THE CHECK HOUSE
CARE HOME

INTRODUCTION

Message From Our Manager

After what feels like a long, hot summer here on the Seaton coast, we are beginning to look forward to cooler, cosier days and all the events that autumn and winter will bring.

It has certainly been a busy summer. One of the highlights was our Annual Summer Party, when residents, relatives, friends and colleagues enjoyed a fantastic afternoon together on the terrace. We were also pleased to raise £90 for the Care Workers' Charity, taking us another step closer to our £710 fundraising target.

There have been plenty of other memorable moments too, including our Memory Tram trip, a terrace tea party, live entertainment and the chance to witness the solar eclipse. We have also continued to enjoy regular trips out with the help of our wonderful volunteer minibus driver, Robert.

As always, thank you to our residents, relatives, friends, volunteers and staff for your continued support and for helping to make our events and activities so enjoyable.

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

Newsletter Sign-Up

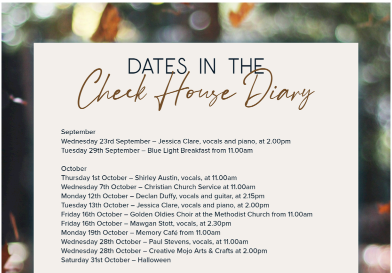
Please also take a moment to submit a review on **Google** and **carehome.co.uk**.

My very best wishes,

Karen

Karen Real
Registered Manager

COMING UP...



DATES IN THE
Check House Diary

September
Wednesday 23rd September – Jessica Clare, vocals and piano, at 2.00pm
Tuesday 29th September – Blue Light Breakfast from 11.00am

October
Thursday 1st October – Shirley Austin, vocals, at 11.00am
Wednesday 7th October – Christian Church Service at 11.00am
Monday 12th October – Declan Duffy, vocals and guitar, at 2.15pm
Tuesday 13th October – Jessica Clare, vocals and piano, at 2.00pm
Friday 16th October – Golden Oldies Choir at the Methodist Church from 11.00am
Friday 16th October – Mawgan Stott, vocals, at 2.30pm
Monday 19th October – Memory Café from 11.00am
Wednesday 28th October – Paul Stevens, vocals, at 11.00am
Wednesday 28th October – Creative Mojo Arts & Crafts at 2.00pm
Saturday 31st October – Halloween

November
Wednesday 4th November – Christian Church Service at 11.00am
Thursday 5th November – Bonfire Night
Monday 9th November – Creative Mojo Arts & Crafts at 2.00pm
Tuesday 10th November – Blue Light Breakfast from 11.00am
Thursday 12th November – Jessica Clare, vocals and piano, at 2.00pm
Monday 16th November – Declan Duffy, vocals and guitar, at 2.15pm
Wednesday 18th November – Paul Stevens, vocals, at 11.00am
Wednesday 18th November – Mawgan Stott, vocals, at 2.30pm
Friday 20th November – Golden Oldies Choir at the Methodist Church from 11.00am
Monday 23rd November – Cheryl Watson, harp, at 11.00am
Monday 30th November – Memory Café from 11.00am

December
Wednesday 2nd December – Christian Church Service at 11.00am
Tuesday 8th December – Jessica Clare, vocals and piano, at 2.00pm
Thursday 10th December – Relatives' Meeting at 2.00pm
Friday 11th December – Paul Stevens, vocals, at 11.00am
Monday 14th December – Mawgan Stott, vocals, at 2.30pm
Wednesday 16th December – Declan Duffy, vocals and guitar, at 11.00am
Friday 18th December – Christian Church Service at 11.00am

RECENT ACTIVITIES & EVENTS

All Aboard the Memory Tram

Residents enjoyed a fantastic day out on the Seaton Tramway Memory Tram.

The journey provided some wonderful views across the estuary, with plenty of opportunities for birdwatching and taking in the surrounding countryside along the way.

Our trip also included a stop at Colyton, where everyone enjoyed a delicious lunch followed by a cream tea.

It was a very enjoyable day from start to finish and proved so popular that residents are already keen to do it all again.

SEATON
VIA COLYFORD
WETLANDS
& RIVERSIDE
Churchill
Retirement Living
crl.co.uk
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COLYFORD STATION

The Singing Cyclists Come to Visit

We were delighted to welcome Armonico Consort to perform for residents on our terrace as part of their Singing Cyclists challenge.

The group are taking on a demanding 100-mile cycle ride along the Jurassic Coast from Exeter to Wimborne between 8th and 11th September, stopping at pubs, cafés, schools and care homes along the way to perform and raise money for people living with dementia.

Residents enjoyed listening to their performance in the fresh air, and it was lovely to be included as one of the stops along their journey.

We wish the cyclists the very best with the rest of their challenge and thank them for taking the time to entertain us along the way.

Our Annual Summer Party

Our Annual Summer Party was a real highlight of the season, helped by some lovely weather which meant we could make full use of the terrace.

Local band Plain Sailing provided the live music, and it was not long before everyone was enjoying the songs and dancing along.

We were delighted to welcome lots of visitors, including our friends from Silverleigh Care Home and Thornfield Care Home, who joined residents, relatives and staff for the afternoon.

Our kitchen team prepared a seaside-themed spread, including fish and chips, sausage rolls and strawberries and cream, which went down very well.

Most importantly, it was a chance for everyone to spend time together and enjoy a relaxed summer afternoon. Thank you to all those who joined us and to our staff team for the work that went into making the party such a success.

Welcome to CHECKHOUSE
Seaside Party!
Fish 'n' Chips
Cocktail Menu
SNUG

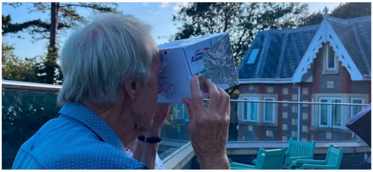
Watching the Solar Eclipse

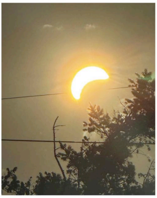
We had the chance to witness a fascinating event over the summer with the solar eclipse.

Residents got involved by making their own pinhole projectors before heading out onto the terrace to watch the event safely together.

It was interesting to see the changes taking place in the sky and gave us plenty to talk about both during and after the eclipse. For some residents, it also brought back memories of previous eclipses and other unusual events they had witnessed over the years.

It certainly made for a rather different afternoon activity.





Tea on the Terrace

We also made the most of the summer weather by holding a relaxing tea party on the terrace.

It was lovely to welcome so many relatives and friends to join us, giving everyone the opportunity to sit together, enjoy some refreshments and have a good catch-up.

Our terrace has been well used throughout the warmer months, and afternoons like this are a simple but enjoyable way for residents and their visitors to spend time together.

RESIDENT SPOTLIGHT

THE CHECK HOUSE
CARE HOME
Getting to know our
wonderful residents

Resident Spotlight – Monty

This quarter, we are shining our Resident Spotlight on Monty, who has lived with us since 2019.

Monty has led a fascinating life and was Team Manager of the British Pentathlon Team at both the 1968 Olympic Games in Mexico and the 1972 Olympic Games in Munich.

He is also an accomplished horseman and has put his knowledge and experience into writing four books for horse owners.

We always enjoy hearing more about our residents' lives, interests and achievements, and it is a pleasure to share a little more about Monty with everyone in this edition.

HOME HIGHLIGHTS

Golden Oldies – New Venue

Our Golden Oldies singing group has moved from St Gregory's Church and will now take place at the Methodist Church.

The group will continue to meet on the third Friday of every month, beginning on Friday 18th September.

Residents always enjoy the chance to join in with familiar songs, so we are pleased that this popular outing will continue at its new venue.

More New Furniture Arrives

The third phase of our new furniture has now arrived as we continue making improvements around the home.

We hope the new additions will help keep our shared spaces comfortable and welcoming for residents and their visitors.

It is lovely to see the different stages of the improvements coming together, and we look forward to continuing with the next steps.

Well Done Team

We are very pleased to share that we have retained our fantastic Five-Star Food Hygiene Rating.

This is a great reflection of the hard work that takes place behind the scenes in our kitchen every day and the high standards maintained by the team.

Congratulations and thank you to everyone involved.

Welcome Back, Sheryl

We are delighted to welcome Sheryl Dickson back to the team as an Activities Assistant.

Sheryl originally joined us in 2011 and is returning after two years away, so she will already be a familiar face to some of our residents, relatives and colleagues.

It is lovely to have Sheryl back with us, and we wish her every success as she settles back into her role.

STAFF SPOTLIGHT

Introducing Johnny...

Our Staff Spotlight this quarter is on Johnny, our longest-serving member of staff.

Johnny first joined the team back in 1990, giving him an impressive 36 years of service. He remains a familiar and friendly face around the home three days a week. You will often find Johnny busy painting, carrying out jobs around the home or helping to keep our gardens looking their best.

Having been part of the home for so many years, Johnny has seen plenty of changes along the way and is well known to residents, relatives and colleagues alike.

Thank you, Johnny, for your many years of hard work and continued contribution to the home.

WE HOPE YOU CAN JOIN

Relatives Meeting

Our next Relatives’ Meeting is scheduled for:

- Thursday 10th December 2026 at 2.00pm

These meetings provide an opportunity for relatives to hear updates, ask questions and share feedback with the team. We hope to see as many of you as possible.

OVERVIEW

Looking Ahead

With autumn now upon us, we have plenty to look forward to over the coming months.

Our calendar is already filling up with live music, Creative Mojo sessions, church services, Memory Café visits, Golden Oldies and our regular Blue Light Breakfasts. We will also be marking Halloween and Bonfire Night before our attention begins to turn towards Christmas.

Our regular minibus trips will continue with Robert, giving residents opportunities to get out and about across East Devon, while we will keep enjoying activities and entertainment within the home too.

After such a busy summer, we are looking forward to everything the new season will bring and to sharing plenty more news with you in our next quarterly update.

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' Us!

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**

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