



### Dining at Parklands...

Nutrition and hydration are crucial to everyone's well-being. As a result we place a big emphasis on meal times which provides a great opportunity for socialising whilst enjoying homemade tasty food in a relaxing environment.

We host a number of food and drink themed activities within our home. This includes coffee mornings with homemade cakes, wine tasting and mocktail afternoons.



### Where We Are...

Situated in an elevated position on the western outskirts of Exeter, Parkland care house has beautiful views over the surrounding countryside, while being within easy reach of the city centre.



### Our Ratings...

We are very proud of our carehome.co.uk rating which is generated by independent recommendations.

Peninsula Care Homes have been inspected and rated 'Outstanding' by our regulator.



Overall <b>Outstanding</b> <small>Read overall summary</small>	Safe	Good ●
	Effective	Outstanding ☆
	Caring	Outstanding ☆
	Responsive	Outstanding ☆
	Well-led	Outstanding ☆



Peninsula Care Homes

## Parkland House

Barley Lane  
Exeter,  
EX4 1TA  
01392 251144

[www.peninsulacarehomes.co.uk](http://www.peninsulacarehomes.co.uk)  
[parkland@peninsulacarehomes.co.uk](mailto:parkland@peninsulacarehomes.co.uk)





### Welcome to Parkland House...

Our largest home, located in Exeter which accommodates up to 52 people who require residential and dementia care.

Our safe environment and extensive grounds to allow independence as possible, with the support of our experienced staff when needed.

### Staff...

The well trained team is led by Registered Manager, Ann Boardman who is closely supported by Team Leader, Nancy.

Ann is a qualified nurse who has an excellent working relationship with health care professionals including District Nurses.

### Life at Parkland House...

Parkland House is committed to offering the best possible care for all of those who live with us. From residential to more specialist dementia care.

Our beautiful garden has been designed for gentle pottering, with a flat, wheelchair-friendly circular path that leads you back to the house. There is plenty of interest along the way, with bird feeders, raised flower beds and other sensory features.

### Activities...

Our spacious lounge is our main activity and family room, boasting a beautiful cathedral ceiling. There is a bar serving drinks, which makes a great spot to socialise or to sit and watch what's going on. Another large communal room provides access to the terrace and garden. It's also where you'll find Mr Parkland's Sweets, our popular vintage sweetshop.



Pick up our latest Peninsula Care Homes newsletter and Parkland House activity calendar on display in our home.

You can also take a look at our website for much more information.

### Peninsula News



**In this issue**

**Page 2: News from Peninsula**  
Including details on the Devon Wellbeing Hub and the Kickstart Scheme.

**Page 3: Staff News**  
Meet new members of our management team.

**Page 4: Staff Stories**  
Our Training Manager and Catering Manager share their stories.

**Page 5: News from Our Homes**  
Pictures and news from Bramble Down and Plymbridge House.

**Page 6: News from Our Homes**  
Pictures and news from Coppella House and Cornworthy.

**Page 7: News from Our Homes**  
Pictures and news from Parkland, plus a training update.

**Page 8: News for Staff**  
How you can help grow our team with three new initiatives launching in July.

**Welcome to the Summer 2021 issue of Peninsula News.**

What a year it's been... So much has happened since the beginning of the pandemic and I know that it continues to be a very challenging time for so many of us.

I would like to take this opportunity to say thank you to all of our staff for your continued hard work and support. You have been amazing and shown great patience and understanding of the changing government guidance.

With the numbers of cases rising again, we ask that everyone continues to remain vigilant and stay at home and test if you have any symptoms. We know that the symptoms of Covid aren't always the three that the government have shared, so if in any doubt - please test with PCR not just lateral flow tests.

We are so grateful for everything you have done and continue to do so. This newsletter reflects just some of that dedication, sharing news and pictures from each of our homes, as well as staff news and some staff stories.

*James Arnold*  
Director Arnold  
Managing Director, Peninsula Care Homes

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Thank you for considering Parkland House and we look forward to welcoming you.