

Newsletter

Winter 2021/22

Forever Loving Care Limited

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A VERY MERRY CHRISTMAS and Happy New Year!

Thank you once again to all our Angels, for their continued commitment over the last year. It's been a tough one but we have cracked it!

We would like to wish you all A Very Merry Christmas and Happy New Year.

Sam, Deb & Em

COVID 19

Restrictions have now been tightened due to the new Omicron variant, please help us to keep us all safe by:

Providing adequate handwashing facilities -anti-bacterial liquid hand soap and hand towels to enable staff to wash they hands, before, during and after carrying out tasks

Providing incontinence disposal bags and a lidded bin to ensure safe disposal of contaminated products

Ensuring property is kept clean and tidy

Only go out if it is essential

Use bleach to disinfectant to clean surfaces

Informing office immediately if you have been in close contact with a confirmed case of Covid 19

Restricting visitors during care visits

If you are experiencing a new continuous cough, high temperature, loss of sense of smell and taste, please inform us immediately.

You must isolate until you have received a negative later flow and PCR.

If you require any assistance to carryout a test please ask a member of our team.



Congratulations!

Sam, Debby, Emily, Helen, Barbara, Kerry and Becky on completing Medication and First Aid Train the Trainer.



Congratulations Jas on your wonderful news.

A little boy due May 2022.



Congratulations to Kerry and Lee on their wedding day on 31st October 2021.

We would like to wish Mr & Mrs Wilding a long, happy and healthy life together.

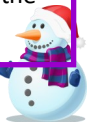
ROTAS

Can I please remind you that paper rotas supplied may be subject to change, this may be by time or/and carer. We are sorry for any inconvenience this may cause.

If you have any concerns, please do not hesitate to contact us on 01588 673 733.

Please take into account weather conditions.

Thank you to those who have completed and returned our Quality Assurance Survey, we look forward to analysing the feedback and looking at ways we can improve.



Christmas wordsearch

C	H	R	I	S	T	M	A	S	C
A	R	H	J	O	S	E	P	H	I
S	N	I	T	M	J	H	O	L	Y
A	S	G	B	D	O	E	L	Y	D
R	E	M	E	R	N	L	S	S	C
S	R	A	B	L	E	H	D	U	Y
T	L	N	I	N	N	T	K	M	S
A	N	G	E	L	T	E	J	A	T
R	D	E	C	E	M	B	E	R	E
N	A	R	D	O	N	K	E	Y	B







- Bethlehem
- December
- Christmas
- Holy
- Joseph
- Jesus
- Mary
- Donkey
- Manger
- Stable
- Angel
- Star
- King
- Inn
- Crib

There is one word that can't be found, can you find it?



Keep well this Winter

Changes to our bodies as we get older mean that cold weather and winter bugs affect us more than they used to. And this winter, we know we'll need to live with coronavirus as well as other respiratory viruses. What you can do...

-  Keep Moving
-  Eat Well
-  Get your Winter vaccinations, even if you are fighting fit
-  Make sure your home is warm enough
-  Keep germs away—practice good hand hygiene
-  Wrap up warm and stay stocked up

For a stroke, think **FAST**:

F – is the face drooping on one side?

A – can the person raise both arms and keep them there?

S – is speech slurred?

T – time to call 999 if you spot any one of these signs.

The cold puts more pressure on our hearts and circulation and increase the risk of a stroke or a heart attack, as well as hypothermia. If you suspect yourself or anyone else is experiencing these call 999 or (112 from a mobile) immediately.

