



**Welcome to the first edition of the Cornwallis Care Newsletter.**

The company has come a long way since it opened its first Care Home doors in St Ives in 1989. During the mid 1990s, we added Trecarrel and Cowbridge to our portfolio. Our biggest transaction, however, occurred in late December 2016 when we purchased 5 of the Morleigh Homes. We now operate 8 Care Homes throughout Cornwall and we operate the Bolitho Nursery in Penzance. We have places for 320 residents in our Care Homes and we employ over 370 staff. During the course of the last 12 months, we have undertaken extensive refurbishment at our Trewidden, Rivermead View, Beech Lodge and Hendra Court homes. Currently underway is the site entrance and parking improvement at Meadowbrook Court.

The Newsletter is meant to be interactive and to keep families, residents, staff and our colleagues in the multi disciplinary healthcare teams informed of the Cornwallis experience and the energy displayed in our Homes. It forms part of our overall communication strategy together with our recently launched website, our presence on the industry carehome.co.uk marketing site plus our Facebook and Twitter social media accounts. Cornwallis seeks dialogue and we encourage people to interact with us about their experiences.

My thanks to the many Cornwallis staff who have made this first Newsletter possible and to their dedication in preserving independence, dignity and quality of life to residents wherever possible.

Mr Stuart Clarkson  
Managing Director



[www.oomph-wellness.org](http://www.oomph-wellness.org)

**CORNWALLIS CARE HOMES GET ACTIVE!**

Being subjected to new sights, sounds and experiences is important for everyone, but especially for those living in a care home. That is why Cornwallis Care Services fully encourage their homes to provide regular meaningful excursions and days out, for their residents.

A trip to the seaside or to the countryside is a real treat for someone with a fading memory, making a change from the daily environment of the nursing home. Photographs taken during the trip provide something to talk about back at the home, bringing the memory back to life for the resident.

To help us further improve the activities we offer within our Homes, we are trialling a working partnership with OOMPH Wellness. They will be working with the staff of Beech Lodge, Hendra Court and Addison Park to train and support the care home staff to deliver high quality exercise, activity classes and days out.

# Making Moments Matter

## TREWIDDEN CARE HOME

### Interacting with Children

Trewidden have been working hard to build a successful relationship with their local Pre-School, "Little Seahorses". The children have, from time to time, visited and taken part in art and craft session with the residents, as well as joining in with singing and reading activities. Following a national study into the positive effects for both children and elderly people with dementia, Little Seahorses and Trewidden Care Home have now set up a regular visit pattern, to enhance the lives of both their groups.

Recent studies have noted that intergenerational care has the following positive outcomes:

- People living with dementia have a higher level of positive engagement when interacting with children
- Older adults without dementia demonstrate a higher frequency of smiling and conversation when interacting with preschool age children.
- Intergenerational care allows adults with dementia to be able to teach children things, such as how to fold a towel and how to categorize things such as seasons and colours.
- Intergenerational interaction has proved to serve as meaningful activity and to improve the quality of life for adults living with dementia.



Both the Manager at Trewidden Care Home and the Manager at Little Seahorses have seen the benefits in both residents and children alike, and are keen to encourage the visits and activities.

"At Trewidden, we watch the faces of our residents light up as the children arrive, their mood lifts and there are lots of smiles and laughter all round. We have witnessed communication greatly improve and we have noticed residents remember these interactions, providing a happy memory and topic for conversation for days after the visits." Sarah Fletcher, Home Manager.

Little Seahorse's are now invited into the home every Friday morning at 10.30am for planned themed activities that the residents and the Pre-School children can share in - for example collecting autumnal items such as fallen leaves and conkers, which both groups can bring together and discuss as the new season arrives.

Families are very welcome to join in with the weekly sessions on a Friday Morning - the more the merrier. If you would like to come along to share in the activities, please let Sarah Fletcher know.

Email [trewidden@cornwalliscare.com](mailto:trewidden@cornwalliscare.com) Tel 01736 796856



# Making Moments Matter

## HENDRA COURT NURSING HOME



### The Importance of Activities

Hendra Court, with the help and support from Oomph, are implementing a range of activities for their residents to positively change the impact of aging. The Hendra Court team have attended development sessions with the aim of enhancing activity provision for their residents.

Hendra Court introduced a 'Golden Ticket' programme to help further develop a positive, warm and engaging environment for everyone in the Home - staff and residents alike. This involves all staff members to actively encourage a whole range of activities from talking about life experiences and memories with individuals, joining in with a good sing-a-long or having a dance with a group of residents, to playing a game of ball! These 'Golden Moments' are then recorded on a ticket and collected in at the end of each month. The Wellbeing Coordinator and Home Manager then select who they feel has really 'Made a Moment Matter' for a resident, and they are awarded a prize.

Sarah Shields, the Home Manager says, "The best thing about working in a Nursing Home, is the time that you are able to spend with your residents, making them smile and helping them to enjoy their day brings a smile to everyone, that's what makes it worth while and very rewarding."



## MEADOWBOOK HOUSE NURSING HOME



### Introducing Laura Ghillyer, our New Health & Wellbeing Coordinator

"I have worked in the Care sector for over five years, and have completed my Level 2 NVQ. I am keen to progress further, and am in the process of doing my Medication training.

I enjoy working with the team at Meadowbrook House, everyone gets stuck in and we all help each other. I am really excited about the new challenge of becoming the Health and Wellbeing Coordinator and being able to give the residents 1:1 time to meet their individual interests.

I love Arts and Crafts, and will bring this passion to my new position, incorporating it into a variety of activities for the benefit of all residents."

# Making Moments Matter

## TRECARREL CARE HOME New Management

Trecarrel welcome George Harrison, as Manager and Caroline Macey as Deputy Manager, who are leading the Home into a positive new chapter, following the recent disappointing CQC report. Mr Harrison said, "I was delighted to be asked to Manage the Home, and couldn't wait to get started." Social services and families have already commented on the many improvements that the new Senior Management Team have made. A targeted recruitment drive has seen an influx of qualified people joining the Trecarrel team.

### Introducing George Harrison, Home Manager

George began his career in the Care Sector as a Domiciliary Carer, working in the community with young adults and the elderly. He moved into his first Senior Management position whilst in London. In 2016 he relocated to Cornwall and took a break from working in care. However, he missed the sector so much, that he applied to work as a Senior Health Care Assistant with Cornwallis Care. He is now the Home Manager for Trecarrel Care Home and works alongside Caroline Macey (Deputy Manager), who said, "This is going to be a fantastic an exciting partnership."



## RIVERMEAD VIEW CARE HOME Congratulations and thank you!

Manager, Paul Rielly, is delighted to be able to announce that Rivermead View gained a rating of 'Good,' following their recent CQC inspection. This result highlights the benefits that are emerging from the continuing programme of change and improvements that have been occurring at Rivermead View, and clearly demonstrate to staff, families and residents alike that, the sometimes very tough work involved has ultimately been worthwhile. There is still much to do to build upon this very positive outcome, but the Team are confident that a solid foundation has now been forged for bright future developments still to come.

Paul is pleased to welcome two new members of staff to his team, Head Chef Chris Langford and Caretaker Martyn McBride, both of whom have slotted in seamlessly with the existing crew. "We hope they are as happy to join us, as we are to have them on board!" says Paul.

Paul would particularly like to take this opportunity to shine a spotlight on his domestic team, whose efforts can so often fall under the radar and thus go unfairly unrewarded. Having gained particular praise during the CQC inspection for their success at maintaining a consistently clean and pleasant environment, despite the sometimes huge hurdles faced due to building work, Paul would like to thank them for their dependably hard work and also, crucially, for the smooth way the team manages itself.

# Making Moments Matter

## COWBRIDGE CARE HOME Dementia Friendly Environment

Cowbridge Care Home has been designed with stimulation, activity and personalisation at its heart, to enable those living with dementia to remain as independent as possible for as long as possible.

Within the home of Cowbridge there is a Music Lounge and a Dining Room set with relaxing colours, including a bar area called the Comfort Arms. This area is used by residents for relaxation and helps to stimulate and promote conversation.

From the dining area you are led through brick lined corridors that take you back down memory lane, with personalised front doors into private rooms. These personalised front doors enable and support individual residents to remember and be able locate their own bedroom door. The team at Cowbridge have found that bringing the outside in promotes a conversation and a chance to reminisce over past years. All individual rooms are personalised to meet each and every one's personal choice.



Throughout the Home, there are a number of 'Tea Stations', which support the residents to:

1. Improve their hydration
2. Exercise greater movement
3. Grow with self-confidence
4. Increase their social interactions

Dean Millar, Home Manager says, "one of our aims is to support everyone to access the community, whether this is through visiting the local barbers, paying a visit to the local GP for an annual check-up, enjoying some personal shopping or taking a break to enjoy a coffee in the café. Obviously this is not always possible for everyone in our care, so we are planning to open our very own Memory Café, to help promote interaction, memory and discussion for everyone in the Home."

# Making Moments Matter

## ADDISON PARK NURSING HOME Forthcoming Changes

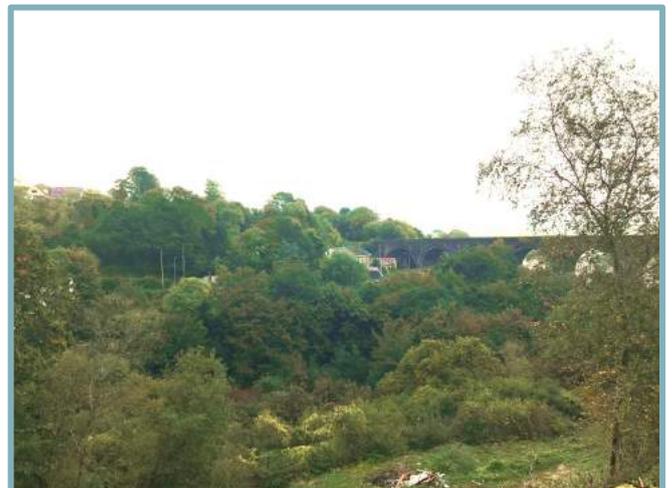
Addison Park has a new Manager, Sally Kenyon, who is a very experienced senior Nurse Manager. Sally joined on 20 August of this year and has already faced many challenges. The Home is deregistering as a nursing Home and will concentrate on providing care to residential dementia clients. The District Nurses will provide nursing support, and throughout October there will be much consultation with families and professionals, about resident needs being met.

Addison Park, like many other Homes in the area, held its own MacMillan Coffee morning, successfully raising money for the cause and combining it with a celebration of Administrator, Carol Body's 60<sup>th</sup> birthday. Carol is a key member of the Addison Park team and is much loved by residents and staff.



## BEECH LODGE Renovations

We are delighted to report that Beech lodge has undergone extensive renovations over the past year. The works have provided the Home with new communal facilities and several individual rooms, which have been fully renovated and beautifully decorated. We are also proud to announce the opening of a brand new, purpose built wing to the Home, offering a further eight bedrooms, all of which have been decorated to a very high standard. The rooms to the front of the home offer fantastic views over St Austell and the surrounding area.



# Making Moments Matter

## THE TEAM

**Managing Director –**  
Mr Stuart Clarkson

**Operations Director –**  
Ms Bridget Varney

**Nurse Consultant –**  
Ms Jan Halford

**Finance Director –**  
Ms Jenna Knights

**Marketing &  
Communications –**  
Mrs Nicola Hemsley



## OUR MANAGERS

**Addison Park –**  
Ms Sally Kenyon

**Beech Lodge –**  
Ms Lynn Davies

**Cowbridge –**  
Mr Dean Millar

**Hendra Court –**  
Ms Sarah Shields

**Meadowbrook House –**  
Ms Jayne Eldgridge

**Rivermead View –**  
Mr Paul Rielly

**Trecarrel –**  
Mr George Harrison

**Trewidden –**  
Ms Sarah Fletcher

## FUTURE DIARY DATES

**27<sup>th</sup> October – Halloween & Harvest Open Day**

**5<sup>th</sup> November – ‘Bonfire Night’ celebrations**

**8<sup>th</sup> December – Christmas Fayre**

*Some dates may differ between Homes. Please see the individual Home's Events & Activities page on the website for more detailed information.*



## FUN ACTIVITIES

### With Sudoku

Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9. Answers can be found on our website!

		1				9	4	
4		7	8	3		2	1	
9		6	5			8		3
8			6					
				2		1	3	
					3	5		
5	7				2	4	8	
1	6			9			5	
			4	1				7

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