INTRODUCTION

Message From Our Manager

Welcome to our Spring 2025 newsletter! We enjoyed a wonderful cozy winter here at Check House and are now looking forward to brighter days, warmer weather and spending time out in our beautiful terrace.

The first phase of our new furniture has now been delivered, and it has already made a noticeable difference throughout the home. The quality and comfort are excellent, and the pieces complement our surroundings perfectly. The second phase will arrive shortly, and we will ensure that any disruption is kept to a minimum.

Thank you, as always, for your continued support.

If you know someone who would like to receive our email newsletter/updates just let us know, or forward them this newsletter sign up link below:

Newsletter Sign-Up

My very best wishes,

Karen

Karen Peal
Registered Manager

RECENT ACTIVITIES & EVENTS

St. Patrick's Day

We had a wonderful time celebrating St. Patrick's Day! The day was filled with laughter and joy as residents took part in a variety of games and activities, with an Irish twist. A particular highlight was our fantastic Irish lucky dip, which brought plenty of smiles and a touch of excitement to the celebrations.

Mother's Day

We also enjoyed a special Mother's Day at The Check House. The afternoon was calm and uplifting as residents were treated to a relaxing pamper afternoon. Everyone enjoyed gentle manicures, indulgent chocolates, and a selection of delicious drinks, making it a lovely opportunity to unwind and feel pampered.

A perfect way to celebrate and appreciate all the wonderful mothers in our care.

The Grizzly Runners

We are fortunate to be located along the route of the world-famous Grizzly race, a tradition that brings joy and excitement to our community each year. This year, we gather outside with hot chocolate to cheer on the runners, and this year was no exception. It was a fantastic atmosphere enjoyed by all.

Chinese New Year

We had a delightful time celebrating Chinese New Year together 2026 marks the Year of the Fire Horse, symbolizing energy, independence and change. In true Check House style, we marked the occasion with a lovely tea party, full of colour and celebration.

Cheering on Marcus

Residents thoroughly enjoyed following the Winter Olympics, tuning in daily to watch the events unfold. We were especially proud to support local skeleton racer, Marcus Wyatt, who hails from Honiton. It was exciting to watch him compete on the world stage.

The Six Nations

With several rugby enthusiasts among our residents, the Six Nations provided plenty of excitement. We followed the matches closely and even had a bit of fun trying out some rugby ourselves!

Seaton Wetlands

We are incredibly lucky to live in such an area of outstanding natural beauty. The Seaton Wetlands, just a short walk from the Check House, offers wonderful opportunities for outings, fresh air and scenic enjoyment.

RESIDENT SPOTLIGHT

The lovely, Paul...

Paul has been a valued member of life at The Check House Care Home for almost four years, and during that time he has become a familiar and much loved presence within our community. He continues to enjoy an active and fulfilling lifestyle, making the most of the many opportunities available to him both inside and outside the home.

One of Paul's greatest pleasures is spending quality time with his daughters, particularly when they visit and take him out for a coffee. These moments are clearly treasured by both Paul and his family, strengthening the bond they share. At home, Paul enjoys socialising with fellow residents in our communal lounge, where he can often be found chatting, sharing stories, and enjoying the company of friends.

Paul also takes great delight in coming our organised minibus trips, where he has the chance to explore and appreciate the beautiful local scenery. These outings provide not only a change of scenery but also a wonderful opportunity for fresh air, relaxation, and shared experiences with others.

It's lovely to see Paul continuing to engage in the things he enjoys, and he remains an important and cherished part of life here at The Check House Care Home.

SAVE THE DATES

Dates for the Diary

March

- Monday 23rd March – Relatives' Meeting at 2pm
- Monday 24th March – Jessica Clare (vocals and piano) at 2pm
- Tuesday 31st March – Paul Stevens (vocals) at 11am

April

- Wednesday 1st April – Christian Church Service at 11am
- Friday 3rd April – Good Friday
- Sunday 5th April – Easter Sunday
- Monday 6th April – Easter Monday
- Sunday 13th April – East Devon Motor Magnetiles at 2pm
- Monday 13th April – Cheryl Watson (harp) at 11am
- Tuesday 14th April – Paul Stevens (vocals) at 11am
- Wednesday 15th April – Declan Duffy (vocals and guitar) at 11am
- Wednesday 23rd April – Shirley Austin (vocals) at 11am
- Thursday 23rd April – Jessica Clare (vocals and piano) at 2pm
- Friday 25th April – Paul Stevens (vocals) at 11am

May

- Monday 4th May – Memory Café from 11am
- Wednesday 6th May – Christian Church Service at 11am
- Wednesday 13th May – Paul Stevens (vocals) at 11am
- Sunday 18th May – Jessica Clare (vocals and piano) at 2pm
- Tuesday 20th May – Blue Light Bluegrass from 11am

June

- Wednesday 3rd June – Christian Church Service at 11am
- Monday 9th June – Cheryl Watson (harp) and Paul Kendall at 11am
- Tuesday 10th June – Paul Stevens (vocals) at 11am

Relatives Meetings

Our next meetings are scheduled for:

- Monday 23rd March 2026 at 2pm
- Monday 29th June at 2pm

We warmly encourage relatives to attend and share their thoughts.

HOME NEWS/GIFTS

Home News

- Our much-valued volunteer minibus driver, Robert, continues to take residents on weekly outings every Thursday, exploring locations across East Devon.
- Wayne, our hairdresser, is available in the salon every Thursday. Residents can book their appointments with him on colour. Each resident is entitled to one complimentary haircut per month.
- We are delighted that our new furniture has begun arriving, enhancing comfort and ambiance throughout the home.
- Welcome back to Sharon Swayne, who has re-joined us here at The Check House Care Home as a Care Assistant. Sharon originally started here in 2013, leaving in 2021, and now she is back!

Well Done Team

- Employee of the Month for December 2025 is EVERYONE!
- Manager's Recognition Winner for December 2025 is EVERYONE!
- Employee of the Month for January 2026 is Jocelyn Barrios
- Manager's Recognition Winner for January 2026 is Michelle Mathew
- Employee of the Month for February 2026 is TBC
- Manager's Recognition Winner for February 2026 is TBC

SPRING & SUMMER

Looking Ahead

As we move into the spring and early summer months, we are excited to make the most of longer days and warmer weather. Plans are underway for more outdoor activities, including garden gatherings and community outings, as we continue to welcome more performers and continuing our regular outings across the local area.

Thank you for being part of our community, we look forward to sharing many more special moments together.

EXTERNAL LINKS

Social Media

Make sure to check out the Check House Care Home Facebook Page for all our latest photos!

Don't Forget To Like/ Follow!

Leave A Review

We would be very grateful if you could spare a few minutes to write a review for us.

Carehome.co.uk & Google Reviews

THE CHECK HOUSE CARE HOME

View online if it doesn't

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