



Dolphin PODCAST



Recent Inspections!

White Hart CQC

We are excited to share that White Hart has received a CQC rating of Good in all areas! This fantastic achievement reflects the exceptional care provided by our dedicated team across all aspects of safety, effectiveness, and leadership.

A huge thank you to our staff for their hard work, as well as our residents and their families for their support. We remain committed to maintaining these high standards and delivering outstanding care to all.

Inspected and rated

Good



CareQuality
Commission



Dolphin POD CAST



Green Comittee Gardening Competition

In september, Beach View won The Green Committee's highly anticipated Gardening Competition! The event was a wonderful opportunity for our homes to showcase their creativity, passion for sustainability, and commitment to enhancing our environment.

Beach View's garden transformation was nothing short of remarkable. They made sure their garden was beautiful all while ensuring eco-friendly practices were prioritised.

The judges were especially impressed with the thoughtful design, creative use of space, and the positive impact this transformation will have on the look of the wonderful home!

Congratulations to the Beach View House for their outstanding achievement, and a big thank you to all participants for their incredible effort and enthusiasm. The Green Committee looks forward to the next competition and further promoting the importance of being eco-friendly and sustainable





Voice4All's Pumpkin Carving Competition

Congrats Alistair!



A big round of applause to Alistair for taking first place in our Voice4All Pumpkin Carving Competition!

Alistair's design was both intricate and unique, earning him well-deserved recognition for his outstanding pumpkin!

Thank you to everyone who participated and made the competition a fun and spooky success. We can't wait to see what next year's pumpkins bring, but for now, Alistair, enjoy your victory—you've certainly set the bar high!



Christmas Light's Competition



This year's Christmas Lights Competition was held by our Voice4 All! It was an exciting and colorful event, bringing holiday cheer to all who participated and admired the lights.

1st Place - Hill Lodge

A massive congratulations to Hill Lodge for taking home the top prize! Their breathtaking display of twinkling lights and festive decorations was nothing short of magical and homemade!

2nd Place - Kingfisher Court

Kingfisher's display came in a close second with a stunning array of lights! It was lovely to see everyone at Kingfisher had got involved.

3rd Place - The Laurels

The Laurels shone brightly in third place, decorating the front of the home with a massive Father Christmas!

A huge thank you to all the participants who joined in and spread holiday cheer. Your creativity and effort made this competition a true highlight of the Christmas season!



Great British Care Awards

Dolphin Homes Shines at the Great British Care Awards

We are absolutely delighted to announce that Dolphin Homes has been recognised at the prestigious Great British Care Awards, with two of our outstanding team members receiving top honors!

Aaron Comley Wins Care Assessor Award

We are thrilled to share that Aaron Comley has been awarded the Care Assessor Award. This prestigious accolade is a testament to Aaron's exceptional work in promoting independence and delivering person-centered care. His innovative approach has had a profound impact, allowing individuals to thrive and receive the support they need for a brighter future. His dedication to continuity of care and unwavering commitment to making a difference in the lives of those he works with has set a new standard of excellence in the field.

Anneke Lane-Campbell Highly Commended for Care Innovator Award

In another exciting achievement, Anneke Lane-Campbell received a Highly Commended nod for the Care Innovator Award. Anneke has led an inspiring co-production initiative at Dolphin Homes, promoting inclusive practices in the design of services. Her innovative approach has not only transformed the way we deliver care but also created a lasting impact on the lives of our service users. Anneke's vision and creativity in rethinking care have set her apart as a true leader in the industry.

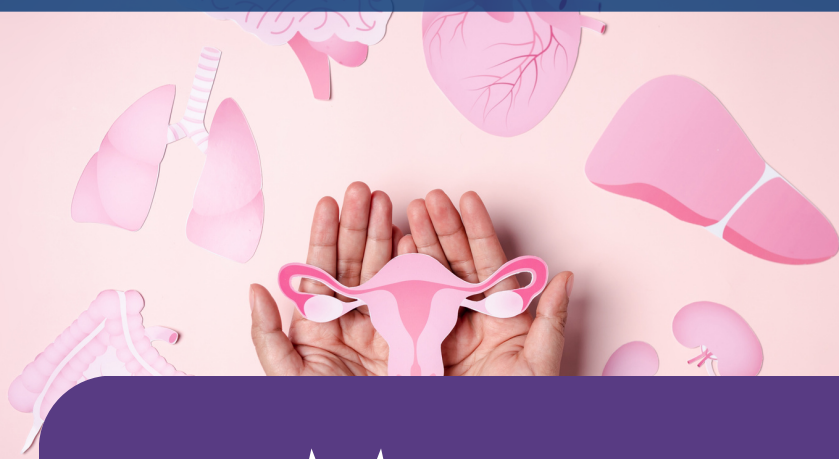
These awards are a reflection of the dedication, compassion, and professionalism that both Aaron and Anneke, along with our entire team, consistently demonstrate. Their hard work is an inspiration to us all and exemplifies the very best in the care sector.

Next Stop: The National Awards!

With such remarkable achievements under their belts, Aaron and Anneke are now gearing up for the next stage—the National Great British Care Awards! We couldn't be prouder of their accomplishments and are excited to see what lies ahead.

A heartfelt thank you goes out to all our care professionals at Dolphin Homes. Your tireless efforts make a real difference in the lives of those we care for every day. Together, we continue to raise the bar in providing exceptional care and service.





Menopause

At Central Support, we believe that conversations about menopause should no longer be silenced. For too long, this natural phase of life has been surrounded by stigma and discomfort, leaving many feeling isolated in their experience. But we are here to change that. We want to make it clear that it is okay to speak up, and that no one should have to navigate menopause alone.

Menopause is a Normal Life Transition

Menopause is a natural part of life, yet it's often treated as a taboo subject. Whether you're just starting to experience symptoms, going through the process, or in the post-menopause phase, your experience is valid, and we want to support you every step of the way.

Symptoms can vary greatly from person to person, ranging from hot flashes, mood swings, and sleep disturbances, to changes in memory and energy levels. While these changes can feel overwhelming, it's important to remember that menopause is a shared experience. You are not alone in this journey.

A Safe Space for Open Dialogue

At Central Support, we are committed to creating a space where open, honest conversations about menopause are welcomed and encouraged. It's time to break down the barriers of silence and normalise these discussions. Whether you're seeking advice, resources, or simply someone to talk to, we are here for you.

We understand that everyone's experience of menopause is unique, and that's why we want to ensure that everyone feels heard and supported. Our team is available to provide information, connect you to resources, and offer support tailored to your individual needs.

Support for All Experiences

Menopause doesn't have to be a journey you take alone. Whether you're experiencing the first signs of perimenopause, in the middle of menopause, or navigating life after, we are here to offer support. No matter your age, background, or gender identity, Central Support is here for you. We are committed to ensuring that every person experiencing menopause receives the help, care, and understanding they deserve.

Remember, it's not just okay to speak up—it's essential. Menopause is a part of life that deserves respect, understanding, and open discussion. Let's break the silence, share our experiences, and support one another. If you have any questions or need support, don't hesitate to reach out to us. Central Support is here to help, and we are with you every step of the way.

