



As we step into 2026, West Heanton is full of momentum, creativity and new projects. This year is all about strengthening the foundations of our home while also bringing new, enriching experiences to the people we support.

Our maintenance team have started one of the biggest long-term projects we've taken on: upgrading every fire door throughout the home. It's a detailed, room-by-room process that will continue over the coming months. This upgrade reflects our commitment to safety, quality and the long-term resilience of the care home building. Alongside this essential work, we're also preparing some exciting creative developments.

Later this year, we'll be opening our own Sensory Room, designed especially for people living with dementia. Instead of a conventional soft-play style space, we're designing something far more personal and calming. The centrepiece will be a 96" 4K screen built into the wall to look like a real window. This "digital window" will allow us to show peaceful scenes, but also personalised footage filmed with our 4K camera — from Torrington Commons to the view from someone's former home, or even a familiar farm setting. These meaningful visuals can help evoke memories, reduce anxiety and create moments of deep comfort. The room will also feature mood lighting, a bubble tube and other sensory elements to support a wide range of needs.

And once the weather improves, **we'll be turning our attention outdoors** with the creation of a new Sensory Garden. This will be a peaceful, nature-rich space filled with colour, movement and gentle planting — a place for relaxation, reminiscence and quiet enjoyment.

Together, these projects reflect the heart of West Heanton: a home that keeps people safe, supports wellbeing and continues to evolve in ways that truly matter.



As well as the physical improvements happening around the home, we've also been working behind the scenes to make our care planning clearer, simpler and even more person-centred for 2026.

Consent continues to be an important part of good care, and we've refreshed our consent forms to make them easier to understand and more streamlined. These updates don't change the care we provide — they simply bring everything together in one place, reduce repetition and help ensure that every person's choices are clearly recorded and respected. You'll receive the updated form in the coming weeks, and we're always happy to support anyone who would like help completing it.

We're also introducing a new way of recognising and celebrating the role that families play in day-to-day support. Many of our residents receive regular help from loved ones with things like medication, mobility, meals or personal care, and we want to make sure these arrangements are clearly understood and supported by everyone involved.

To do this, we'll be using simple **Shared Care Agreements**. They're a friendly, practical way of agreeing who does what, when, and how, so that care remains safe, consistent and tailored to each person's needs. They help prevent tasks being missed or duplicated and give everyone confidence that we're working together in the best possible way.



If you support your loved one with any regular care tasks, we'll be in touch soon to talk through a personalised Shared Care Arrangement. It's a collaborative conversation, open to discussion, and designed to ensure that the right support is always in place.



The start of the year has also given us some lovely moments to celebrate. We want to say a heartfelt thank you to everyone who sent gifts, cards and thoughtful messages over Christmas. Your kindness brought a real sense of warmth to the home.

We'd also like to extend a special thank you to Kirsty for her generous donation of books. The room fell silent — in the best possible way — as everyone browsed and chose a book to take home. One team member even spotted a photo of her father in a local history book, which made the moment especially memorable.

Our team enjoyed a well-deserved evening of relaxation at our staff party in Langtree Village Hall. Erika hosted a brilliant Wine & Wisdom quiz that had everyone laughing and competing in great spirits. Congratulations to *The Builders*, who took



home the quiz trophy, and to our Catering Team, who won *Best Themed Team* with flair. Every team member received a prize through our annual thank-you draw — a fun tradition that lets us show our appreciation in a meaningful way. With such a large and hardworking team, it simply isn't possible to give everyone the “big” gift they truly deserve, so instead we create a mix of larger and smaller prizes and draw them at random. It keeps things fair, adds a bit of excitement, and gives us a lovely way to celebrate the incredible effort everyone puts in throughout the year.



Thankyou Curate Catherine Duff



Finally, we say a fond farewell to Curate Catherine Duff as she moves on to her next role. We have so appreciated her time, kindness and support and we wish her every success in the future.

CONGRATULATIONS

VICKI POPE

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

"Vicki goes above and beyond with her care work. And recently has been doing extra work on a clients drain. Always happy in her work."

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

TOM'S DRAW JAN 2026

Anna shared a beautiful photograph she took of the aurora borealis glowing over West Heanton during a January night shift. We've been so lucky these past few months - sometimes catching the northern lights with the naked eye, and other times through the camera lens with night-mode setting on.

**Aurora Borealis glowing over West Heanton
Photograph taken by Anna**



No matter the weather, we love our outdoor adventures here at West Heanton. Our day centre clients and residents teamed up to form our very own *West Heanton Convoy*, setting off in a fleet of vehicles for a blustery trip to Widemouth Bay. We admired the waves, tucked into some well-earned fish and chips and enjoyed plenty of laughs - especially when a flock of very enthusiastic seagulls tried their best to steal a few chips!



Thank you from the
Royal British Legion
Our 2025 Poppy Appeal,
organised by Joan, raised
£40.77 from West Heanton



Thank you for your support

To Joan + West Heanton

Thank you for supporting the Royal British Legion Poppy Appeal

Your collection total £40.77

District total currently £3492



Here is a round up of our January! Please visit our Facebook page for many more pictures, comment and videos; www.facebook.com/WestHeanton

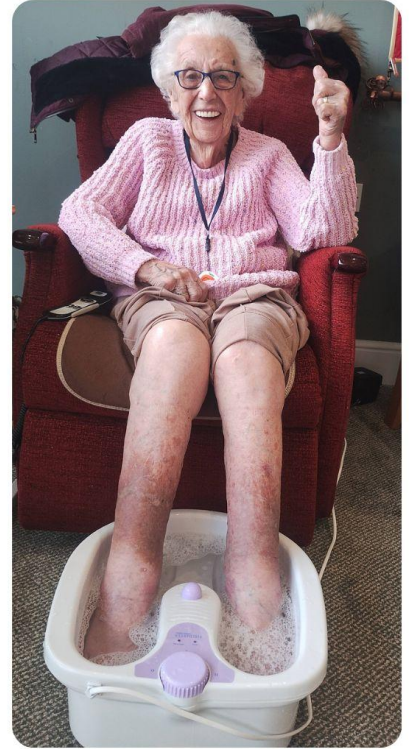


January's birthdays belong to the gents!



**Circulation
Strength
Fun**

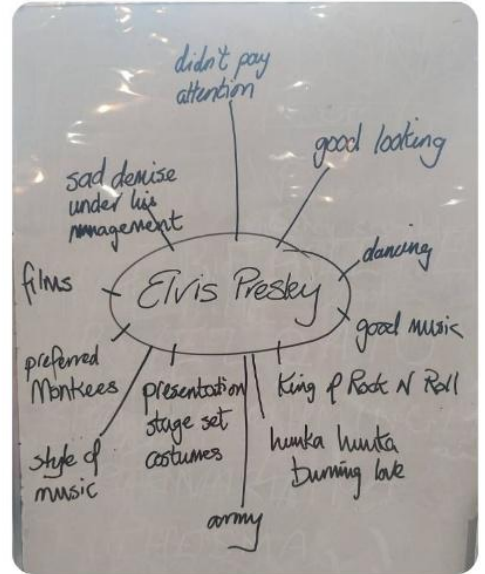
**Stretch
Balance
Flexibility
Confidence**



Victoria Sponge



Elvis's birthday

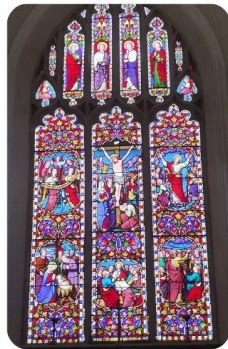




Say cheese!



Tea tasting on National Tea Day



Appledore Church





Teddy Bears Picnic



Teddy Bears Picnic



Jenga



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

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