



# NEWSLETTER **MAY 2025**

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## ***The ZipWire Challenge Over The Eden Project***

***She did it!!*** Erika has accomplished a remarkable feat. Despite having no head for heights, she displayed exceptional courage in undertaking the ZipWire Challenge above The Eden Project. Once she left the platform, there was no turning back! Soaring over the breathtaking Eden Project at speeds of up to 60mph, Erika and Tony successfully tackled England's fastest zipwire challenge.

Erika admitted that the moment of stepping off and dangling in the air was terrifying, but adrenaline quickly kicked in, turning fear into exhilaration. She loved every second of it. One particularly amusing moment saw Tony take the lead, only for Erika's competitive spirit to shine. Determined not to be outdone, she tucked her arms in, gained speed and zoomed past him!



We'll share an update in the next newsletter with the total amount Erika raised for our activities fund after all sponsorships have been collected.



## May Events Schedule

We've got lots planned for May, including VE events for those who wish to remember. There are activities every day, here are the main highlights for May:

- 3rd May** Trishaw Rides
- 4th May** Sunday Service for VE Day with Dicky Deane (Day Centre)
- 5th May** Gardening Club: Planting Forget-Me-Nots for VE Day
- 6th May** Coffee Morning: VE Crafts  
*Dad's Army* Screening (client choice)
- 7th May** Bus Trip to Cobbaton Combat  
Therapy Dog Visit  
Library Trip with Dawn
- 8th May** **VE Day**  
*Stories of Reminiscence*  
*Live TV Footage* (client choice)  
Sing-Along
- 14th May** Bus Trip to Appledore for Fish and Chips
- 21st May** Therapy Dog Visit  
Holy Communion  
Bus Trip to Appledore for Fish and Chips
- 22nd May** Sing Up Event in Bude with Dawn and George
- 28th May** Bus Trip to Appledore for Fish and Chips



Hopefully you have received our 2025 Quality Assurance Questionnaire. We would love to hear your feedback and our carers are happy to assist if needed. If you haven't received one please ask your carer or call us on 01409 281754. The deadline for responses is 31<sup>st</sup> May 25.

TOM'S DRAW

APRIL 2025

# CONGRATULATIONS

JO HARDING

Selected in a random draw, Jo was nominated by a colleague:

“For always being so kind and supportive always trying to help where she can.”

Well done! A £50 Marks & Spencer voucher is on it's way to you.

## Other nominations in this draw...

*“100% team player. Will always help with a smile on her face both cleaning & caring. Always cleans to a high standard and goes that extra mile for our residents. Makes us laugh and keeps us going when things get tough. She's an absolute star.”*

*“Thank you so much for taking care of my dad with such compassion and kindness today when dad had made a mess... Singing him a song was really touching and moving. Thank you”*

*“For being a hard worker and super carer, shes learnt very quickly, she always gets stuck in and doesn't shy away from things.”*

*“No matter how busy she is, she always has time to listen and always makes time for residents, families & staff x”*

*“George is always so caring and thoughtful. No matter what life throws at her, she does a fantastic job, a quality that can be overlooked. I hope there are carers like George around when I need one!”*

**Thankyou to everyone who has taken the time to nominate a team member for Tom's Draw this month. The draw is now open again for nominations.**

## System Upgrade

After a lot of hard work behind the scenes we are in the final stages of making our system stronger, safer and more flexible with the ability to add many more features in the future. Tom has built our bespoke West Heanton website and it is not only a great resource for you, it also runs our rotas & care planning behind the scenes. During May we are upgrading our server and this means that for a period of 2-3 days we will have no access to emails or rotas. We are planning this upgrade meticulously so we can still access all the information we need and don't anticipate any interruption to our care services. We will still be contactable by phone and via facebook during this time. When we know the date we will inform you via email and on our social media.



## The Virtual Dementia Tour

We were privileged to host The Virtual Dementia Tour, an impactful experience that provided us with invaluable insight into life for individuals living with dementia. This training is regarded as the gold standard of dementia education. Already adopted by NHS Trusts, care homes, many other providers, families and more, the Virtual Dementia Tour delivers unparalleled impact.

This training provides participants with a simulated experience of what it might feel like to live with dementia, offering insight into how everyday interactions are perceived by those affected. It allows participants to walk a mile in their shoes.

By focusing on the perspective of individuals living with dementia rather than relying on convenience-based care practices, this training significantly deepens our understanding of those we support. It equips our team with the tools to better interpret behaviors, communication, and how individuals may perceive their surroundings.

Eileen, a participant from the session, reflected on her experience; "I felt strange—not being able to hear someone properly unless they were very close, struggling to do things like buttons on a shirt, and finding it hard to see clearly. Learning that people living with dementia can often lose sensation in their feet—leading to the distinct way they walk—and that they might have difficulty using their hands for everyday tasks like holding utensils was enlightening, yet poignant. I was surprised to learn about their preference for red-coloured food, which explains why desserts might appeal more than other meals. It also became clear how the tone of our voices can influence their mood—speaking joyfully can evoke a joyful response. The experience was both fascinating and deeply moving."

## When Flour Meets Friendship: Young Maisy Brings Joy to the Day Centre



Recently, young Maisy joined a baking session at the day centre, bringing her curiosity and energy to the mix. Maisy loved mixing the ingredients and everyone was swept up in her enthusiasm. Interactions like these go beyond baking—they create meaningful connections. Residents often experience a renewed sense of vitality, their spirits uplifted by the youthful energy around them. Meanwhile, toddlers develop their social skills; in patience, compassion and empathy.

Here's to Maisy and all the little ones who brighten our days with moments of shared fun and flour. And of course she stayed to enjoy the cakes!

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## A Special Day Out at The Big Sheep

Each year, Ivan and Sheila mark their wedding anniversary with a special day out, and this year was no exception! They chose to celebrate at The Big Sheep, making the occasion even more memorable.

Not only were they commemorating an incredible 69 years of marriage, but they were also celebrating Ivan's 90th birthday.

The wonderful team at The Big Sheep helped make the day extra special by leading a public rendition of *Happy Birthday* in his honor.

Congratulations to you both... an incredible milestone!







