

Welcome to

# SUNDIAL CARE HOME

Edition 3 2025 Newsletter!

EXCELLENCE \* PEOPLE-DRIVEN \* INTEGRITY \* COMPASSION



EDITION 3



## Hello from Liz Thompson

Hello, and welcome to the 3rd Edition of our Newsletter. The past three months have been both busy and thoroughly enjoyable. At this time of year, it's lovely to spend time outside in the sunshine, and it was wonderful to join in with the Tipton Open Gardens. It was excellent to see everyone making the most of our outdoor space, so generously prepared by our volunteers.

We also held our own Summer Fair, a big thank you to all who helped set up and donated prizes, baked cakes and volunteered on the day. It was a brilliant success and widely enjoyed by our family members and team! Its been wonderful to open up our gardens again these summer months, and welcome in the wider community into our home. Thank you for your ongoing support and I hope you enjoy reading.

*Liz*

### This quarter's features:

- Hello from our Care Home Manager, Liz Thompson
- Our Moments Shared
- Recent Events
- Achievements
- Feedback
- Birthdays and Anniversaries
- Upcoming Events and Activities – Dates for your Diary
- Team Member Story
- What does "Occupation" mean?



## Thank you for allowing us to share these special photos



When people outside our community see photos of you or your family member enjoying activities like flower arranging, gardening, days out, painting ... it can gently attract others who share those same interests to feel this could be the right home for them or their loved one.

Most importantly, this helps bring like-minded people together, so you or your loved one can share hobbies and interests, build friendships and feel a true sense of belonging.

Thank you - your support makes a real difference.









## Recent Events:

### Tipton Open Gardens

A big thank you once again to all who came to visit us during the Tipton St John Open Gardens Event, and to our volunteers who helped get the garden in tip top shape! Our family members really enjoyed spending the day outside surrounded by lovely flowers and of course the beloved Llamas, Harry and George! It was lovely to welcome members of the Tipton community to explore the grounds, and see what our gardening club has been up to.



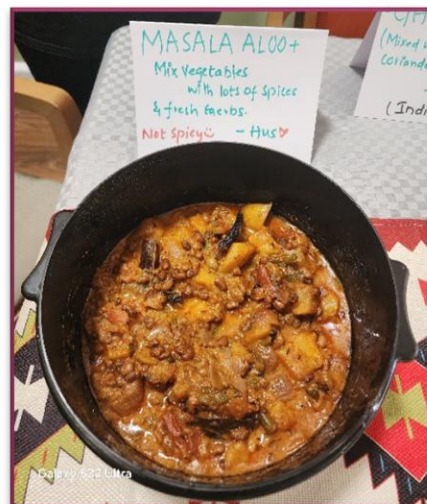
### Gardening Club

We've had quite the crop from our gardening club this year, we enjoyed cucumbers, tomatoes and lots of onions! We are keeping an eye on our fruit trees while they are ripening. Our last gardening club session consisted of flower arranging with our volunteers, Sue and Terry. The conversations around our favourite flowers and colours really brought everyone together.



## International Food Tasting

Lots of our team members brought in some amazing home cooked dishes from their cultures for our annual International Food Tasting Event, which strengthened our community feeling within the home. Both family members and team members all tried something new and thoroughly enjoyed each other's company.



## Beach Party

We brought the beach to sunny Sundial for our family members to reminisce on 'a day out to the beach'. We all wore beach hats and glasses and enjoyed sea shells and sand, paddle in a ball pool, seaside quizzes, fruit kababs and ice lollies, mocktails and karaoke. To finish, our awesome Chef created a delicious BBQ for supper.





## Summer Fair

Teamwork brought together this wonderful afternoon, we are very grateful to our relatives and volunteers who donated to the raffle, baked cakes and also helped to run stalls – without you it wouldn't have been the fun day it was. Our family members and wider community enjoyed an afternoon of singing by the lovely Zara King, which a few of our family members danced non-stop too! A Signature Mocktail made straight from the bar run by Botanic and an ice cream van from East Devon Ices.



Our local neighbours, Bella and her mum Liz, brought in their camper van and sold their home baked cakes to help towards Bella's school trip to New York. Hospice Care supported our fair by bringing along a tombola with lots of lovely prizes to win! We had all sorts of summer games set up in our field with a favourite being Splat the Rat! Zara also helped to announce the winners of our raffle which ended our lovely afternoon, with some of our family members winning. As we had some good books left over from our stall and some winning prizes for our games we have donated them to the Tipton Fete which is happening very soon.





## Achievements

- ✚ Our lovely volunteer has repointed and painted the wall at the front of the home, it has really brightened it up! A very big thank you!
- ✚ Two more bedrooms have been redecorated along with new furniture!
- ✚ Our dining rooms have also had new dining tables put in place.
- ✚ Two rooms have had new flooring which has made a big difference, along with new flooring in Metcombe dining room!
- ✚ We have purchased a new lawn mower and now our lovely garden is accessible again!





## Feedback:

How would you generally describe your experience of the care in the care home?

***“Supportive/Respectful/Kind/Patient/Happy Nutured.”***

Is there anything else you would like to tell us?

***“Don’t change a thing!”***

***“Sundial is a wonderful care home, filled with kindness and love. Thank you.”***

***“The staff are extremely caring and mum is well looked after in every aspect.”***

Is their room suitable?

***“Perfect, made a good job of the new decoration in her bedroom.”***

Would you recommend the home to someone?

***“I have recommended someone before and if I needed to stay somewhere I would stay here!”***

## **Birthdays & Anniversaries**

Here are the birthdays and anniversaries we've celebrated over the past few months:

### **June Birthdays**

**Alice  
Sheila  
Cleo  
Bijish  
Revathy  
Stephy**

### **July Birthdays**

**Anastasie  
Husna  
Sophie  
Linda  
Amanda  
Hannah**

### **August Birthdays**

**Mike  
Chai**

## **Upcoming Events & Activities** *Date for your Diaries*

### **September**

**1<sup>st</sup> September 14:00 - Creative Minds  
9<sup>th</sup> September – 14:00 Bruce Performing**

### **October**

**Dog Show- Date to be confirmed  
31<sup>st</sup> October 14:00 Halloween Party**

### **November**

**20<sup>th</sup> November at 14:00 Patrick Jervis will be singing**

**For more information please see the events posters around the home at the beginning of each month**



## Team Member Story:

### *From Relatives to Volunteers, Sue and Terry Collins*

Meet Sue and Terry, relatives, volunteers, and valued members of the Sundial community. Their connection with us began when Jean, Sue's mum, lived here as a family member, where they formed strong bonds with the team and other family members. They felt so at home that even after saying goodbye to Jean, they chose to remain closely involved. Volunteering became a way to keep those connections alive while giving back, a heartfelt continuation of their journey with us.

#### **Choosing Sundial Care Home**

Sue and Terry first came to Sundial while searching for a care home for Jean, she lived in Tipton St John and was already familiar with Sundial, as she had stayed for a week's respite some years earlier. *"When I spoke to Liz, the Manager, during what was a very stressful time, she was so calm and reassuring,"* Sue recalls. *"It made me certain this would be the right place where Mum would be safe and happy."* Liz invited Sue to visit, and together they chose a room close to the lounge, perfect for Jean to enjoy time with others when she wishes, while still having her own en-suite room nearby for privacy and comfort.

From the start, Sue and Terry felt included in every aspect of Jean's care, from arranging GP visits to trips out in the Sundial multi-seated car. *"The team always offered a cuppa and would chat about what Mum had been doing,"* they remember. *"We could discuss any concerns with any member of the team. It wasn't just the care team who interacted with us, but everyone, maintenance, kitchen, domestic, always making us feel welcome and never like a hindrance."* Being part of the Sundial family gave Sue and Terry peace of mind, knowing Jean was well looked after and that they were involved in her care.

Sue and Terry quickly felt the strong sense of community within the home. *"Sundial is a relaxed, friendly place, everyone works together to meet the needs of every family member."* they shared.

#### **Keeping Connections, Honouring Jean**

Then, in 2024, Jean's journey with us came to a close and in the midst of their loss, Sue and Terry found comfort in remaining part of the Sundial community. Continuing with the gardening club felt like a natural way to carry on, as it was something Jean had loved. She had been especially close to some of the other family members and the team, and keeping those relationships and being in the home often made Sue and Terry remain close to her.

#### **Volunteering and Growing Together**

Now, as volunteers, Sue and Terry are a vital part of the gardening club, helping to plant and sow flower and vegetable seeds, supporting family members to take part, and move the plants to the garden and greenhouse. *"It's rewarding to encourage people to take part and to hear their stories about their own gardens,"* they say. They also help maintain the borders outside the lounges and, most recently, planted over 200 summer flowers, most of which were donated by relatives. Sue has brought in gardening books with beautiful plant photographs to evoke positive feelings and reminiscence for family members.

Thanks to their support, the gardens continue to thrive, bringing even more colour and life to the outdoor spaces, along with home-grown fruits and vegetables for everyone to enjoy. *"Tasting the tomatoes, cucumbers and strawberries we've grown together and it sparks such wonderful memories and conversations."*

Looking ahead, they're keen to up-keep the flower borders and are excited about plans for a sensory walkway with arches covered in fragrant plants. Last year, Sue and Terry chose Sundial as the recipient of Jean's family annual boxing day raffle, making a contribution which went towards buying extra tools and seeds for the gardening club, a gesture appreciated by everyone.

For Sue and Terry, giving back through volunteering has also helped them with their own loss. *“It’s nice to give back by volunteering and to keep in touch with the team,”* they say. *“It’s helped us not feel the loss of Mum as greatly, as we are still part of the Sundial family. We’re always greeted like family, and coming here feels like returning home after time away.”*

At Sundial Care Home, we believe the relationships formed here matter to both those who live in our home and to their loved ones. For some, like Sue and Terry, the relationship continues beyond a loved one’s time with us. They return to visit, to help, and to share in the life of the home, finding comfort in familiar faces and surroundings, and purpose in giving back. Their story is a reminder that Sundial is not only a place of care, but also a community and a home that will always welcome you.

*“I, Liz , would like to add a heartfelt thanks from myself and all the team for all that Sue and Terry do alongside the Gardening club. Their work with the flower beds really supports our Gardener who has so many hedges and lawns to maintain, their help is invaluable, Thank you.”*— Liz Thompson, Home Manager.

If you would like to learn more about volunteering, please visit <https://www.sundialcare.com/volunteer-with-us/>





## *What does Occupation Mean?*

We've had some lovely contributions from relatives and team members getting involved with their stories and experiences.

In this edition, we wanted to hear from the team about what *Occupation* means in our home.

Based on the principles of Thomas Kitwood's approach to care, *Occupation* means being involved in the process of life in a way that is personally significant. It's not just about keeping busy - it's about *meaningful occupation*.

When family members engage in activities that reflect their interests, identity and sense of purpose, it supports emotional wellbeing, promotes independence, and helps maintain a strong sense of self.

Thank you for Linda for sharing her outlook on what Occupation looks like here at Sundial:

### **What does meaningful occupation look like at Sundial?**

*"In our home we try to engage everyone with laughter and fun. We take the one to one approach so it's possible for everyone to be involved. There is always a really good feeling when all team are doing something with almost everyone. We do puzzles and games or just sit and listen and hold hands, giving our family members a warm sense of comfort."*

### **How do you help family members stay connected to who they are through activities and routines?**

*"Family members that love watching the garden, we can have the same chat day in, day out but they always seem to have a smile when we chat about our and their own gardens, helping them almost remember. Family members that like to do dishes, there's always plenty to do after every meal and snack time. "We try to make sure our family members have something around them from their past, like their daily thing like a crossword or their favourite magazine, or their favourite cars/bikes and even tractors or tanks, it helps them almost daily want to chat about it."*

### **Why do you think meaningful occupation is important for the people we support?**

*"We find this very important, as meaningful occupation often supports our family members' wellbeing. It encourages them to talk more about what they enjoy, which helps us get to know them better and understand what makes them happy. This builds confidence and stronger connections between family members and our team."*

*Linda Howe - Clinical Lead*