



Forever Loving Care Limited

Newsletter

Autumn 2023

Miles 4 Marc

On Thursday 19th October the team at FLC will take on the challenge to virtually cycle, walk or run to stoke and back (112 miles) in 6 hours to help raise money towards a motorized wheelchair to enable a gentleman to have his freedom back after a life changing stroke.

We will be outside Cyril Basons store in Craven Arms, 10am—4pm, coffee morning, raffle.

Please come along and support us.

If you wish to sponsor us or purchase raffle tickets, please contact us on 01588 673 733 or ask a member of our team.

Great British Care Awards 2023

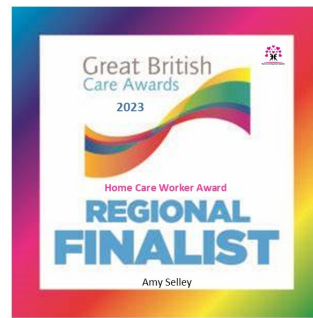
Regional Finalists

We are over the moon to announce that we are finalists for The Regional Great British Care Awards in two categories.

Well done and good luck to Helen Winston and Julie Powell in End of Life category and Amy Selley in Home Care Worker Award.

We will attend the award ceremony at the ICC in Birmingham on Saturday November 4th.

I'm sure you will join us in wishing our finalists the best of luck.



Thank you to all who have returned our recent surveys

Angel of the month

We have had numerous nominations over the past few months but our overall winners are...



June 2023

Amy Selley



July 2023

Sam Byers



August 2023

Donna Woodsford

Don't forget ... Clocks go back an hour on the 29th October



Congratulations

Kerry Wilding on achieving Level 4 in Health and Social Care

WELCOME

We would like to welcome Olivia Bowen to our team of Angels.

We wish her a long and happy career at FLC.

STROKE AWARENESS

What is stroke?

Stroke occurs when the blood supply to part of the brain is suddenly cut off. Blood contains oxygen and important nutrients for proper functioning. If brain cells do not get enough of this supply, they become stressed and die. Early treatment for stroke is critical – the longer a stroke remains untreated, the greater the chance that stressed brain cells will die, leaving behind permanent stroke-related brain damage.

There are two major types of stroke: ischaemic and haemorrhagic. The majority of strokes are ischaemic, due to a blood clot blocking the flow of blood through blood vessels that deliver oxygen and nutrients to the brain. A haemorrhagic stroke is when a blood vessel or artery in the brain bursts, and there is a leakage of blood into the brain

What are the symptoms?

The most common symptoms of stroke are: • weakness, numbness or paralysis of the face, arm, or leg on either or both sides of the body • slurred speech, difficulty speaking or understanding • loss of vision in one or both eyes • sudden, severe headache with no known cause • loss of balance, dizziness. Who is at risk? Up to 50 per cent of all strokes are preventable. There are several factors that increase your risk of stroke that can be controlled or treated. The most important ones are: • high blood pressure – as the leading risk factor for stroke, the higher the blood pressure, the greater the stroke risk. • atrial fibrillation (AF) – one in every three strokes is linked to AF, a condition where the heart beats irregularly or rapidly. Risk factors that can be controlled include: • high cholesterol • smoking • excessive alcohol intake • poor nutrition • inactivity • diabetes • obesity or being overweight. Risk factors that cannot be controlled include: • age (being over 65 years of age) • gender (men have more strokes, though women have higher risk of fatal stroke) • family history of stroke and previous stroke.

Recognise the signs of stroke and act FAST An easy way to recognise and remember the signs of stroke is to use the FAST test.



The poster is divided into two main sections. The left section features four horizontal panels, each with a large yellow word and a corresponding image of a person's face or hand. The right section is a solid yellow background with the NHS logo at the top, the text 'WHEN STROKE STRIKES, Act F.A.S.T.' in large black letters, and the 'Act F.A.S.T. help us help you' logo at the bottom.

FACE
Has their face fallen on one side? Can they smile?

ARMS
Can they raise both arms and keep them there?

SPEECH
Is their speech slurred?

TIME
To call 999 if you see any single one of these signs

NHS

WHEN STROKE STRIKES, Act F.A.S.T.

Act F.A.S.T. help us help you