

2nd Edition March 2020



Newsletter

Welcome to our Spring Newsletter. It was so lovely to get so many positive comments after our first Edition in December - especially being able to put a face to a name - Natalie! It has been great to see people taking advantage of the book and puzzle swap and we love hearing about your tips. Please keep the carers informed if you wish to share anything in our next Newsletter.

Staff

Carers that have been nominated by yourselves for their commitment and caring approach are;

"December" "Lorraine"

"January 2020" "Debbie"

"February" watch this space...

Keep your nominations coming in!!



Tip when making tomato soup!

Blanche and prepare fresh tomatoes in advance to make homemade soup. Freeze them before blending together - this saves time on the day!

Tip from Miss BB.



Tomato plants

It will soon be time for tomato plants, if you have a little space to put one in your garden, we will provide one and carers will be more than happy to water it for you. Let your carer know and we will get your name on the pot ready to start it off.

Q. Ever heard the saying "To get some-one's goat"!! Can you remember where it originates from?? (Answer on last page)



After all of the positive comments from our last edition, we thought that we would share another two staff profiles in our 'Getting to Know You' column.

Karen Chambers



How long have you worked at Helping Hand? I started as a senior carer in August 2010. In 2018 I decided to look for a part time job, as I wanted to spend my weekends away. I was offered the role of Senior Care Administrator by Helping Hand, which I love.

What do you like about working for us? Being in this role has enabled me to look at areas of care that I feel need developing and Helping Hand has given me the opportunity to build on these areas. Thus enabling carers to have a clearer insight as to why we do things the way we do.

What is your favourite book or film? I love recipe and craft books, from basic learning to "one day" I might be able to!!!!

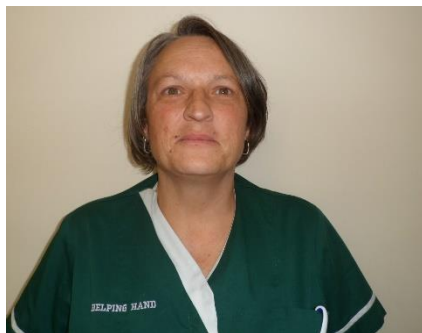
Do you have any hobbies? I love cooking. Spending time with the family and the outdoor life. Walks, foraging and crafts.

If you were stranded on a desert island what would be your luxury item? Wine (and a butler)!!

What is your favourite meal? Chinese, English roast, spicy, savoury, sweet. You have guessed! I love all foods!!!

Which three words best describe you? I would describe myself as honest, amusing, thoughtful. (these are not the words that some of the carers were saying!)

Debbie Rogers!



How long have you worked at Helping Hand? Since October 2019

What do you like about working for us? I love helping people whether it be staff or service users.

What is your favourite book or film? It is hard to pick just one book, I read lots. If I had to pick, I would say the Dark Tower Series by Stephen King because it's adventure with good old goodies and baddies!

Do you have any hobbies? Reading, baking and walking.

If you were stranded on a desert island what would be your luxury item? A kindle loaded with 10001 books to read.

What is your favourite meal? I really like food so it is a long list...curry (Indian, Chinese & Thai), stew & dumplings, steak & chips, pizza, pasta, Moroccan tagine, chicken, meatballs, Greek & Mexican food, pies (sweet and savoury) and fish & chips!

Which three words best describe you? Chatty, helpful and smiley!

Is there anything else that people might be interested to know about you? I am a secret bird watcher"



Helping Hand are happy to announce we are welcoming two new members to our team Zoe Clarke and Tracie Franklin. We are also fortunate to be saying Welcome Back to Maryanne Jackman who I am sure many of you remember.



'Jigsaw' or 'Book' swap group.

Thank you to everyone who has kindly donated books and puzzles, we now have plenty, so let the carers know if you would like to borrow any.

Do you like Sudoku? Put numbers 1 to 9 in every box, then every line horizontal and vertical have 1 to 9 in.

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

- A.** In the 19th century nervous horses would supposedly be calmed down by placing a goat in the stall with them. Rival horse owners would steal (or "get") the goat to upset the horse and win the race!

Website Our new website is up and running, if you or your family are able to have a look and give us some feedback, we will be very grateful: www.helpinghandcares.com

Here is some help from one of our clients relating to food shopping; if you are unable to get out and don't have access to the internet for On-Line shopping, Sainsbury's will take an order over the telephone if you order over £25.00 - a delivery charge will apply. Choose a mid-afternoon slot as parents will be collecting their children from school so these slots are usually available and cheaper, some are just 50p. The telephone number is:
01476 592250

Sainsbury's

