



27th Edition - April 2026

Newsletter



Hello Spring and a very warm welcome to the lighter evenings and milder temperatures!

We hope you will find our Spring Newsletter interesting, informative and entertaining.

Recently there have been lots of cases of colds, flu and noroviruses. We always ensure that staff and clients are kept as safe as possible, so you may see staff wearing masks to help prevent spreading any germs. Also rest assured that we always follow infection prevention guidelines, washing hands thoroughly, wearing disposable PPE and using antibacterial soap and hand sanitiser.



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. Lower thermostat temperatures, around 18 degrees is ideal.
6. Ensure all taps are turned off properly.
7. Wear layers that can be taken off or put on depending on temperature.
8. Use the sunshine to heat your rooms by ensuring curtains are fully open during the day.
9. Only fill up the kettle with the amount of water you need.



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



Laura and her partner, Dave are very happy to announce their engagement. We wish them lots of love and laughter and a very happy future together.

We also want to say well done to everyone who has completed their mandatory training, making sure they are well informed and keeping our lovely clients safe at home.



Easter word search



Find the following words in the puzzle.

Words are hidden across, down and diagonally.

CHOCOLATE

PARADE

TULIP

DECORATE

BONNET

EGGS

DAFFODIL

SPRING

HUNT

FLOWERS

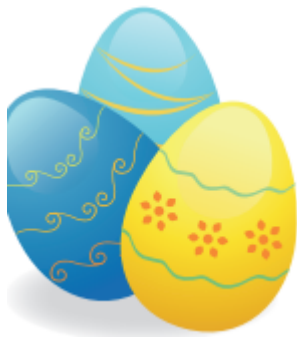
BUNNY

NEST

EASTER

CHICK

HOP



Our Helping Hand Christmas Quiz Winners were...

1st Prize Mr DG

2nd Prize Mr AJ

Congratulations and we hope you enjoyed your goodies!

SUDOKU FOR EVERYONE TO HAVE A GO AT:

I AM ASSURED IT'S AN EASY ONE!

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

Sudoku is played on a grid of 9 x 9 spaces. Within the rows and columns are 9 "squares" (made up of 3 x 3 spaces). Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9, without repeating any numbers within the row, column or square.



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

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

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

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

6. Where in Grantham would you find this statue?



Answer:

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

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

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

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



WHAT IS EASTER?

Easter is primarily a Christian festival that commemorates the **Resurrection of Jesus Christ** from the dead. It is considered the most important and holiest date in the Christian calendar, signifying victory over sin and death.



Religious Significance

For Christians, Easter is the culmination of the "Passion of Jesus".

- **The Resurrection:** According to the New Testament, Jesus was crucified on a Friday (Good Friday) and rose again three days later on Sunday (Easter Sunday).
- **The Promise:** The holiday represents the fulfillment of Old Testament prophecies and offers the promise of eternal life to believers.
- **Foundational Faith:** Many theologians argue that without the Resurrection, Christian faith would have no foundation, as it validates Jesus' identity as the Son of God.

Etymology and Origins

The term "Easter" has complex linguistic roots and historical connections:

- **Name Origin:** The English word likely derives from *Ēostre*, an Anglo-Saxon goddess of spring and fertility. In many other languages, the name is a variant of **Pascha** (e.g., *Pâques* in French), which is rooted in the Hebrew word for **Passover** (*Pesach*).
- **Passover Connection:** Jesus' crucifixion and resurrection occurred during the week of the Jewish Passover, and much of Easter's early symbolism is linked to this liberation festival.

- **Seasonal Timing:** Easter is a "moveable feast," meaning its date changes annually. It is calculated as the first Sunday after the first full moon following the vernal (spring) equinox.

Cultural and Secular Meaning

Beyond its religious roots, Easter has evolved to include various secular and cultural symbols of **new life and rebirth**.

- **Eggs:** Represent the empty tomb and new life emerging.
- **Easter Bunny:** A German tradition that became popular in the 19th century, using the prolific rabbit as a symbol of fertility and spring's arrival.
- **Spring Renewal:** For non-religious observers, it often serves as a general celebration of springtime, growth, and family gatherings.

Easter eggs

An egg is a symbol of new life.

For Christians, Easter eggs are used as a symbol for the resurrection of Jesus.

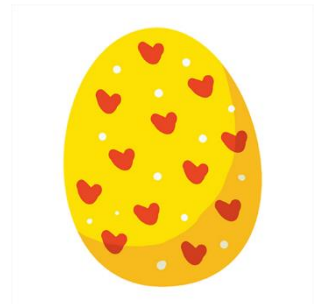
Christians believe that, through his resurrection, Jesus overcame death and sin.

This offers people the promise of eternal life if they follow his teachings.

Nowadays, most Easter eggs are made from chocolate and covered in coloured foil.

Traditionally though, chicken eggs would be hard boiled and then decorated by hand.

Traditional Easter egg hunts remain popular with both Christian and non-Christian children.



REMINDER:

NEW TELEPHONE NUMBERS:

These will come into effect w/c 06.10.25. Our current office telephone number is still working at the moment but will become redundant very soon.

As the two new office telephone numbers are mobiles, this does mean we will be able to receive messages by text and what's app, so you may find it easier to contact us.

OFFICE NUMBER 1: 07468 645026 - AVAILABLE MONDAY - FRIDAY 9.30AM - 4.30PM

OFFICE NUMBER 2: 07353 786692 - AVAILABLE MONDAY - FRIDAY 9.30AM - 4.30PM

ON CALL PHONE - 07866 674221 - AVAILABLE FOR OUT OF HOURS EMERGENCIES

IF YOU DO NOT GET AN ANSWER FROM THE FIRST NUMBER, PLEASE
CALL OUR OTHER NUMBER

