

Cornwall Park

Home grown fun

Nestling in the heart of the pretty Scottish market town of Newton Stewart is CIC's Cornwall Park, residential care home. This Edwardian building was once a local merchant's home. It is not an especially imposing building from outside, but once inside you are pleasantly surprised. A sweeping wooden staircase dominates the centre of the home and the high ceilings and huge sash windows ensure the home is naturally lit by the sunlight throughout the day. The lush, well stocked surrounding gardens and breathtaking views of the Galloway hills in the distance add to the home's ambience and sense of grandeur.

But what really delights visitors is not just the architecture or the countryside, but the warm and friendly atmosphere of the home. With 30 elderly residents and 45 staff, it's a small but lively residential home.

CIC home manager Evelyn Thomson is proud of Cornwall Park, she has worked there for over 19 years, as a support worker, deputy manager and for the last five years as the manager.

"Cornwall Park has been a care home since the second world war. It was owned and run by the social services and in 1998 CIC took it over. CIC



Gemma Anderson, Pat Davis and Lorraine Groves



Gemma Anderson with Cathy McGuire



Muriel McDowell

carried out a huge refurbishment and all rooms were made on-suite." Evelyn reveals.

As well as equipping the home to high residential standards, CIC ensured that Cornwall Park maintained its local links with the community.

"It's a tight knit community here. Newton Stewart is an historic town with generations of families settling here. Everyone knows someone who works or lives at Cornwall Park." Says Evelyn.

"Local church groups provide Sunday service every week at the home, we provide work placements for social work trainees and students from the nearby nursing college and our links with the local schools keep us at the heart of the Newton Stewart community." Evelyn adds.

Indeed, across the road from Cornwall Park is Padingham primary school. The homes beautiful sunny garden overlooks the playing field of the school and



Isobel Wilson



Evelyn Thomson with Catherine Dobson

residents and children wave to each other as they go about there day.

"Many of our residents enjoy sitting in the sunshine watching the children play." Says Evelyn. In fact, on the day you first visited, some of the children were taking their cycling proficiency. We joined some residents who were sat on the patio area enjoying the spectacle.

"I love watching the children at their playtime. Hearing their laughter across the lawn always makes me smile. Adds Muriel McDowell.

"Our garden is very important to all our residents," says Evelyn. Cornwall Park is surrounded by gardens so residents can enjoy its different aspects all year round.

The relaxing and refreshing smells of lavender and mint permeate from the secluded garden area, which Evelyn is keen to develop further. I want to provide more sensory stimulation here for residents who may be experiencing dementia or Alzheimer's, as this type of garden is proven to benefit them. As well as the landscaped areas where they grow and display a wide range of colourful flowers and plants, they also grow their own vegetables. They have had bumper crops of potatoes, tomatoes, and strawberries and grow every type of herb. "We enjoy eating what we grow." Explains Evelyn.

"Residents get very involved in choosing what to plant and grow. Even 99 year old Mrs Dobson, who cannot physically get involved, but can tell the gardener exactly what she wants planted and how to do it...and she does!" adds Evelyn.

Ask Evelyn what she enjoys about managing Cornwall Park and her eyes light up as she answers. "Every day is different, but the time I spend with residents is always the most rewarding. Whenever I feel stressed with the day to day running of the home, I go and chat with residents and in no time we're laughing and joking. That's what I love about Cornwall Park!"



Maisie McDowell with Evelyn

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