



A message from the Managing Director

What an incredibly busy summer! Not that I have to tell you all about that since all of our staff will have experienced the results of both Derriford and Treliske hospitals coming under severe pressure. Our attempts to ease the situation are much appreciated by the Council and the NHS.

Despite this pressure of work, we still find time for humour and the everyday things in life that we believe will bring happiness to our residents. This Newsletter demonstrates the wide variety of approaches taken by the staff. We can all be sure of one thing. Any initiative, we take, to bring the young and old together, to unite families and to participate in the wider community is hugely appreciated by all concerned.

Keep making those faces smile. That in it-self is so good to see!

Mr Stuart Clarkson
Managing Director

COWBRIDGE CARE HOME

Champion Service

Cowbridge Care Home, are creating a 'Champion Service' within the home. The aim of this new initiative is to enhance the Care and Support Service that they already deliver to their residents. "A champion is a great opportunity to encourage other staff members on board, so they can share their experiences and observations with others", says Robbie Liebenberg, Home Manager. There will be a Champion meeting bi-monthly where the following areas will be discussed Nutrition and Fluids, Safeguarding, Manual Handling, Dementia and Dignity Care. Their first champion is Lesley, Well-being coordinator, who will be overseeing Nutrition and Fluids. Robbie explains, "Lesley is hoping to promote this Championship, making homemade smoothies, holding hot chocolate days and creating a broader choice of items that the residents can enjoy."



Making Moments Matter

MEADOWBROOK HOUSE NURSING HOME Tovertafel, Magic Table

The Tovertafel Original was developed for and with people in the moderate to severe stages of dementia. The interactive games break through apathy by stimulating both physical and cognitive activity and encouraging social interaction. Moreover, the Tovertafel creates treasured moments with family members and carers. These games are all about enjoyment and wonder. The Tovertafel is a little box that can be mounted on the ceiling, for instance, above the dining room table of a care institute. Inside the box is a high-quality projector, infrared sensors, speaker, and processor that work together to project the games onto the table. Because the colourful objects respond to hand and arm movements, residents get to play with the light itself.

Meadowbrook House have recently hosted a demonstration of the magic table. Jen Eldridge, Home Manager said, "We were given the opportunity to trial a variety of around 20 different games, we invited a few of our residents to trial these games with us so we were able to observe the real positive outcome it would have on them. During the demonstration we were joined by both able bodied residents and immobile residents, the magic table had such a fantastic effect for both, being able to adapt each game to the ability of each resident." It is often the case that engagement with activities, particularly for those suffering with dementia, only lasts for very short periods of time. Jane explained that residents who often have difficulty in concentrating on activities enjoyed playing the different games on the Magic Table, for an hour, without any distractions or worries. Each of the games has lots of colour, sounds and movements, which instantly draw the player in. They also stimulate and encourage residents to discuss with each other, and with staff, what it is that they are observing. The games also aid with reminiscing, triggering memories from the past. Jane said, "We found the magic table to have such a positive effect on both the residents interaction and mood, that we hope to be able to invest in one for our home in the very near future."

<https://tovertafel.co.uk/care-innovation-dementia/>



Making Moments Matter

RIVERMEAD VIEW CARE HOME

Postcards of Kindness

Postcards of Kindness was created by Your Health Group – a care home provider. In 2018, they launched a campaign asking people to send their residents postcards, and then in 2019, they decided to take their appeal further and set up a group encouraging more care homes and care settings to get involved. “We want to combat loneliness and isolation across the country and remind our residents that there’s always somebody thinking of them, regardless of where in the world the postcards have come from. Imagine being able to travel the world alongside card writers while sharing their holiday adventures; residents’ memories are stirred and imaginations piqued,” they said.

It was by chance that Rivermead View, picked up on the Postcards of Kindness project. Shirin, Wellbeing Coordinator said, “Whilst looking through Facebook, something about the group sparked my interest so I registered Rivermead View and then pretty much put it out of my mind. The response from the residents when the first few postcards arrived, within a week of registering, was quite a surprise, and it quickly dawned that we might be onto something.”

Within a few weeks of joining, the project was introduced to the whole group and all eight of Cornwallis Care Services Ltd. Homes were registered.

“It became clear that we had more than an occasional distraction on our hands, and I was quite taken aback to see how much residents enjoyed reading these little snippets of news and gossip from random people they had never met, and how conversations would then take off spontaneously, sparked by the pictures on the cards or references made by the sender”, said Paul, Home Manager.

The snowball effect grew yet again when Radio Cornwall contacted Rivermead View Care Home, having picked up on their involvement through the Facebook group, Postcards of Kindness. Keen to match Radio Devon, who had interviewed residents from a participating home in their region, Radio Cornwall were looking for likely candidates for their version. Shirin knew of residents who would enjoy taking part and who would come across brilliantly to the listeners. She then sent a short article and photo of the interview to the Cornish Times, who gave Rivermead View a half-page piece – “Lily and Moreen are now considering charging for autographs!”



“Thanks to Mac, our maintenance guru, we have the start of a fantastic display, and we hope to have sent out all replies by about 2027. Or thereabouts...”

If you are away on holiday, our residents would love to hear from you, so please do drop us a postcard. All eight Care Home addresses can be found on our website:

www.cornwalliscareservices.co.uk

Making Moments Matter

ADDISON PARK CARE HOME

Welcome a New Wellbeing Coordinator and plans for regular Intergenerational Days

Addison Park has had a very busy start to Autumn, with the promotion of two of their carers to Team Leaders, congratulations Kieliegh and Rhianna, and welcoming new Health and Wellbeing coordinator, Tara who has also been a carer at the Home.

“We have had our first intergenerational day where a Year 4 class from our local primary school visited, they played bingo, dominoes and drew and coloured pictures with groups of residents. It was a fantastic afternoon, enjoyed by all involved,” said Tara, “We hope to continue with our intergenerational days, as the residents and children really enjoyed spending time together. We are also planning on getting messy together, making pumpkin carvings, for Halloween.”



HENDRA COURT NURSING HOME

The Sound of Music



Hendra Court Nursing Home, are champions for the Power of Music. “It is truly wonderful to see the effect that Music is having on our residents,” says newly appointed Home Manager, Sarah Fletcher. The Home have several regular singers or musicians who come and perform for their residents. Felicity, Wellbeing Coordinator says, “The residents are full of smiles and laughter and thoroughly enjoy dancing, either from the chair or up on their feet, singing along to the music. Moods are lifted for the rest of the day.”

Alongside the regular entertainment, the Home also host regular in-house sing along afternoons. These occur every Friday afternoon and are full of classic songs that many of the residents know and love. “There are always some Elvis Presley songs, because it

really wouldn't be a Hendra sing a long without them! Songs can be requested and changed and we have even had an afternoon based on the terrible weather, which caused lots of laughter.”

“These Musical sessions are enabling residents to communicate with each other in these shared experiences of enjoyment, and will be something we continue to develop further” says Sarah, Home Manager.

Making Moments Matter

TREWIDDEN CARE HOME The Indoor Garden

Trewidden Care Home are developing a beautiful conservatory, on the first floor of the building, as an all-year round indoor gardening area. The aim is to promote wellbeing for the residents, providing an opportunity to enjoy sensory and creative activities in a light and airy place where they can relax, no matter what the weather.

So far they have potted cactus, planted nasturtiums and cultivated cuttings. Plans for the future include creating macramé holders to hang plants from and to grow some exotic plants such as bougainvillea and ginger. The residents will also help to decorate pots that can hold more common indoor plants and include indigenous plants of West Cornwall.

“We hope it will become a wonderful green area that all residents enjoy and that it will also provide a nursery for over wintering plants for the following summer,” says Sinead, Home Manager.

This year, a lovely crop of tomatoes was harvested and they hope to grow more salad and fruits alongside vegetables.

So gardening is always on the activity list at Trewidden, and raising money to develop it will be important in the New Year. With its unrivalled views across the bay, the conservatory is an area that has the potential to promote wellbeing across the spectrum and become a great asset to both the residents and the staff.



Making Moments Matter

TRECARREL CARE HOME



Cookery Club

Residents at Trecarrel Care Home, look forward to their cookery club once a fortnight. Residents of all abilities can join in using their senses of touch, smell, taste and sight to recall many memories of home cooking and family life. During the club there are lots of conversations about past meals prepared, including the making of jams, chutneys and homemade wines!

Kay, Wellbeing coordinator, says “We often discuss how everyone coped during the war years, when there were rations, and have



taken this interest further by looking through some old recipes by Marguerite Patten ‘The Victory Cookbook’, ‘We’ll eat again’ and ‘Postwar Kitchen’.”

“It is lovely to see some of the old skills coming back , for example, rolling and cutting crimping pastry, whisking and beating eggs etc. In the last few months we have made fruit cocktails, jam tarts, mince pies, pancakes, flapjacks, fairy cakes and pizza. This month we will make and ice some biscuits for Halloween and hopefully be able to make a Christmas Cake!”

BEECH LODGE CARE HOME

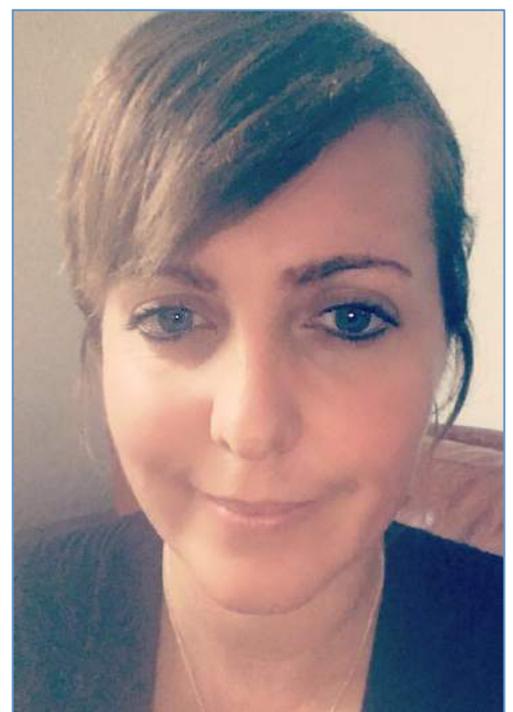
Welcome a New Manager

Sam Middleton, joins the team at Beech Lodge, as Home Manager. Sam recently moved to Cornwall from Lincoln, where her background was, for the last 14 years, been in care. Sam started off as a domestic staff member and then went onto become a care assistant, so she understands the importance of all roles within the Home.

“I have worked for the same employer, prior to moving here, for the last 10 years. I started off working as a senior carer, and then moved on to managing two care homes, one of which focussed on advanced dementia and challenging behaviour.

My passion has always been dementia and I am an advocate for allowing and encouraging people to voice their opinions and ensuring care needs are met in a person centred way, focusing on the individual and not the illness.”

Sam is very excited about her new challenge and is looking forward to the next chapter of her career, with Cornwallis Care Services.



Making Moments Matter

THE TEAM

Managing Director –
Mr Stuart Clarkson

Finance Manager –
Ms Jenna Knights

Clinical Governance –
Ms Michaela Burt

**Marketing &
Communications –**
Mrs Nicola Hemsley



OUR MANAGERS

Addison Park –
Ms Hayley Bilney

Beech Lodge –
Ms Sam Middleton

Cowbridge –
Mr Robert Liebenberg

Hendra Court –
Ms Sarah Fletcher

Meadowbrook House –
Ms Jane Eldridge

Rivermead View –
Mr Paul Rielly

Trecarrel –
Ms Jeanette Hocking

Trewidden –
Ms Sinead Clancy

FUTURE DIARY DATES

December 14th	Christmas Celebrations
<i>January Newsletter</i>	
March 21 st	Spring Open day
<i>April Newsletter</i>	
June (TBC)	National Care Home Open Day
<i>July Newsletter</i>	

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 though 9. Answers can be found on our website!

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

Telephone: 01736 798700

Email: info@cornwalliscare services.co.uk

Web: www.cornwalliscare services.co.uk



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

Our Values define us

People first

Ensure that the people we serve are at the heart of all that we do

Respect

Be kind, respectful, fair and value diversity

Ownership

Celebrate our successes, learn continuously & ensure we improve

Unity

Work in partnership with others

Deliver

Be efficient, effective & accountable for our actions

We are **PROUD** to work in care

