



Forever Loving Care Limited

Newsletter

Spring 2023

Welcome to our Spring newsletter.

We would like to focus on fire safety in this newsletter, we have carried out PEEPS (Personal emergency evacuation plan) at our clients homes, this is to enable us to ensure in the event of an emergency our clients would be able to remain safe.

Please see the back of this page for guidance to reduce the risk of fire within your own home. If you have any queries, please do not hesitate to contact us.

Sam, Deb and Em



Our Trace
♥



Our Trace was a perfect Angel on our trees at Christmas. Never forgotten.



Congratulations...

Kacey on the birth of

Isla-Grace, born on the 8th February 2023 at 22.58, weighing 7lb 1oz

Another grandchild for Debby and a great niece for Sam and Emily.



We would like to welcome Clare Lovegrove and Latisha Howard to our team of Angels.

We wish you a long and happy career at Forever Loving Care.



Helen Winston

On completing Level 4 Diploma in Adult Care.

Julie Powell

On completing Level 2 The Principles of End of Life Care.

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Office opening hours

Mon - Fri - 9am—5pm

Sat and Sun -Closed

Bank/Public Holidays Closed

Our on call can be reached outside these hours, however this is for emergencies only.



If you have an email address, please let us know to enable us to help save the planet.



Good Luck Emily

on participating in the Manchester marathon on Sunday 16th April.



DON'T FORGET...

Clocks spring forward one hour on Sunday 26th March at 1am

What can I do to prevent fires in the home?

There are lots of simple things you can do to prevent fires and better protect yourself and your home if a fire did ever start.

Alarms and escape routes

You should have a smoke alarm on each floor of your home. Check it has the British Standard number BS 5446 and the Kitemark symbol.

- You should test your smoke alarms monthly and keep them free from dust. Change the battery at least once a year, or get a long-life alarm that can last from 7-10 without needing a new battery.
- If you have hearing problems or vision difficulties, you can get specialist smoke alarms.
- Plan a fire escape route and make sure that corridors, exits and stairs are free from clutter. If you live in a flat, follow the building's fire evacuation plan and avoid using lifts.

Around the house

- If you have an open fire, use a fireguard and have the chimney swept at least once a year.
- Don't dry clothes over or near a fire or electric heater.
- When you're cooking, never leave the pan unattended.
- If you smoke, make sure you stub your cigarettes out completely and never smoke in bed.
- If you use candles, incense or oil burners, make sure they're completely out when you've finished with



Free smoke detectors for older people

There isn't currently a government scheme to provide free smoke detectors for older people.

However, you can ask your local fire service whether they could provide and fit a free smoke detector as part of their home safety schemes – in some areas this is known as a Safe and Well visit.

You can contact Shropshire Fire and Rescue to arrange a safe and well visit on 01743 260 260.

If a fire does start in your home, don't panic and don't try to tackle it yourself. Remember the fire service advice: get out, stay out and call 999.

You shouldn't attempt to re-enter a room or building that's on fire under any circumstances.

How can I prevent carbon monoxide poisoning?

Appliances that burn gas, coal or wood can give off poisonous carbon monoxide fumes if they're not working properly. Carbon monoxide is known as a 'silent killer' because you can't see, taste or smell it. Look out for yellow or brown staining, a lazy yellow or orange-coloured gas flame rather than a sharp blue flame, or too much moisture in the room.

Symptoms of carbon-monoxide poisoning include having a headache, feeling sick, or having a sore throat and a dry cough – similar to a cold or flu. If you're worried that you might have carbon-monoxide poisoning call 999 straight away.

A carbon monoxide detector will flash and sound an audible alarm if it detects carbon monoxide. You should install one in every room where there's a gas appliance and test it monthly – make sure it bears the Kitemark symbol and European Standard number BS EN 50291. The batteries in carbon monoxide detectors usually last around 5 years.

If you think carbon monoxide is present, call the National Grid emergency number on 0800 111 999. If you have solid fuel heating, call a solid fuel engineer. You can contact the Solid Fuel Association for a list of its registered members.

How can I make sure my home electrics are safe?

There are lots of things you can do to make sure the electrical appliances in your home are safe.

Plugs and sockets

- You shouldn't overload sockets or extension leads as this can cause a fire. If you don't have enough sockets, use a bar adapter on a lead rather than a block adapter. But for appliances that use a lot of power, such as a fridge or washing machine, only put one plug in each socket.
- Check your plugs, sockets, cables and appliances for any damage, such as fraying and exposed or loose wires. Don't ignore warning signs such as burning smells, buzzing or crackling sounds, or fuses blowing.
- You should get a registered electrician to check your wiring for wear and tear at least every 10 years.

Take particular care when using garden equipment that needs to be plugged in. If you're in doubt, get a registered electrician to check that your garden equipment is plugged in safely.

Staying warm

- Be careful around electric blankets as they can be a hazard. Check whether yours can be left on overnight – if it can't, switch it off and unplug it when you go to bed. Check for danger signs, such as frayed fabric or scorch marks and never switch it on if it's damp or wet and don't use it with a hot water bottle. You should get your electric blanket tested by an expert at least every three years and replace it every 10 years. The shop where you bought the blanket or your local Trading Standards office may be able to test it.