

Summer 2021



Newsletter - Extra Summer Edition

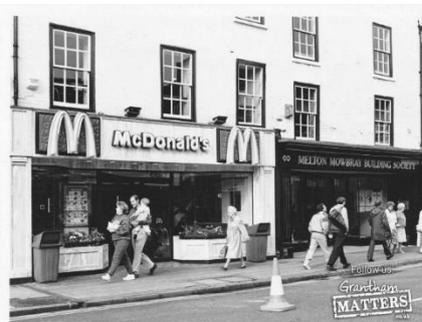


As you all now know we said 'Bon Voyage' to Karen Chambers at the end of May when she retired. Karen had been part of the Helping Hand Team for over ten years and we are all going to miss her. We thought it would be nice to share with you some pictures of her last day...



The good news is that Karen has agreed to stay in touch and will be a contributor to our future Newsletters with a special section 'Karen's Corner' so please look out for this in future editions.

A trip down Grantham's memory lane...Do you remember going to the Granada Cinema on St Peter's Hill?



The Queen's Silver Jubilee celebrated in Grantham.

At Helping Hand, we always love it when clients want to contribute to our community Newsletter. Here are some memories shared by Mrs HS

Memories

Memory is very odd. Trivial things pop into our minds for no apparent reason, but we cannot remember what we did last week!
Do any of the following sound familiar to you?

- 1 Liberty produces with newspapers and those awful rubber buttons.
- 2 Scherer milk in dumpy glass bottles with cardboard disc tops.
- 3 Buying an exo cube or a piece of fresh yeast for a penny as a substitute for suet (rationed)
- 4 Practising the moves to Darryl Kays singing 'Ball in a Jack'.
- 5 The 'Film Fun' comic with Ed Mother Riley and Joe E. Brown.
- 6 Crimplane
- 7 'Children's Hour' on the radio, always 'Nursery Sing Song on Tuesday
- 8 'School Friend' girls' comic,
- 9 Pubs with a 'Jug and Bottle'.

- 10 Railway Porters
 - 11 'Life with the Lyons', 'Take it from here', or 'The Gowns' on the Radio.
 - 12 Milk Bars on the High Streets.
 - 13 Sugar - stiffened petticoats.
 - 14 Ra-ra skirts or hot pants.
 - 15 Beehive hair-dos
 - 16 Jayne Mansfield
 - 17 Winkle pickers (shoes)
 - 18 Babygram
 - 19 Telephones with press buttons 'A' and 'B' (and what were they for?)
 - 20 The final episode of 'The Archers'
- Did any of these make you think "I remember that!"



NEWS

Staff news... Recently Mandi has welcomed a new grandson Bailey Malcolm Peter Thorpe and Shania has successfully completed her second-year studying Health & Social Care at university. Congratulations to them both.

On a sad note, we are saying goodbye to Maryanne again as she branches out for a new challenge, Maryanne has been part of the Helping Hand team since 2017 and after a 6-month break came back to us in March 2020 - you never know we may see her back with us in the future again. We wish her all the best.



We know that all of our staff are amazing and are very passionate about their role at Helping Hand but sometimes someone does something a little bit special and our lovely clients or other staff like to mention it. For this reason, we wanted to remind everyone that you can nominate any member of our team for Employee of the Month. It is lovely to get your feedback about how and why one of our team has stood out to you and has gone the extra mile. Please call the office and let us know if you would like to nominate anyone in particular.

Our winners, so far, this year have been...

March 2021 - Shelley Scotton

April 2021 - Shania Rayner

May 2021 - Rosie Howard

Who would you like to be our next employee of the month?



Our getting to know you (a little more) section is always popular, so here are two more...

Sue Hollingsworth - Home Care Assistant

How long have you worked at Helping Hand?

I have been with Helping Hand for 12 months now and really enjoy my role.

What do you enjoy the most about your role?

I love giving care, I love listening to all clients' stories and making them feel valued.

What is your favourite book or film?

My favourite film is Pretty Woman - it's a great classic film and reminds me of my childhood.

Do you have any hobbies?

I have a pug called Chester so I walk lots and I enjoy spending time with family and friends.

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

What is your favourite Foods?

I really enjoy salmon, asparagus, new potatoes and a glass of white wine.

Do you have any pets?

Yes, my lovely dog Chester.

Which three words best describe you?

Honest, Caring and Loving.

Anything else that people might be interested to know about you?

I was born in South Africa and have three children aged 12, 17 and 21 - two boys and a girl.





Rosie Howard – Home Care Assistant

How long have you worked at Helping Hand?

I have been with Helping Hand since the 29th June 2020 so just a little over a year now.

What do you enjoy about your role?

What don't I enjoy? It's super rewarding and even though it can be challenging at times, the feeling that you get when you're helping someone else, out weighs any bad day. I have gained many friends, both clients and staff!

What is your favourite book or film?

Inception - it is an interesting storyline and Leonardo DiCaprio - need I say more!

Do you have any hobbies?

Football, I used to play/coach and still follow it now. I am a Derby County Fan!

If you were stranded on a desert island what would be your luxury item? Either a football or my dog

What is your favourite Foods? I like Chinese food or Fajitas

Do you have any pets?

I have two cats and two dogs called Teddy, Winnie, Belle and Binky

Which three words best describe you? Caring, Polite and funny (I hope!)

Anything else that people might be interested to know about you?

My face was once shown on the large screen at a Derby football game and the picture/screen froze for about 3 minutes with me pulling a funny face, everyone was laughing, it was very funny but a tad embarrassing!



SUMMER

wordsearch

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

SUNNY
PARADISE
POPSICLE
FLAMINGO
FLIP FLOPS
VACATION

SNOWCONE
WATERMELON
SUNGLASSES
BEACH
SNORKEL
PICNIC

BARBECUE
OCEAN
PALM TREE
SAND CASTLE
SUNBLOCK
POOL

TOWEL
ICE CREAM
STRAWBERRY
LIFEGUARD
FIREFLIES
SWIMMING

Keeping hydrated is so important (especially at this time of year!) Here are some top tips on a useful poster...

KEEPING HYDRATED FOR ADULTS

Water makes up 60% of your body weight and plays a vital role in the functioning of your body. Every system in your body depends on water.

- ◊ Regulates body temperature
- ◊ Moistens tissues
- ◊ Lubricates joints
- ◊ Helps flush out waste
- ◊ Carries nutrients to cells
- ◊ Protects organs

1. Get in the habit of hydration

Drink water when you wake up, at each meal, and between meals.

2. Carry a water bottle

Carry a water bottle with you when you're on the go.

3. Choose hydrating snacks

Try watermelon, cucumbers, citrus fruits, applesauce, or yogurt. These foods can help keep you hydrated.

Dehydration is the loss of water from the body. As you age, you are more at risk for dehydration.

- Your body's ability to conserve water is reduced
- Your thirst sense becomes less acute
- You are less able to respond to changes in temperature

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Let us help

As the weather turns warmer some of you may like a little extra support with watering plants etc. in the garden - Remember we are always here with a '**Helping Hand**'. Even if you fancy a little stroll around your garden, we are happy to help you get some fresh air if you would like to.



Medication - even if we do not prompt your medication, please let your carer know if any of your medication changes so that we can keep your record up to date.



Books and Jigsaws - we have some new books and jigsaws in the office (although we hear the Titanic jigsaw is a challenge!) If you would like to borrow any, please let your carers know.

Final thoughts - In our Autumn Newsletter we will be including another quiz where the prizes will have an autumnal theme. Please give us some ideas of what sort of quizzes you like... even better do a quiz yourself for everyone to enter! It has been fantastic to see so many entries in our previous quizzes and it's been lovely to see the joy in our clients who have been our lucky winners!