

Welcome to
Heanton Nursing Home's
Edition 6 2026 Newsletter

EXCELLENCE * PEOPLE-DRIVEN * INTEGRITY * COMPASSION



newsletter

EDITION 6 2026

EDITION 6

Welcome!



This issue has been difficult to write, simply because there was so much we wanted to squeeze in! I hope that we have created an impression of just some of the magical moments we have experienced here at Heanton during the past few months. Spring has certainly brought us so many more opportunities to awaken the senses, smiles and the benefits of our sea air.

Occupation has been another focus this quarter, with new sensory equipment and displays, to give comfort, activities or open the imagination. Thank you to all the team who have been on board building, organising or testing out the new occupation.

Our relatives meeting saw some new faces joining us and we got to spend quality time sharing information, discussing concerns or learning about our family members and their lives.

I hope as you read this Spring/Summer has finally broken through the clouds and stayed, but if not remember we have plenty of kettles, biscuits and homemade cakes to enjoy in the warm.

Abi Registered Manager



This lovely display was made by one of our team members in her own time, each gem lovingly placed to create "HEANTON". We now have it proudly hung near the main entrance for all to enjoy. I cannot begin to imagine how many hours she spent on this, but take great pride that so much of her time was given creating these for our home. The thought and care that has gone into this sums up how Heanton creates a family and a home for all that join us.



Spring is trying to break through and more family members are enjoying not only our grounds, but also the local community. Exploring the outside spaces with touch, smell and even when visiting our herb planters for a taste!

This beautiful planter was donated and lovingly planted by one of our relatives Kristina, bringing colour and beauty to our main entrance. Thank you Kristina!

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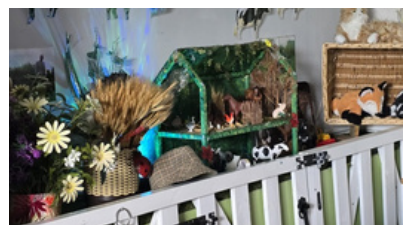
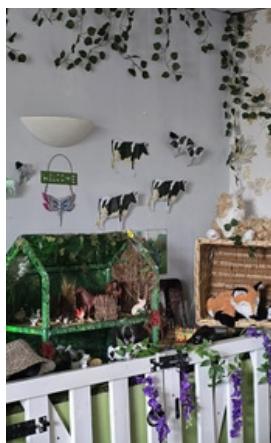
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Upcoming Events
& Feedback

*A Sneak Peak at our new
Occupation Areas!*



History of Heanton



As you may already know, Heanton was once a thriving school within the village. A couple of years ago a former student popped by on the off chance we would allow the recreation of a school photo from 70 years ago. This caused a lot of excitement among the team at Heanton, who have passed on stories and rumours about the building to one another. Everything from names carved into the brickwork to even the odd ghost story. The building's history has certainly been a talking point for the team here and most certainly spun their own content over the years, but now we had a chance to hear from the students about their time in the building.



School Photo of St Christopher's Students in 1956



Reunion Photo of St Christopher's Students in 1989

We are welcoming the reunion of students from St Christopher's School years 1949 - 1963 on 28th July 2026 (time TBC) to recreate their school photograph and share some memories. Heanton will be providing some light refreshments on the lawn and hopefully some sunshine!

Anyone who was a student of the school during this time is encouraged to contact Veronica on 01598 710498.

Next edition we will have more about Heanton's history in WWII and how it is being featured in a book True Blue.

A Dining Experience

Laying the tables really does come as an art form. I have loved seeing more of the team grow in confidence from our recent Evolve Care Academy training, some of which was based around our Minimum Standard for meal times.

From breakfast tables laid by our night team, to lunch tables created by the day team, Heanton tables in all houses have been made magical!

The team really showed their understanding of our family members and ways of life, when they asked for teapots and cups with saucers. What tastes better than a cup of tea? A cup of tea from a pot served with a saucer and biscuit of course! These little things can help promote intake of fluids and nutrition and are so simple yet hugely effective. Another example of how the team are not just working here, but building connections and really striving for excellence at their roles.



Meet the Entertainer

This edition we are introducing Ruth Bateman, a local artist who has been visiting Heanton for a few years now to provide art workshops to our family members. We spoke to Ruth about her time at Heanton and how art therapy can impact the lives of those on their dementia journey.

“My name is Ruth Bateman, and I have had the privilege of running monthly art and craft sessions at Heanton Court for the past few years. Although this work differs from my own professional practice, I am deeply passionate about adapting my skills and using my tenacity to make art universally accessible. Being at Heanton allows me this special and rewarding opportunity.

I have always believed and will continue to maintain that art is for everyone. There are no barriers; everyone should have the opportunity to express themselves. At Heanton, I strive to offer sessions that are gentle and engaging, never pressuring participants but instead inviting them to take part in their own way. Regardless of ability, each person can find joy and comfort in trying something new.

I hope there is something for everyone, at every stage of life. Sometimes, it's enough to simply pick up a pencil and make a mark; other times, it's about taking ownership, creating something meaningful, and pushing beyond expectations.

After each session, I am reminded that supporting others through art is one of the most rewarding aspects of being an artist, both humbling and heartening. I hope these sessions bring solace and joy to those who take part, helping them to stay well, content, and engaged.

Heanton is a special place, the staff, the family members; through support, love and encouragement each person is valued and given every opportunity to thrive and art plays a small role in making this a reality. So thank you from me to you all.”



Events at Heanton

A packed time for events, from Easter, St George's Day and all our usual regular booked entertainment. We have had great fun decorating the houses and doing various activities to mark the occasions. Be it crafts, or drinking pints of 0% Guinness, the team have been wonderful at getting involved, spreading the excitement and cheer to the whole family.



Importance of Independence

Many people may fear the thought of being in a nursing home in later life. They have lived independent lives, making their own choices; and the thought of having to rely on someone else can feel quite daunting.

At Heanton we fully believe that independence is a skill never to be taken away from someone. Be that helping around the house with daily tasks, or going out to buy your own clothing. Fully promoting independence and choice for the people living with us. So when a family member needed new clothing we leapt at the chance for a pamper session and girly trip out for some serious retail therapy!



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.

To view our complete Summer menu, please visit our [website](#).





Upcoming Dates for your Diary

Ruth Bateman Art Sessions

27th July 2pm-4pm

24th August 2pm-4pm

Chair Zumba with Roberto

24th June - 2pm

8th July - 2pm

22nd July - 2pm

5th August - 2pm

19th August - 2pm

2nd September - 2pm

16th September - 2pm

28th July 2026 - Heanton School Reunion.

1949 students return to Heanton to recreate a school photograph. We will be providing light refreshments of drinks and cakes to mark the occasions, along with displays on Heanton's history. Open to all to attend!

We ask that the top car park is kept clear for the photograph, so the students can assemble in the same spot.

29th August 2026 - Heanton Classic Car Show

The return of our classic car show! Bigger, better and hopefully also sunshine.

In association with North Devon Sports and Classic Cars Club. BBQ and drinks available for donations, raising money for Dementia UK alongside our brave team members taking on a skydive this summer helping to reach their target of £3000. Donations on entry with all proceeds to Dementia UK. (Please bring cash)

Your Feedback

"I have been extremely satisfied with my husband's care. The staff are friendly and caring and nothing is too much trouble and always there to listen and answer my questions or concerns. My husband is getting very good care and is always dressed smartly and shaven."

-Relative

"My wonderful husband, so very well cared for by the wonderful staff at Heanton."

-Relative

"The level of care is exemplary and always person centred."

-Professional feedback

"I was surprised and so grateful how welcoming and friendly the team were during my visit. I have not experienced this in previous settings."

-Relative

"This is the first time in her life she is truly feeling love and what it means to be loved."

-Friend

"Thank you all for the care and support you gave me as well when my dear late husband Tony was with you at Heanton, will never forget the care you gave him xx."

-Relative

"I cannot thank enough [the care staff] for the care and love they show family members including their loved ones. Thank you all."

-Relative

