

### Thank You

As always, we would like to thank our Angels for their continued commitment, care and compassion over the last two years.

Each and every one of them are always going above and beyond to ensure you all receive the support you need.

As a gift of our appreciation, each one received a hand tied bouquet.

We are sure you all agree, they deserve them

Sam, Deb & Em



Due to issues beyond our control and national staffing shortage in Health and Social Care, we may where necessary have to alter your visit times or staff member to enable us to complete all our visits. We apologise in advance.

In extreme circumstances we may have to reduce or cancel your visits, however this will be risk assessed and only done if safe to do so.

### Rotas

Rotas are given weekly enabling clients to see who will be visiting, however, occasionally we may not be able to get these to you or have to change this member of staff due to reasons beyond our control. We apologise for any inconvenience this may cause.

Our new travel time allowance rotas are now in place and appear to be a success. Thank you all in for cooperation..

### Time to fall back



Turn your clocks back one hour to standard time at 2 a.m. Sunday.

**DON'T FORGET...**

**Clocks go back on**

**Sunday 31st October**

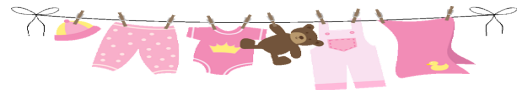
All our Angels are known for going above and beyond, however, due to timing restrictions they are not always able to complete new tasks that have been requested, if you wish a new task to be added to your care plan a review can take place to enable our Angels to carryout this task in the future.

## Congratulations!

**Emily on completing your Level 5 in Leadership & Management.**

**Kelly Burton, Chloe Dubicki & Sam Byers on the completion of their care certificate.**

**Becky Griffiths on becoming a Guardian Angel.**



**Congratulations** Chloe on your wonderful news.

A little girl due Jan 2022.

**WELCOME**

We would like to welcome Sophie Edwards, Jess Price and Samuel Byers to our team, we wish them a long and happy career at Forever Loving Care. Also, welcome to Julie Powell and Chloe Angell who will be joining the team late October/early November.

### Covid

With many restrictions now lifted in the Country, we would like to reassure you that our PPE will remain the same to protect our clients, staff and their families.

All staff will continue to do a weekly PCR.

Government guidelines around isolation will continue to be followed.

If you have any concerns regarding Covid, please do not hesitate to contact us.



For those who have asked about footcare...

Craven Foot Care—covering South Shropshire

Abi Hirons DipCFHP

07949293990

11th – 17th  
OCTOBER  
2021



**What is Malnutrition?**

Malnutrition means that someone isn't eating well enough to maintain their health and wellbeing. It is characterised by low body weight or weight loss.

Being malnourished can mean more visits to the GP and longer recovery times from illness.

**What are the signs of Malnutrition?**

You can be malnourished regardless of your size, weight or body shape.

The main signs are:

- low body weight
- unintentional weight loss
- feeling lethargic or more tired
- smaller appetite
- having difficulties with chewing and swallowing
- finding planning, cooking and shopping becoming more of an effort
- loose dentures

If you recognise these signs, you should do something about it as these can all be signs of unhealthy weight loss and that we might be at risk of becoming malnourished.

**What should I do if I notice a lack of appetite or unintentional weight loss?**

It's always a good idea to keep a record of your weight and check it regularly. If you notice unintentional weight loss, do speak to your GP, Practice Nurse or a health professional.

**How many drinks should you have each day (in cups or glasses)?**      1-2                  3-5                  6-8                  9-10



**True or false: drinking tea and coffee makes you more dehydrated**      True      False

**True or false: your sense of thirst can decrease as you get older**      True      False

**Which type of milk should you drink if you need to put on weight?**      Skimmed                  Semi-skimmed                  Full-fat

**True or false: Older people with a poor appetite can safely skip meal?**                  True      False

**Many people aged 65 or above in the UK are suffering from undernutrition?**      1,000      10,000      100,000      1,000,000

**Christmas Rotas**

We understand that over the festive period you may wish to spend time with your family or friends and wish to cancel your visit, a form will be sent to you, please complete and return.

We do not charge for visits cancelled on Christmas Day.

