



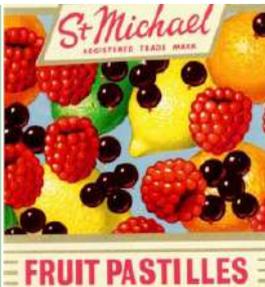
Looking back at 2017



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Bramble Down Nursing Home



Coppelia House Residential Home



Cornerways Residential Home



Parkland House Residential Home



Plymbridge House Residential Home



Tai-Chi

Tai Chi has been a very popular activity for Bramble Down residents during 2017 and continues to be into the New Year. Residents look forward to attending classes in the home each week and are really noticing the many benefits. Rainbow Tai Chi duo Vincent and Helen have now produced a book called 'Timeless Sparks' which contains inspirational and touching stories of practising Tai-Chi with the elderly and the benefits this has had for individuals.



Ukulele Group

Bramble Down residents always look forward to The Newton Abbot Ukulele Club visiting, they are always well received. The club was founded in 2008 by Steve and Mar. The club performed for one of Bramble Down's Garden Parties, a definite highlight of 2017 and revisited in January 2018.



Animal Encounters & Sweet Making

Regular visitors come in all shapes and sizes and are very much loved by all. Animal Encounters group visit the home on a regular basis with their wonderful creatures from dogs, to centipedes, to hedgehogs and snakes. All are greatly enjoyed by everyone.



The re-introduction of cookery into activities has been very successful with residents. Over the Christmas period residents made Christmas cakes, puddings and mince pies, with various decorations to accompany them. They have also made marzipan sweets and peppermint creams for their film club afternoons.



Looking to 2018 Bramble Down have been asked to make medieval tambourines for the local church parade in celebration of the 700th year anniversary. They are also planning to make bonnets fit for this year's royal wedding and host a garden party which will be arranged closer to the date.

"I would like to say a huge thank you to all the staff at Bramble Down Nursing Home for the exemplary care given to my mum and support and compassion given to me and my family".



Top Entertainment

This Christmas Coppelia House were visited by the local Kier group and their mascot. Dressed as Santa they sang their favourite Christmas carols for all to enjoy. Many shared a dance or two as well. Thank you Kier for joining us in celebrating over the Christmas holidays.



Thank you also to the visiting Morris Dancers who spread so much joy and laughter around the home with their spectacular dancing.

Residents have also been enjoying trips out on the Oomph! Wellness bus, travelling to local garden centres, House of Marbles and Buckfast Abbey.

Memory boxes

Our homes are taking part in a new reminiscence activity with Marks & Spencer's "Marks in Time Memory Boxes." The boxes have been designed to be used as reminiscence therapy and include 'What We Ate', 'Days & Nights Out', 'What We Wore' and 'Childhood'.



Each box has replica packages from the 1950s to the 1980s, photos and adverts of Marks & Spencer throughout the years.

Coppelia House were the first to try out a "Marks In Time" memory box and there was great excitement when the 'What We Ate' box arrived. Residents smiled and laughed sharing memories of their favourite biscuit packaging and food stories. Even though the box has been returned memories are still shared. We have booked the 'What We Wore' box to arrive at Coppelia during 2018.



Peninsula Care Homes have also created their own themed memory boxes. These are available to each home to share and currently include wedding celebrations, memories of babies, seaside and a gentleman's box.

Coppelia House hosted a wedding reminiscing activity inspired by the Wedding themed memory box. On display were two wedding dresses from staff, a display cake and bouquets. Staff and residents shared photos of their own wedding days.



"We couldn't have found a nicer home than Coppelia, that's because of all the hard work your staff give".

Oomph! Wellness

You may have seen in our Autumn newsletter that we are working in partnership with Oomph. We are using their new mini bus to arrange monthly outings for Coppelia and Cornerways residents.

Cornerway's residents and two members of staff made the most of some autumn sunshine and went on an afternoon trip to Teignmouth. They had a stroll along the seafront, taking in their surroundings and had a look at the war memorial. After the stroll it was back on board the bus for a warming cup of tea and the picturesque return journey.

Coppelia House visited the House of Marbles. They were treated to hot drinks and yummy cakes after their tour of the House of Marbles. Residents enjoyed admiring the countryside on their drive to and from Bovey Tracey.

Next outings we look forward to hearing about are visits to seaside towns, Buckfast Abbey and the residents favourite shopping/garden centres.

#NationalSpaWeek

If you've ever attended a spa or been for a beauty treatment you may agree that it has huge physical, mental and emotional benefits.

We often try to recreate the pampering within the homes. The various hairdressers across the group are always busy cutting, colouring and setting hair.

The power of touch is shared during hand and foot massages. Hand massages may be followed by a manicure, for so many having manicured, painted and well presented nails is vital.

We would like to encourage visiting family members to bring their favourite nail varnishes, make-up or massage oils and join in a fun pamper session.





Santa's Grotto

Staff at Cornerways always make Christmas an extra special time in the home.

Residents and visitors enjoyed many events and activities over the Christmas holiday. Even Santa himself visited in his grotto bringing gifts for all.



Make a Wish initiative

Cornerways Activity Coordinator, Jane, has been helping set up a Cornerways Make-A-Wish UK initiative.

One resident said she used to be an R.A.F. Morse Code operator and her wish was to have a Morse Code Key Tapper as a memento to see if she could remember Morse Code.

A WW2 Mark 2 Key was acquired which the resident was delighted with and it has created much interest in the home.



Thank you for sharing...

On finding out Cornerways new maintenance man John had been a Fireman of 35 years and had received a long service 25 year medal from the Queen, they invited him to come and have a chat about being a Fireman.

John brought fireman helmets and uniforms from his lengthy career for everyone to see and try on with a question and answer session at the end.

Residents and relatives had great fun trying on hats and gave a rousing round of applause to him and for all our fire service personnel.



"I visit the home frequently and am always impressed by the cleanliness and high standard of care given to the residents. The meals are well presented with a choice of dishes and the food always looks inviting. Thank you all for what you do".



Bernaville Nurseries

Bernaville Nurseries has been the go to spot for a shopping trip followed by a hot drink and a slice of cake.

Residents really enjoy visiting and the staff at Bernaville are so inviting and helpful which makes the trips even more of a delight for our residents.



Community Links

Staff and residents have been focusing on their community links over the last several months. They have visited a local childrens Nursery, West Exe Nursery School and Age UK offices to donate cakes, with plans to visit the nursery again and volunteer to help with the gardening.

Residents have also been enjoying frequent trips out to their local farm shops and cafe's for lunch and shopping. The feedback has been lovely.

Staff have recently attended a Foundation Dentist Community Project in Plymouth. The aim of the project is to encourage foundation dentists to find out more about a specific population group. As part of the project Parkland House will be visited by three assigned dentists over the next few months who will deliver oral care training sessions.

Staff also enjoyed training from Exeter University PHD student Ross Watkins. His thesis 'improving meal times in care homes' focused on promoting resident choice which proved to be an informative afternoon.

To make the most of the gloomy January weather residents have been taking part in some flower arranging and have created beautiful bunches of flowers, which are on display throughout the home.



“Kind friendly staff always. We were so happy with our choice. Beautiful gardens and lovely light airy rooms and communal facilities. Thank you Parkland, we will always be grateful”.



It's all GOOD!

Plymbridge House recently had their CQC Inspection and were delighted to be rated 'Good' in all areas (Safe, Effective, Caring, Responsive and Well-Led). Thank you to all the staff for their continued hard work and for providing exceptional care and compassion towards our residents.

It's celebrations all round as Plymbridge House will also be receiving their St Luke's Hospice Six Steps Programme certificates after successfully re-submitting their portfolios. The continued effort with this programme shines throughout the home as seen by the quality of care being given by all staff to those residents at End of Life Care.

Inspected and rated

Good



Tea Tasting

Plymbridge House residents have been enjoying some tea tasting afternoons. Registered Manager, Kathleen Shopland tells:

"Today we have tried the Strawberry and Apple Tea, it smells and tastes very nice. We felt that it was a great drink to soothe throats. It also made the day feel like a bright balloon, floating upwards, and brought about a sense of calm. There were however some funny looks when first tasting the Strawberry and apple tea.



Conversations about how to take tea were discussed between residents and staff at Plymbridge. One resident said it had to be in a special china mug, with a little honey in the bottom topped with hot water, tea, and a dash of milk. A favourite seemed to be a china cup and saucer, tea leaves steeped in the warmed teapot, a tea strainer placed on the cup and the tea passed through, a little milk and sugar to taste added. A bonus would be to make it in to an event with a serving of tiny fingers of cucumber sandwiches and little bite size cakes.

Residents spoke about memories of childhood: – when the tea cups were empty, if any tea leaves had escaped the tea strainer, place the empty cup upside down, turn 3 times and then have your cup read, good fun for a small after tea game."

Many of our residents across our homes have been enjoying various tea selections, perfect for keeping warm on these cold weather days. So put the kettle on and enjoy your favourite tea whatever that may be.

"To all the staff. Thank you for all you're doing for dad. The care you give is second to none. You give him laughs and look after him as if he was family. We couldn't have chosen a better place for him. Thank you again".

Looking back at 2017

As 2017 ends it's a great time to stop and reflect on the year. Our homes have been busy through the year providing exceptional care and creating magical moments.

Our dedicated staff have joined residents and families in a number of fundraising events. These have included the Alzheimer's Society Memory Walk, Macmillan Coffee Morning, Moretonhampstead Carnival, Rowcrofts Colour Run and Save the Children Christmas Jumper Day. Our social calendars have been filled with awareness celebrations including National Curry Week, Knitting Week, National Care Home Open Day, Denbury Flower & Produce Show and Plymouth in Bloom.

Our staff have continued their professional development with courses including fire awareness, first aid, end of life, pain management, Parkinson's, wound care, safeguarding, food hygiene, care and diabetes. Many staff experienced The Virtual Dementia Tour: an eye opening experience which is medically and scientifically proven to be the closest experience that we can give a person with a healthy brain an experience of what dementia might be like.

Reflecting on the year brings back so many fond memories of individuals, parties and events. We can't possibly mention them all but hope you'll find the time to reflect on 2017. We look forward to 2018.



Keeping in touch...



If you would like to send a message to your relative/friend than please feel free to email us. Email addresses for each home can be found below. We will ensure your email is printed and passed to the resident concerned or read out on your behalf.

Bramble Down, 01803 812844, brambledown@peninsulacarehomes.co.uk

Coppelia House, 01647 440729, coppelia@peninsulacarehomes.co.uk

Cornerways, 01803 551207, cornerways@peninsulacarehomes.co.uk

Parkland House, 01392 251144, parkland@peninsulacarehomes.co.uk

Plymbridge House, 01752 345720, plymbridge@peninsulacarehomes.co.uk

If you have a story or achievement that you would like to see in the next newsletter please send it to pchassistant@peninsulacarehomes.co.uk or notify the manager of your home.



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