



A message from the Managing Director

First of all a welcome to new colleagues - Robert Liebenberg, Manager at Cowbridge; Hayley Bilney, Manager at Addison Park, Jeanette Hocking, Manager at Trecarrel and Michaela Burt, Project Director who will work with Sarah Shields at Hendra Court as we look at new opportunities there. Also, congratulations to the Addison Park team on achieving a 'Good' rating at their CQC inspection on 21 June. Well done Team Addison, with a special mention for Vicky Poole and Janine Bryant.

Summer is upon us and this is an opportunity (weather permitting) for us to encourage our residents to spend some time outdoors. We are fortunate that so many of our Homes have gardens and open land surrounding them. As you will read, the group have been busy with new and stimulating ideas to entertain our residents, from Art Clubs to Friendship gatherings. We must all continue to try to make our Homes the most vibrant we possibly can. Community involvement is so much healthier for the Home to embrace, with so many benefits for our residents.

Thank you all, again, for everything that you do.

Mr Stuart Clarkson
Managing Director

MEADOWBROOK HOUSE NURSING HOME



The Great Outdoors

Over the summer months Meadowbrook House have been striving to ensure their residents get to enjoy the weather as much as possible, through planned trips out and by making the most of the outdoor areas at the homes.

They are in the process of planning many trips such as days out fishing, trips to a local pub to watch the brass bands play and walks along the beautiful river in Lostwithiel.

In house they are looking forward to making the most of their outdoor areas. Laura, Meadowbrook House's Well-being Coordinator, along with residents, has spent time planting in the courtyard adding lots of colour and making it a bright relaxing area to spend time. "We are in the process of getting a ramp to make it easier for our residents to access the grassed areas around the home, this will then enable us to use these areas to create vegetable patches which is something we are very eager to get our residents involved in", says Laura. Administrator, Alison has built a new link with the local community, and will have an ice cream van visit the home regularly, for the residents to enjoy.



Making Moments Matter

National Care Home Open Day 2019 'Celebrating the Arts in Care'

The theme for the 2019 National Care Home Open Day was, 'Celebrate the role of the Arts in Care'. For many people living in care homes, connecting with the Arts brings real pleasure, adds to their health and wellbeing and can be a celebration of all the best things in their life.

In recent years a number of research projects have demonstrated the value of arts-based activities particularly for those living with dementia.

The group of Cornwallis Care Services Homes, took part in the National Care Home Open Day this year, opening their doors to family, friends and their local communities. The day was filled with music, arts & crafts, tea, cake, fun and laughter, in all locations!



Making Moments Matter

HENDRA COURT NURSING HOME



The Big Lunch 2019

On Sunday the 9th June Hendra Court, took part in their local 'The Big Lunch', held at Cornubia in Par. "It really was fantastic to be part of such an exciting community event", said Felicity, Hendra Court's new Well-being Coordinator.

The Big Lunch is the UK's annual celebration for neighbours, an idea from the Eden Project, made possible by the National Lottery. It started back in 2009, and takes place each year in June. It's a day where neighbours and members of communities can stop what they're doing and come together for the simple act of sharing a meal. Events can be big or small, inside or outside, casual or filled with all sorts of games, activities and excitement. The main thing is that people share good food, good company and good fun. edenprojectcommunities.com



The event in Par consisted of live music from Chucklefoot, Morris dancing, and children's drama activities from Cinta Stage. Local schools and childcare centres also had stalls with fun and games. There were many craft stalls, other small local businesses, lots of laughter and of course food to share. The atmosphere there was fantastic despite the torrential weather outside!

"It was a wonderful opportunity to engage with the local community and began many conversations with members of the public about our lovely care home. Our aim was to raise as much money as we could to support our residents fund for future activities, entertainment and events. Our tombola stall was made up of items kindly donated by staff and family members of the residents. It also proudly displayed our new banner, made beautiful by the residents of Hendra Court. It was a happy time had by all and the stall managed to raise a wonderful £98.11 for the resident's fund." Felicity, Well-being Coordinator.

This coming July staff of Hendra Court will once again be aiming to raise as much as possible for our resident's fund with a sponsored walk to Polkerris and back, hoping for nice weather we will be a group of about 10 taking to the cliff paths and enjoying the scenery as we walk a round trip of just under 6 miles.

There is always an opportunity to donate or volunteer. If you would like to support our residents, contact Hendra Court on 01726 812277

Or email hendracourt@cornwalliscare.com

THANK YOU!

Making Moments Matter

ADDISON PARK CARE HOME Welcome a New Manager

Addison Park have recently welcomed a new manager, Hayley Bilney, to head up their team of dedicated care and support staff. Hayley has a strong background in business management, having worked for the Ministry of Defence and later as an independent consultant working with companies to assist them in streamlining their business processes. She also has many years of experience in the care industry and has brought the two together in the Registered Manager role. Previous to joining Cornwallis, Hayley enjoyed three years at The Grove in Charlestown and has come to us seeking a new challenge!

"I am proud to be joining the Cornwallis family, and thrilled that Addison Park has just achieved "Good" in every area of their latest CQC Report." I am looking forward to working with the dedicated team that are in place at Addison, and to taking the service forward in providing the best care possible to our residents." Haley Bilney, Home Manager, Addison Park.



COWBRIDGE CARE HOME Welcome New Staff

Mr Robert Liebenberg. I am very pleased to be appointed as the new Manager of Cowbridge Residential Home. I have worked in the care industry for over ten years, working in various services supporting people with their daily living. The past 5 years I have worked as a Registered Manager for elderly care in Essex. I hope my transition into the service will be smooth and continue to drive Cowbridge in the right direction for stability and continuity.

We would also like to introduce our new Health & Wellbeing Team, Emma Pascoe.

They have been busy working on some new projects, one of which is a friendship/pen pal group. Invitations have been sent out to our other care homes to invite them to a coffee morning so we can discuss how we might like this group to develop i.e., joining together to go on trips or share some special events at each other's homes in a safe environment and make some amazing memories.



Making Moments Matter



TRECARREL HOME

The Importance of Art in Care

Trecarrel hold an Art Club every week. Residents have a choice of working with poster paint, watercolour, crayons or pencils creating some marvellous work. The theme at the moment is "scenes of Cornwall" with printed designs of local harbours, churches, tin mines etc to colour or paint. The Home has a wide selection of "Art Therapy" books with many designs and stencils to use. Residents look forward to "Art Club" finding the sessions relaxing and calming bringing out their creative side. During the summer, the residents will be developing their artistic skills by painting flower pots and pebbles using Acrylic paints, maybe with the help of family members. These will then be displayed in and around the garden.

BEECH LODGE CARE HOME

A sense of Community

On the 28th June, Beech Lodge celebrated National Care Home Open Day, outside in the lovely sunny weather. They were joined by a musical duo who played residents' favourite music. A lavish BBQ was prepared and enjoyed by all, including some special mocktails to mark the occasion.

A local playgroup came in to support the event, which many of the residents relished. The raffle raised money for the resident's comfort fund and featured prizes such as Eden Project tickets and Carvery vouchers. The staff team pulled together, and it was a day to celebrate a sense of community, bringing together staff, residents, families and the local community. Becky Gale, Interim Manager said, "It was wonderful to see residents' tapping their feet to the music and laughing with the children. Everyone finished the day, refreshed, full up and happy!"



Making Moments Matter

TREWIDDEN CARE HOME Garden Transformation



Trewidden Care Home wanted to bring life back into their garden and make it a sensory garden to stimulate the senses of sight, smell, touch, taste, and sound. They had a large area to accommodate a variety of flowers, plants, vegetables and herbs, to provide additional stimulation with colours, smells and sounds of wildlife. The sensory garden they created, not only looks beautiful and appealing to the senses, the residents can contribute and interact in a variety of ways, from active involvement in digging and planting, to smelling their favourite flowers, or picking herbs or vegetables and discussing what you might cook with them for this week's meals.



The garden has provided a much wider variety of activities within the home, with residents creating items from wind-chimes to scarecrows, to adorn the area. The garden has also provided the residents at Trewidden with opportunities to reminisce their own gardens, chatting about what they used to grow and allowing them to pass on their wisdom to members of staff, teaching them how to look after the garden. The residents have also spotted beautiful butterfly's and birds that have been attracted to the garden by the flowers and the bird feeder, that was made by the local church, and they have enjoyed spending time in the sunshine and sharing their garden with the local community. Staff and residents are all looking forward to more gardening and



Making Moments Matter

RIVERMEAD VIEW CARE HOME Getting Active

For many years, Sheila Brock has been a lynch pin of Looe, running the Sheila's School of Dancing for the children and teenagers of the town. Whatever the event, be it the carnival, pantomime, music festival, or any number of fundraising occasions, Sheila's dancers have been centre stage every time.

Sheila also runs exercise and dance classes for all abilities and ages, and takes these sessions into care homes around the Looe, Polperro, and Liskeard areas. Rivermead View recently invited her in to their home to help encourage residents and staff to enjoy a little bit of structured chair-based music and movement.

Despite some initial misgivings from some of the residents, the debut class proved to be a huge success, with staff also joining in with genuine enthusiasm – this in turn helped to encourage the more reticent residents to lose a few inhibitions and get those limbs working!

Residents commented afterwards that they genuinely felt they had had a proper workout, and that they had greatly enjoyed it, despite not expecting to!

Rivermead View are planning to invite Sheila back this summer, and hope that the classes can become a regular addition to their activities calendars.



Making Moments Matter

THE TEAM

Managing Director –
Mr Stuart Clarkson

**Director of Quality &
Culture**
Ms Bridget Varney

Finance Manager –
Ms Jenna Knights

**Marketing &
Communications –**
Mrs Nicola Hemsley



OUR MANAGERS

Addison Park –
Ms Hayley Bilney

Beech Lodge –
Ms Becky Gale (Interim)

Cowbridge –
Mr Robert Liebenberg

Hendra Court –
Ms Sarah Shields

Meadowbrook House –
Ms Jane Eldridge

Rivermead View –
Mr Paul Rielly

Trecarrel –
Ms Jeanette Hocking

Trewidden –
Ms Sinead Clancy

FUTURE DIARY DATES

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.cornwalliscareservices.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!

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

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