singing sensations

Our visiting singers never fail to get everyone up and dancing or clapping along - whether to classic tunes or a few requests.



We've been just quackers for our ducklings, watching them hatch and grow.

The Ship Inn is a favourite spot for al fresco Thirsty Thursday drinks.



News from Parkland House



Armchair adventures

Our world tour continues with our regular armchair travels. Over the past few months we've been to Italy, Greece and Tenerife, with stamps in residents' passports with each adventure. We've learned some interesting facts and sampled culinary goodies, including barraquito (a multi-layered coffee drink) for Tenerife and margherita arranchini with red onion for Italy.



Dining in style

Our residents enjoyed a true gourmet experience at our fine dining evening, with a pampering session in the morning to get ready for the event. The menu featured ham hock terrine with quails egg, salted potato matchsticks and pea puree to start, followed by venison bolognese fritter with crispy shallots, white onion puree and parmesan. To finish, we enjoyed rhubarb and custard with freeze dried raspberries and edible flowers.

We also honoured National Tea Day, dusting off the posh teacups for a special afternoon tea with homemade Victoria sponge cake with homemade berry compote and buttercream. Delicious!



Coach House taking shape

Our Coach House renovations continue and we're now taking bookings as all the hard work starts to come together. The paintwork and tiles are complete - including each room's own front door - bathrooms fitted and a new platform lift installed. Everything is looking amazing and we can't wait for the big reveal.



Farewell to Janet

We said a fond farewell to Janet on her retirement, presenting her with flowers and a leaving gift to mark her time at Parkland. She joined in 1999 and has worked at the home since then in a number of care roles. We wish her all the very best for her next chapter.



Beside the seaside

We had a beautiful day for our trip to Exmouth. Following a seafront stroll and a peek at the gardens, we tucked into fish and chips for lunch. There was also time for a cheeky ice cream before heading back home.

We recreated the 'beside the seaside' feeling with an indoor beach day, which included themed activities - and more ice cream, of course.



News from Plymbridge House



Crafts galore

Plymbridge residents have been busy getting crafty, letting their creative talents shine with an array of arty activities. This has included painting everything from ladybirds and pebbles, making bird masks for World Parrot Day, using rhododendron petals for the wings of beautiful butterflies and decorating tissue boxes.

These activities are all great for improving fine motor skills and boosting mental stimulation, while also providing therapeutic benefits.

Garden fun

Now the warmer weather is here, we like to get outdoors whenever we can. Sometimes we take our afternoon exercise class into the garden, cooling down afterwards with drinks and ice creams. Giant dominoes in the fresh air adds a new dimension to an old favourite, while quoits challenges people's hand-eye co-ordination. Of course, sometimes we like to head out simply to enjoy the sunshine and a natter!



We celebrated National Pet Day with a visit from some very cuddly canines.



Delicious fish and chips on an outing to the Barbican in Plymouth.

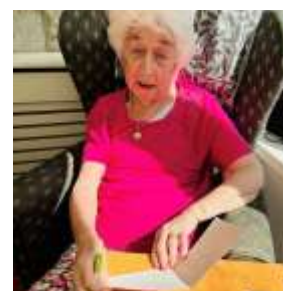


Staff news

Our manager Martyn is due to retire at the end of July. He will be sad to leave a home he has grown to love and will be missed. The good news is that a suitable replacement has been found. We look forward to giving a warm Plymbridge welcome to Sam when she joins. Thank you also to Dina, who is working as Senior Care Assistant while our care lead Jemma is on secondment at Coppelia.

Keeping busy at Plymbridge

From musical entertainment to baking, there's always something interesting to get involved with here at Plymbridge. This is balanced with time to relax, with activities such as our popular pamper sessions or writing pen pal letters to the people at Parkland.



News from Peninsula



Welcome to our new Director of Finance

We're delighted to announce that Kelly Halsey has joined Peninsula Care Homes as our Director of Finance. She says, "I am thrilled with the opportunity to become part of the wonderful team at Peninsula. As a qualified chartered accountant, I have over 18 years' experience working in finance across a diverse range of industries, from family businesses to large multi-national organisations.

I'll be using my skills and experience to help Peninsula grow and thrive, focusing on financial management and how we can best support the business to move forward. I'm looking forward to working with everyone and being a part of the team's continued success."



A smarter way to manage medicines with Atlas

We're introducing a new electronic medication system called Atlas eMar. This is easier to use, will save time and give us better information to improve care.

This was chosen with input from our teams, who gave feedback on what they liked and disliked about the current system. They also had the chance to see Atlas in action and will now take part in training to get to know the new system thoroughly.

Atlas will help us:

- ⇒ Ensure time-sensitive medicines are given at exactly the right time
- ⇒ Act faster when antibiotics are prescribed
- ⇒ Support the careful use of antipsychotic medicines and reduce unnecessary medication
- ⇒ Make ordering and booking medication quicker and simpler
- ⇒ Integrate with our care planning system to give a clearer picture of each person's care



Our Quality Plan - shaped by our people

We've finalised our Quality Framework and Quality Plan for the year ahead. This is built around what matters most: the people who live and work in our homes.

The plan focuses on:

- ⇒ Involving our teams, so everyone has a voice in how we keep improving.
- ⇒ Growing our leaders through development and support.
- ⇒ Reviewing key processes to make sure they're clear, helpful, and easy to use.
- ⇒ Using data wisely, so we can make the right decisions at the right time.

Nic Kelly, Director of Operations, says, "This plan reflects what we've heard from our teams – a real desire to be involved, to develop, and to make a difference. It gives us a clear direction but, more importantly, it puts people at the heart of how we move forward together."

This is a shared journey. By listening, learning and working together, we're continuing to build a culture of care, quality and continuous improvement.

Moving and handling with care

Our moving and handling courses have been running weekly for teams across our care homes.

These cover core learning objectives, while having the flexibility to reflect home-specific questions on how to safely move an individual whose needs are new for the team.



Care Home Open Week 2025



We have been proud to take part in Care Home Open Week 2025.

This national event provides an opportunity for care homes to showcase their services and connect with the community. Our wonderful teams have outdone themselves, laying on a host of activities with a side of music. These have ranged from musical movies and quizzes, themed cookery and crafts, sessions with singers and musicians, and much more.

Just a few of the highlights include:

Bramble Down

Visits from acoustic guitarist Nikki and 60s/70s singer Graham; sensory painting in response to music; guess the song and instrument quizzes; plus a special sing-a-long following a pampering session from our hairdresser.

Coppelia

It's been a musical smorgasbord, with sessions from singers covering everything from jazz, swing and rat pack classics to Motown and disco tunes to heartfelt songs and acoustic folk, blues and country. We were also treated to a cream tea with entertainment.

Cornerways

Morning activities have included reminiscing about favourite songs and designing our own album covers. Afternoon sessions spanned the decades from the 1940s to the 1980s, with weekend events to celebrate the King's birthday and a Silver-Fest garden party - finishing with a chill out sensory session after a busy week.

Parkland

Favourite activities have included holistic vibrational sound therapy, making music-themed cupcakes, an aromatherapy session to chilled music, a fun jamming session and putting together our own playlist. We ended the week with a party fit for the King, with a lovely buffet!

Plymbridge

A jam-packed week included everything from pizza making to opera's greatest hits, a D-Day themed party to a live saxophone player, plus singalongs to tunes from the 40s, 50s and 60s. This culminated in a weekend garden party with a singer to entertain us, followed by a Sunday karaoke party with cream tea.



The Power of Music

The theme for this year's Care Home Open Week was 'The Power of Music'. Music has been shown to have many benefits: sparking memories, reducing stress and bringing people together through a shared experience. We're firm believers in its transformative effects at our care homes as we see first hand the joy music can bring, whether we're hosting a singer, taking part in a session with various instruments or simply having fun with a singalong.

Above & Beyond Awards



Many congratulations to our most recent Above & Beyond Award winners: Leah Hughes at Bramble Down; Hope Nnamaziira at Coppelia; Surrane Robinson at Cornerways; Taya Morely at Parkland; and Vicky Madoven at Plymbridge.

Nominated by colleagues at each home, our Above & Beyond Awards are a fantastic way to recognise those who consistently go the extra mile in their dedication and inclusivity.



**Leah Hughes, Nurse,
Bramble Down**

"Always helps on the floor or takes residents for a walk around the village when she's finished her rounds."

"Such a supportive, caring and attentive nurse. Nothing is too much trouble."

"A real asset to the home."



**Hope Nnamaziira,
Carer, Coppelia**

"Hope is a good worker, she shows such kindness and organisation."

"She 100% cares."

"Hope always delivers high quality work."



**Surrane Robinson, Senior
Carer, Cornerways**

"Nothing is too much trouble, she cares deeply for all the residents and team."

"Goes out of her way to make sure all are residents are safe and happy."

"Always there to help whenever you need it."



**Taya Morely, Senior Carer,
Parkland**

"No job is too big or too small. Very friendly in nature with our residents."

"Works incredibly hard, always supporting the team and going that extra mile."

"She works incredibly hard and is a great support."



**Vicky Madoven, Domestic,
Plymbridge**

"Works extremely hard, with extra hours when needed. Very dedicated."

"She puts in 110% effort, she's a star!"

"Goes the extra mile with everything she does."

Above & Beyond is our internal award scheme, recognising the exceptional care delivered by staff who embody our CARE values, 'Committed' and 'Embracing'.

Committed:

- ◇ Love what we do and why we do it.
- ◇ Be full of energy and your positive self.
- ◇ Celebrate success and make life enjoyable and fun for all.

Embracing:

- ◇ Treat all people with respect and kindness.
- ◇ Work together to provide a home from home environment filled with warmth, laughter and love.
- ◇ Recognise each individual's wishes, preferences and ensure their life is still their choice.

News from Peninsula



VE Day celebrations

Each of our homes laid on special events to honour the 80th anniversary of VE Day. For many of our residents, this is a poignant reminder of a significant time, prompting lots of reminiscence. One lady at Parkland recalled how lovely the Americans were to her and her brother, giving them chewing gum and pretending she was a ball to throw from one to another!

Bramble Down

A delicious street food buffet was followed by a visit from singer Cliff, who played war time songs as well as some of our residents' favourites, with the team joining in for some karaoke.

Coppelia

Everyone went to bed with full stomachs following a special BBQ lunch with trifle, a buffet supper plus cream teas and cake in between. There was prosecco to sip on during a speech to mark the occasion.

Cornerways

The home was decorated in red, white and blue for our buffet lunch. Everyone got into the spirit during a session with singer Amanda, waving flags and joining in with the songs.

Parkland

The two minute silence was very emotional - it was observed so carefully, you could have heard a pin drop. We then enjoyed 1940s music, along with an amazing street party spread.

Plymbridge

We got creative in the lead up to VE Day, making our own bunting and other decorations. On the day, we celebrated with friends and family, enjoying food, games and music together.



*Tucking in at
Coppelia House*



*Beautiful cake
at Cornerways*



*Buffet lunch at
Bramble Down*



Raising a glass at Parkland



*VE Day prep
at Plymbridge*



*Red, white and blue at
Cornerways*

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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