



A message from the Managing Director

When I have been talking lately with residents and families, a recurring theme has been the fear of social isolation. I can remember as a young boy visiting my grandmother, who had dementia, in what my mother called “an old people’s home.” After every visit I used to ask my mother if she was sure that my grandmother was all right in there. The Home seemed so unwelcoming, austere and I did actually worry about how my grandmother would be when we left.

Our care homes can never be like that, ever! They must be welcoming, vibrant, filled with music and activity where possible and very much a part of the community in which they lie. Families and children should feel welcome, comfortable and reassured. I know that Nicola Hemsley and Bridget Varney are pioneering Community initiatives, and that we have enjoyed some notable success through the efforts and initiatives of our Well Being Co-ordinators - Shirin, Laura, Rachael, Kay and Lesley. Well done to the team!

Congratulations are also due to Jane Eldridge, at Meadowbrook Court and George Harrison, at Trecarrel who have successfully achieved their Registration as Managers with CQC. Dean Millar, at Cowbridge and Paul Rielly, at Rivermead are currently going through the same process, and I wish them success.

Cornwallis Care Homes aspire to create that special feeling that you get when you step through your own front door, and we hope that this is the feeling that families and friends have this Easter, when visiting their relatives and loved ones.

HENDRA COURT NURSING HOME 
The Sound of Music

Mr Stuart Clarkson
Managing Director

The benefits of music should not be understated within a care setting, and Hendra Court are delighted to be joining a new project with Plymouth University “Smart Speakers Project to advance elderly care across Cornwall”. Music can have many benefits in a setting of dementia. It can help reduce anxiety and depression, help maintain speech and language, stimulates and evokes emotions that bring back memories, enhances quality of life and has a positive impact on carers.

Hendra Court have a regular musical entertainment programme, with guest performers, such as ‘Mandy’, coming into the Home to perform songs such as ‘We’ll meet again’, ‘You Are My Sunshine’, ‘What a Wonderful World’ and ‘Oh My Darling Clementine’. Residents, and staff alike, thoroughly enjoy these sessions and often join in by taking to the floor for some impromptu dancing.



Making Moments Matter

TREWIDDEN CARE HOME

A fond farewell

Trewidden Care Home are saying goodbye to Home Manager, Sarah Fletcher this month.

Sarah has been with the company since 2017. During this time she has seen a number of changes, the most significant being the recent transition from Cornwallis Nursing Home to a Residential Service – Trewidden Care Home.

Sarah has been fully committed to building the local reputation of the Home and finding an area of speciality required to support the community - Dementia Care Services. Trewidden, has become known for being able to successfully meet complex needs associated with Dementia.

Sarah has implemented many improvements to the fabric of Trewidden, making a comfortable and homely place for residents to live. She has built teams who have grown to enable effective care and support, whilst driving improvements in care delivery, and has introduced a new computerised care record system into the Home.

“I have really enjoyed my time at Trewidden, and am particularly proud of the positive feedback we have received from both families and other professionals, during a significant period of change. I will miss my colleagues and the great hard working team, along with many residents and their families whom I have built great relationships with – and of course, the humour of Stuart!” *Sarah Fletcher, Home Manager.*



Cornwallis Care Services, is very pleased to announce that Sinead Clancy, currently Deputy Manager at Trewidden, will be taking over from Sarah, as the Home Manager.

Sinead has been Deputy Manager at Trewidden for over a year, and will continue, as Manager, to drive improvements and maintain high standards of care within the Home.

“I am very excited and proud to be taking on the role of Home Manager at Trewidden. I hope to maintain stability within the team, and to continue building on the good relationships with visiting professionals and families.” Sinead is particularly keen to increase the use of technology, so as to create more stimulation for those living in the Home, with Dementia. She is also committed to further developing opportunities for residents to partake in external activities and outings.

Cornwallis Care Services wishes to say a big thank you to Sarah, for all her dedication and hard work during her time with them and wish her every success in her new ventures.

Making Moments Matter

ADDISON PARK CARE HOME MURAL MAGIC 'The Addison Stag'

With thanks to the generous community donations of Arts & Crafts materials, and the creative talents of Health Care Assistant, Tara, Addison Park has been able to create a bespoke, one off wall painting of the 'Addison Stag by moonlight'.

The donations of paints, brushes and other craft materials inspired Tara to get creative, and paint a stunning scene of The Addison Stag in Moonlight, onto a wall in the recreation area of the Home.

During the preparation stage, Tara, was joined by a resident who was more than happy to assist in creating the background.

Tara said, "The idea was brought about by using the round light as the focal point of a bright shining moon."

Toni Loos, the recently appointed Home Manager, said, "We are in awe of Tara's talents and thank her for creating such a beautiful image. Many of our residents, and families visiting, have remarked on the new addition."



If you have resources to donate, or if you can spare a couple of hours and would like to share a hobby, have a chat or share a story with residents in any of our locations, then please do contact us. You can find contact details for our individual Homes on our website www.cornwalliscare.com or you can contact Nicola via email nhemsley@cornwalliscare.com

Making Moments Matter

TRECARREL HOME Sensory Days

A widely used therapy in dementia care is sensory stimulation. This method of care encourages people living with dementia to engage in activities that stimulate one of the 5 senses; taste, sound, smell, touch and sight. The goal is to help evoke an emotional reaction to an activity and be in touch with the immediate environment around them or remind them of a past memory. *Active Minds*

Trecarrel have recently held a number of Sensory Awareness Days, promoting communication and memory recall amongst residents. The sessions have been very popular, with the residents using touch, taste, smell and sight, through a variety of planned stimulating activities. These have included a Cheese Tasting and Exotic Fruit Day, where residents made new discoveries, and a sensory Herbs and Spices Day, which brought back many memories of home cooking.

“We hope to expand on the experiences we can provide, by building our own sensory garden here at Trecarrel, using herbs, flowers, pebbles, shells, feathers and maybe even a water feature, to make a calm and tranquil setting for the residents to enjoy” says Kay, *Trecarrel’s Wellbeing Coordinator*.

Trecarrel have recently teamed up with Cowbridge, to join the Sensory Trust Cornwall, and have been out on their first Dementia friendly walk with the group, to The Lost Gardens of Heligan. The residents of both Homes enjoyed a stunning day, taking in the sights, smells and sounds of the world around them.



Making Moments Matter

BEECH LODGE CARE HOME One Giant Leap

Staff of Beech Lodge, have been very busy organising events to raise money for their residents' activities fund. Health Care Assistant, Charmaine has been organising and delivering a series of Bingo evenings, at a local venue. These evenings have been much enjoyed and have helped to raise significant amounts towards the residents' fund appeal. The latest Bingo event raised over £200. Beech Lodge would like to say a big thank you to Charmaine for her dedication and commitment to their residents.

Beech Lodge staff are also going to be fundraising for The Alzheimer's Society, by taking part in the World Alzheimer's Day Sky Dive, on 21 September 2019. Lynn Davies, Home Manager and Charlotte Brewer will be making One Giant Leap to help fight against Dementia.

If you would like to sponsor them for this amazing challenge, please visit their respective Just Giving sites:

<https://www.justgiving.com/fundraising/Lynn-Davies12>

<https://www.justgiving.com/fundraising/Charlotte-Brewer1>



Thank You

Making Moments Matter

COWBRIDGE CARE HOME



Community Links

FAMILY SUPPORT GROUP



We are starting a new family support group to start on
Friday 10 May at 2pm at Cowbridge

We believe Cowbridge is a warm and welcoming care home.
We also believe that we can all be a good source of support for each
other, and benefit from sharing concerns, happy moments,
information and resources.

This will be our first meeting,
so ideas and feedback would be welcome.

Please join us,
Refreshments, tea and coffee will be available.

Alongside this, Cowbridge have also initiated another project called, 'Spare Chair Social'. The Home has recognised the growing issue of loneliness amongst our older generation, and has decided to take action. The Spare Chair Social is an invitation, to anyone living on their own in the local community, to come and join their staff and residents for a delicious home cooked lunch, to share stories and enjoy good company. Dean says, "We hope this initiative will help new friendships to be made and bring opportunity for socialising and communicating, not only for the guests, but also for our residents, whilst enjoying a delicious Friday Fish and Chip lunch."

Cornwallis Care Services highly value the communities that their Homes serve, and are keen to encourage and support Managers and their teams to build strong links with their own local organisations and groups.

Cowbridge staff have really taken this on board and have been busy, over the last few months, networking with their community. Dean Miller, the Home Manager says, "We believe that Cowbridge is a warm and welcoming home set in the heart of Lostwithiel, and we feel that we are able to be a good support and source of information for those who may be struggling in coming to terms with the need to start looking for a care home for their loved one. Our newly founded FAMILY SUPPORT GROUP aims to meet monthly, to offer a listening ear, advice and support for each other."

The first group meeting is on Friday 10 May at 2pm.

Cowbridge Care Home 

WOULD LIKE TO INVITE YOU TO OUR 'SPARE CHAIR SOCIAL'

Would you like the opportunity to make some new friends, whilst eating a delicious home cooked meal?



The invitation is extended to anyone living on their own in the local community. All we ask is that you communicate with our residents and ENJOY friendly conversations over lunch.

The lunch will be held on the last FRIDAY of every month.
We ask for a donation of £6

To book your place at our next 'Spare Chair Social Lunch'
Please contact us on the details below:

Julie & Sarah
Cowbridge Care Home
Lostwithiel

Tel 01208 872227

Email cowbridge@cornwalliscare.com
www.cornwalliscare.com

Making Moments Matter

RIVERMEAD VIEW CARE HOME

The Joy of Children

Earlier this year, Rivermead View was fortunate to have struck up a mutually beneficial friendship with West Looe Playgroup. Approximately once a month, several of their three and four year olds take the time to make the, not inconsiderable, walk from the top of West Looe down to Rivermead View, to spend an hour or so with our residents. “Our residents and the children partake in arts and crafts, storytelling, and singing sessions (although we’re having to limit the biscuit rations, which may lose us a few gold stars so far as the children are concerned...)” says Shirin, Wellbeing Coordinator at Rivermead View.



Paul, the Home Manager says, “The positive impact on our residents has been immediately noticeable; they are genuinely delighted when the children recognise them or remember their names, and love to admire their creative efforts (and to take on board their cutting edge fashion tips – dinosaur socks are all the rage), with even those who are usually reluctant to join in with group sessions being fully engaged. In turn, the children seem to thrive at the chance to show off their skills, being of an age where they are so open and enthusiastic, and lacking the hurdles of cynicism and self-consciousness that sadly so often tend to come with the passing of time.”

Paul, and his staff are aware that these visits are a work in progress, and fully take guidance and advice from the playgroup leader and her assistants as to how to best facilitate these sessions, and act swiftly to implement any changes they require. The Home has received very positive feedback from the playgroup thus far, and hope that they will want to continue the arrangement long into the future.

Shirin states, “Much has been noted in the media of late regarding the overwhelmingly positive benefits of forging intergenerational associations and friendships between young children and seniors, and thus we are immensely grateful to West Looe Playgroup for offering us this opportunity.”



Making Moments Matter

MEADOWBROOK HOUSE NURSING HOME



The Great Outdoors

It's that time of year where the sun is starting to shine. At Meadowbrook House the residents have been eager to get outdoors and start gardening.

To make this possible the staff have planned an 11 mile sponsored walk on Saturday 6th of April to raise the money needed to buy new gardening tools and lots of plants. Laura, Wellbeing Coordinator said, "We also intend to have our very own vegetable garden, set in raised beds for ease of access, for the Residents to grow their own food."

Over the next coming weeks both residents and staff are looking forward to transforming their courtyard into a beautiful relaxing area full of colour. In preparation for this, Laura has enrolled a group of helpers to weed and prepare the space.



The courtyard space, waiting to be transformed!



Making Moments Matter

THE TEAM

Managing Director –
Mr Stuart Clarkson

Operations Director –
Ms Bridget Varney

Finance Manager –
Ms Jenna Knights

**Marketing &
Communications –**
Mrs Nicola Hemsley



OUR MANAGERS

Addison Park –
Ms Toni Loos

Beech Lodge –
Ms Lynn Davies

Cowbridge –
Mr Dean Millar

Hendra Court –
Ms Sarah Shields

Meadowbrook House –
Ms Jane Eldridge

Rivermead View –
Mr Paul Rielly

Trecarrel –
Mr George Harrison

Trewidden –
Ms Sinead Clancy

FUTURE DIARY DATES

Friday 28 June National Care Home Open Day

Saturday 28 September Autumn Open Day

December (date tbc) Christmas Celebrations

Each home will have a number of other exciting events and activities throughout the year. Please see their Events & Activities page on our website for more details.

www.cornwalliscare services.co.uk

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!

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

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Web: www.cornwalliscare services.co.uk



Godrevy House, Trewidden Road, St Ives, Cornwall, TR26 2BX
Company No: 3143947 Registered in England and Wales



RECRUITING

Nurses – Full Time

Health Care Assistants - Full & Part-Time

Wellbeing Coordinators - Full Time

We want people that share in our values:

- To be guided by Integrity, Trust, Kindness, Dignity, Compassion & Respect
- To actively listen & respond to the people we support and to each other
- To support people to achieve their aspirations
- To seek out, appreciate & encourage the potential in everyone
- To strive to be honest, transparent, fair & ethical in all we do
- To learn when things go wrong
- To celebrate success & try to make life enjoyable for all

**EXCELLENT
RATES OF PAY**

If this is **YOU** then

APPLY TODAY BY CALLING

0330 20 20 609

or email

mgill@cornwalliscare.com