

4th Edition September 2020



Newsletter

Welcome to our Helping Hand Autumn Newsletter! After a very difficult few months, being kept in our own safe surroundings, only being able to talk to family and friends on the phone/or via social media, we thought we were gradually moving a little closer to the normality. We have been having a few visitors, and seeing the grandchildren and close friends. Some of us are even venturing out! With the COVID-19 pandemic still evolving please be assured we are continuing with business as usual. If you have any concerns please speak to us and we will help in any way we can.



Staff

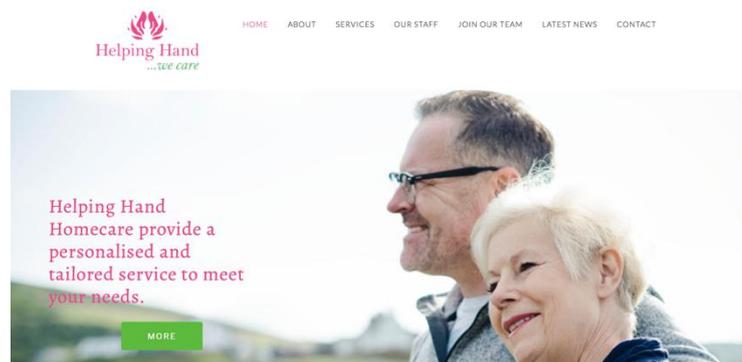
Over the last few months, we have recruited a few new carers to our team.

Hopefully you have met them all.

All the carers have a laminated picture of themselves to remind you what they look like behind their masks, just ask them to show you it if you want a reminder (or a giggle!!)

Did you know we have a website?

If you or your family are able to have a look and give us some feedback, we would be very grateful: www.helpinghandcares.com



Puzzle

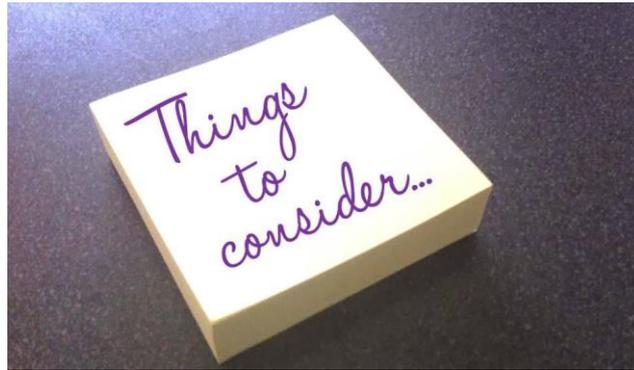
Q. How many times has the word Helping Hand been used in this Newsletter?

(Answer can be found on the back page)

TRAINING

At Helping Hand, we always like to ensure that all staff are fully equipped to provide the best service we can. This month it was great to have the opportunity to refresh our Moving & Handling Training - this is vital to ensure the safety of our clients and staff. The majority of our carers were able to attend and all agreed the benefits of keeping up to date with this training - be assured you are in safe 'Helping Hand(s)'





It is getting to the time of year when summer clothes need changing over to winter warmers - here are some things to consider:

- Cupboards may need checking for out of date foods - making room for some Christmas goodies?
- A cupboard may need sorting/tidying?
- Potted plants need to be freshened up?
- Old books/newspapers/magazines be donated or recycled?
- You name it and the chances are that your carers at **Helping Hand** will happily do it.

If you would like to borrow or donate any 'books or jigsaws' please let our carers know



Simone Ellison —Registered manager.



How long have you worked at Helping Hand? After relocating to Lincolnshire, I started at Helping Hand in July 2019.

What do you like about working for Helping Hand?

We have a fabulous committed team. I also get a lot of satisfaction doing a job that I feel makes the quality of other peoples' lives better.

What is your favourite book or film?

The Alchemist by Paulo Coelho, because it focuses on a young man's spiritual journey. I also love anything by Coleen Coleman because I know her - lovely light hearted read! My favourite film is 'It's a Wonderful Life'

Do you have any hobbies? I love to read and have mini breaks.

If you were stranded on a desert island what would be your luxury item?

Photo albums or a canoe!

What is your favourite meal?

In my opinion, you cannot beat a roast dinner, especially roast lamb with new potatoes and roast parsnips.

Do you have any pets? We have a dachshund called Bernie and two cats Dottie & Louie. As a kitten we were told Louie was female - when we took him to the vet, he told us otherwise!

Which three words best describe you? Compassionate, calm & hardworking.

Is there anything else that people might be interested to know about you?

I do a great monkey impression (much to amusement of my two-year-old granddaughter Mia!)

Shelley Scotton - Homecare Assistant/Domestic



How long have you worked at Helping Hand?

I started working for Helping Hand in September 2016.

What do you like about working for Helping Hand?

The clients! I enjoy getting to know everyone and get great satisfaction from helping them.

What is your favourite book or film?

My favourite book is: PS I love you, by Celia Ahern. My all-time favourite film is Shaw Shank Redemption.

Do you have any hobbies?

I love horse riding, when I get the time.

If you were stranded on a desert island what would be your luxury item?

This is a hard one! Maybe my phone so I can use it for multiple things

What is your favourite meal?

My dad's cheese and potato pie! Yummy!

Do you have any pets?

I have a horse called Bobby & a pony called Flash. Harley & Bobby my dogs, Annabelle the cat, also Chickaletta & Hei Hei the chickens!

Which three words best describe you? Caring, loving, sometimes a drama queen!

Is there anything else that people might be interested to know about you?

I am currently doing a diploma in Zoology and Equine Psychology.

For a change we have a "Word search"

Autumn Word Search

B U G U N T L C Z M A D A O F
M Q A E A T Y I Q U R P E A L
E T A U H S P S T K P E M G F
A C N A N A N U E L O I W N E
Y J N Z Y R M I E R L I G F T
S K G V O N D C P Y O G Z U A
S M X C M Y I D S U X M B V T
H Y A K S D S C D A M O S E X
J E R Q E H A G B L E P U C U
C K G R L R W S I L M A K S W
K R U X E J I K K E B V E I J
J U M C V V D D C A O Q S P N
S T R K A C D P D V T J O S X
O O B O N F I R E E L U T A I
W E D I R Y A H R S S O M D U

ACORN
APPLE CIDER
AUTUMN
BONFIRE

FAMILY
HAYRIDE
LEAVES
PUMPKIN

SCARECROW
SMORES
TURKEY
THANKS

Christmas Quiz (Free entry) - Out at the beginning of December!
PRIZES are:

1st = hamper | 2nd = surprise cracker | 3rd = surprise box

If you want to take part in our Christmas Quiz please fill in the slip on the back page and give to a carer and they will bring it to the office.

Mrs M's tomatoes are looking good! We hear from a few carers at Helping Hand that they taste good too!



Christmas is creeping up - card writing and wrapping presents is just around the corner...

Get someone to do it for you!

If you would like some help with card writing or wrapping presents, we are here with a 'Helping Hand' if needed - just let the office know 01476 512394.



Answer: We found 19 - do you have the same answer?



I would like to take part in the Helping Hand free entry Christmas Quiz that will come out at the beginning of December.

Name: _____