

Autumn 2021



Newsletter - Autumn Edition



We can hardly believe that the Summer is nearly over and we are heading into Autumn. We have had an eventful Summer as you will see in our staff news.

It has been lovely to hear that some of you have been able to see family and friends more often as the COVID-19 restrictions have lifted. Although it is not compulsory when out and about to wear face masks', we will continue to do so during your calls to keep everyone as safe as possible. If you have forgotten what our carers look like beneath the mask, then ask them to show you a copy of their laminated picture.

Within this Newsletter we have news and some tips to consider as we move into Autumn. Finally, as promised we have a quiz for you all to take part in if you wish. There will be an Autumn inspired 1st, 2nd & 3rd Prize gift for our winners - we love it when you take part. As always if you any ideas for our Newsletter, please share them with our carers or office staff and will include it in our next Winter Newsletter.



Helping Hand - Autumn useful tips...

1. Ensure all paths are clear of leaves if venturing out – we can help with this.
2. Wear non-slip waterproof footwear in damp weather.
3. Test and replace batteries if needed.
4. Check all light bulbs outside and inside – do they need replacing? Can we help?
5. Do you have extra clothing near to hand as the weather gets colder – layers can be a good way to retain heat.
6. Book your flu vaccination – we can help with this if needed.



7. Finally, the clocks go backwards on 31st October 2021 (it should be easy to remember this year as it is Halloween). If you need help resetting your thermostats/boilers we are happy to help.



NEWS

well
done



A big well done to Jeni & Kellie who both successfully completed the Level 3 Diploma in Adult Care. It involved a lot of hard work and they should both be very proud of their success.



goodbye!

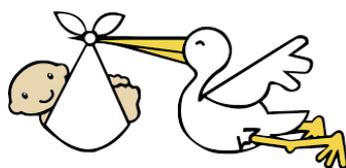
On a sad note, we have had to say goodbye to a few carers over the past few months. Becky and Sue left us as they wanted a role that involved Monday - Friday 9 - 5 hours. They appreciate that this is not conducive to care which is why they have made the tough decision to take a new career path. Shania's home circumstances changed so she no longer had childcare - she has said that she may come back at some point when this changes. Finally, recently, we have also had to say goodbye to Penny who has decided to retire. Penny's husband is retired and over the past twelve months she has welcomed two grandchildren and wants to spend more time with her family. Penny has said that she has absolutely loved her role as a homecare assistant and she wishes she had done it a lot earlier in her career. She, like our other ladies, have all said that they will miss you all greatly. Thank you to them for all of their hard work.

Hello 🖐️

On a positive note, we have welcomed two new members to the Helping Hand Team! Jayne Nicholson and Charlotte Welbourne. Jayne has had a lot of experience in care and has recently relocated to the Grantham area. She has settled in very quickly and is happy now she is getting to know the area better and is relishing getting to know you all. Charlotte comes into care after being inspired by a family member who is a carer. She has recently bought her first home in Grantham, like Jayne, she is very keen to get to know you all.



Finally, after saying goodbye to Maryanne Jackman earlier in the year she is now coming back into the Helping Hand fold - she has been working in farming with her partner but would like to manage this alongside some care work - she has clearly missed us and we are happy to have her back!



Jayne welcomed her first grandchild Otis on 21st August and Simone welcomed a second granddaughter Daisy on 25th August. Both babies are doing very well although they were a little earlier than anticipated.



We are delighted to see the progress that Ron S's tomato plant is making – although his daughter tells us the care of the plant has been somewhat random – unlike the care he receives from us at Helping Hand.

It looks like it is coming on a treat!

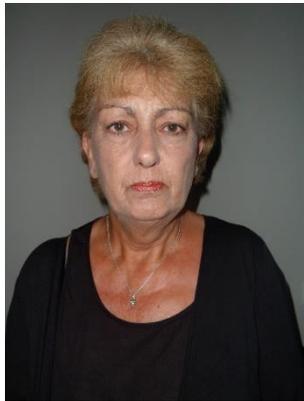
Just for fun, following on from Ron's tomato plant success – Can you **'Spot the difference'** in the pictures below?

Spot the difference. Can you find all three?





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



Linda Broad - Home Care Assistant

How long have you worked at Helping Hand? I have been with Helping Hand for 18 months after coming to them from another care company in Grantham.

What do you enjoy the most about your role? I really enjoy being able to get to know all of the clients.

What is your favourite book or film?

My favourite film is Dirty Dancing - I could watch Patrick Swayze all day long!

Do you have any hobbies?

I really love reading autobiographies and always enjoy holidays in the sunshine.

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

What is your favourite Foods? Spaghetti Carbonara without the ham.

Do you have any pets?

I have three dogs - Julian, who is a black poodle, Honey, who is a Yorkshire terrier and Dion, who is a French Bulldog. Dion has a sister called Celine who is owned by my son. I also have a cat called Raynor, one lovebird, one budge and a ring neck parrot!

Which three words best describe you?

Considerate, good listener and reliable.

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

I have a passion for animals and cannot abide any form of cruelty to people or animals. I enjoy time spent with family members - especially my 4 grandchildren. I generally just enjoy life!



Jayne Nicholson - Home Care Assistant

How long have you worked at Helping Hand? I joined the Helping Hand Team in July 2021 after moving to the Grantham area.

What do you enjoy about your role? I enjoy working in care, I really enjoying engaging with all of the clients and hearing their stories. I like to help them feel comfortable in their daily life.

What is your favourite book or film?

My favourite book is Wuthering Heights - it's a love story with a twist of tragedy.

Do you have any hobbies?

I have lots of hobbies and interests - art, DIY, walking, travelling and socialising!

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

My partner Pete.

What is your favourite Foods?

My favourite meal is chicken tikka masala - my partner cooks very nice curries.

Do you have any pets?

We have a new puppy called Ben; he is a golden retriever.

Which three words best describe you?

The best three words to describe me are, diligent, happy and conscientious!

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

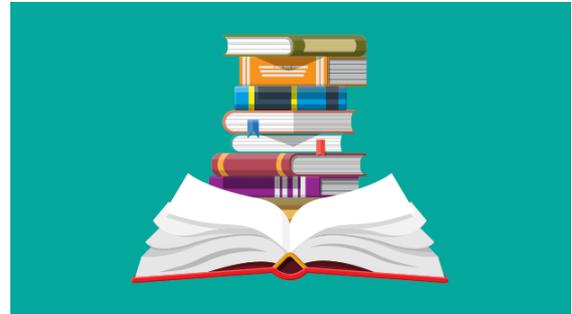
I am a mature, fun-loving woman who loves life. I've been educated at the school of life - with honours!



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.

Likewise, if your medication is running low, we can help with reordering/contacting family members who do this for you.

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



Our Helping Hand quizzes have always proved popular in the past, seeing the faces of our winners is always really rewarding as everyone loves to get a surprise gift. The quiz on the following page is a little bit of fun to see how well you know us all. Please give your entry to a carer and they will bring it back to the office. Our Autumn Quiz winners will have their prizes before Halloween - Good luck to you ALL!



Helping Hand Autumn Quiz



Client Name: _____

1. What football team does Mandi support?

2. What was Kellie's former job?

3. Which member of staff has the most pets?

a. Shelley b. Rosie c. Linda

4. Who's favourite farm animal is a calf? _____

5. Who is the longest serving member of our team?

a. Angie b. Mandi c. Natalie

6. Which member of staff has a dog called Winnie? _____

7. Which member of staff was born in South Africa? _____

8. Who has a phobia of pigeons?

a. Nicola b. Maryanne c. Jayne

9. Which member of staff has the youngest child? _____

10. Which member of staff puts on eyelashes everyday? _____

11. Who used to live in Germany?

a. Linda b. Kellie c. Simone

11. Who would take a bottle of their favourite perfume onto a desert island as their luxury item?

a. Angie b. Dawn c. Jeni

12. Which member of staff got a distinction when doing a diploma in Zoolgy?

- a. Sophie b. Maryanne c. Shelley

13. Whose favourite Christmas movie is Elf? _____

14. Which member of staff used to work for a radio station?

- a. Jayne b. Simone c. Charlotte

15. Which carer recently bought their first home? _____

16. Who has a cat called Simba? _____

17. Which member of staff recently went in a helicopter?

- a. Maryanne b. Kellie c. Simone

18. Which member of staff has recently renovated their kitchen?

- a. Jeni b. Mandi c. Natalie

19. Which member of staff has a white Citroen C1?

- a. Rosie b. Sue c. Dawn

20. Which member of staff do you think will put up their Christmas tree the earliest? _____

Please detach the quiz and give it to a carer so that they can bring it into the office no later than Friday 8th October 2021.

Our 1st, 2nd & 3rd Winners will have their prizes before Halloween.