



Edition 15 - 24<sup>th</sup> March 2023

## Newsletter



Hello Spring and welcome to the lighter evenings!

We hope you will find our Spring Newsletter interesting and entertaining. In our staff news section, we are asking for any stories, pictures or memories related to marriage for our Summer Newsletter. As always it is lovely to have your input into our editions.

Covid-19 cases have increased recently, and we wanted to reassure you that we are always working hard to protect you and our team. We will be continuing to wear face coverings and full PPE as we have done throughout the pandemic. Please note we are sharing some information, on the next two pages, about the COVID-19 Spring Boosters.



Remember clocks 'Spring' will go forward by one hour on Sunday 26<sup>th</sup> March 2023. Please feel free to ask a carer to help reset clocks and thermostats if needed.

A graphic element for the COVID-19 vaccine, consisting of a blue rounded rectangle with the text 'COVID-19' in white, a pink rounded rectangle below it with the word 'vaccine' in white, and a white shield icon with a blue virus particle on the right.

## A guide to the spring 2023 COVID-19 booster

**People aged 75 years and older, residents in care homes for older people, and those aged 5 years and over with a weakened immune system will be offered a booster of COVID-19 (coronavirus) vaccine this spring.**

### Who is being offered a spring booster?

COVID-19 is more serious in older people and in people with certain underlying health conditions. For these reasons, the Joint Committee on Vaccination and Immunisation (JCVI) advise that people aged 75 years and over, those in care homes for older adults, and those aged 5 years and over with a weakened immune system are offered a booster dose of COVID-19 vaccine during the spring of 2023.

### Timing of the spring booster

You should be offered an appointment between April and June, with those at highest risk being vaccinated first. You should receive your booster around 6 months from your last dose but you can have it from 3 months.

If you are turning 75 years of age between April and June 2023, you do not have to wait until your birthday to be eligible.

What are the advantages of having the COVID-19 Spring  
Booster vaccination?

# Benefits of the booster shot



Optimizing benefits  
of the vaccine



Boosts and extends  
your antibody response



Protecting the  
most vulnerable



Keeping  
communities safe



Keeping hospitalization  
rates down

If you would like the Helping Hand Homecare team to help you organise your Spring Booster Vaccination. Please speak to your carer or contact Natalie or Simone in the office on 01476 512394 and they will be happy to help you.

With the cost-of-living concerns here are some  
Spring Energy Saving Tips!

1. Unplug any appliances not in use.
2. Keep doors and windows closed.
3. Switch off lights during the day and when leaving the room.
4. Turn the heating down at night.
5. Ensure all taps are turned off properly.
6. Wear layers that can be taken off or put on depending on temperature.
7. Use the sunshine to heat your rooms by ensuring curtains are fully open.
8. Only fill up the kettle with the amount of water you need.



Remember if you need help with adjusting your thermostat's temperature or with the clocks going forward, please ask one of our carers to help you.



**We have some lovely staff news to share with you in this Newsletter.**





Chloe and her partner, Alex are very happy to announce their engagement. We wish them lots of love and laughter and a very happy future together. We wondered if any of you have any memories, pictures, traditions, or top tips that you would be willing to share with us for our next Newsletter? If you do, we would love to hear about them.

We also want to say congratulations to Charlotte who has completed her Level 2 in Health & Social Care in record time. Well done, Charlotte!



*Finally, we want to wish Natalie lots of success as she embarks on the Level 4 in Health and Social Care. Natalie came to Helping Hand as an apprentice in 2011 (and we have never let her leave!). She is an integral part of our team. It is a challenge to return to studying but we applaud her for continuing her professional development which will benefit us all.*

# Puzzle Time



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

**The rules for sudoku are simple. A 9×9 square must be filled in with numbers from 1-9 with no repeated numbers in each line, horizontally or vertically. To challenge you more, there are 3×3 squares marked out in the grid, and each of these squares can't have any repeat numbers either.**



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



**Chloe Welbourne**

**Homecare Assistant**

**How long have you worked at Helping Hand?**

I started at Helping Hand part-time in March 2022 and I was new to care, but I enjoyed it so much I started working full-time in September.

**What do you like about working for Helping Hand?** We have so many lovely clients and it's such a rewarding job to do. I love seeing everybody's smiles. The whole team get on very well and everyone pulls together.

**What is your favourite book or film?** I am dyslexic so trying to read a book can take some time. My favourite film is 'Hairspray' which is a musical - I really enjoy musical films.

**Do you have any hobbies?** I really enjoy spending time with family and my boyfriend. I really enjoy going out for a nice meal or to the cinema.

**If you were stranded on a desert island what would be your luxury item?** I can't sleep flat so it would have to be a pillow - at least my head would be comfy - I'd bury myself in the sand as a quilt.

**What is your favourite meal?** My favourite meal is shepherd's pie - it's nice and homely.

**Do you have any pets?** I have 5 rabbits, a dog called Bruno, 4 guinea pigs and a hamster called Arthur. I love how they are always happy to see you - even the rabbits and guinea pigs.

**Which three words best describe you?** Positive, hard-working and kind.

**Do you have anything else you would like us to know?**

I like to listen to country music and I play lawn bowls.

## *Our Helping Hand Christmas Quiz Winners were...*



*1<sup>st</sup> Prize Mr BW*



*2<sup>nd</sup> Prize Mrs ME*



*3<sup>rd</sup> Prize Mrs VF*

### ***Congratulations!***

*Following on from the success of our Christmas Quiz winners, we are attaching to this Newsletter our Spring Quiz – we hope you will take part in this bit of fun. The Easter Bunny will be delivering prizes to our lucky winners in time for Easter Sunday!*

**We hope you have enjoyed our latest Newsletter. Please remember to share any pictures, memories or marriage/partnership tips. If you have pictures, our carers can take copies with your permission to be shared in our next newsletter. The whole team wish you all a**







*Helping Hand  
Homecare's  
'Spring is here  
Quiz...'*

Your name: \_\_\_\_\_

1. In Roman mythology, she is known as the goddess of spring? Please circle a, b or c

- (a) Flora                      (b) Juno                      (c) Venus

2. Poet William Wordsworth's poem which includes the line 'I wandered lonely as a cloud' refers to which spring flower?

- (a) Bluebell                      (b) Daffodil                      (c) Tulip

3. In the UK, what do we call the vegetable that is known as scallions in the USA?

- (a) Courgettes                      (b) Asparagus                      (c) Spring onions

4. Which season follows spring? \_\_\_\_\_

5. What is the first month of spring in the Northern Hemisphere?

\_\_\_\_\_

6. What is considered to be the first flower of spring?

- (a) Daffodil                      (b) Snowdrop                      (c) Bluebell

7. Where in Grantham would you find this statue?



Answer:

---

8. In which season should we plant bulbs that we want to flower in Spring?

- (a) Winter                      (b) Summer                      (c) Autumn

9. Hay Fever is an allergy to what springtime occurrence?

- (a) Sunshine                      (b) Moss                      (c) Pollen

10. The Daffodil is the national flower of Wales. Do you know which vegetable represents Wales?

- (a) Leek                      (b) Carrot                      (c) Cauliflower



**Please give your entry to one of the carers to come back to the office before Wednesday 5<sup>th</sup> April. You could be a winner!**