



Thank you all for your love and support of Peninsula Care Homes. As 2022 draws to a close, I want to celebrate the years' highs, acknowledge the tough times, and very much look forward to the future.

2022 for me felt like a positive renewal. Our wonderful staff and the people living in our homes endured so much through the worst of the pandemic. As I visited during this year, though, I saw a return to the homes I knew pre-pandemic: full of laughter, visiting families and relatives, and more time spent outside. Care, support and kindness have always been the trademarks of what we do and I saw it in abundance this year.

Of course, Covid hasn't completely gone away. We're also contending with a cost-of-living crisis, which I appreciate has made daily life challenging for many. We will continue to do all we can to support our team and please speak to someone if you need help.

Whilst I know there will be challenges ahead, I believe as a collective team we will continue to provide a wonderful environment for people working and living with us.

From our family to yours, wishing you a happy and peaceful Christmas and New Year.

Louise Arnold
Managing Director, Peninsula Care Homes

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News from Bramble Down



Busy as ever at Bramble Down

A very warm welcome to Lucy, who has joined our activities team. She has been getting stuck into lots of arts and crafts for Christmas, which everyone has had fun with.

Alongside this, we've been as busy as ever. From beetle drives to bingo, there has been plenty to keep us entertained. Pampering and nails have been on the agenda, along with some jewellery making. World Cup fever is building. Everyone enjoyed the Strictly Come Dancing vote (although not everyone agreed with the judges).

Food-related activities always prove popular and we've been making cakes and pies, as well as preparing the veg for Sunday lunch.

Christmas is coming...

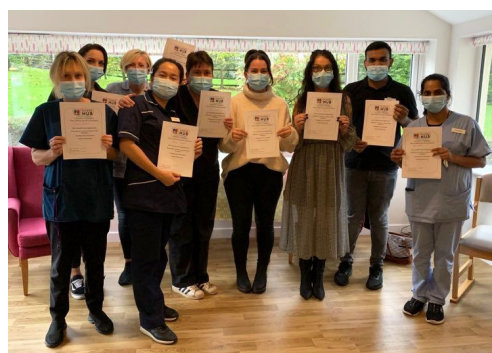
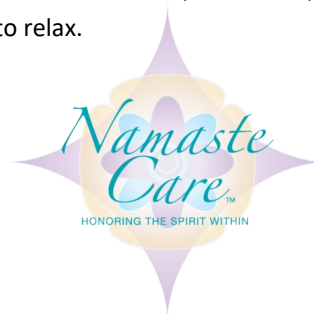
A big thank you to Crazy Acre Christmas Trees – we recently purchased our tree from them and they very kindly let us have this at a heavily discounted price, with delivery thrown in as well.

Our Christmas tree is now up and looking beautiful, with the help of our decorating team who did a great job with this. It's all beginning to feel a lot like Christmas, especially with our 'naughty elf', who has been popping up around the building. Each day we open the advent calendar to see what he might be up to next. The Christmas raffle table is filling up and ticket sales are good.



A new 'Namaste' room

We're planning to transform one of the smaller lounges into a tranquil space to host Namaste care. This follows two fundamental principles: creating a calm environment and providing activities and interactions with a loving touch. We're looking forward to seeing the room finished and, of course, using the space to relax.



Bramble Down Nursing Home team attended 'Preparing to Coach a Learner in the Workplace' training, ready for a student nurse placement.



We're delighted to report that we've been awarded five stars for our high food safety standards. Congratulations to all the team for your hard work.

News from Coppelia House



Honouring Remembrance Sunday

Sally and Vicky, our activities co-ordinators, got creative in November, making poppies with everyone to honour Remembrance Sunday. We used coloured card, cut into shapes and then stuck together to make beautiful decorations. We also knitted some wonderful pin brooches, which people wore proudly.

Andy, who is a resident of Coppelia House, enjoyed a remembrance walk with Wendy to the town. He served in the RAF, so particularly enjoyed visiting the war memorial and seeing the tribute on the postbox. They also visited George Parker Bidder who was a mathematical and engineering 'genius' born in Moretonhampstead.



Making memory patches

Just Sewn Stories hosted a workshop to create memory blanket patches to commemorate the Queen. Photos prompted conversation and participants' memories were typed onto fabric. They arranged these with fabric crowns and ribbons, which were then stitched together for them.

The blanket will be completed by early next year and will be brought back to Coppelia so everyone can see their amazing work.



Exciting animal visitors

One of our favourite activities recently was a visit from Simon, aka 'the animal man'. Everybody was excited to see what exotic animals could be emerging from the numerous cages and blankets that arrived! We had three chihuahua dogs, rabbits, guinea pigs, a chinchilla and even a bearded dragon. We're already looking forward to their return soon.



Crafts for sale at Coppelia

We're busy getting ready for the festive season - we've made Christmas posters and are organising a festive crafts sale, to raise money for additional activities.

Music and movement at Coppelia



Enjoying music one autumn afternoon - and, of course, we couldn't resist the opportunity to dance and sing along.



Music therapy, which gave us all a chance to use our fine voices.

News from Cornerways



Great games

We enjoy all sorts of different games and puzzles at Cornerways. These are a fantastic way to keep brains active – and they are also a lot of fun, of course.

Bingo is a particular favourite. It's an invigorating, fast paced and mentally stimulating game, requiring concentration.

We also enjoy quieter games, such as Scrabble. Jake and Edith recently had a good match, with the final scores standing at 191-210 to Edith. The top word was 'squid' for 15 points, which was a triple word score.



Feeling festive

We've been getting into the Christmas spirit with some festive activities, including a very jolly Elf Day. Staff dressed up for the occasion and we were joined by an almost life-size Santa. We've also been decorating the home, including our beautiful Christmas tree.



Farewell to Julie

Julie, Domestic Assistant at Cornerways, is retiring this December, having worked with us since 2006. We wish her all the best and thank her for all her hard work during her time with us.

Crafts for all seasons



Christmas tree mark making



Creating lovely autumnal trees

Perfectly pampered



We always enjoy some pampering!



These colours are particularly striking for the festive season.

Vitamin SEA

We're so lucky at Cornerways to be beside the seaside. We take advantage of this in all seasons, wrapping up warmly in the autumn to head to the beach for a dose of sea air on a sunny day.



Laying a poppy wreath to mark Remembrance Day.



News from Parkland House



Christmas trip to Otter Nurseries

A group of residents enjoyed a trip to Otter Nurseries recently with Freedom Wheels. They had a lovely time, looking at all the Christmas gifts in the shop and the beautiful decorations. They then had a delicious lunch of fish and chips along with a nice cup of tea.



We received a visit from the Mayoress of Exeter. We all felt very honoured to meet her.



World Cup fever! We've had a mini sweep-stake and everybody has enjoyed designing their very own football kits and England flags.

American week

We took a 'road trip' around the good ol' USA in November, visiting many different states as part of our America theme week. Everyone had a lovely time chatting about the country - some people remembered when they had travelled there and talked about all the wonderful places they had seen. We decorated the home with flags and bunting and enjoyed some traditional American foods such as mac 'n cheese and pumpkin pie! Of course, we also had to celebrate Thanksgiving with a traditional meal of turkey, yams, mash, corn and of course, cranberry sauce!

Music at Parkland

We've enjoyed entertainment from singers including Spindle Tree and West End Warblers, a group which one of our residents Pete used to belong to. Everyone enjoyed joining in and had a grand time dancing the afternoon away. We were also lucky to welcome Clare from 'Singing for the Brain'. This brought everyone together and it was lovely to see all participating.

Feeling festive

The decorations are up and it's definitely time for hot chocolate, mince pies and some lovely Christmas films and music.



Our new kitchen is nearly finished in the dining room to enable those living in the home to do more cooking.

Remembrance poppies

We marked Remembrance Day in November, taking time to think of those who have died in wars and other military conflicts. Our activities team adorned the home with lots of poppies and we made some lovely decorative jars.



News from Plymbridge House



Super spa afternoon

We place a high value on looking good, feeling good at Plymbridge and pampering sessions always go down a treat. Julie, with footbath, nail file and polish in hand, took to the conservatory to lay on a chilled afternoon of pampering and quiet relaxation – that is, when those involved weren't having a good chat and cackling with laughter!

Peggy's party

It's not every day that you get to celebrate your 100th birthday! We enjoyed a wonderful buffet and a tippie of Prosecco to celebrate this fantastic milestone with Peggy, who made it back to us just in time for her birthday bash. Her telegram from the King is currently being framed.

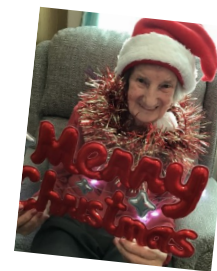


Des and Anne joined us recently, so we thought we'd share a picture of their lovely smiling faces enjoying a glass of bubbly at Peggy's party.



Christmas comes early

Christmas arrived at Plymbridge back in November, with an afternoon of dressing up in our finest festive frippery. Out came the hats, the glasses and all paraphernalia! This got us suitably in the mood for December and we've been preparing for our celebrations, with the home now beautifully decorated.



Our busy elf Liz has been making wonderful Christmas card keepsakes for our lovely families to treasure.



Baking frenzy! Always a lot of fun, with chatty excitement and reminiscing.



We were all very proud of our Remembrance preparations. We made effective poppy garlands using recycled lemonade bottles.

We would all like to wish Mark, our gardener at Plymbridge, a full recovery. We know that he is keen to return to Plymbridge and the garden that he has taken care of for many years as soon as he is able.

News from Peninsula



Student nurse placement



Bramble Down and Cornerways have been delighted to join the Clinical Placement Expansion Project (CPEP), which aims to increase nursing and allied health professional (AHP) student placement capacity within Devon's primary and social care services.

The pilot saw us hosting the first student nurse in Devon to complete their placement in both a nursing home and residential home. It has been a challenging project for the CPEP team, as they have had to ensure the Nursing Midwifery Council were happy with the placement, but we know the student nurse has loved her time with us.

We hope that the blended adult nursing degree programme will continue in 2023 and we will continue to host student nurses during their training.

Thank you to Amy, our student nurse, and to the teams at both Bramble Down and Cornerways for making her so welcome.

Training update

We've had a busy training calendar over the autumn, with Moving & Handling practical training sessions taking place across all of the homes.

In response to feedback from our staff survey, we've introduced a more supportive approach to one-to-ones, replacing 'Supervisions' as they were previously known. Staff from Bramble Down and Cornerways attended a half day workshop from City College on Reflective Practice, which is at the heart of our one-to-ones. This workshop will be delivered in our other homes in 2023.

We've also updated our induction process, which has been well received. Gary, our Training Manager, has helped to welcome a number of new team members.

Managers of each home and the central support team met recently to review all our competencies, which support our staff training. This will be ready to relaunch in the new year.

Our Training Manager Gary Hitching has written a book! This records his experiences throughout a career that has included serving as a member of the military in Afghanistan, and working for the Royal Family. 'Run They Said: Poetry of a Fortunate Airman' is available now on Amazon.

A day to remember

We marked Remembrance Day across our homes with different activities and commemorative displays. Some people were also able to attend local ceremonies. This is always a day for remembering, with many sharing their stories with us – lest we forget.



A resident had been a dentist in the RAF



A father was in the Merchant Navy



Thank you to those that have recommended our homes to friends and family to join our teams. We have a few new positions available, so please do like and share our social media posts on Facebook.

Please email us with any enquiries regarding positions at: jobs@peninsulacarehomes.co.uk

In brief

- ⇒ Thank you to all those that completed our recent friends and family survey. We are working through these and will have action plans in each home shortly.
- ⇒ We're looking at a new electronic rota system that will help staff see when they are on duty and offer a better link with our payroll supplier.

News from Peninsula



The Twelve Days of Person-Centred Christmas

Our Training Manager Gary Hitching has put together this topical list for the festive season, with some reminders about how we can be inclusive and aware of people's different needs as we celebrate.

1. Consider the feelings and emotions of the people we care for during this period.
2. Create a family atmosphere to ease the pain of lost loved ones.
3. Appreciate that some people just don't like Christmas.
4. Understand the traditions people have surrounding Christmas.
5. Investigate how different religions and cultures celebrate Christmas.
6. Be aware of the people we work with who may be having a hard time at Christmas.
7. Make every day and Christmas itself magical and engaging for those who participate.
8. Make every day magical and engaging for those that don't participate.
9. Wear a smile and take time to listen to staff and the people we care for.
10. Consider families of the people we care for at Christmas.
11. Understand the power of a photograph.
12. Remember to enjoy and respect other people's privacy and feelings over Christmas.



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

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