

12th Edition June 2022




Helping Hand
...we care

Newsletter



Here comes the summer at last! Our team are very much enjoying the lighter nights and the (sometimes) better weather and we hope you are too. If you need any help in the garden like waterings plants please remember to ask your carer and they will be willing to help.

In our Summer Newsletter we wanted to share some useful information, staff news, activities, a recipe, the popular 'Getting to know you' section and our Queen's Platinum Jubilee celebration. Whether you are royalists or not, seventy years is a long time and a big achievement, especially when we reflect on all the changes worldwide over this period of time. Surprisingly, the Queen has some way to go yet before becoming the longest reigning ruler in history. That title is held by **King Louis XIV of France**, who reigned for 72 years and 110 days. This milestone would be reached by our Queen in 2024.

We hope you enjoy our Summer Newsletter - your lovely feedback and suggestions are always appreciated!



Local Services that can be accessed by you!



Do you have a library card?

Just in case you are not aware, we wanted to share some of the services available through the library in Grantham.

- Access Library – this is where books can be delivered to your door and old books collected when you want to change your books.
- Large Print – the library has many books that are available in large print if this is your preference.
- Audio books – there is a whole library catalogue of books that are available on CD if you prefer to listen to books.
- Visiting library – this is available to many of our local villages on specific days of the week if you would like to go along.

All you need is a library membership number – if you do not have one and would like to organise on the telephone number is: 01522 782010.

Alternatively, if you would like help arranging a membership, please contact our office on 01476 512394 or speak to a carer and we can help set this up for you.

There is also a facility available run by the council called 'Listening Links' they have over 13,000 books that can be downloaded in text or audio to a tablet, iPad or laptop. It is run by a lady called Elizabeth Taylor (not the actress!) and her number is 01522 552855 if you are interested.

If we can help just let us know – we hope this information will be of use to you and we have also heard the library runs a crocheting club too!



The Queen's Jubilee Celebration kicked off a little early at Helping Hand Homecare in Grantham. To ensure that clients who are able to leave their home would like to attend, an afternoon tea was arranged on Tuesday 31st May. There was delicious food, 50's music and a Jubilee Quiz

which everyone was keen to take part in.

One of our clients said:

"It is so lovely to have the chance to get together and celebrate the Jubilee with other people as many of our generation would just be watching it on TV otherwise".

The afternoon tea had a community feel as the Jubilee cupcakes were gifted by local, talented Grantham baker, Lou of Sweet Bee Bakes.

"It is lovely to be able to do something for our community and I know that they will really enjoy being able to have a jubilee afternoon tea with each other".

During our lovely afternoon, many of the clients had the chance to reflect on memories of the Coronation. Mr. BS who was 8 at the time reminisced:

"The TV was on all day and there was a competition for the best decorated house in Grantham and we won, I have never forgotten that!"

Mrs. YW who was 14 at the time of the coronation said

"It was pouring with rain and we had a TV but the screen was so small we could hardly see it so we went to the pictures instead!"

Mrs. JT was 16 and remembers dressing up in fancy dress.

"A lot of people got a TV for the first time for the Coronation in 1952. It was raining all day and I remember being given a mug with the Queen on it by my local village and school."

It was a really lovely afternoon with lots of laughter and conversation. Two of the guests even recognised each other from when they were at school together over 70 years ago.

Jubilee Quiz Winner is Mrs JT with 51/69

Mrs. JT won our commemorative Queen's Jubilee cup and coaster (which is coincidental as one of her memories of the 1952 Coronation was getting a commemorative mug from her school). Well done to our joint 2nd & 3rd place - Mrs. HS & Mrs. DW who both got 41/69 - fabulous effort!

As requested, for those of you who attended our Jubilee afternoon tea and our other clients who had received the quiz from their carer the week before.

Here are the answers to 'challenging' Jubilee Quiz questions.

A Right Royal Jubilee Quiz Answers

True or False

1. FALSE - They should be addressed as Sir
2. FALSE - A very tall 2.74m cake
3. TRUE - Thanks to postage stamps
4. TRUE - Changed in 1917 due to the War
5. FALSE - 1977 celebrated the Silver Jubilee
6. TRUE - Since become a popular sandwich choice
7. FALSE - The correct lyrics are Happy & Glorious
8. FALSE - The Queen was named after her own mother
9. TRUE - The interview took place in 1961
10. TRUE - unofficial 2nd Birthday is in June

Royal Residences

Royal Anagrams

1. CROWN	9. ROYAL FAMILY
2. QUEEN	10. SOVEREIGN
3. KNIGHTHOOD	11. JUBILEE
4. PRINCESS	12. ROYAL TEA PARTY
5. ROYAL WEDDING	13. TIARA
6. COMMONWEALTH	14. COAT OF ARMS
7. CORONATION	15. ROYAL SEAL
8. THRONE	

Commonwealth

FLAG 1 G Australia	FLAG 5 D New Zealand
FLAG 2 F Grenada	FLAG 6 E Tuvalu
FLAG 3 B Saint Lucia	FLAG 7 H Bahamas
FLAG 4 A Jamaica	FLAG 8 C Canada

The Royal Choice

1. C - Sandringham House
2. A - Westminster Abbey
3. A - William the Conqueror
4. C - Welsh Corgi
5. B - Balmoral Castle
6. B - Prince George
7. C - Cambridge
8. B - Ninety Nine
9. B - Princess Charlotte
10. B - Alexandra Mary

Royal Timeline

1926 R	1930 G	1937 I	1942 M
1947 Q	1948 A	1950 D	1952 T
1953 F	1960 S	1964 B	1977 L
1982 O	1992 C	1997 N	2002 E
2007 J	2015 P	2021 K	2022 H

Many of our guests at the Jubilee afternoon tea were impressed with Alex's homemade banana bread so we thought you may like the recipe. This is an easy banana bread recipe that gives perfect results every time. It uses up loads of bananas - the blacker the better. Please see the recipe on the next page.

Ingredients

- 285g/10oz plain flour
- 1 tsp bicarbonate of soda
- $\frac{1}{2}$ tsp salt
- 110g/4oz butter, plus extra for greasing
- 225g/8oz caster sugar
- 2 free-range eggs
- 4 ripe bananas, mashed
- 85ml/3fl oz buttermilk (or normal milk mixed with $1\frac{1}{2}$ tsp lemon juice or vinegar)
- 1 tsp vanilla extract



Method

1. Preheat the oven to 180C/350F/Gas 4.
2. Sift the flour, bicarbonate of soda and salt into a large mixing bowl.
3. In a separate bowl, cream the butter and sugar together until light and fluffy.
4. Add the eggs, mashed bananas, buttermilk and vanilla extract to the butter and sugar mixture and mix well. Fold in the flour mixture.
5. Grease a 20cm x 12.5cm/8in x 5in loaf tin (2lb) and pour the banana bread mixture into the tin.
6. Transfer to the oven and bake for about an hour, or until well-risen and golden-brown.
7. Remove from the oven and cool in the tin for a few minutes, then turn out onto a wire rack to cool completely before serving.

If you would like any other recipes from our menu, please let us know 😊



We would like to share another staff profile in our 'Getting to Know You!' section. Many of you have told us how much you appreciate Jane and her cheery, warm nature.



Jane Welbourne

Homecare Assistant

How long have you worked at Helping Hand?

I have worked for Helping Hand since October 2021 and in June this year I will be coming to work for Helping Hand full-time as I enjoy this job so much!

What do you like about working for Helping Hand?

I enjoy everything about my job. I am a people person and I love to get to know the clients and staff. I love a good chat. We have a very good team and I feel like I have worked here for years!

What is your favourite book or film?

I have not had time in my life for films and books but I do remember watching Dirty Dancing and I enjoyed that!

Do you have any hobbies?

I am such an animal lover and looking after my pets is my main joy. I love walking my dog. I also like a good game of bingo but not as often as I'd like. Sadly, I don't win very often.

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

I love my Pj's so it would have to be them.

What is your favourite meal?

Stew and dumplings (more the dumplings than the meat!)

Do you have any pets? I have 1 dog Bruno, 2 guinea pigs, Oreo and Roco.

Which three words best describe you? Happy, helpful and friendly.

GOODBYE

The past few weeks have seen us say farewell to Sara who has left us for a role outside of the care sector where the hours fit in better with her family. Vicky has also said goodbye as she wishes to focus on her role in a residential unit. We wish them both well and thank them for their time with us.



Linda retired at the end of April. She was looking forward to a very well earned rest, however luckily for us Linda was still keen to remain as a bank carer who we can call upon when we need any extra cover and returned after about a fortnight! As all of you will know Linda has worked in the care sector for many years and has a wealth of experience. With this in mind she has also taken up the opportunity to spend a day in the week in the office supporting with paperwork, rotas and routine. We are very happy that Linda is happy to stay part of our team and she has been a very valuable asset in the office and as a bank carer already.

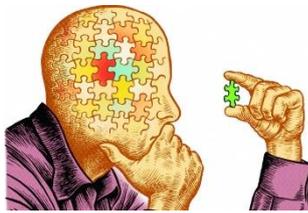
After a short absence Sue has returned to the Helping Hand Team and we are very happy she is back. She missed our team and all of our lovely clients.



The past few months has also seen us add another wonderful addition to our team and we are delighted to welcome Halina. She have already made a big impact and we know that from your feedback that Halina has slotted straight in and is already buiding a lovely relationship with our clients and team.



Puzzle Fun!



One of our new clients Mrs KG is a big fan of suduko so we have added this puzzle to our newsletter. Please let us know if you have any favourites! Remember we have lots of books and jigsaw if you would like to borrow any.

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



SIZZLING SUMMER

WORD SEARCH PUZZLE

ARID
AUGUST
BEACH
BURNS
DAMP
DROUGHT
HEAT
HOT
HUMID
JULY
JUNE
PARCHED
PICNIC
RECORD
SCORCHER
SMOG
STEAM
STICKY
STUFFY
SUN
SWELTERING
THUNDER
VACATION
WAVE

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

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.



We wanted to conclude this newsletter by saying a big thank you to all of you who entered our 'Hello Spring Quiz' - we had the biggest numbers of entries so far and as so many had the same score we had to draw names out of a pot!

Our lucky winners are below



1st Prize
Mr BS



2nd Prize
Mrs HS



3rd Prize
Mrs GM

We hope you have enjoyed our Summer Newsletter. Please look out for our latest quiz in the Autumn Newsletter where there will be prizes to be won. If you have anything that you would like to add to our next Newsletter please let your carer know or call the office on 01476 512394.

To conclude, as a team we have been focusing on supporting each other and celebrating who we are. This quote made us smile and we hope it does to you too.

