

13th Edition September 2022




Helping Hand
...we care



Newsletter



Autumn is here and it is surprising how quickly the nights are drawing in. What a wonderful season it is as the leaves change colour from green to the stunning golds and reds.

If you need any help with checking outside lights are working, paths are clear of slippery leaves and windows and doors are closed in the evening, please ask your carer and they will be happy to help.

In our Autumn Newsletter we hope you will find some useful information about services available to you, our popular 'Getting to know you', Staff News, puzzles and activities and finally our Autumn 'Who's that baby?' Quiz. As always there will be some wonderful prizes to be won and we hope you all join in this little bit of fun.



Reminder - clocks go back on Sunday 30th October 2022

If you would like your carer to change them and make any changes to your boiler/thermostat please just ask.

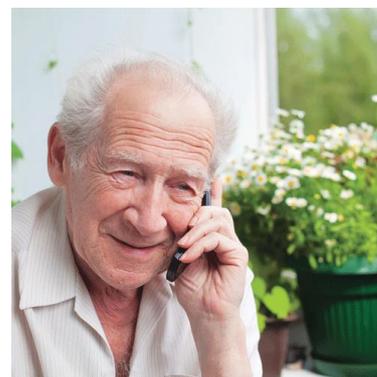
As the nights draw in, please remember some of the services that are available to you. Have you ever heard of Silver Line?

The Silver Line is a free, 24-hour telephone service for older people

In addition to your Helping Hand team, you may also like to access Silver Line's services, who are also there for you if you have any worries or questions.

Silver Line offer friendship, conversation, and support to those who need it. Whatever the day or time, you can pick up the phone and speak to one of the friendly Silver Line team members.

Whether you'd like to exchange a quick "good morning" with someone, fancy a chat about how your day has gone, or need a trusted listening ear to share your thoughts and feelings with, they are there to talk.



Even if you do have family and friends who you might chat with, when it's very late or very early it might not be possible to reach out to them.



**Call free on
0800 470 80 90**

The Silver Line Helpline is a free, confidential telephone service just for older people. They provide friendship, conversation and help 24 hours a day 7 days a week.

<https://www.thesilverline.org.uk/>

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!



We would like to share another staff profile in our 'Getting to Know You!' section.

Lisa Zuccotti

Homecare Assistant

How long have you worked at Helping Hand?

I have worked at Helping Hand since February 2022.



What do you like about working for Helping Hand? I have worked in both Domiciliary and Residential care and came to Helping Hand as they have such a good reputation. The care is always very good here, management are supportive and we have a great team. Finally, the added bonus is we also have lovely clients.

What is your favourite book or film? I am more of a film person. My favourite comedy is 'Meet the parents' but I also enjoy more serious films and my favourites would have to be 'The passion of Christ' and 'Go towards the light'

Do you have any hobbies? My family and I like to keep fit; I have a personal trainer who I work out with three times a week.

If you were stranded on a desert island what would be your luxury item? My luxury item would be body spray so that I smell nice!

What is your favourite meal? I really enjoy an Indian meal - I would have a Chicken Korma and Peshawari naan bread.

Do you have any pets? I have a Bengal cat called Kazzia.

Which three words best describe you? Caring, funny and loyal

Do you have anything else you would like us to know? I have the hidden talent of being able to say the alphabet backwards - you can test me!

Staff NEWS



Good
Bye
&
Good
Luck

Since our last Newsletter we have had to say goodbye and good luck to Kellie. Kellie had been part of the Helping Hand Team since 2016 and had embraced the extensive training we have put in place for her including the Level 3 NVQ in Health and Social care, this eventually led to her becoming a Senior Carer, a role we know she really enjoyed. Sadly for us, Kellie had, over time, developed a keen interest in palliative care. We have limited opportunities to advance with this type of care so Kellie needed to explore other roles in which she could gain more experience. For this reason, Kellie decided to take on a new challenge with specialising in palliative care within a residential setting. Right up until her last day, Kellie was emotional about leaving our team and asked if 'we would have her back' if it didn't work out for her. You never know this may not be the last you have seen of her!



Recently Teresa Newman joined the Helping Hand Team. Teresa has had previous experience in care and after a break she has made the decision to come back into care as she finds it very

rewarding and likes to meet interesting people.

Teresa has already slotted in very well to our fantastic team. Our focus is always having the best people to maintain our high standards.



Puzzle Fun!



Sudoku proved popular in our last Newsletter so here is another challenge

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



Brain Teaser

What 5 letter word becomes shorter when you add two letters?

The answer is on back page

We hope you have enjoyed our Autumn Newsletter. Please look out for our latest quiz on the last page where, as always, there will be prizes to be won. Mandi thought it would be a fun quiz if you could match members of our team to the baby pictures. Here are pictures of our team (a good reminder what they look like behind the mask!)



Finally after sharing our Jubilee Celebrations with you in our last Newsletter. We wanted to share how sad we were at the passing Queen Elizabeth II. We know that many of you were also saddened. It was wonderful to see her send off which we feel was very fitting for someone who had shown such dedication and loyalty to her responsibilities - right up until the end.



Helping Hand Autumn Quiz - Who's that baby?

Your name: _____



Please look on the next page for the staff to match the number to.

Mandi Sharpe number _____

Dawn Rutherford number _____

Simone Ellison number _____

Natalie Pinfold number _____

Jane Welbourne number _____

Shelley Scotton number _____

Angie Bolland number _____

Sophie Manning number _____

Charlotte Welbourne number _____

Sue Hollingsworth number _____

Halina Cook number _____

Teresa Newman number _____

Lisa Zuccotti number _____

Linda Broad number _____

Chloe Welbourne number _____

**Entries in no later than the 14th October 2022 –
please give them to a carer to bring to the office.**

Brain teaser answer:

short