



NEWSLETTER

Welcome from Claire Rintoul, CEO

Hello and welcome to this Summer edition of our Sheffcare newsletter where we share news and updates about what's going on across Sheffcare and in our nine homes.

Congratulations to both Cotleigh and Springwood homes for being rated 'Good' by our regulator, the CQC (Care Quality Commission). Thank you to everyone who gave feedback to the inspection teams; it's really important that they hear directly from residents and relatives.



We always welcome feedback and reviews – if there's something that we can do better, then we want to know, and if you're happy with our care then please help us by leaving a review on Google Maps and carehome.co.uk – it helps people when they're choosing for care for a loved one.



Remembering VE Day

The 80th anniversary of VE Day was more than just a moment to reflect on a pivotal day in history, it was also an opportunity to honour and support those who have served in the armed forces.

At Cotleigh Residential Home in Hackenthorpe, residents came together to celebrate with a special VE Day party. In keeping with the spirit of gratitude, they also chose to make a donation to the Royal British Legion, recognising the sacrifices made by service members past and present.

"Sheffcare residents are among the few who still have vivid memories of the Second World War and its impact both around the world and in our local communities," said Cotleigh Registered Manager Asha Oliver.

"We were proud to use this day as a chance to show our deep appreciation for the dedication of our armed forces."



Quality & Improvement Update

Over recent months, all Sheffcare homes and day services have taken part in a full review of our monthly quality audits which is a vital part of how we maintain high standards, support improvement, and celebrate good practice.

We listened to feedback from managers, staff, and residents to make the audit process more supportive, efficient, and meaningful. From 1st July 2025, we introduced a new approach with clearer guidance, more focused questions, and a stronger link to the everyday experiences of those living in our homes.

Alongside this, Valley Wood and Midhurst Road have been working hard towards Dementia Accreditation. Their efforts include improving environments, boosting resident engagement, and focusing on truly person-centred care. Teams have shared ideas and learning across homes, helping to raise standards for everyone.

We've also taken further steps to embed dementia best practice across the organisation. Staff in several homes are now completing Dementia Mapping training and observational learning, in partnership with Leeds Beckett University. These tools help us better understand the lived experience of people with dementia and continue to improve how we care and communicate.

Together, these developments are strengthening our approach to dementia care and quality improvement and helps us ensure we support both residents and staff to thrive.

Louise Beaumont
Director of Quality & Care

Our Values



Sheffcare Homes Receive High Praise from Care Quality Commission

We're proud to share that two of our care homes, Springwood in Shirecliffe and Cotleigh in Hackenthorpe, have recently been rated 'Good' across all key areas by the Care Quality Commission (CQC), the independent regulator of health and social care in England.

Claire Rintoul, our Chief Executive, said "We always welcome visits from the CQC because we believe in the great care our teams provide every day. What means the most, though, is hearing directly from residents and their families about the positive difference we're making in their lives.

These reports are a real reminder of the heart and dedication our staff bring to their work and how that care goes beyond expectations.

Knowing that our residents feel happy, safe, and well supported is what matters most. A huge thank you to our amazing teams for making that happen."

Springwood Care Home

The CQC's inspection of Springwood highlighted the home's high standards of care, with inspectors noting that residents were treated with kindness, empathy, and compassion, and that their privacy and dignity were always respected.

The report praised the positive relationships between residents and staff, describing the team as "lovely" and noting a culture of safety based on openness and honesty. The home was commended for having qualified, skilled, and experienced staff who receive effective support and training, ensuring personalised and safe care.

Inspectors also recognised Springwood's commitment to infection prevention, maintaining clean and hygienic environments, and supporting residents to live healthier, more independent lives through a wide range of daily activities.

Cotleigh Care Home

Similarly, Cotleigh received praise for its caring and responsive approach. Residents told inspectors they feel well cared for by kind and attentive staff. The home's wide range of facilities, including an on-site hairdresser, bar areas, garden spaces, and a games room, were noted as enhancing residents' quality of life.

The CQC report highlighted the strong teamwork at Cotleigh and the professional support residents receive from healthcare providers such as GPs, occupational therapists, and speech and language therapists.

Staff morale was described as high, with a clear focus on treating residents with respect, dignity, and compassion while tailoring care to individual needs, strengths, and backgrounds.



Bringing Movement and Joy to Sheffcare Homes

Sheffcare is excited to announce a new partnership with Dancing for Health CIC to introduce dance sessions tailored for residents living with dementia.

Inspired by research from the University of Edinburgh highlighting the benefits of dance for wellbeing, Sheffcare's Dementia and Wellbeing Manager, Kathryn Rawling reached out to develop a programme that combines music and movement to support residents' health and happiness.

Starting this summer, qualified instructor Tracey Barnes will lead weekly seated dance classes at Valley Wood, Sheffcare's specialist dementia care home. The 20-week programme aims to boost physical activity, mood, and social connection in a safe environment.

Following the initial sessions, 10 care staff members will receive training to continue delivering dance activities. Additionally, all nine Sheffcare homes will gain access to an online platform featuring video routines and resources, ensuring the programme's ongoing availability to nearly 500 residents.

Research shows dancing can reduce dementia risk and may help slow its progression. This project also aims to explore dance's impact on residents at various stages of dementia, particularly those who are harder to engage.

Funded to cover instruction, training, content development, and more, this initiative highlights Sheffcare's ongoing commitment to innovation and person-centred care.

Celebrating volunteering at Sheffcare

A huge congratulations to Sandra Smyth at Midhurst Road, who has been nominated for the Room to Reward initiative by the team at the home!

Sandra has been a dedicated volunteer at Midhurst Road for an incredible seven years, making her one of our longest-serving volunteers. Over that time, she has become so much more than a helping hand — she's a true friend to both staff and residents alike.

Sandra's warm, friendly nature and willingness to go above and beyond have made a lasting impact on everyone around her. Her compassion, kindness, and constant support are deeply appreciated by the whole Midhurst Road family.



Supporting Our Community: The Positive Impact of Deerlands and Springwood Day Centres

Our day centres at Deerlands and Springwood provide invaluable support to individuals and families within our community. They offer a safe, welcoming environment where people can engage in meaningful activities, maintain independence and promote social interaction.

Both of our centres have their own minibuses, making it easier for people who might find it hard to get out and about. This transport service means that anyone who wants to join in at the day centres can do so, no matter their mobility or travel challenges. It's all about making sure everyone feels welcome and supported.

In addition, the centres offer vital respite for families and carers. Knowing their loved ones are cared for in a safe and supportive setting allows carers to take a necessary break, helping to reduce stress and improve their own wellbeing.

Deerlands and Springwood play a key role in community outreach, strengthening connections and supporting people to lead fulfilling lives. We are proud of the positive difference these centres make every day.

If you would like more information, please call us on the following numbers:

Deerlands: 0114 221 3258

Springwood: 0114 232 5472

Dementia Awareness Sessions

Sheffcare is committed to supporting families and friends of our residents living with dementia. We are pleased to share that Kathryn Rawling, our Dementia & Wellbeing Manager, continues to hold regular Dementia Awareness sessions across all Sheffcare homes. These sessions have proven to be very helpful for many who have attended, offering valuable insights and practical advice.

These free training sessions provide a safe and welcoming space where you can learn more about dementia, its effects, and the best ways to support your loved one through each stage of their journey.

Here's what you can expect to gain from the sessions:

- A deeper understanding of dementia and its different stages
- Communication strategies to help improve interactions
- Techniques for managing challenging behaviours with compassion
- Information about resources and support available

If you're interested in attending, please speak to your home's Care Plan Co-ordinator to book your place. We encourage all families and friends to take advantage of this valuable opportunity.

Celebrating Summer across Sheffcare



A Special Night In at Midhurst Road

At Sheffcare, we believe in going the extra mile to make every moment count — and the team at Midhurst Road have done just that with a truly heart-warming gesture for one of their residents.

Anne, who is living with a terminal illness, has always loved Chinese food, as does her family. Sadly, due to her health, going out to a restaurant was no longer possible. But that didn't stop the Midhurst Road team from making something magical happen.

Determined to give Anne and her loved ones a special experience, the staff transformed the conservatory into a beautiful Chinese restaurant for the evening. Complete with themed decorations, music, and delicious dishes, the team created a warm, authentic atmosphere full of love and care.

Anne and her family were able to sit together, enjoy their favourite food, and share precious time in a setting that felt truly special. It was a joyful moment full of smiles, laughter, and emotion — and a powerful reminder of the difference compassion and creativity can make.

We are incredibly proud of the Midhurst Road team for showing such thoughtfulness, and for turning one simple idea into a memory the family will treasure forever.



Acousmatic Storytelling: Giving Voice Through Sound and Story

Back in 2020, our Dementia & Wellbeing Manager Kathryn Rawling met composer Julia Schauerman during an online University of Sheffield event. That meeting sparked a creative collaboration using Acousmatic Storytelling — a method that blends music, environmental sounds, and personal memories to help residents share their stories.

The first project at Burnt Tree Croft was a great success, leading to a 12-week programme at Midhurst Road, now the focus of a University of Sheffield research study. Residents created powerful sound recordings filled with familiar voices and memories, encouraging conversation, connection, and reminiscence.

A key outcome was the Listening Post — an interactive audio box filled with personalised recordings for residents, staff, and families to enjoy together.

The project has received national and international attention, including:

- A presentation at the British Society of Gerontology Conference
- A published academic article in the Australasian Journal on Ageing

We're proud to continue this partnership with two exciting new initiatives starting later this year:

- Music, Dementia & Technology – Stage 2
- The BRIDGES Network for innovation in care technology

This work keeps Sheffcare at the forefront of creative, person-centred dementia care — where memory, music, and wellbeing remain at the heart of what we do.



28 new staff members have completed our new Induction programme



Our staff have completed **4392** eLearning courses since the 1st of April 2025



We serve over **2450** drinks a day across our nine care home in Sheffield