



Edition 16th June 2023

## Newsletter



Welcome to our Summer Newsletter. We were blown away by all the entries in our Spring Quiz - it is wonderful that so many of you take part. Our winners will be shared later in this newsletter. This Newsletter contains a 'Super Summer Quiz' which was prepared by Connie when she came into the office on 'Bring your daughter to work day' in April. Thank you so much Connie and we hope you all enjoy taking part in this quiz too.

We also wanted to thank those of you who have contributed to this Newsletter with photographs and tips or memories of your own marriages. They have been wonderful to see and it has been so lovely to hear your memories - please see some of the contributions on page 5 and 6.

In addition, the Newsletter will feature some of the favourite features to include news, quiz and puzzles and we will be giving some advice on Slips and Falls and how to ensure your home environment is as safe as possible.



Finally, in line with current guidance our carers will no longer be wearing face masks during your calls unless they have a cold or any flu like symptoms. If you would like your carers to continue to wear a mask, please let the office know. This will remain under review and if there are any more cases of COVID-19 or Flu we will resume wearing masks.



Falls are the leading cause of injuries and hospital admissions. Every year, one in three mature patients suffer a fall and most of them happen at home. Therefore, it is crucial to learn more about how to fall-proof your homes.

This guide will advise you how to fall proof the 3 key areas of your house:

1. Bathroom
2. Bedroom
3. Living Room

## 1. Bathroom

The slippery surfaces and hard edges of bathrooms make them one of the most dangerous places at home. From moving around the shower area to using the toilet, these day-to-day activities can become very stressful. Here are some areas you should look out for:

**Install or create non-slip flooring:** - *Anti-slip bathmats* can be placed on the floor or shower area to prevent slips. These items are waterproof and have textured surfaces that provide more friction and prevent slips.

**Consider placing a shower chair in the shower area:** - *Shower Chairs* give a place to sit while bathing, preventing falls.

**Install grab bars on walls:** - *Grab rails/bars* provide extra handle support to hold onto when using the bathroom. Some areas you should consider installing the grab bars are beside the toilet bowl, in the shower area and next to the door frame especially if there is a step at the entrance of the doorway.

**Less mobile users can consider using a commode:** - *Commodes* allow people to be wheeled over the toilet bowl so they do not have to get up to use the toilet. This is especially important for people who are less mobile. Alternatively, for more mobile people, using a commode (especially at night-time) can avoid a longer walk to the toilet.

## 2. Bedroom

**Add a night light beside the bed.**

In general, ensure that your homes are properly and adequately lit. Especially for anyone whose eyesight is deteriorating, dim lights at home can cause misjudgement in movements. Having nightlights beside the bed can help people to see their walking path if they need to get up at night to go to the kitchen or toilet.

**Install a bed rail:** - *Bed rails* provide extra support to help get in and out of bed easily and independently.

**Ensure adequate support for getting dressed:** - Getting dressed is one of the daily tasks that can easily cause falls. Consider placing a sturdy chair in the bedroom so that you can be seated while getting dressed.

### 3. Living room

**Remove clutter and obstacles:** - Clutter such as excess furniture serves as tripping hazards. Make sure to remove them and clear out the pathway to prevent falls.

**Ensure that your sofa is not too soft or too low.**

**Use mobility aids around the house:** - Mobility devices such as *walkers* can be used for extra support both indoors and outdoors for people with unstable balance.

**For long sittings, consider a reclining chair:** - When sitting down, having a relaxing chair can help to bring more comfort. A chair with a reclinable backrest, adjustable footrest and armrest can help to ensure that you are in the right position and ready to get up when needed.



#### Do's

##### HEALTH AND MEDICATIONS

Get Annual Health check up for eyes, cardiac & blood pressure

##### EXERCISE!

Join exercise program that aids agility, strength, balance & coordination!

##### BATHROOM

Install grab bars on bathroom walls & use rubber mat on bathroom floor

##### BEDROOM

Place a lamp near your bed.  
Sleep on a bed that is easy to get into and out of.



#### Don'ts

##### KITCHEN NORMS

Do not stand on chairs or boxes to reach upper cabinets.

##### QUIT SMOKING!

Avoid alcohol

##### LIVING ROOM RULES

Do not run extension cords across pathways;  
Rearrange furniture

##### UNCOMFORTABLE FOOTWEAR

Wear properly-fitting shoes with nonskid soles. Avoid high heels.



We have some great staff news to share with you again in this Newsletter.

Since our last Newsletter we have been very happy to welcome Kate Moulsher to our Helping Hand Team. She is settling in very well and is enjoying getting to know our lovely clients and team. If you haven't met Kate yet, please see her picture and 'Getting to know you' information later in the Newsletter. Welcome Kate 😊



**Training – In April this year the whole team refreshed Moving and Handling Training which is so important to keep you and our team safe. We always find out new and interesting information and this training was no different. Please remember you are always in 'Safe Hands!'**



Helping Hand Homecare - Moving and Handling Training 2023



We wanted to share some more lovely news with you all. In April Charlotte also became engaged to her partner Andre. She is very happy and says he treats her like a queen.



**In our last Newsletter where we shared Chloe's engagement, we asked you all if anyone had any top tips/funny stories or pictures that they would be willing to share in our next newsletter – you didn't disappoint. Building on this topic here are some of your lovely pictures and stories...**



Here is a lovely picture sent in by Mr & Mrs W who have recently celebrated 70 years of marriage. They both have a love of music. Mr W was telling me that they weren't very keen on each other when they first met whilst he was on leave from the Airforce. However, they became friends - this grew into love and their tip for a successful marriage is to not only love each other but be good friends too.



Mr A fell in love with his wife at the age of 15 when he first saw her on the confectionary stall at the local cinema where they both worked. When Mr A went away in the Navy, he used to write to her via a friend's house as her parents didn't approve. Unfortunately, the postman did tell her

dad though, but they soon took Mr A into their hearts. Mr A used to worry that he couldn't dance so he learned whilst he was away in the Navy. He said the secret of their success was dancing and laughing.



Mrs K told us that she wasn't very impressed when she first saw her husband at Marcos in Grantham.

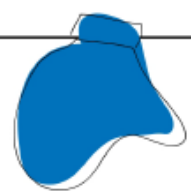


He was eating fish and chips and she wasn't keen as she didn't think he should be eating in a dance hall. By contrast, Mr K turned to

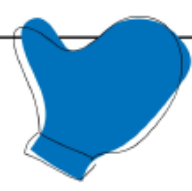
his friend and said that is the girl I am going to marry...and he did. They continued to always have fish and chips every Friday night. Mrs K said the secret of marriage is keeping your sense of humour.

**Thank you so much for sharing your lovely pictures and stories with us. This has been one of our favourite sections out of all of our Newsletters!**

# Puzzle Time



## Sudoku Puzzle



Fill in the numbers 1-9 exactly once in every row, column, and 3x3 region.

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



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



**Cathryn 'Kate' Moulsher**  
**Homecare Assistant**

**What makes you want to work for Helping Hand?**

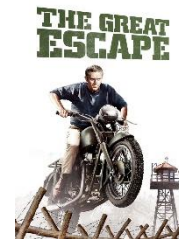
I would like the opportunity to help people who may not be able to do everything for themselves.

**What do you like about working for Helping Hand?**

I enjoy working with staff and clients - no two days are ever the same. I want to be helpful and support people.

**What is your favourite book or film?**

My favourite film is the classic 'The Great Escape'



**Do you have any hobbies?** I really enjoy sewing and crafting.

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

My luxury item would be a radio or something to listen to music on.

**What is your favourite meal?** I love a good roast beef dinner.

**Do you have any pets?** No

**Which three words best describe you?**

The best three words to describe me are: helpful, passionate and loyal.



## Helping Hand Homecare's Super



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

1. Which is the national ice cream month?

\_\_\_\_\_

2. The sunflower is the national flower of which country?

(a) France      (b) Ukraine      (c) Belgium

3. Which of these ice-cream flavour are the most popular in the UK?

(a) Strawberry      (b) Chocolate      (c) Vanilla

4. What season is proven to be the most joyous season?

\_\_\_\_\_

5. What is the most sold item during summer?

(a) Hats      (b) Swim Suits      (c) Sun Glasses

6. What is the longest day of the year called?

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7. In historical record when was the first mention of icecream?

- (a) 1671                      (b) 1802                      (c) 1788

8. Which of these 3 Astrological signs are summer signs? Please circle your three answers.

- (a) Cancer                      (b) Leo                      (c) Capricorn                      (d) Virgo

9. What is the Guinness world record for the longest barbecue?

- (a) 20 Hours                      (b) 60 Hours                      (c) 80 Hours

10. Who was the male lead in the Film 'Summer Holiday'?

- (a) Buddy Holly                      (b) Cliff Richards                      (c) Elvis Presley



**Please give your entry to one of the carers to come back to the office before Friday 7<sup>th</sup> July - You could be a winner!**

**Our Spring Quiz winners were...**



**Mr GN**



**Mrs CC**



**Mrs FK**