



## Summer Has Arrived!

It's been a scorching hot June as I'm sure you're all aware! We've been staying cool at West Heanton with our air conditioned Day Centre and Garden Room, opening up the velux skylight and bi-folding doors. Luckily there has been a nice breeze to accompany the sunshine, so we have been enjoying fresh air flowing through the home. Heavy bedding has been replaced with lighter sheets in bedrooms and we have got the electric fans out where needed. There have been plenty of cool drinks, fresh fruits & jellies on offer..... and of course ICE CREAM!!



Our homecarers have been able to use the air conditioning in the electric cars and we hope you've been able to stay cool at home. Overleaf is a poster we have designed giving useful tips on how to stay cool during the hot spell. If you need any help in this extreme heat, please ask your carer or call us on 01409 281754

# SUMMER SAFETY TIPS



Avoid alcohol & fizzy drinks.

Drink plenty of water



Eat fresh foods



Avoid strenuous exercise or long walks in the heat.

Get plenty of rest



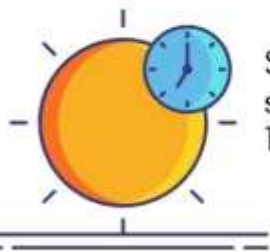
Open windows to ventilate & replace heavy bedding with lighter sheets



Don't leave animals in hot cars or walk them on hot ground. Make sure they can find shade, have water to drink & are not overheating



Stay cool with a fan, ice lollies or ice cream



Stay away from direct sun exposure from 10am - 4pm

Take cool showers, baths or put a cool washcloth on the back of your neck



If going outside wear; sunscreen, sunglasses a hat & loose, light clothing



Check on friends & neighbours. Ask someone you trust to check on you





We do love a Hockin's Ice Cream... however,  
our own West Heanton Whippy Ice Cream is testing our loyalty!!



Happy Birthday to  
Carol who  
celebrated her 79<sup>th</sup>  
birthday this  
month!



## Spotlight On... *Maddie*

### From Weekend Activities to Big Dreams in Healthcare!

In each edition of our newsletter, we shine a spotlight on one of our incredible team members - sharing a glimpse into their day, what inspires them and the personal touches that make them so special to our community.

At just 17, Maddie has already racked up an impressive variety of work experience, compared to most people her age. From care to tea rounds to activity sessions, she's a familiar face at West Heanton... and a favourite, too! I asked Maddie for a chat about her journey so far..



**Q: What first brought you through the doors of West Heanton?** *My mum, Jo, is a manager in the home. So I've been coming here since I was 9 or 10, spending time in the home and playing with Jack & Katie and all the other children that used to come.*

**Q: Was working here always part of the plan - or did it happen by chance?** *I needed a part-time job and Mum twisted my arm to help with weekend activities. I was nervous on my first day, but Mum stayed close and I came out smiling - I didn't expect to feel a sense of achievement, but I really did.*

**Q: What's the first thing you do when you arrive for a shift?** *Fill up my water bottle, then grab the tea trolley and go round saying hi to the residents.*

**Q: Is there a routine that suits you best?** *Definitely the quieter afternoons. I'm not a morning person - I like my lie-ins! The afternoon shifts let me spend more quality time with people.*

**Q: What's something people might be surprised to learn about your job?** *That a lot of planning goes into activities - everyone's different so it's all person-centred. One of the residents even helps me come up with ideas!*

**Q: Be honest - what's your least favourite part of the job?** *Am I allowed to say sick? Cleaning up sick! If Mum's on shift and something happens, I'm like, "Mum, help!". But if she's not, well... I get on with it. Or find a team mate to help if I can!*

**Q: You've got a hamster called Twix & a dog named Coco - are you a bit of an animal lover?** *Totally. And dogs are kind of unofficial mascots at West Heanton... and hedgehogs - we see lots of them around here.*



**Q: Any favourite compliments?** *Heather says I'm the best. That one stuck.*

**Q: What do you like to do outside of work & study?**

*I love most music, especially Country Music and Coldplay. I often go shopping to Exeter on the train with my friends.*

**Q: What keeps you motivated on tough days?** *The residents. Just knowing they're looking forward to seeing me keeps me going. Heather always lights up when I walk in - that means the world. I like the support of my team mates too, everyone helps each other.*



**Q: What would you say to people who don't take caregiving seriously?** *Some of my friends joke about it, saying it's easy work - but I tell them how much skill there really is to it. Working in a big team, following regulations & care plans, helping people, having those proper chats & being responsive to unpredictable situations in the moment – that's the real job.*



**Q: Has working in care changed how you see the world?** *It's made me grow up and taught me to be more respectful of others. Older people are not invisible to me - I'll always stop to help someone if they need it.*

**Q: There are lots of different roles at West Heanton, you regularly work in care & activities, are there any other areas you fancy trying?** *I'd love to work in the kitchen one day - I'm doing my food and hygiene course at the moment. My favourite dishes are pasta based and I'd like to learn how to make pasta from scratch!*

**Q: What's next for you?** *I've just finished college and got my NVQ L1 in Health & Social Care. I'm thinking about training to be a midwife - starting with studying for an NVQ L2 in Health & Social Care in September. I have the option to keep working at West Heanton while I study or I can do it at college, I'm not sure yet. I'm too scared to start driving lessons so am currently getting lifts everywhere, maybe I need to face that fear soon too!*

**Q: Final question: any words of wisdom you've picked up along the way?** *One resident always told me: "Come in with a smile - it brightens peoples days". I really miss her. I'm feeling emotional now. But I've never forgotten that and I always try to do it.*

*Thankyou Maddie, you're a shining star at West Heanton and we're sure your future is bright, whichever direction you decide to go.*

# CONGRATULATIONS

BRETT

Selected in a random draw, Brett was nominated by a family member:

“Just as we were overheating while setting up Mum's room, Brett noticed and went off to get an electric fan for us.

We were so touched by this kind and thoughtful gesture.”

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



Are you looking for  
flexible work in the  
afternoons?



**West Heanton are looking for fun, kind  
& caring people to cover afternoons  
providing activities and/or care  
between 3pm - 10pm.**

Based in Buckland Filleigh we are an  
award winning family run  
Care Home with a purpose built  
Day Centre. We offer;

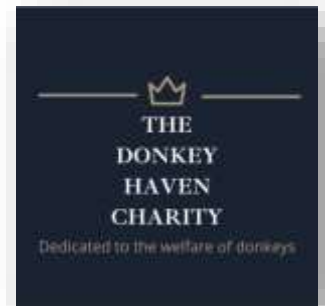
- The Real Living Wage
- A Flexible rota
- Full training
- Full & part time positions available



**To apply, please email us at  
[jobs@westheanton.co.uk](mailto:jobs@westheanton.co.uk)  
or for an informal chat please call  
Lucy on 01409 281754**



Our visit to The Donkey Haven Charity was nothing short of heartwarming. Greeted by their volunteers, we met a gentle band of rescued donkeys—each with their own story of survival and second chances. These sweet souls, once neglected or abandoned, now enjoy safety, affection and plenty of ginger nuts (which they clearly adore!). The charity works tirelessly to give these animals the care they so deserve, but their mission depends on continued support.



**A very worthy cause to champion, you can read more about them and find out how to support at [www.thedonkeyhavencharity.org](http://www.thedonkeyhavencharity.org)**



*A round up from June!*











**The Flower Of Love**  
*From Catherine Foster*

Oh, sweet rose,  
 A lovely flower that keeps those fond above,  
 You bring us joy and peace  
 Like an angel sent with loving deeds.

The petals spread their beauty,  
 Take our breath away with glow,  
 Your fragrance fills the air,  
 For all to see.

Your creamy blush is every hue,  
 So delicate it's true,  
 Blessings of love are  
 Carried on by you.

We thank God for this gift  
 From up above,  
 The rose,  
 The perfect flower of love!



In the excitement of giving out sweets and receiving visitors, we celebrated a wonderful Father's Day and completely forgot to take any photographs!! Sincere apologies for that. And finally a special thankyou to Peters Marland Tractor Run for including us in the day and passing West Heanton, much to our delight!



Don't forget to follow us on Facebook for live news, events, updates  
 & many more pictures, stories & videos  
[facebook.com/WestHeanton](https://facebook.com/WestHeanton)

West Heanton  
 Buckland Filleigh  
 Devon  
 EX21 5PJ

t: 01409 281754  
 e: [enquiries@westheanton.co.uk](mailto:enquiries@westheanton.co.uk)  
 w: [www.westheanton.co.uk](http://www.westheanton.co.uk)

