



A very warm welcome to the very first edition of our Harbour Rise Day Care Newsletter!

We're excited to be launching our very first newsletter and to share all that's happening here at Harbour Rise Day Care.

For over **30 years**, Harbour Rise has proudly provided a welcoming, friendly and supportive day care service for older people in our community. Our aim has always been to offer a place where people can enjoy companionship, engaging activities and a hot meal in a safe and caring environment. We are passionate about continuing this much-valued service for many years to come.

Our day care centre is open **Monday to Saturday**, with our usual opening hours of **10:00am to 4:00pm**. We also understand that some families need a little extra flexibility, so we can offer extended days from **8:00am**, including breakfast, or until **6:00pm**, when guests can enjoy a delicious afternoon tea before heading home.

Our welcoming day care centre features a **dedicated lounge** where members can relax and socialise, together with a comfortable **dining area** where everyone can enjoy a delicious home-cooked lunch, with a choice of meal options to suit different tastes and dietary requirements. Refreshments are available throughout the day, ensuring everyone feels at home. We also offer regular visits from a **chiroprapist**, and our **hairstresser visits every Thursday and Friday**, allowing members to enjoy a little pampering and access to essential services without leaving the centre.

To make attending as easy as possible, we have **two accessible minibuses** providing transport for people living throughout the **Paignton area**, helping more

members of our community enjoy everything Harbour Rise has to offer.

August and September are shaping up to be wonderful months, packed with singing, crafts, quizzes, bingo and plenty of laughter, along with some fantastic visiting entertainers.

Inside this edition, you'll find our August activity schedule, photos from recent get-togethers, updates from the team, and our first **Member Spotlight**, featuring the lovely Joan.

We hope you enjoy reading our newsletter as much as we've enjoyed putting it together, and we look forward to welcoming both familiar and new faces to Harbour Rise Day Care in the months ahead.

August Day Care Activities

Summer is here, and we've got a lovely month lined up at Day Care! August is full of fun, friendship and plenty to look forward to, with music, games, crafts and a few special treats along the way.

Take a look at the schedule below to see what's on, and come and join us. There's always laughter, good company and a warm welcome waiting for you!

HARBOUR RISE DAY CARE ENTERTAINMENT AUGUST

Saturday 1st - 11am: (Yorkshire Day), Balloon Tennis - 2:30pm: Games
Monday 3rd - 11am: Exercises, Singing and Quiz - 2:30pm: Bingo
Tuesday 4th - 11am: Open Worship, Team Games - 2:30pm: Singing and Bingo
Wednesday 5th - 11am: Snakes & Ladders/Crafts - 2:30pm: Amanda (Singer)
Thursday 6th - 11am: Armchair Exercises - 2:30pm: Craft & Chatter
Friday 7th - 11am: Hairdresser, Colouring - 2:30pm: Iwan Kuechenberg (music)
Saturday 8th - 11am: (International Cat Day) Balloon Tennis - 2:30pm: General Knowledge Quiz
Monday 10th - 11am: Singing & Exercises - 2:30pm: Ping Pong Game
Tuesday 11th - 11am: Open Worship/Carer and Cared For - 2:30pm: Graeme Cox (singer)
Wednesday 12th - 11am: (International Youth Day) Quiz & Games - 2:30pm: Bingo
Thursday 13th - 11am: Hairdresser, Armchair Exercises & Singing - 2:30pm: Games Afternoon in Café/Bingo
Friday 14th - 11am: Quiz & wordsearch/colouring - 2:30pm: Team Games/Bingo
Saturday 15th - 11am: (National Relaxation Day) Scarf Exercise - 2:30pm: Erich Entertains, Painting
Monday 17th - 11am: Exercises, Singing and chat - 2:30pm: Reminiscing/Bingo
Tuesday 18th - 11am: Open Worship, Ping Pong Game & team Games - 2:30pm: Quiz/Bingo
Wednesday 19th - 11am: (World Photography Day), Snakes & Ladders - 2:30pm: Amanda (Singer)
Thursday 20th - 11am: Holy Communion, Hairdresser, Singing & Exercises - 2:30pm: Craft & Chatter
Friday 21st - 11am: Hairdresser, Crafts & Colouring - 2:30pm: Snakes & Ladders/Bingo
Saturday 22nd - 11am: General Knowledge Quiz - 2:30pm: Balloon Tennis/Bingo
Monday 24th - 11am: Scarf Exercises - 2:30pm: Dave Jordan (singer)
Tuesday 25th - 11am: Open Worship, Ping Pong - 2:30pm: Louise - Sax
Wednesday 26th - 11am: (National Dog Day) Balloon Tennis - 2:30pm: Ping Pong/Quiz
Thursday 27th - 11am: Hairdresser, Arts & Crafts - 2:30pm: Bob & Isabelle
Friday 28th - 11am: Balloon Tennis - 2:30pm: Singing
Saturday 29th - 11am: General Knowledge Quiz - 2:30pm: Erich Entertains, Ping Pong
Monday 31st - 11am: Scarf Exercises - 2:30pm: Games

Please be aware that activities are subject to last minute changes & cancellations

Meet Joan



I was born on 12th October 1934, the youngest of three children. Growing up during the Second World War wasn't always easy, but there was a wonderful community spirit, and everyone looked after one another. I met my husband, George, at dancing lessons when I was just 15, and we enjoyed 72 happy years of marriage together. In our younger days we couldn't afford a car, so we travelled everywhere on a motorbike. When our children, Nigel and Jayne, came along, we upgraded to a larger motorbike with an adult and child sidecar – they were such happy times and hold many wonderful memories. Jayne later married Martin, and together they have two children and one great-grandchild, who all bring me so much joy.

Throughout my working life I enjoyed a variety of jobs before spending my final working years fostering children with learning difficulties, which I found incredibly rewarding. In 2022, Jayne, Martin and I moved from Birmingham to Torquay, Devon, where we now enjoy our home overlooking Brunel Woods. I love reading, knitting,

musicals, and listening to the birds from my window. I was never much of a football fan, but after watching England captain Harry Kane, I found myself enjoying England's matches, proving you're never too old to discover a new interest!

I've been coming to **Harbour Rise Day Care Centre** for over two years now, and it's become a very important part of my week. Spending my days there from 10am until 4pm gives me a lovely change of scenery and the chance to spend time with the friends I've made. I enjoy joining in with the activities, sharing refreshments and a delicious lunch, and having lots of laughs and conversations.

One of the things I value most is the wonderful team at Harbour Rise. The staff are dedicated, caring, and always make me feel welcome. I am very fond of them all, and they have become an important part of my life.

Although I love living with my daughter and son-in-law, coming to Harbour Rise gives me some independence and is entirely my own choice. It gives us all a little break while allowing me to enjoy a warm, friendly environment. I've also stayed at Harbour Rise for respite on a couple of occasions, most recently in June. Knowing I can return for respite again, subject to availability, is very reassuring. I enjoy my time at Harbour Rise so much that I may even decide to increase the number of days I attend each week.

Summer BBQ Sizzles with Success, Raising Over £1,700!

What a day it was! On the 11th of July, we fired up the grill for our Summer BBQ, and what an amazing turnout we had. The sun shone, the burgers flipped, and the smiles never stopped, with residents, families, friends and staff all coming together for a truly special afternoon.

Best of all, we're absolutely thrilled to announce that the day raised over £1,700! A huge, heartfelt thank you goes out to all the wonderful local businesses whose generosity and support made this incredible day possible. We couldn't have done it without you.

Thank you to everyone who came along, lent a hand or donated. Here's to the next one!





🌟 Meet the Team – Say Hello to Ruth! 🌟



This month we're delighted to introduce one of our wonderful team members... the lovely **Ruth!** 💙

Ruth grew up in Wolverhampton and originally thought her future was going to be in the classroom. After enjoying school, she studied an Access to Teaching course and was all set for university to become a teacher.

But life had other plans.

While caring for her mum, Ruth discovered something incredibly special about herself. The doctors caring for her mum noticed her natural compassion and kindness and told her she would make an amazing carer. They couldn't have been more right.

In 2006, Ruth swapped lesson plans for care plans and began working in domiciliary care, supporting people in her local community. Her dedication and genuine care for others saw her progress to the role of Care Coordinator, where she continued making a real difference to people's lives.

In 2021, Ruth made the move to beautiful Paignton with her three wonderful children, and earlier this year we were lucky enough to welcome her to the Harbour Rise family. Since joining us, Ruth has become an invaluable member of the team, supporting residents in a variety of roles across the home. No matter where she's working, she brings the same kindness, positivity and caring nature that our residents and their families have quickly come to know and appreciate.

Outside of work, Ruth loves being outdoors. Whether she's kayaking, paddle boarding, enjoying coastal walks or practising yoga, she embraces every opportunity to enjoy nature. Add a bit of dance music into the mix and she's one very happy lady!

Residents recently enjoyed one of Ruth's magical mystery bus trips, with a special visit to the beautiful Thatcher's Rock. There were plenty of smiles, lots of fresh sea air and wonderful memories made together. 🚌 ✨

Ruth has a smile that's truly infectious and a way of making everyone around her feel welcome. She's settled into Harbour Rise so naturally and has become a favourite with residents, families and colleagues alike.

When asked what she loves most about her job, Ruth simply said:

"I love the interactions with the residents and the joy we bring to them." 💙

We couldn't have said it better ourselves.

Thank you, Ruth, for your kindness, compassion and everything you do each day. We're so grateful to have you as part of the Harbour Rise family. 🥰

Community Groups at Harbour Rise



Two friendly community groups meet each month at Harbour Rise Care Home, 2 Alta Vista Road, Paignton TQ4 6BZ, and everyone from the local community is welcome to join.

The Carers and Cared For Peer Support Group meets on the 2nd Tuesday of the month, 2.30 to 3.45pm. It is a chance to talk with people in a similar situation over a relaxing cuppa, with space to chat, share and take a moment for yourself.

The Community Games Group meets on the last Tuesday of the month, 2.30 to 3.30pm. Come along for a cuppa and a game or two, from jigsaws, draughts and dominoes to Scrabble and chess, or bring your own favourite along. It is a relaxed, welcoming way to have fun and make new friends. All ages and abilities welcome.

