

# Small, Friendly, Caring

Forder Lane House  
Residential Care Home, Dartington

Taking good care of you or  
your loved-one in old age



**FORDER LANE HOUSE**  
REGISTERED CARE HOME

Call us now on: **01803 863532**  
or email: [careoffice@southdevonrural.com](mailto:careoffice@southdevonrural.com)



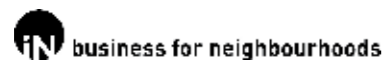
**SOUTH DEVON RURAL**  
HOUSING ASSOCIATION LIMITED

South Devon Rural Housing Association Limited  
Registered England and Wales  
South Devon House, Babbage Road, Totnes TQ9 5JA

T. 01803 863550 E-mail: [Info@southdevonrural.com](mailto:Info@southdevonrural.com)  
Website: [www.southdevonrural.com](http://www.southdevonrural.com)

We are open from 8.45 am to 4.45pm Monday – Friday

An Exempt Charity. South Devon Rural Housing Association Limited is a registered society under the Cooperative and Community Benefit Societies Act 2014 and The Homes and Communities Agency No. LH0920.



Totnes work hub – a South Devon Rural Housing enterprise

[www.totnesworkhub.co.uk](http://www.totnesworkhub.co.uk)



**SOUTH DEVON RURAL**  
HOUSING ASSOCIATION LIMITED

# Summer Newsletter

Inside this issue:

CEOs' Welcome Message | **Spotlight on our Care Home** | Forder Lane manager's charity walk | **Mermaid is a clue to swimmer's past** | **How to avoid damp problems in your home** | Tenant survey | **Garden guidance for the summer** | **Coronation party at Care Home** | **Serve up a Wimbledon winner** | Coffee Break Crossword puzzle | **Janet's garden is blooming lovely** | Performance Dashboard

Summer 2023



Large print  
copies available  
on request.  
Please call 01803  
863550



## Plenty for us to celebrate as we move into a new era in our nation's history

Welcome from SDR's Chief Executive, Christine Candlish

Welcome to another newsletter packed with interesting stories about SDR people, together with some of the usual interactive content so that readers can get busy in the kitchen, get cracking in the garden, or simply relax with a crossword puzzle and a cup of coffee.

We're including the crossword this time as an alternative to the wordsearch, which didn't seem so popular with readers who filled in our survey last year.

Talking of surveys, I'd encourage you to take part in the tenant satisfaction survey included with this newsletter. The Government have brought in new measures to ensure that housing providers and landlords are meeting the needs of their tenants. Your feedback will help us to conform and enable us to check what we're doing well and what we could improve upon.

In this issue, we're shining the spotlight on our Forder Lane House Care Home in Dartington, which is part of the backbone of SDR's corporate body. Forder Lane is the very epitome of the caring culture that's at the heart of everything we do, so it's right that we share with our readers some of its outstanding features and people.

Like the former Olympic swimmer who brought a

mermaid statue with him; or the resident who tends her own patch of garden outside her room at Forder Lane. Then there are our wonderful staff, heroes every one, who deliver daily hands-on care to every resident. Celebrate

In charge is Registered Care Manager Jo Pammenter, who is using some of her time off to train for a sponsored walk in aid of the Alzheimer's Society's United Against Dementia campaign. Well done Jo!

Jo and her team also laid on a special party for residents to celebrate the Coronation of King Charles III in May – hailing a new era in our country's history.

For tenants of the properties that SDR owns or manages, there's some useful advice about the annoying threat of damp in the home. There's plenty that residents can do to help themselves, but of course there may also be structural work that we need to do as landlords. Take a note of the contact details in case you need them.

Finally, if you travel by train and use Totnes Station, keep an eye out for the Forder Lane advert, reminding passengers of the great care facility on their doorstep.

Happy reading!



## Care home manager Jo taking steps for dementia charity



### 26-MILE ROUTE TAKES IN RIVER DART AND SW COASTAL PATH

Care home manager Jo Pammenter walks a fair distance during her working day whilst ensuring all the residents receive the best possible attention. But it's nothing compared with 'Trek26' – a walk she'll be making in September as she and many others raise money for the Alzheimer's Society's 'United Against Dementia' campaign.

Jo, who manages the 25-bed Forder Lane House Care Home in Dartington, is currently training for the 26-mile group trek along the banks of the River Dart and taking in a Devon section of the South West Coast Path.

The choice of charity was easy for Jo, who has seen the impact that dementia can have on her charges and their families during her caring career.

Once a keen runner who competed in marathons and half-marathons, including some off-road competitions, Jo has less free time now to take part in such events. But she still enjoys exercise in the great outdoors and has been putting her legs and feet through their paces on Dartmoor during periods of time off from work.

Nursing and caring for others runs in the family for Jo, whose mother is a nurse, whilst her sister Katie Vaile is a physiotherapist. Jo's daughter is currently at university studying for a Master's Degree in Nursing.

Jo said: "Through my job, I've seen at first hand the devastating effect that dementia can have on some people as they grow older and need to live in a care setting. I'd like to do what I can to raise funds for Alzheimer's because it's such a good cause.

"I'll be setting off along the route on 9th September with my sister Katie alongside me and we'll be covering 26 miles – making it a walking marathon. We'll start near Brixham and follow a circular route taking in Dartmouth and the coastline".

### Golden Time

It's a golden time for Jo to be following in the footsteps of thousands of walkers who have tackled the stunning coastal route, which celebrates its 50th anniversary this year. Among the most celebrated of these are Raynor Winn and her husband Moth, who walked the entire route together, leading to a best-selling book entitled *The Salt Path*.

Forder Lane House is owned and managed by SDR, whose Chief Executive Christine Candlish said: "We're very proud to support Jo as she prepares to tackle the South West Trek26 challenge.

"Inevitably, some of our residents are in our care due to the onset of dementia and we're pleased that our manager will be raising funds for a charity that offers support to families, as well as funding research into the condition". If you want to pledge support for Jo's fund-raising walk, you can sign up on her *Just Giving* page at: <https://www.justgiving.com/fundraising/jo-pammenter>

## God Save the King! Coronation party at Forder Lane House



Residents at Forder Lane House enjoyed a Coronation celebration party to mark the crowning of King Charles III on 6 May, watching the ceremony on TV. Many of them remember the coronation of HRH Queen Elizabeth II in 1953.



## COME AND WORK FOR US!

We currently have a vacancy for an experienced Care Assistant at our Forder Lane House Care Home in the pretty village of Dartington.

It's a permanent position, working days or nights, either 36 or 48 hours a week, including weekends on a rota basis. Pay is £10.90 per hour.

You'll need experience in health and social care and to support our registered Care Manager. Details online at: <https://southdevonrural.co.uk/>



Spotlight on our Forder Lane House Care Home Pages 5-8



WE CAN WORK TOGETHER TO BANISH THOSE SOGGY BLUES

# Don't let moisture and mould dampen your spirits



**Living in a home beset with damp problems and mouldy patches can be really miserable – not to mention the effect on your health and that of vulnerable family members.**

The responsibility for handling damp and mould is shared by us, as landlords, and you – our tenants. Between us, we make sure your home is well-maintained, safe, and comfortable. An important part of this responsibility is doing everything we can to prevent damp and mould happening in the first place.

## How YOU can combat mould taking hold in your home

There are certain daily activities that can cause excess moisture in your home, so it's important to do what you can to prevent it from becoming a damp and mould problem.

### Ventilation and excess moisture

By creating good ventilation in your home and preventing the build-up of excess moisture, you're helping to reduce unnecessary condensation. If you follow some simple steps, you can make a big difference. So:

- Cover pots and pans when you're cooking and switch on an extractor fan
- Make sure you know how to use your extractor fan and let us know if it's faulty

- Close your kitchen and bathroom doors to stop moisture from spreading
- Wipe down windows and windowsills regularly, using a kitchen towel or squeegee
- Dry clothes outside if it's an option; otherwise consider using a dehumidifier or tumble dryer if you have one
- If you have an external tap, turn off its water supply using the isolator valve when the weather is cold. This can prevent problems with burst pipes.

## What causes damp?

As a landlord, your wellbeing is our main priority. We have a responsibility to make sure your home is safe to live in, and that includes ensuring your home isn't experiencing any damp and mould caused by structural faults. If so, we need to quickly deal with any issues that have the potential to harm your health as they arise.

### Look out for signs of penetrating damp:

- Plumbing faults, like a dripping or burst pipe underneath a sink
- A leaky roof or broken tiles - see photo
- Problems with guttering
- Cracks on external walls
- Internal leaks within the property.



## Rising damp is uncommon

It occurs when groundwater rises through gaps in the walls, soaking it from within. Signs include:

- mould on the lower section of walls – see photo
- cracks bigger than 3mm in the brickwork
- decaying skirting boards
- peeling wallpaper.

If you have any of these issues in your home, make sure you give us a call as soon as you can.

## We can arrange professional help if you're struggling to keep damp at bay

While damp and mould can often be treated at home using domestic cleaning products from a supermarket, if you're struggling to keep it at bay or it gets out of control, you may need professional help. That's when we can help you get to the bottom of the issue and find a solution.

Ask us to remove the mould if:

- You aren't able to do it yourself
- You have respiratory issues, allergies or other health concerns
- There is an unmanageable amount of mould
- You're concerned for your family's wellbeing
- You have any other worries relating to health and safety.

## Let us know if you need our help

You can notify us of any problem in your home by filling on the Repair Request form on our website. Options are Routine Repair (within 28 working days) or Urgent Repair (within 5 working days).

Go to:

<https://southdevonrural.co.uk/pages/for-tenants/repair-request/116>

To request an Emergency Repair, please phone us on:

**01803 863550**



# Welcome to Forder Lane House Care Home

## Making the right choice

Forder Lane House is a small residential care home, with 25 well-appointed ensuite rooms, set in its own relaxing grounds. We offer a hotel-style but homely and welcoming residential care setting, renowned for the highest standards of care, support and comfort.

We recognise that choosing a care home for yourself or a loved one is a big step. You need to feel confident that you are making the right choice. So we provide all the support and information you may need to help you make that decision. We also offer a settling-in period where the only commitment is to pay the weekly charge. And of course you are welcome to visit at any time to meet management, staff and residents.

Delivered by experienced staff, in a warm, friendly atmosphere, we believe our care is second to none. Infection control has always been paramount but extra measures put in place following the Covid-19 outbreak are ongoing.

Situated just over a mile from the busy market town of Totnes, Dartington village boasts a Post Office and local shop, a garage, public house, and a variety of cafés and gift shops, as well as the popular Dartington Shopping Village.

## Confidence in the company

Forder Lane House is owned and operated by South Devon Rural Housing Association, a not-for-profit organisation that has been providing services and accommodation to older people and families since its inception in 1958. The Association prioritises customer needs, not profit.

## Spotlight on our Forder Lane House Care Home



## Residential options

We cater for a range of customers, depending on the level of support required. Our registration does not allow us to provide nursing care or care for residents with enduring mental illness. If a resident's care needs become more acute than we can provide for, we work with the individual, their family or friends and health professionals to ensure the most suitable care and support is provided by an establishment registered to provide care for higher levels of dependency. We take customers on a permanent or temporary basis, depending on their needs.

## Fees and other information

All rooms are single and our fees are set in April of each year. For existing residents, we give 28 days' notice of any changes to fees. Payments cover all personal care and full board, including laundry. Residents provide their own personal toiletries. Extra costs are incurred for telephone, hairdressing, chiropody, newspapers and transport (other than those provided by NHS or Voluntary Services).

## Protection against infection

Our main priority has always been to protect the health and wellbeing of our residents and our colleagues. We have put in place some extremely robust procedures to ensure the risk of Coronavirus and other infections to both residents and colleagues is minimised.

We will consistently apply infection control procedures and services that meet or exceed both the requirements of our customers and the latest Government guidance. This will be achieved through testing where appropriate, use of effective PPE, social distancing, hand hygiene, a regimented cleaning regime, controlled visits and safe admissions.

This is an extract from an 8-page A4 leaflet giving full details about Forder Lane House. This is available on request, or you can view or download from our website at: <https://southdevonrural.co.uk/pages/forder-lane-house/forder-lane-house-care-home/140>



WHY DARTINGTON'S MERMAID IS 'SWIMMING' IN SPORTING NOSTALGIA

# Care home's 'extra' resident is a clue to Tony's aquatic past

**As he poses next to a life-size replica of Copenhagen's Little Mermaid, it's not difficult to imagine that Tony Milton and his family had a close association with water.**

Tony, aged 85, is now a resident at the 25-bed Forder Lane House Care Home in Dartington. And his mermaid statue is much more than a decorative figure in a corner of the care home's grounds.

His mother and father were both Olympic swimmers, so it's no surprise that in his twenties Tony followed in his parents' wake and also took to the Olympic swimming pool, competing in the 4x200 freestyle relay event at the 1960 Summer Games in Rome. His team finished fourth, in a new European record time.

Meanwhile, back to the Little Mermaid statue, which was a gift to Tony's father Freddie from Denmark's *Carlsberg* Brewery in recognition of his services to the company. He was even awarded the Order of the Dannebrog (like a knighthood) for his services to Danish business.

Freddie was following in the footsteps of his father – Frederick senior – who had joined *Carlsberg* early in the 20th Century when demand for horses from his London stables dwindled due to the growing use of cars. As a director, Frederick played a pivotal role in bringing *Carlsberg* to the UK.

**Tarzan's record**

Tony's father Freddie and mother Irene both competed at the Olympic Games in 1932 (Los Angeles) and 1936 (Berlin). Freddie was a member of the GB water polo team, while Irene was competing in the pool for her native Canada. Irene's brother Bob was a Canadian swimming champion and Tony is especially proud that his 'Uncle Bob' broke the 220-yard freestyle record set by US Olympic legend Johnny Weissmuller, who went on to enjoy movie stardom as Tarzan.

Freddie and Irene later married and brought up their son Hamilton Pierre, known to all as Tony, to share their love of the water, and to also compete in an Olympic pool – in Rome, 1960.

Tony worked with his father for *Carlsberg* while he was swimming competitively, but later left to set up his own business importing European doors and windows. Tony met his late wife Pat in London at a water polo match. They married and had two children.

The mermaid statue now has pride of place in a patch of garden outside Tony's ground floor room at the care home, which is owned and managed by South Devon Rural Housing Association (SDR).

An impressive life-size replica made of fibreglass, the statue was damaged when it was dug out of Tony's garden but was restored by a relative before moving to its new home at Forder Lane.



Spotlight  
on our Forder  
Lane House  
Care Home



**CAPTIONS:**

*Facing page* – Tony Milton with the replica of the iconic Copenhagen Little Mermaid.

*Left* – Tony's sporty parents: Irene Pirie and Freddie Milton.

*Below* – the Olympic pool in Rome where Tony swam in 1960.



Why all the signs pointed to Tony being able to swim like a fish...

Daughter Kelly Milton-Zaki said: "My brother and I have fond memories of the mermaid, which we first saw by the side of our grandparents' swimming pool in Spain, where they retired. It is very special to us".

Tony has numerous items of swimming memorabilia, including scrap books, medals, his Olympic tracksuit and Olympic passes from his time as an active competitor on the world stage.

**Delighted**

Christine Candlish, SDR's Chief Executive and a regular visitor to Forder Lane House, said: "We were delighted to accommodate this 'extra' resident at the care home, because we know how much it means to Tony and his family.

"People who become residents at Forder Lane House are able to bring something from home when they move in. But this is the first time we've had a mermaid arriving with one of our clients!

"It can be fascinating talking to our clients, many of whom have really interesting back-stories. Tony is something of a celebrity, with his Olympic swimming pedigree, and we're privileged to have him as one of our residents".

Please save the date



## NEW! Government-led Tenant Satisfaction Measures

COMPLETE OUR FEEDBACK FORM AND YOU COULD WIN THIS VOUCHER!



# A chance for tenants to tell us how we're doing

Inside this issue of your newsletter is a separate survey form, giving tenants the chance to let us know how their housing provider is doing.

The results will feed into a new system introduced by the Regulator of Social Housing to assess how well social housing landlords in England are doing at providing good quality homes and services.

The survey should take you only 15 minutes to complete and the feedback we receive from you will be invaluable in helping us to understand any issues you are experiencing – or any gaps in service.

Once you've filled in the form with your answers, please put it in the reply-paid envelope provided and post it back to us.

It's important that your views are counted, so please return the form to us by 1 August 2023. If you prefer you can take the survey on line at: <https://southdevonrural.co.uk/>

Thanks in advance for your help with this important feedback survey.

Every feedback form we receive will go into a draw and the first name out of the hat will win a £25 Amazon voucher.

SEND  
BACK BY  
1 AUGUST  
2023



## Removing doubt when gardening in a drought

(or during a hosepipe ban)

Gardeners face many challenges as they strive to create stunning floral displays or produce delicious things to eat.

But probably the biggest challenge that gardeners face is the good old British weather, which makes it hard to choose the right plants to cope with what the skies will throw at us.

The age-old problem is only exacerbated by Climate Change, which is presenting gardeners and everyone else with new challenges, especially extremes of heat, rainfall or drought. With unpredictable rainfall lowering reservoir levels, one thing gardeners need to prepare for is a shortage of water – either low rainfall or a hosepipe ban\* – or both. So here are a few tips for keeping your garden looking great whilst using smaller quantities of water. There are two main methods: More careful use of water and choosing plants that need less irrigation.

### 1. Waterwise tips

If you haven't got one, install a water butt to collect rainwater from your gutters. They come in all shapes, sizes and prices.

Waste water from your sink, shower and washing machine is known as grey water, which can be collected and used in the garden. You need to avoid using detergents or chemicals that could prove harmful to plants.

Water in the evening or early morning, when the weather is cooler. This will give plants plenty of time to soak up moisture, rather than it evaporating quickly in the sun. Soak the area beneath the plant's canopy to encourage the growth of longer roots, which will search for moisture deeper underground. Sprinkling the surface lightly results in roots developing near the surface, making plants more susceptible to drought.

Immediately after watering, cover your soil with a 5cm layer of composted bark, garden compost, bark chippings or another mulch material. This will help to lock in moisture, prevent weeds from growing and competing for moisture, and keep roots cool.

Longer grass deals better with drought, so raise the blades of your lawnmower to a higher setting and mow less frequently. Make sure the blades of your mower are sharp, as blunt edges rip blades of grass apart, leading to a greater loss of moisture.

### 2. Drought tolerant plants

Some plants are naturally tolerant of drought, so include a few in pots and planting schemes. Among the best are red hot poker, bearded iris, agapanthus, pelargonium (see photo below), Oriental poppy and lavender. Tender cacti and succulents look great in containers outdoors over summer. Lantana is a tropical plant with fragrant, colourful flowers. It's invasive, so better grown in pots.

Bougainvillea (see photo above) is a champion in tolerating drought phases. Moss Rose thrives in dry, poor soil. Verbena is an excellent ground cover that spreads rapidly and thrives in high heat and infrequent little water.

Rose Campion is admired for its silvery-green foliage. It requires only supplemental watering during prolonged dry periods.



\* see Hose Ban Notice on Page 13.

SERVE UP A WINNER WITH A HEALTHY TAKE ON A FRUITY FAVOURITE SUMMER DISH



## Try our recipe for a guilt-free (well almost) strawberry cheesecake!

We always aim to bring you seasonal recipes that are tasty but healthy, so you can tuck in without worrying too much about those extra calories.

Whatever your age, it's in everyone's interests to eat meals made with healthy ingredients that won't pile on the pounds, or inch up your waistline.

So, with Wimbledon about to start and strawberry season in full swing, here's a way to enjoy a fruity, creamy dessert that will prove a winner with your family and friends.

### Ingredients (serves 4)

#### Topping:

- 12 fresh strawberries
- 200g Greek yogurt – or vegan alternative
- 12g fresh pomegranate seeds

#### Granola base:

- 85g rolled oats
- 1 teaspoon light brown sugar
- ¼ teaspoon ground cinnamon
- 2 tablespoons honey
- 20ml vegetable oil
- ½ teaspoon vanilla extract
- 2 tablespoons dried fruit, finely diced
- 2 tablespoons raw or toasted nuts\* or seeds, coarsely chopped
- Pinch of salt

\* In case of nut allergies, omit the nuts or replace with a suitable seed alternative like sunflower.

### Method

- Pre-heat your oven to 150C (Gas mark 2).
- Mix the oats, sugar, cinnamon and salt in a large bowl and set aside.
- In a separate bowl, mix the honey, vegetable oil and vanilla extract.
- Pour this over the oat mixture and stir in thoroughly.
- Spread the mixture onto a shallow baking tray in a thin, even layer.
- Bake for 15 minutes.
- Remove from the oven and stir.
- Bake for a further 10 minutes, or until golden brown.
- Leave to cool for around 20 minutes, until your granola reaches room temperature. It will harden as it cools.
- Add your chopped fruit and nuts\* to the mixture and stir.
- Spoon your granola into four glasses.
- Top with the yoghurt, followed by the pomegranate seeds.
- Slice strawberries into quarters and arrange over the top of the cheesecake to serve.



## GIVE YOUR BRAIN A WORKOUT WITH OUR CONCISE CROSSWORD PUZZLE

### YOU SPOKE – WE LISTENED!

In our reader survey last year, we asked for comments on your newsletter content, including some of the regular features. The Wordsearch feature got a less favourable reception from those who sent in their feedback. So in this issue we're trying something different.

Have a go at our Concise Crossword Puzzle and see how you get on.

We've pitched the difficulty level at moderate, so we hope you will take your brain on a bit of a workout but without too much head-scratching...

If you're struggling, you can always ask a partner or friend to give you a hand. Best of luck!

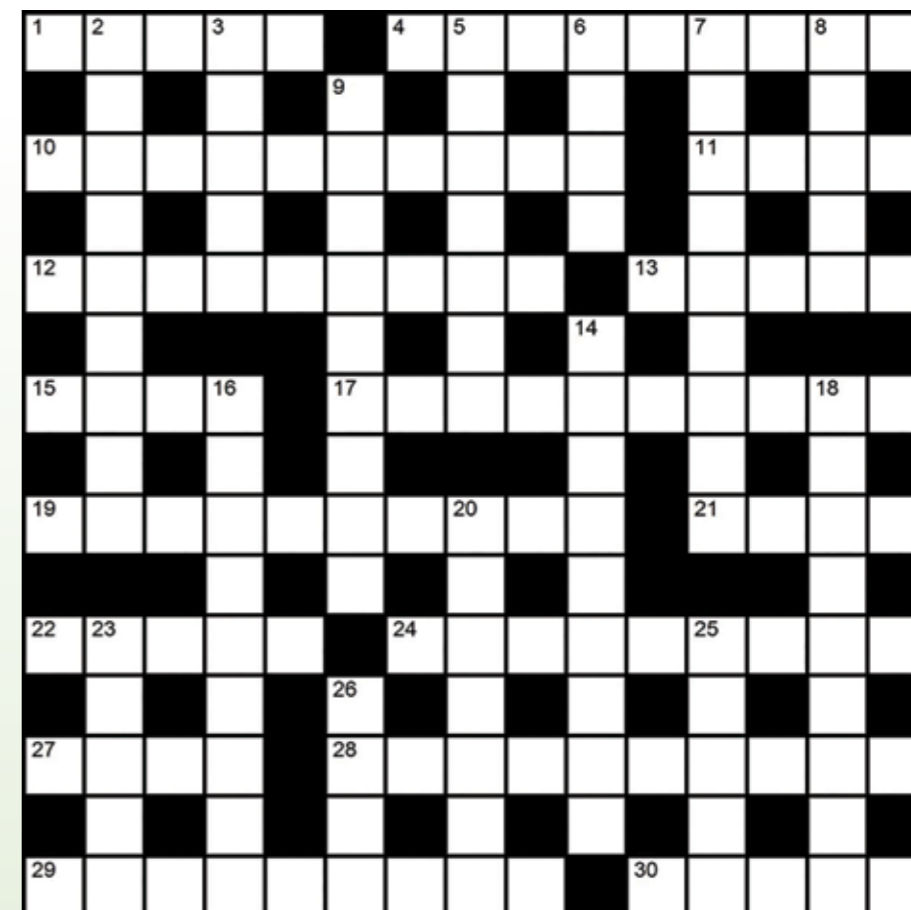
IT'S  
NEW!

### Across

- 1 Leave the scene abruptly (5)
- 4 Helper (9)
- 10 Dressing (10)
- 11 Atop (4)
- 12 Ministers (9)
- 13 Shopping event (5)
- 15 Sets of equipment (4)
- 17 Female big cat (10)
- 19 Herefordshire town (10)
- 21 Type of heating fuel (4)
- 22 Reprimand (5)
- 24 Contented (9)
- 27 Trousers support (4)
- 28 Place for initial drawings (10)
- 29 Steam locomotive (4, 5)
- 30 Metric fraction (5)

### Down

- 2 Truce (5-4)
- 3 Isolated (5)
- 5 Snow vehicle (7)
- 6 Notion (4)
- 7 Fabricated (7-2)
- 8 Hangman's knot (5)
- 9 Emphasise (9)
- 14 Wig (9)
- 16 Ignorant person (9)
- 18 Whipping boy (9)
- 20 Makes journeys (7)
- 23 Vocally encourage (5)
- 25 Legend (5)
- 26 Capital of Norway (4)



To check your answers: A grid showing the solution is on another page in this newsletter. No peeking though!

