

Welcome to
Sundial Care Home's
Edition 6 2026 Newsletter

EXCELLENCE * PEOPLE-DRIVEN * INTEGRITY * COMPASSION



EDITION 6



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Hello from Elizabeth Thompson

Well, I cannot believe this is the sixth, and Spring/Summer edition of our newsletter already!

We had a great Easter, thank you to all of you who joined us in hot cross bun tasting and of course our meet and greet with the Easter bunny himself. We are watching the garden change from spring flowers to summer blooms, the garden club have been busy, we have potatoes, tomatoes, strawberries and lots of lovely flowers grown from seed for our pots with sunflowers almost ready to plant out too.

May saw our VE celebrations with spam sandwiches, scones, cream and jam amongst the teatime goodies. Van adventures continue over to Exmouth then on to Otterton for coffee, great excitement at the free roaming cockerel and his hens.

We welcomed our new arts and crafts lady Charlotte who has inspired us all to recycle our pots into snow/ sand globes. Shannon is keeping us fit with her exercise classes too!

Lots to look forward to in the next few months more memories to make and share. Liz x



Sundial GOOD NEWS

DOOR ART AND FLOWERS

We are lucky to have very creative team members here at Sundial that help to make our building feel like home. Zoe creates beautifully detailed images for us on the front door which creates many talking points for visitors and our family members. Mitchell creates amazing Everlasting Flower arrangements using pipe cleaners, the colours and shapes are incredible and again are a big talking point for all. Bringing in our hobbies and interests adds to the personalisation of our home.



GARDEN CLUB

Our wonderful friends Sue and Terry organised an Easter basket floral arranging afternoon, so our tables could look beautiful. Sue had prepared little Bunnies, Chicks and Easter Eggs to give the floral arrangements a sweet twist. During this lovely event we were visited by company Chairman, Mr Dewani whom the ladies enjoyed talking to and showing off their creations! Our most recent afternoon together consisted of potting up our tomato seedlings and our volunteers planting our propagated Hydrangeas in the pots out the front of our home. We are very lucky to be supported by such lovely volunteers!



VE DAY

We celebrated the 81st Anniversary of VE with an afternoon tea party, our Chef Jayne served homemade scones with cream and jam and a Union Jack cheesecake which was decorated by House Lead Husna. These both went down extremely well alongside classical drinks such as dandelion and burdock! There was lots of reminiscing and of course a bit of singing!



ART WITH MINDS MATTER THERAPY

Catherine from Creative Minds has sadly changed career paths and we have welcomed Charlotte from Minds Matter Therapy into the home. She has gelled excellently with our family members with her calm presence and creative passion. So far we have painted stones with landscapes and created sensory jars which are hypnotising! We are very much looking forward to our next session!



EASTER

Our Easter Extravaganza went down a treat with our family members. We were grateful to Blue Sky Busking for singing some great tunes that had us all dancing, 'Hey Jude' being a firm favourite. The easter bunny made an appearance and delivered some creme eggs while in calm zone we had Easter crafts and sunflower sowing (which are ready to be planted out in the garden now). The easter bunny sent his friend Chick to hand out eggs on Easter day, so all things chocolate were covered! Extra thankful for Shannon and her exercise classes' for helping us to keep balanced and moving while all the chocolate was consumed!



VAN ADVENTURES

Lindsay has supported our family members on more wonderful trips. Otter Nurseries for a mooch around the shop and a treat at the cafe. They drove over to Exmouth and stopped in Otter Mill for tea and biscuits. Lindsay packed some biscuits and coffee/tea/hot chocolate and they visited Budleigh Beach, great fun was had singing, bumping into friends and meeting lots of dogs!



ANIMALS 2U

Our family members engaged really positively with our recent visitors; a slithering snake, jumping frog and cheeky ferret! Family members enjoyed holding the animals and at the request of his daughter one family member ended up with a frog on his head! – A few of our team members who missed the visit said if they had been there they would have shouted 'I'm a celebrity get me out of here'. It highlighted the difference in pets from our family member's childhoods to our own which sparked off lots of conversations. Marie from Animals 2 U also shared her rich knowledge with us all, we can't wait for the next visit!



SUNDIAL DOG SHOW

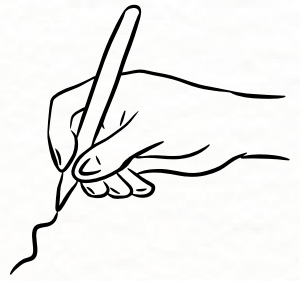
One of our family member's collective favourite things, DOGS, having a garden full of them brought smiles galore to all. 18 dogs from the wider community entered, they all received a certificate and dog treat bag. Our wonderful Pat who recently celebrated her 99th birthday took centre stage and led the show with fairness and professionalism, a little nervous at first but she was transported straight back to the confident judge of dog shows she had been before. Our family members enjoyed watching the parade, clapping at best retrieval and best trick and best of all enjoyed lots of strokes with various dogs! At the end of the show Pat thanked all the handlers for the good behaviours of the dogs and how lovely the handlers had made the show. To show our thanks for Pat, Liz T congratulated her and gifted her a bunch of flowers. Lots of participants said how much they had enjoyed the dog show and if we could make this an annual event. The benefits for our family members definitely make this event one to hold again!



SHARED PASSION

Interests are always encouraged at Sundial, it adds to our family ethos. Alice, one of our lovely carers shared her passion of poetry with us and became inspired by how the stories we join in with are done in kindness to those who live with us.

“2 days” She tells me this every morning while I help button her cardigan. Two days, she says again, with a hope so bright it almost convinces me too. The calendar on the wall has forgotten how to move forward for her. Every sunrise resets the promise. Two days, I nod gently, because what else can you do? When someone is waiting for a home that time quietly took away. I don't correct her. Because hope is the one thing her mind still remembers how to hold. And I wonder how a heart can hold the same hope every single day for years. So I smooth her hair and say we'll see. Because breaking a heart once is kinder than breaking it every morning when she wakes up two days from home.



Feedback

“5*- The staff are always friendly, chatty and very helpful and accommodating. Nothing is too much trouble. They are frequently checking up on the residents, they are always busy doing jobs but will willingly listen if you want to discuss anything. I thoroughly recommend this home and hope there is room for me when the time comes.”



“Thank you and everyone at Sundial for taking such good care of Mum during her stay. If either parent needs to go into a home in the future you will definitely be our first choice.”



“Sundial Care Home are totally amazing, Mum was there for 2 years and we were made to feel part of a family.”

“My Nan had respite at Sundial Tipton, very apprehensive to go, made up her mind she would hate it, said she was coming home after a day (before she even went) She spent two whole weeks in a beautifully decorated room, with lots of friendly staff and lots of entertainment on offer, her only complaint they gave her way too much food! :) We will book again if it's needed.”



Sundial TRAINING

Over the last three months we have been a part of some excellent training courses. 'Resetting the Bar' where we talked about inspiring and positive steps to take moving forward.

'Care Practitioner' training where we focused on CPR, Blood Pressure, NEWS2 and actions after falls. A team member said this was especially good as the Care Practitioners in training also attended and they enjoyed supporting them.

'Catering' training which took place at Nisbits, was thoroughly enjoyed as they had a special focus on level 4 pureed food.

Our first Evolve Care Academy session of the year brought attention to the importance of dementia-friendly language, down to the smallest of details of using hallway and not corridor to add to the sense of being at home. We highlighted scene-setting in both dining areas and bedrooms to enhance the overall mealtime and living experience. Two bedrooms were presented — one arranged to an ideal standard and one not — giving everyone a clear visual comparison.

Teams then completed our Minimum Standard Bedroom Audit, which has quickly gained momentum back in the home. The team are using it regularly, and it has already encouraged greater consistency, attention to detail, and a stronger sense of ownership over our environments.

A standout moment for many was the storytelling exercise. Each group received a bag of random objects and was challenged to create a story from them. This simple, imaginative activity demonstrated how storytelling can be used in the home to captivate a family member, offer comfort, build trust, or spark laughter. It reminded us that small, creative interactions can have a powerful impact on how safe, valued, and connected someone feels.

We also revisited our most used practice frameworks:

- EPIC - Excellence People Driven Integrity Compassion
- SCREW - Safe Caring Responsive Effective Well Led
- TRICC - Trust Relationship Identity Culture Control
- The Kitwood Flower, which encompasses Occupation, Attachment, Love, Comfort, Identity, and Culture



The combination of knowledge-based learning, visual scene setting, hands-on auditing, and creative storytelling resulted in a training day that was both educational and deeply human.



An Introduction from Neil Whalen, *Our New Group Catering Lead*

“Here's a little about me and the work we've been doing”.

I've been a chef for over 30 years, starting out as a commis chef and working my way through the ranks to Development Chef and Support Catering Manager. My career has taken me through some of the biggest names in contract catering — Baxter Storey, Compass, Sodexo, and Aramark, before finding my true passion in care catering, which I moved into in 2013 with Barchester in Bristol.

That move changed everything for me. Care is where food really matters on a personal level. You're not just feeding people, you're supporting their health, their dignity, and their happiness every single day.

When it came to developing the new menus at Evolve Care Group, I focused on four things above everything else: seasonality, nutritional balance, familiarity, and clinical need. I wanted menus that felt like proper home cooking, food our family members recognise and love, while also working hard nutritionally, supporting those who may be at risk of malnutrition, recovering from illness, or living with conditions like dementia.

Contrast and variety were equally important. Colour on a plate, a mix of textures, familiar favourites alongside the occasional something new, these details genuinely make a difference to whether someone eats well or not.

My vision going forward is simple: that every family member across our homes sits down to a meal that nourishes them, comforts them, and that they genuinely look forward to. Food should never be an afterthought in care — it is care.



Happy Birthday

April

Liz H
Sam H
Cara
Sam L
Matt
Tara

May

Santhamma

June

Cleo
Bijish
Revathy
Stephy
Shelia
Alice

Upcoming Events

Thurs 2nd 14:00 Adrian singing and playing guitar
Wed 8th 11:45 Shannon's Exercise Class
Mon 13th 14:00 Van Adventures with Lindsay
Mon 20th 13:45 Art with Minds Matter Therapy
Wed 22nd 11:45 Shannon's Exercise Class
Mon 27th 14:00 Beach Party
Tues 28th 13:45 Garden Club

Wed 5th 11:45 Shannon's Exercise Class
Mon 10th Van Adventures with Lindsay
Mon 17th 13:45 Art with Minds Matter Therapy
Wed 19th 11:45 Shannon's Exercise Class
Tue 25th 13:45 Garden Club

Wed 2nd 11:45 Shannon's Exercise Class
Wed 2nd 13:30 Relative and Friends Meeting
Mon 7th 13:45 Minds Matter Therapy
Wed 16th Shannon's Exercise Class
Wed 30th Shannon's Exercise Class

JULY

AUGUST

SEPTEMBER

More events are advertised monthly via posters around the home and can be emailed to you at the beginning of the month, please email info@sundialcarehome.com to be added to the monthly mail list, or call 01404 812495. Thank you for reading!