



Summer 2023



Becky Griffiths on achieving Level 4 in
Health and Social Care



Tish & Jack on their engagement



Kacey on the wonderful baby news, due January 2024

DON'T FORGET...

You can nominate a carer for Angel of the month by calling 01588 673 733 or by informing a team member.

Big Thank you to Helen (H) for delivering another great year of Training for our team!



Angel of the month - May 2023



Julie joined the team in 2021. she is a familiar face to our Church Stretton clients and occasionally she may be seen in Craven Arms.

Julie is an asset to the team, always willing to help out, always happy and works well within our team of Angels at FLC, including her daughter Chloe and son in law Sam.

Oh, and she bakes a great school cake too!

Thank you and Well done Julie

Remember to keep hydrated in the warmer weather



Afternoon Tea - 31st May 2023

Thank you to all who attended our afternoon tea in loving memory of 'Our Trace' and to celebrate our 5th Birthday.

We hope you all had a lovely afternoon and enjoyed it as much as we did.

We would like to thank our team, that gave up their own time to transport and support clients to and from, baking cakes and thank you to Sophie, who kindly gave her day off up to help us prepare.



With the warmer weather here, it's important to know the symptoms of heatstroke and how to prevent this.

HEAT STROKE

INFOGRAPHIC ELEMENTS

104 F+
AVOID THE SUN
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SYMPTOMS

- RAPID HEARTBEAT
- NO SWEATING
HOT / RED SKIN
- DIZZINESS & HEADACHE
- UNCONSCIOUSNESS
- VOMITING

PREVENTION

- NO ALCOHOL
- DON'T WEAR THE THICK CLOTHES
- LIMIT OUTDOOR TIME
- WEAR PROTECTION
- USE A SUNSCREEN
USE A UMBRELLA
- DRINK ENOUGH WATER
- COOL SHOWERING

THE DANGER OF WORKING OUT IN THE HOT WEATHER

y	y	d	i	n	r	n	a	e	i	a	t	r	s	n
r	h	c	r	e	o	t	w	p	g	i	n	l	e	e
p	a	t	g	a	b	k	g	e	i	e	n	o	r	r
e	r	r	n	n	j	c	r	o	s	e	s	a	t	d
n	l	i	r	p	r	l	t	p	o	p	p	y	h	e
c	u	g	n	r	c	o	s	i	n	l	e	b	n	m
c	e	n	f	s	r	v	e	r	i	w	l	a	u	e
c	t	h	i	l	s	e	y	e	c	p	i	s	e	s
p	e	o	n	y	o	r	o	e	y	o	l	v	n	c
b	e	g	d	m	m	w	a	p	o	a	y	a	h	t
n	v	i	r	r	h	i	e	e	o	o	n	d	b	e
t	h	a	z	a	l	e	a	r	v	s	l	h	a	h
o	m	u	t	y	e	n	o	w	l	h	y	l	o	s
c	o	s	m	o	t	u	l	i	p	p	o	m	p	c
c	a	i	c	r	o	c	u	s	r	l	r	r	o	e

Wordsearch

Azalea

Clover

Cosmo

Crocus

Flower

Lily

Peony

Poppy

Rose

Tulip

