



Hello everyone. My name is Philip and I am the Activities Coordinator here at St. Omer.

Working in a Care Home like St. Omer is one of the most rewarding jobs you can have.

We try and encourage our residents to be as active as possible as a key part of maintaining good physical and mental wellbeing. Obviously not all activities are right for everyone with some residents choosing to spend a lot of their time in their room rather than in one of our lounges.. For those residents we make sure that they are visited either by me or one of our carers to spend time with them perhaps going through old photos (always popular !) and generally chatting sometimes even mentioning Brexit !!

The important thing is that we want our residents to feel comfortable with whatever activity is taking place whether it be a visit from the children from our local nursery or a game of Quits !

We are always happy to host birthday or other family celebrations here at St Omer. Tom, our chef, makes the most wonderful cakes and can lay on a veritable feast when asked to do so !

Wishing you all a happy and enjoyable summer.



The last edition of our newsletter was published before Christmas but those festivities seem such a long time ago now ! We had a visit from Cockington Primary School Choir who entertained us to a number of Christmas Carols , much enjoyed by everyone.

We held a joint party for our residents and the children from Southernwood Nursery who visit us each week. Most of their parents came along, as well as many of our residents' relatives and a good time was had by all.

We also held a party for our residents and their families with live music and singing. Everyone enjoyed the carols and some good nostalgic singalong songs too ! Southernwood Nursery tell us that their visits here each week are so popular both with the children and their parents that they visit

on two different days so that as many children as possible can have the opportunity of meeting and enjoying time with our residents who, of course, also really look forward to the visits.



Enough of Christmas and now for some more recent news.

Early one morning at the end of February we opened our front door to find our CQC Inspector waiting to greet us with the news that he was going to spend two days with us, performing our formal inspection!

The inspector was the same one who performed our last inspection in 2016. He knew how disappointed we were then with our Good rating.

At the end of our inspection we were told that he thought that we would be very happy with our rating this time. It takes up to 56 days for the CQC to internally review and approve inspection reports, so we are waiting with everything crossed. But now our thoughts turn to Spring and what is a very late Easter this year.

I was reminded the other day that this time last year (as I write this in



late March) we were under about 6 inches of snow ! So far we have escaped such cold weather but who knows maybe we will still get some !

We are planning several events between now and Easter. As write, we have just held an Easter Egg Hunt here at St. Omer with the children to following clues to find the Easter Bunny and chocolate eggs! We held the event inside the Home, with our residents joining in , having clues hidden in their rooms and even in one instance being clue-holders! On the 11th April we will be holding a creative afternoon for our

residents when we will once again be joined by the young children making Easter Bonnets under the guidance of our Head of Care , Claire, and Leah from the Nursery.

On the 24th April we will be holding a musical afternoon with Amanda Lyn , who entertained us at our Christmas Party, coming along with her new show and new songs for everyone to join in. . As I write this the weather outside is beautiful, the sun shining from clear blue skies, and already a number of our residents are taking the opportunity to use our beautiful gardens . As Summer approaches I am sure some residents will enjoy having meals out on our decked area by the dining room and also entertaining their family and friends outside .