



Newsletter

Winter 2022/23



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We would like to wish all our Clients, staff, families, and friends a very Merry Christmas and a Happy New Year.

Yet again we would like to thank you all for your continued support over the past year, a big thank you to our Angels for their continued commitment and hard work, without our Angels we would not be able to bring you the quality care we provide, and not forgetting our special Angel in the sky, 'our Trace'.

Sam, Deb and Em xx



Office festive hours

Friday 23rd	9am - 5pm
Saturday 24th	Closed
Sunday 25th	Closed
Monday 26th	Closed
Tuesday 27th	Closed
Wednesday 28th	10am - 4pm
Thursday 29th	10am - 4pm
Friday 30th	10am - 4pm
Saturday 31st	Closed
Sunday 1st	Closed
Monday 2nd	Closed
Tuesday 3rd	9am - 5pm

Please remember our on call is for emergencies only

Keep well this Winter

Keep an eye on the weather forecast. If bad weather is forecast, make sure you have everything you need.

- Check you've got enough medication and food in case it's harder to leave the house. A bottle of water could be handy if the water supply is interrupted.
- **Have torches handy around the home in case of a power cut.** And some spare batteries too!
- **Keep emergency numbers nearby.** Call 105 in the event of a power cut – you can report a power cut and get information and advice if there's one in your area. You can also register with your supplier so they'll call you in the event of a power cut.
- **Take extra care if the ground is slippery.** Wear shoes with good grip and consider keeping salt and sand mixture handy to grit paths. You could ask your neighbours for help to clear paths or driveways in bad weather – most people are more than happy to help.
- **Keep moving.** Try not to sit still for more than an hour at a time. Even a little bit of activity now and then can help you maintain strength and mobility.
- **Eat well.** It can sometimes be difficult to keep up the motivation to prepare meals. But it's good to try and keep to a routine where you can.
- **Get your winter vaccinations – even if you're fighting fit.**
- **Make sure your home is warm enough.** Try to heat your home to a steady and comfortable temperature throughout the day in the rooms you use most, such as the living room and bedroom. If there are rooms you don't use, like a spare bedroom, turn off the radiators here and close the doors. This will help you save on energy costs. Close all the curtains at dusk to help keep heat in.
- **Stop the spread of germs.** Regularly washing your hands with soap and water is one of the best ways to stop germs from spreading. It's a good idea to keep some antibacterial gel with you when you're out and about, too.
- **Wrap up well and stay stocked up.** Wearing plenty of layers is the best way to keep warm in winter. If you're heading out, make sure you take some extra layers.

Welcome

We would like to welcome Sophie Davies to our team.

We wish Sophie a long and happy career at FLC.

Christmas Rotas

Thank you for completing your Christmas request forms. We are finalising our festive rotas, we ask you if you would kindly work with us as we may need to ask you if you would be happy with a different call time. This is to ensure our staff are not waiting around in the gaps. Thank you for your cooperation.

Please remember our Angels may be later than usual in adverse weather conditions, we will do our best to inform you if this is the case, if you don't hear off us, please give us a call on 01588 673 733.

The funeral of 'our Trace' will take place on Saturday 26th November 2022, Stokesay Church, 12.30.



