



Newsletter

01588 673 733

Spring 2020

CHANGE TO OUT OF HOURS TELEPHONE NUMBERS

Can I please remind you, as from April 1st 2020 our telephone numbers will be :

01588 673 733 Office (Mon—Fri, 9am—5pm)

07568 676 561

Out of hours (Mon - Fri - 7am - 9am, 5pm -10pm Sat & Sun 7am - 10pm)



As from April 1st 2020 we will become Forever Loving Care Limited
Company number 12494423
Registered office: 4 Dale View, Market Street, Craven Arms, SY7 9NN

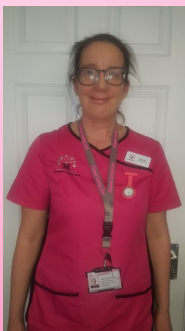


ELF DAY

We would like to thank all who attended and donated to our Elf day coffee morning.

GUARDIAN ANGELS

Congratulations to Dani Price, Becki Tinson and Helen Winston on becoming our Guardian Angels.



CARE ANGELS

We would like to welcome...

Pam Davies

Becky Griffiths

Vanessa Howard

Georgina House

... to the team



Congratulations

Becki on becoming Mrs Tinson

Wishing you both happiness for the years to come.



Congratulations

Kerry Edwards

On achieving

'Winter Carer of the Season ' 2019/20



And a final **Congratulations** to Sam Angell for achieving Level 5 Leadership & Management

E	A	S	T	E	R	D	A
D	P	P	S	B	M	A	L
P	R	A	I	N	A	F	M
K	I	N	T	C	Y	F	A
C	L	S	K	U	D	O	R
I	P	Y	L	S	L	D	C
H	O	E	G	G	S	I	H
C	R	O	C	U	S	L	P

Easter May
Daffodil March
Crocus Pansy
Lambs Rain
Tulip Chick
April Eggs



Come and join us for coffee and cake on

Thursday 26th March

11—15.30

Market Street, Craven Arms

In aid of Epilepsy Society

Wear purple to work day



NUTRITION AND HYDRATION WEEK—March 16th - March 22nd 2020

How much do you know about Hydration?

1. How much fluid should you drink a day? a) 4 to 5 cups b) 5 to 7 cups c) 6 to 8 cups
2. What is the best drink to improve your hydration? a) Water b) Alcohol c) Fizzy Drinks
3. How can you identify if you are hydrated?
a) Feeling thirsty b) Passing strong smelling urine c) Urine is a dark colour d) All of these
4. How much water do you lose a day through breathing? a) A glass b) A pint c) A gallon
5. Which of these is a sign of dehydration? a) Headache b) Irritability c) Tiredness d) All of these
6. Which of these can help your body access its fluid for the day
a) Coffee b) Water c) Lettuce d) Apples e) All of these
7. What is the recommended daily calories on the Eatwell Guide for a healthy adult? a) For a lady b) For a man
8. What is the correct portion size on a plate of
a) The protein item - meat / fish b) The carbohydrate - potato / rice /pasta c) The vegetables
9. How many portions of fruit and vegetables a day should you eat ? a) 3 b) 5 c) 7
10. What form can your daily intake fruit and vegetables take?

CORONAVIRUS

Symptoms

- a cough
 - a high temperature
 - shortness of breath
- But these symptoms do not necessarily mean you have the illness.

The symptoms are similar to other illnesses that are much more common, such as cold and flu.

Do I need to avoid public places?

Most people can continue to go to work, school and other public places.

You only need to stay away from public places (self-isolate) if advised to by the 111 online coronavirus service or a medical professional.

Reduce your risk of Coronavirus infection:

- Clean hands with soap & water or alcohol based hand rub
- Cover nose and mouth when coughing or sneezing with tissue or flexed elbow
- Avoid close contact with anyone with cold or flu like symptoms
- Thoroughly cook meat and eggs
- Avoid unprotected contact with wild or farm animals

WASH YOUR HANDS

After coughing or sneezing

When caring for the sick

Before, during and after you prepare food

Before eating

After toilet use

When hands are visibly dirty

After handling animals or animal waste

Quiz Answers—1 c) 6 to 8 drinks 8 oz 200ml cups per day, but the more active you are you'll need more fluid. 2 a) Water is the best fluid to hydrate. Alcohol does not count to fluid intake and fizzy drinks should be avoided due to their high sugar content. 3 d) All of these are signs of dehydration. 4 b) A pint 5 d) All of these 6 d) All of these 7 a) 2000 calories b) 2500 calories 8 a) The protein should fit in your palm and be no thicker than a pack of card. It is your palm size or the person eating the food. b) The carbohydrate rate should be the size of your clenched fist or that of the person eating it. c) They should fill most of the plate that is left. See Q9 for further details. 9 b) 5 a day is still the key message, although you may hear 5 plus 2 or the colours of the rainbow to vary your fruit and vegetables. 10. They can be fresh, frozen, tinned, fruit juice (although only one glass a day counts) and dried. Be aware of the high sugar content in dried food, especially for younger children where this may lead to dental problems.