



Welcome to the Autumn 2025 issue of Peninsula News.

The summer has truly sped by – as I sit to write this, it doesn't seem quite possible that we can be heading into autumn and the tail end of the year. Our homes have certainly made the most of the last few months, however, enjoying an assortment of seasonal events and activities, from dining alfresco to seaside strolls to garden gatherings and more. This includes our glorious summer parties, which have been a real pleasure to attend alongside our residents, friends, families and staff.

Our thoughts are now turning to the festive season, although I won't mention the C-word just yet, beyond telling you preparations are in full swing! We'll keep you posted as plans are confirmed.

Whatever the time of year, our dedicated staff work hard to provide exceptional care across each of our homes. This is why we're so pleased to introduce our new 'Meet the Team' series on p.8, which gives a behind the scenes look at the people who help make our homes so special.

Our fantastic activities teams have plenty planned for the rest of the year to keep everybody entertained, whether venturing out or staying cosy indoors. Keep an eye on our Facebook page for all the latest updates.

Wishing you all the very best for the autumn.

Louise Arnold

Managing Director, Peninsula Care Homes



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News from Bramble Down



Fun and games at our garden party

Friends and family joined us for a fabulous summer garden party. We were treated to some chilled out tunes from singer Nikki and had fun with an assortment of garden games, including hide the staff, which went down a treat. Having seen how much fun Parkland had with stocks at their own summer fair, we were inspired to have our own, with staff volunteering to have cream pies and water aimed at them. We also raised nearly £200 for the residents' fund, thanks to a popular raffle, face painting with Izzy and a bake sale, with delicious cakes courtesy of Leia, Anna and Jacqui. A big thank you to everyone who contributed to such a lovely day.



Success at the Denbury Show

We're extremely proud to report that residents and team members from Bramble Down received several awards for their entries in the 53rd Denbury Flower, Produce, Art & Craft Show. This included receiving third prize for a beautiful flower arrangement, second prize for a heartfelt poetry entry and highly commended for rhubarb lovingly grown in our garden. We were also delighted to receive second prize for our homemade plum jam, along with other commendations for various entries.

We were honoured to sponsor the show this year, which is always a wonderful celebration of community spirit, creativity and local talent. The preparations brought so much joy to our residents and it was truly priceless to see the smile on their faces as their hard work was recognised.



Day trippers

We had a delightful summer outing to Fermoy's with Peggy, Geoff, Martin and Pauline. They had a good look around the garden centre, admiring the flowers and displays, before refuelling with coffee and cake in the café.

Martin and Pauline also took a trip into Newton Abbot on the bus for a spot of lunch and some shopping. They both enjoyed being in town and are looking forward to returning.



Fresh paint

The exterior of Bramble Down has had a lick of paint, with a subtle colour change to freshen up the home as we head into the final months of the year.

Our residents packed a punch during our punchercise session! We tried some gentle boxing movements for a fun seated workout to keep active and improve coordination.



News from Coppelia House



Centenary carnival celebrations

This summer marked a very special milestone for our local community as we celebrated the 100th Moretonhampstead Carnival. The event has a proud history as funds raised supported local hospitals until the creation of the NHS. Today, proceeds are donated to local organisations, continuing the tradition of giving back to the community.

The grand procession was the culmination of a week full of activities. Our residents loved gathering outside Coppelia, where a special area was reserved with benches so they could watch the colourful parade pass by while enjoying a raffle and cream tea. After the procession, the town square came alive with music and dancing. By then our residents were ready to retire and reflect on a fun-filled day from the comfort of their rooms. We were delighted to share the joy of this vibrant tradition and look forward to more years to come.



Coppelia rated 'Good' by CQC



We're pleased to report we have scored 'Good' in our recent CQC (Care Quality Commission) inspection. These are designed to ensure care homes meet fundamental standards of quality and safety, examining five key areas to assess that the care provided is safe, effective, caring, responsive and well-led.

We're very proud of the inspector's findings within the report, which includes comments such as: *"People were treated with kindness, empathy and compassion... Staff treated people with kindness, acknowledging and responding to people's individuality... The atmosphere was friendly and welcoming with friendships nurtured by staff... People looked relaxed and at ease in their surroundings."* Well done to everyone involved in the two-day inspection. The report is now available on the CQC website or via the Coppelia page on our own website.

Feelgood folk music

We were treated to a fantastic afternoon of folk music from a local group. The talented musicians played a range of instruments, including flutes, violins and guitars, getting everyone's toes tapping to the feelgood tunes.



In bloom

We spent a relaxing afternoon planting a variety of colourful flowers in the planters outside the home. They looked splendid in the sunshine and we were able to reward our hard work with a refreshing mint tea, made using mint that we have been growing in the garden.



Welcome to Laura, our new administrator, who has been settling in well since joining the team here at Coppelia.



News from Cornerways



Day with the donkeys

The Sidmouth Donkey Sanctuary proved a wonderful day out, giving us many opportunities to get close to these gentle creatures. We were treated to some beautiful views on our mini bus journey there and had time for a spot of lunch on our arrival. We then headed over to the paddock before enjoying a meet and greet session in the courtyard, where we could get closer to the donkeys. We rounded off the day with a drink and a chat in the café before our journey home.



Agatha Christie week

We celebrated the queen of crime with our Agatha Christie week, coinciding with the international Agatha Christie Festival, which takes place every September. As part of our Christie-themed events we took a trip to Torquay Museum. This houses the only permanent exhibition about Agatha in the UK. The gallery tells her story through amazing images from the family archive and a growing collection of over 700 items of books, memorabilia and props owned by the museum. A fascinating insight into this well-loved author.



Fish and chips by the sea

We've made the most of the summer weather for our fish and chips 'FRYdays', heading down to the beach hut as often as possible for supper with a sea view.

The beach hut will now be going into storage for the next 18 months as planned sea defence work is due to start. We will still enjoy our beachfront strolls, however – with lots to look at during the sea defence work! – as well as carrying on with our Friday fish and chips tradition over the coming months.



Furry friends

It's always a pleasure to host Animal HQ each month and their assortment of cuddly creatures. These sessions significantly improve wellbeing, with animals shown to have a number of positive effects on our mental health, such as relieving stress.



Fun of the fair

Our Cornerways carnival day proved popular, with a variety of activities to get us in the mood. We created a new version of an old favourite – catch a duck, using nets as we didn't have any hooks for the ducks or rod! It was a big success, followed by candy floss and other refreshments. The day brought back happy memories of the fun fair for many people.



Fantastic fundraising

We raised £138 at our afternoon tea in aid of Breast Cancer Now. Jenny, a superstar relative, made an abundance of cakes, which were sold with tea and coffee. We also had jewellery on sale, some of which were made by our residents, and also a raffle for chocolates.



News from Parkland House



Coach House complete!

We're absolutely thrilled to announce the completion of our Coach House refurbishment project. This brings a fresh new look and greater accessibility to this part of our home. Upstairs, all the bedrooms have been fully refurbished: two feature modern wet rooms and the remaining three have improved ensuite facilities, ensuring comfort and dignity for those who make the Coach House their home. A new platform lift makes the upstairs area much more accessible for everyone.

The lounge and conservatory have been beautifully refreshed. Our residents will have the choice of spending the day in our main lounges, where a wide range of activities take place, or within the Coach House, where the lounge offers an inviting and peaceful space. In addition, the ground floor bathroom has been upgraded. We're so proud of the results and are now taking reservations, so please contact us if you'd like to find out more.



Naturally inspired

Our arts and craft club used leaves picked from our garden to make effective pictures and collages. We also extended the life of our flower displays by turning them into frozen pieces of art, adding them into gloves and balloons with water before popping them in the freezer.



Autumn planting

Our gardening club have been busy bees creating their own vegetable garden. This has included planting purple sprouting broccoli, cauliflower, chard, potatoes and winter cabbage. We can't wait to see how they grow and are looking forward to enjoying them. We also have our own herb boxes, which will keep our head chef Millie in constant supply.



Summer fete success

What a wonderful day we had at our summer fete, with singing, dancing and even some spellbinding tricks from a brilliant magician. It was lovely to welcome so many guests to join the fun. Our training manager was also an excellent sport, agreeing to enter the stocks and have water thrown at him!

A huge thank you for everyone's contributions, including our incredible team for their hard work organising the event and the volunteers who hosted tables with goods to purchase, delicious cakes, lucky dips and more. It was a truly fantastic community event, made all the better by the glorious sunshine.



Perfect pampering

What better way to mark International Beauty Day than with a pamper session? Residents were invited to sit back and relax while they had their hair, make-up and nails done. Everyone looked a million dollars!



We're delighted that Donna Selway has joined us as Home Manager for Parkland. She is settling in wonderfully, having received a very warm welcome from staff, residents and families. Keep an eye out for an introduction from Donna in our next issue.

News from Plymbridge House



Welcome to Sam

We bade farewell to Martyn Dawes, who retired at the end of July. He is currently enjoying walking the Camino in Spain and we wish him all the very best for his new adventures to come.

We're delighted to have our new Home Manager, Sam Humphris, on board. Sam brings over 14 years' experience across residential care, hospital settings, and community nursing, having worked her way up through a variety of roles. This has given her a deep respect for every part of the team.

Sam says, "I already feel part of the family here. I'm passionate about person-centred care and a strong advocate for people living with dementia. I work closely with families and staff to ensure we build trust, provide reassurance and create a space where everyone feels safe, connected and at home. Outside of work, I'm happiest when spending time with my chocolate Labrador or off on an adventure in my campervan."



Coconut crazy

We fully embraced World Coconut Day with an array of coconut-themed activities, including crafts as well as baking coconut cakes and making lollies. Everyone took part in a fun 'find the coconut face' challenge, concluding the afternoon with a lively coconut quiz.

This is a global celebration designed to highlight the significance of coconuts for coconut-producing countries such as India, Malaysia and the Philippines, while promoting sustainable farming practices. We certainly enjoyed learning more about the coconut and sampling a variety of coconut-based products as part of the day.



Kitchen refresh begins

Our contractors are hard at work on our kitchen refurbishment and the staff have adjusted wonderfully to the outside temporary kitchen – with a little improvisation there has been minimal disruption to residents. The project is scheduled to be completed by the end of September, which will be followed by some work on the corridor flooring. Thank you for your understanding while this work is underway.

A busy bug day

We had an interesting morning learning all about the different bugs we might find in our garden and the parts they play in the ecosystem. This was followed by the creation of a whole bug village, made from milk cartons and other containers. These were decorated and placed outside for the bugs to enjoy! We rounded off the day with a game of Beetle, followed by bug bingo.



Summer sale

Thank you to everybody who supported our recent bake sale and raffle. This raised £104 for our residents' fund. Some delicious cakes were available to purchase including cheese and fruit scones, brownies, cheesecake and banana loaf.



Keeping everyone moving with chair exercises and dancing.



News from Peninsula



Improving our inductions together

We've listened to feedback from both new starters and our current teams, making our induction process even better to ensure every colleague feels fully supported from day one. We've formalised our buddy approach and will be pairing each new starter with an experienced team member, who will guide them through their early days, provide shadowing opportunities and help them feel part of the team straight away.

This reflects our New Starters Policy, which ensures every colleague has the support, time and tools they need to fulfil their role effectively. We're mapping this through Radar workforce compliance and capturing feedback directly from new colleagues via the new starter survey.

Our Training Manager Gary is delivering a training day for our mentors to make sure they feel confident and prepared for the role. This will give them the skills to support their new colleagues effectively and in line with our high standards.



Our new Operations Manager

We're sad to say farewell to Jo Foulstone, our Operations Manager, who is heading off on her travels before moving to a new area of the UK. We wish her all the very best for the future. However, we're delighted to welcome Paula Gue into the role. She joins us with decades of experience, including as a Registered Nurse. She's dedicated to supporting our homes and providing exceptional care, and we know she will be a great addition to our team.



Your feedback helps us grow



Thank you to everyone who has taken the time to share feedback. Every comment helps us celebrate what we do well and identify where we can do even better. We love receiving your kind words on carehome.co.uk and would also be grateful for more reviews on Google, so new families and potential team members can find us.

We're expanding how we listen to our teams by introducing a new starter questionnaire, making the induction process as seamless and welcoming as possible. We're also launching a values-based questionnaire so we can continue to embed our core values (Committed, Ambition, Responsible, Embracing) in all we do.

Training for resident safety



Emergency First Aid at Work (EFAW) training returns this autumn. This six-hour course combines practical and theory learning, leading to a Level 3 qualification in emergency first aid. The training covers CPR as well as a range of other essential first aid skills.

We'll also be continuing with our programme of annual Fire Safety and Moving & Handling training over the coming months, ensuring our teams remain confident, compliant and fully equipped to keep our residents safe and supported.

Improving our medication systems

We'd like to thank our teams for the way they have embraced the introduction of our new electronic medication system. For some of our homes this also included a change in pharmacy and staff have worked incredibly hard to ensure a smooth transition. These changes are helping us to deliver even safer, more consistent care for our residents.

It's Plymbridge's turn to implement the new system next and we're confident this will go well following our experience with the other homes in our group.

News from Peninsula



Meet the Team

Hope, Care Assistant at Coppelia House

Hope brings patience, kindness and her ever-present smile to residents and colleagues. She was commended by a CQC inspector for the supportive and compassionate way she worked alongside a colleague and has also been awarded our internal Above & Beyond Award.



How did you start your career in care, and what inspired you to become a Care Assistant?

My care journey started at a young age when I helped my mother care for elderly friends around my village. For me, care is more than a career because I grew up in and out of hospital, seeing how I was taken care of myself. I told myself I have to pay it forward, that's why I passionately do care.

What do you love most about supporting residents in your role?

Being able to help our residents live comfortably and happily gives me the utmost joy. What I love the most is getting to know them and their unique personality.

Can you share a heartwarming story or proud moment you've had while caring for residents?

There are so many proud moments but there's one in particular. I helped a resident regain mobility following a stroke. Her family were worried she would never walk again but as a team we followed the physiotherapists exercises and guidance. This resident recovered better and faster than anyone had anticipated.

You can read the full interview with Hope in the [News section of our website](#).

Introducing 'Meet the Team'

We're excited to shine a spotlight on the amazing people we have working throughout Peninsula with our new 'Meet the Team' series.

These interviews give a glimpse into the experiences, passions and achievements of our dedicated staff, who all help to make our homes so special.

So far, we've featured:

- ⇒ Louise, our Managing Director, who shared her vision and the family values behind Peninsula Care Homes.
- ⇒ Hope, Care Assistant at Coppelia, who was recently recognised with our Above & Beyond Award.
- ⇒ Millie, Chef at Parkland, who talked about her fine dining background and life in the kitchen.

We can't wait to introduce more of our incredible team members over the coming weeks.

Take a look at the News section of our website to read our interviews to date and keep an eye on our Facebook and LinkedIn pages for fresh interviews.

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