



Welcome to the Spring 2023 issue of Peninsula News.

It's a very special year for us at Peninsula. Our family entered the world of social care 20 years ago, when my father purchased Coppelia House in February 2003. A year later, Bramble Down became the final home to join our group.

As we celebrate 20 years in care, it's amazing to look back at our journey over the last two decades. There have been a huge number of changes during this time: a new regulator, CQC, prioritising greater accountability; an increased focus on person-centred care, tailored to the individual; the use of technology, opening up new ways of working and communicating; the challenges of the global pandemic.

One thing that hasn't changed has been the role of our incredible team, who make a real difference every day. We're so grateful for their hard work and dedication. As a family-owned business, people are at the heart of all we do and we continue to move forward, striving to make every day better through exceptional care.

We'll be celebrating our 20th anniversary year over the coming months with a number of special events, as well as sharing a series of reflections and achievements. In the meantime, a heartfelt thank you to you all for your continued support.

Louise Arnold
Managing Director, Peninsula Care Homes

In this issue

Page 2: News from Bramble Down

Including signs of spring and a season of celebratory days.

Page 3: News from Coppelia House

Including 20 years at Coppelia House and some cuddly visitors.

Page 4: News from Cornerways

Including a wishing tree for Lent and cooking up a storm.

Page 5: News from Parkland House

Including a whole lot of love and enjoying spring blooms.

Page 6: News from Plymbridge House

Including a skittles tournament and creative movement.

Page 7: News from Peninsula

Including what's cooking, sight loss training and competency training.

Page 8: News from Peninsula

Including family and friends' feedback.



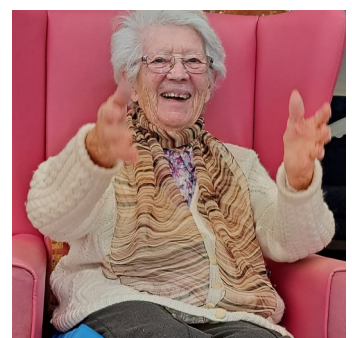
Birthday fun at Bramble Down
- on page 2



A busy schedule at Coppelia
- on page 3



Beautiful blooms at Parkland
- on page 5



Enjoying exercising at Plymbridge
- on page 6

News from Bramble Down



A call for celebration

We don't need much of an excuse for a celebration here at Bramble Down, and there have been plenty of special occasion days over the last couple of months to keep us busy.

We started with biscuit making and decorating for Valentine's Day, getting creative with a variety of sweet treats for the toppings. Then Shrove Tuesday was a must, with delicious pancakes on offer for everybody. Most recently, we marked St David's Day, decorating the home with bunches of cheerful daffodils and celebrating all things Welsh.



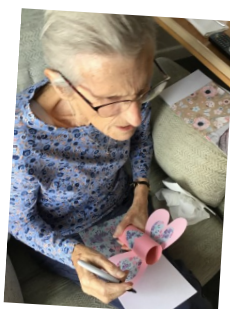
Great games

Everyone has the opportunity to play a variety of games in our home, with something to suit all moods. Over the past few weeks, these have included having fun with some competitive games of skittles, bingo and beetle drives. We've also enjoyed more sedate sessions with jigsaw puzzles and bagatelle.



In brief

- ⇒ A few people have been getting crafty with Lucy, who is part of our activities team - making beautiful bead necklaces and butterfly table centres.
- ⇒ One of our highlights recently was an hour's sing-a-long, which proved to be a lot of fun.



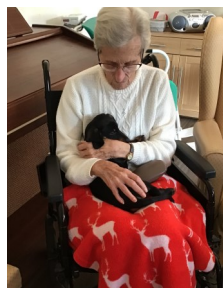
Signs of spring

We've been taking advantage of some milder weather recently to get out for gentle walks in the area. It's always lovely to see the front gardens around the village and we spotted many beginning to burst back into life - a sure sign spring is on the way!

We also joined in with the Big Garden Bird Watch a few weeks ago. As the world's largest bird survey, conducted annually by the RSPB, people are encouraged to take part to give an insight into bird numbers and movements across the country. We were pleased to record a great number of birds visiting Bramble Down's grounds.



Ernie celebrated his 80th birthday with a surprise party organised by his family at the golf course. He also enjoyed gifts and a delicious cake.



Our pet visitors always prove very popular. This gorgeous dog was very content to be cuddled and stroked!

"I am very grateful for the care and support you are giving; the staff really seem to know and understand his needs."

News from Coppelia House



20 years at Coppelia House

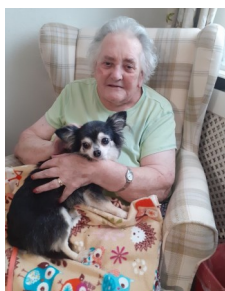
We celebrated a special anniversary at Coppelia in February: 20 years since we first opened the doors as a Peninsula Care Home. This marks the beginning of Peninsula's 20th anniversary year and we were excited to start the celebrations with a lovely afternoon tea party.

We had a brilliant time sharing memories of the home over the years, as well as enjoying music and dancing. There was also a beautiful cake, that was almost too good to eat (but somehow we managed it!).



Cuddly visitors

The arrival of some mysterious animal cages brought a great deal of anticipation, with people guessing what creatures may be inside. The small dogs and rabbits were firm favourites.



A trip back in time

We had fun at our 1940s themed day, with a tea party and dancing to music from the decade, accompanied by a white wine spritzer for everybody. Sally and Vicky dressed for the occasion in vintage dresses, while Miriam was inspired by the 'Dig for Victory – we can do it' poster.



A busy schedule

There's always plenty going on at Coppelia, with daily activities to keep everybody stimulated. Our new activities board gives a visual reminder about what's happening and when. This month, karaoke has been a big hit in the home, with everybody having fun listening and joining in. Puzzle solving, knitting and decorating cakes and biscuits have kept everybody engaged. We also played with tactile hair curlers, which ended with the creation of a game throwing these to see how many would stick to clothing!



A visit from Wellmoor has given us some new ideas for our morning exercises and other activities. They brought many different materials, such as scarves and exercise tools, which have been a huge success. The scarves in particular have been brilliant for expressing creativity, as well as for use with our exercises.



A special birthday

Hazel celebrated a very special day with us: 102 years young! There were presents, flowers and a huge cake, plus an entertainer for a sing-along and dance.

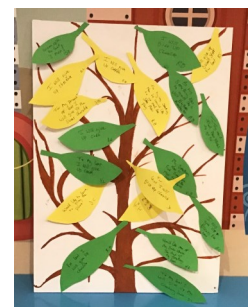
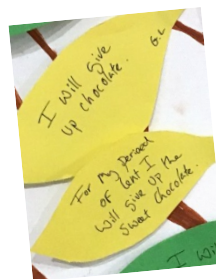
"I think the staff are all amazing and I'm so grateful to them for looking after my Dad."

News from Cornerways



A wishing tree for Lent

We marked Ash Wednesday with much discussion about what everyone felt they could give up through the 40 days of Lent. Many said chocolate – perhaps with the foresight that Easter is just around the corner! Others came up with suggestions for something new they would like to try during the period. We then created a wishing tree display, with people writing their ideas on leaves.



Cooking up a storm

Food-related activities always go down well at Cornerways, with many people relishing the opportunity to join in with cooking and baking – and tasting, of course. We made the most of Pancake Day, with a range of delicious toppings to choose from. Our Ladies Club baked scones and then enjoyed eating them at a special get together. And we couldn't let National Pizza Making Day pass by without creating our own pizzas.



We're so lucky to be on the coast so we can take beautiful seafront walks.



A cheeky squirrel came to say hello on a recent walk in the park!

Fun and games

We've been revisiting a childhood favourite, playing giant snakes and ladders. Throwing the large inflatable dice is a great exercise for upper arms. We also have lots of games for quieter moments, such as Connect Four.



A lovely tranquil outing to Oldham Park, with a wander to the duck pond.

Animal magic

We loved meeting some recent animal guests – cuddly guinea pigs and rabbits, plus a very interesting bearded dragon.



Well done to the team at Cornerways for becoming Dignity in Care certified. This qualification looks at key principles of dignity, duty of care and safeguarding within adult care.

"I have peace of mind knowing that she's being well looked after by some very kind staff."

News from Parkland House



A whole lot of love at Parkland

We embraced the Valentine's Day theme this year with a host of themed activities. In the lead up to the day, we had some interesting discussions about what love means to everybody. Then we created a beautiful board with paper hearts to display the various responses. This looked great alongside our 'Guess the Bride' board, featuring a selection of people's gorgeous wedding photos.

To continue the theme, we got crafty making colourful love birds. We also made origami hearts from napkins, which were used as table decorations for our Valentine's meal. Chocolate covered strawberries made an indulgent afternoon treat to round off the day.



Elvis returns... to Exmouth

Sam, our activities coordinator, celebrated a 'big' birthday recently with an Elvis tribute evening in Exmouth. She asked friends to donate to the Exeter Dementia Action Alliance in lieu of presents.

Table for 2

The romance is still going strong between our lovely married Parkland House residents, Roy and Christine.



Spring blooms

Flower arranging is a favourite activity here at Parkland. There is something very relaxing about preparing the blooms for the vases and these then create lovely displays around the home.



Farewell to Chris

Wishing Chris, who has been our Mr Fix-It since 2010, a very happy retirement.

He has always ensured Parkland is in excellent decorative order and all compliance checks are up to high standards. We'll miss his banter, chats about fishing and horse racing. The staff held a small party in the home to say farewell and the delicious cake was made in-house.

Thank you and good luck Chris!



"Mum has settled at Parkland House and I can see that she is well cared for and she is calm and enjoying her time with you all."

News from Plymbridge House



Creative movement

Who said exercise needs to be boring?! We incorporate movement into our days in different ways, making this fun and sociable. Clapping and hand movements are great for seated exercise, while batting balloons not only gets everyone active, but is a good challenge for hand-eye coordination. Most of all, we love seeing everybody laughing and joining in with these sessions!



New service at Plymbridge



We've been fortunate to receive access to Immedicare, funded by OneDevon. The Immedicare service provides 24/7 virtual access to NHS clinical assessors who carry out assessments to determine whether a person requires a GP visit, if a hospital admission or visit by the local nursing team is needed, or whether the case can be dealt with remotely by the Immedicare team. This has a proven track record of being incredibly effective at reducing pressure on local NHS services.

Out and about

Pat wrapped up warmly and went out for an early spring walk in Plympton with Liz. They popped into the local Tesco store, where Pat stocked up on treats - successfully using a self service till for the very first time.



Skittles tournament

We had a lovely afternoon creating our very own indoor skittles tournament. After everybody had tried their hand and honed their skittles skills, we enjoyed well-earned ice cream cornets. These were accompanied by some reminiscing about our favourite sports from when we were younger.



A big thank you to all our amazing staff and residents, who have coped so well during our recent outbreak here at Plymbridge.

Outbreak by its nature brings many challenges, but everybody has stepped up, going over and above to support each other. We're incredibly grateful for all the work, commitment and patience that has been shown. Plymbridge really is a lovely home and this is all down to the people who live and work here.



"I know that I can always rely on your help and support in any situation, and I will be listened to whenever I have a worry. We're very grateful for all your hard work and empathy."



What's cooking?

Peninsula Care Homes is excited to be taking part in 'What's Cooking?', a care home collaborative project with The Be Well Space in Plymouth. The project will support participants to be inventive in making meals from store cupboard ingredients while reducing both energy usage and food waste.

Staff across all Peninsula's homes have the opportunity to take part, showcasing dishes they have made by entering regular 'What's Cooking?' competitions. Keep an eye out for competition winners in our next newsletter! If you would like to join in, ask your home's administrators to let Jude know or visit the website for more details at: <https://tinyurl.com/whatcooking>

Sight loss training

The last few months have seen nearly 30 Peninsula staff across all five homes come together to attend training delivered by RNIB (Royal National Institute of Blind People). Staff learnt so much about how sight loss can impact the lives of people living with dementia, how dementia itself can affect a person's sight and how best to communicate with people with sight loss.

The RNIB have also developed a series of audio resources specifically for Peninsula Care Homes, which support staff to gain a greater understanding of different eye conditions.

Our collaboration with the RNIB continues with some exciting development opportunities planned for staff over the next few months.

RNIB

See differently

Competency assessments

We have been updating our competency assessments, which are a vital tool for helping our staff provide consistent, high-quality care.

These help us understand training needs in individuals and groups, so that we can put in place the right development and support for our care teams. They cover a broad range of key care activities, from supporting the mobility of those we care for, to infection control and more specialised skills, such as the management of medication.

In brief

- ⇒ Bramble Down and Cornerways are building on the success of their recent student nurse placements. The programme last year saw the first student nurse placement in a residential and nursing home. We're delighted to report that both homes will be welcoming further student nurses over the next few months.
- ⇒ We have co-designed a workshop on Reflective Practice in partnership with LearnDevon. This is part of our teams' development support and helps us celebrate successes and improve on areas that need attention.

Our latest ratings

Thank you for all your reviews on carehomes.co.uk, we really appreciate you taking the time to add these to the website. Scores are determined by the ratings we receive from you, as well as the frequency of the reviews, so your comments are really important to us. They also help others who may be looking for a care home.

Our current scores are:

Bramble Down - 9.6
 Coppelia - 9.8
 Cornerways - 9.9
 Parkland - 9.8
 Plymbridge - 9.5



New Year, New Plans, New Rewards

All staff were invited to complete a survey in January, asking for their feedback on pay and benefits. We were delighted to receive 185 responses – our highest response to a survey ever. Thank you to all staff that contributed. The results are being shared with staff and will shape our plans going forward in 2023.

News from Peninsula



Celebrating 20 years of care

February saw the start of our 20th anniversary year at Peninsula Care Homes. We'll be celebrating in different ways over the next twelve months and will share news of our various activities as they are confirmed!

Family and friends' feedback

Thank you to everybody who completed our family and friends surveys at the end of last year. We're absolutely delighted with the feedback we received, which is a reflection of the dedication and care shown by our teams.

As we celebrate our 20th anniversary, our commitment to providing exceptional care is as strong as ever. We're grateful for the support of everybody within our Peninsula family.

You can find a selection of comments from the surveys through this newsletter and below:

- ⇒ **Bramble Down:** *"A large thank you for the care and attention you give, thank you also for the friendly approach I receive from each of you when I visit the home."*
- ⇒ **Coppelia:** *"Thank you for doing a challenging job with care and compassion."*
- ⇒ **Cornerways:** *"Please pass on my thanks and appreciation to all the team, they are caring and dedicated, absolutely fantastic, thank you."*
- ⇒ **Parkland:** *"You are greatly appreciated by me, and I appreciate all your hard work to keep all your residents in a happy home."*
- ⇒ **Plymbridge:** *"I just want to say what wonderful staff you have. Always friendly and helpful and kind."*



Keep in touch on social media

Follow us on Facebook and Twitter for regular news and information from our homes.



www.twitter.com/PeninsulaCare1



www.facebook.com/PeninsulaCareHomesLtd

About Peninsula Care Homes

We are a family-owned and family-run company delivering outstanding 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.

Peninsula Care Homes

www.peninsulacarehomes.co.uk Peninsula Care Homes



**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