

Welcome to
Sundial Care Home's
Edition 7 2026 Newsletter

EXCELLENCE * PEOPLE-DRIVEN * INTEGRITY * COMPASSION



newsletter

EDITION 7 2026

EDITION 7



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Hello from Elizabeth Thompson

Welcome to the 7th Edition of our Newsletter.

We have had a glorious summer with lots of meaningful moments spent together, fun times in the garden including our Beach day where we were joined by the Blue Sky Busking once more.

The pamper and spa day was a great hit too with sweet treats for all, alongside some excellent beauty treatments.

We are now looking forward to our Autumn Activities and will be supporting our sister home in Wales on their virtual bike ride around the Evolve Care Group from Monmouth to Somerset, then onto Devon.

We look forward to cosy evenings of hot chocolate and movies with Halloween and Bonfire Night to plan for too.

Our recent relatives meeting gave us an idea for a pond to be placed at the bottom of the garden this is an exciting project to watch out for!

See you all soon Liz x



Sundial GOOD NEWS

SINGING CLUB FROM TIPTON PRIMARY

We were lucky to have Tipton St John School's Singing club come up and treat our family members with lovely renditions of their chosen songs. When they had finished, the children enjoyed some refreshments, it was wonderful how much intergenerational socialisation has a positive impact on all involved.

SUNDIAL BEACH PARTY

Blue Sky Busking brought everyone together, singing along in the sun for our Beach Party. Pat summed it up beautifully: "It was nice to know the old spirit of Tipton St John is still present." The garden was filled with paddling pools, sandpits, hook-a-duck, bubbles and inflatable instruments, all enjoyed by our family members. The beach side theme carried through to the menu with Jo's tropical mocktail bar which was a huge hit, alongside Liz's hot dogs and burgers and Lindsay's homemade cakes, ice cream and fruit kebabs. It was a beautiful reminder of how music can unlock memories and bring people together. As team member Jo said: "Who needs to go to the beach when the beach party is at Sundial?"

GARDEN CLUB

We were treated to gorgeous British farm grown flowers from local Manyberries Flower Farm for July's garden club, our lovely friends Sue and Terry joined our family members and 11 stunning bouquets were created to fill our home with summer florals. The different textures and colours sparked off lots of conversations and smiles around the table. Its safe to say we have some very professional florists here!

FOLK FESTIVAL

Family Member Pat took a trip with her friend Jackie and our Clinical Lead Liz to the famous Sidmouth Folk Festival this July. They walked across the seafront and saw all the different stalls, enjoyed looking at the sea and met some special Moriss Dancers, they were equally pleased to have met Pat after learning she was 99! The trip came to an end with a classic Fish and Chip dinner. They all had a great time, Liz commented on how lovely Jackie is with Pat, treating her like her own mother. Pat was very grateful for the experience and thanked both Jackie and Liz.



VAN ADVENTURES WITH LINDSAY

Our lovely volunteer Lindsay packed her picnic basket with treats and hot drinks and supported our family members on some nourishing trips these past few months. Sidmouth and Budleigh beach have been favourites bringing conversations with passerby's and lots of singing and jolly laughter. We are very grateful to Lindsay and Sue for this enrichment!

HOME IMPROVEMENTS

We have been working on our last hallway downstairs for its renovation and two family members have been lending a hand with taking down the old wallpaper, this has been a great occupation and continuation of life. New flooring has been laid which finishes it off nicely! Matt from Maintenance has also been working hard on repairing/staining all of the garden furniture!

INFLATABLE 5K

Team members took part in the 5k race at West Point which has 25 inflatable obstacles, this tradition started in 2019 and this year was the first that all of the team conquered all the obstacles! Everyone stuck together and helped each other through the course, with the Sundial family mindset! Next year there is talk of going for 10K in aid of the Devon Air Ambulance.

SOLAR ECLIPSE

What a special treat! - A partial eclipse viewing from the comfort of our own home. We gathered in the garden team members, family members and relatives all together with our glasses and evening snacks. It was a memorable moment to pause, look upwards and enjoy one of nature's most spectacular shows.

WELLNESS AND RELAXATION

Our team put on a wonderfully rejuvenating afternoon with lots of family members really pleased with their face masks, eye gels and hand massages. Even the gents joined in on the relaxation. One of the magic moments happened after Lindsay had finished her hand massage with a family member who suffers from arthritis chuckled her hands up and declared 'I can wiggle my fingers again', nothing more restorative than that! Adding to the ambience were fancy cakes and nosecco with strawberries.

INTERNATIONAL FOOD DAY

The Sundial Family gathered to share recipes and food with each other that they enjoy the most. Team members prepared some lovely dishes for the table to be tasted. Chicken noodles, Balti curry, Lassi which is an Indian yogurt based drink used to cleanse the palate which helped to take the next steps to the home made brownies and flapjacks. We are hoping to make this event a bit bigger next year so keep an eye out!



Recent Feedback



Sundial Care Home really deserves its "Outstanding" rating. The staff are lovely, helpful and empathetic. Liz Thompson is superb, moving seamlessly between managing the big picture and also familiarity with the smallest details.



5* the grounds are absolutely stunning here, room for residents to grow their own fruit, veg, and flowers, one lady told me they're growing their own orchard! The easter lunch looked delicious too!



'This is just to message to say thank you so much for the wonderful care that you gave to our dear sister in law, having visited several times, we could see that she had the best care and we were always made welcome with a cuppa, thank you again!



5*- how can I sum up mums stay at Sundial? Blessed? Magical? Home? I didn't know what to expect when Mum was suddenly played at Sundial but by the time she passed away we felt like family. They call the residents 'family members' & not a truer word could be said. I cant thank the staff enough with how they welcomed me & mum into their home.



The WIK Game: Test Your Knowledge

Think you know care inside and out? Prove it!

Learning doesn't have to feel like learning, and that idea began during a family game night when Shrien and Eve saw how much fun everyone was having while playing a trivia card game. It sparked a thought - why not create something just as enjoyable for social care?

From that spark of inspiration, Evolve's WIK board game was born. WIK (world of inescapable knowledge) covers six areas for those working in care. It's a great way to continue testing your knowledge while enjoying a little friendly competition!

We have all played the WIK game during our training days at the Evolve Care Academy, with some of you walking away with cash prizes of up to £100! Now available on Moodle so you can regularly test your knowledge and beat your last score!

The leaderboard is where it gets competitive. Shrien and Eve created the game, but they are no longer top the leaderboard, let's keep it that way! Bravo to Liz Hunt, who is currently Sundial's highest scorer as we go to print. Well done, Liz!

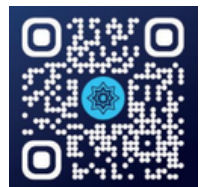
Blue Light Discount £

Did you know that working in social care means you're eligible for a Blue Light Card? For £4.99, the card gives you two years' access to thousands of discounts across more than 13,000 retailers, including Jet2Holidays, Nike, Apple, Schuh and Hotels.com.

Whether you're planning a holiday, treating yourself to something new, heading out for a meal or simply doing the weekly shop, download the app and see what's up for grabs! Members can also access ticket ballots and launches for gigs, festivals, sporting events and attractions.



Register now at www.bluelightcard.co.uk or scan the QR code.



Happy Birthday

to our team members, we hope you had a great day!

July

Hannah c
Amanda
Kay
Linda
Sophie
Vinu
Husna
Anastasie

Aug

Chai
Mike

Sept

Denise
Julius
Mikyla

Upcoming Events

Fri 2nd 13:45 Animals 2 U Visit
Mon 12th 14:00 Van adventures with Lindsay
Wed 14th 11:45 Shannon's Exercise Class
Mon 19th 11:30 Art with Mind's Matter Therapy
Wed 28th 11:45 Shannon's Exercise Class
Tues 27th 13:45 Garden Club
Fri 30th 11:00 Halloween Party, Zara Singing!

OCT

Mon 2nd 14:00 Local Handbell Group Performing
Wed 4th 13:30 Relative and Friends Meeting
Wed 11th 11:45 Shannon's Exercise Class
Wed 13th Children in Need
Mon 16th 14:00 Van Adventures with Lindsay
Mon 23rd 11:30 Art with Mind's Matter Therapy
Tues 24th 13:45 Garden Club
Wed 25th 11:45 Shannon's Exercise Class

NOV

Tues 8th 13:45 Making Christmas Table Centrepieces
Wed 9th 11:45 Shannon's Exercise Class & 14:00 Carols with East Devon DayTime Band
Mon 14th 11:30 Art with Mind's Matter Therapy
Thurs 10th Christmas Jumper Day
Mon 14th 14:00 Van Adventures with Lindsay
Wed 16th 11:00 Christmas Party, Zara Singing!

DEC

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!