



CHESHIRE SENIORS MONTHLY

Homecare in South Cheshire

At Right at Home South Cheshire, we aim to make a genuine difference to the quality of life of those we serve in the local community. We focus on improving the lives of those we care for, not just maintaining quality of life.

Making a Difference Every Day

From every CareGiver to our local Management Team, we are completely focused on making a difference every day. Keeping our Clients where they want to be for longer – Right at Home.

Our local office team based in Nantwich work tirelessly to deliver on our promises. For us it is not just about providing a service, it is about building valuable relationships with everyone we work with.

Our Trusted Services

Through trust and commitment to being the best, the quality of the care we provide has been industry-recognised, leading us to be rated as Outstanding by the Care Quality Commission and become the most highly rated national homecare agency on the UK's leading review site, www.homecare.co.uk.

Welcome to the Team Julie, and Annabel



Julie Crofts, Recruitment & Well-being Manager

Julie has worked with another local care provider in the office for many years, having previously had experience as a CareGiver and care co-ordinator she fully understands what we look for in our new recruits, and will be able to offer exceptional support to all CareGivers in this team. Julie has taken the role of Recruitment and Well-being Manager. She will deal with Recruitment for the company and the Well-being of current and new staff.



Annabel Wyartt, Care Co-Ordinator

Annabel is an experienced care professional, having worked previously at another local home care provider and having excellent administrative and communication skills. Annie has taken the role of Care Co-Ordinator for Winsford, Alsager, Middlewich and Sandbach. She will be assisted by our Care Manager Keri Marshman. Abbi Jones, and Julie Hodgkinson will be the Care Co-Ordinator and Care Manager for Crewe, Nantwich, and Surrounding Areas.



Right at Home Celebration Awards 2021

We are delighted to announce that we have been shortlisted for the National Office Celebration Awards 2021. We are finalists in two categories:

- Community Impact
- Overall Business of The Year

This is fantastic news after such a difficult year for everyone.

We were sent some very strong, motivational, and meaningful words from Right at Home, National Office.

"We would like to send a huge thank you to everyone who entered this year's Celebration Awards - after the incredibly challenging year we've had, it was a very humbling experience to review all of the amazing work that has been done across the network, and the fantastic outcomes that have been achieved.

Our highly experienced guest judges have worked with the team at National Office to apply a scoring matrix for the individual criteria in each award entry, and this method has been used in consecutive years to ensure that both the short-listing and final judging process is fair and consistent.

Your award entries highlight how your care teams, and the standout individuals within your businesses, truly embody the Right at Home ethos of making a difference every day. The standard of entries improves year on year and, as usual, we know our judges will be facing some tough decisions when they reconvene soon to decide the overall winners."



Recipe Time – Pumpkin Muffins

Ingredients

- 225g plain flour
- 2 tsp baking powder
- 1 tbsp ground cinnamon
- 100g caster sugar
- 50g soft light brown sugar
- 200g pumpkin purée
- 2 large eggs
- 125g slightly salted butter, melted



Method

STEP 1

Heat the oven to 200C/180C fan/gas 6. Line a 12-hole muffin tin with muffin cases. Mix the flour, baking powder, cinnamon and both sugars together in a large bowl. Break up any lumps of brown sugar by rubbing them between your fingers.

STEP 2

Whisk the purée and eggs together in a jug, then add to the dry ingredients with the melted butter. Whisk for 1-2 mins with an electric hand whisk until just combined.

STEP 3

Bake for 15 mins until golden and risen and a skewer inserted comes out clean. Lift onto a wire rack to cool completely. Will keep for three days in an airtight container.

15 Autumn Wellness Tips to Keep You Healthy This Fall

The transition to the shorter and busier days of fall can be a challenge. To help ease the change, we've put together 15 Autumn Wellness Tips to get you ready for the colder months and keep your mental (and physical!) health in check.

1) Start taking a Vitamin D supplement. We get most of our Vitamin D from the sun, so our intake decreases when the weather is colder since we spend most of our time inside during the fall/winter seasons. If you find you are not getting outside much, a Vitamin D supplement can boost your mood and immune system!

2) Take some time to yourself. Autumn and winter are the Earth's way of telling us to slow down. Start a journal or track your moods to get more in touch with how you're feeling.

3) Get your flu shot and yearly check-up. Self-explanatory! No one likes sniffing and aching and sneezing and coughing getting in the way of life. Yuck.

4) Boost your immune system. You can do this by drinking plenty of water, washing your hands often to prevent sickness, and eating nutritious foods.

5) Get yourself ready for Daylight Savings Time. Go to bed earlier when

you can, especially the week before the clocks change. Longer periods of darkness = longer periods of sleep!

6) Make some plans for the cold months. In the winter, we tend to hibernate if we don't have things to keep us busy.

7) Moisturize your skin. Harsh temperatures can make your skin dry. Also, you still should be wearing sunscreen.

8) Buy in-season food. Beets, broccoli, cabbage, eggplant, kale, pumpkin, broths, roasted squash, roots, and sautéed dark leafy greens are all great choices.

9) Stay active! It can be easy to just sit around all the time, but it's important to get in some movement throughout the day. Raking leaves or shovelling snow counts!

10) Wear layers and protect your body from the dropping temperature. Make sure you have gloves, a scarf, earmuffs, a winter coat, warm socks, and snow boots!

11) Do some "spring cleaning" in the fall. Clean out your closet, organize that back room, and rid yourself of things you don't need.

12) Prepare your home for possible extreme weather conditions. Do you have a shovel and/or snow blower? Do your flashlights have batteries? Is your heat working okay?

13) Get some books to read and shows to watch. Who doesn't want to sit by the fire on chilly winter nights and read a good book or binge-watch some Netflix?

14) Keep a schedule. The cold months can seem to drag on and push us into isolation. Stay on track by scheduling time in your day to do things you like to do.

15) Be kind to yourself. The holidays can cause weight gain, the shorter days can cause low mood, and the flu season can cause sickness. Listen to your body and give it what it needs, and don't beat yourself up! Try reframing negative thoughts into positive ones.



Adult Day Centre – 60s Party

What a day we have had today at our Adult Day Centre. It was our 60s Fancy Dress Party and so much fun was had. Songs were sung, there were some questionable dance moves, but most of all, plenty of laughs and jokes were had!

We are always keen to keep our Clients motivated and involved, and our party today has proved that no matter what, you can always have a great time.

If you believe that this is something that may benefit either yourself or a family member, you can enquire about our Day Centre by calling a member of the team on 01270 257347.



Information & Support

We understand that choosing care can be difficult, that's why we try and support you to make the process as simple as possible.

Supporting our Clients to stay safe at home:

We know that this is a worrying time for families who are concerned about the health and safety of their loved ones requiring care. We would like to reassure our Clients and their families that safety will always be our number one priority and we are doing everything we can during the pandemic to continue providing the safe, high-quality care we are known for.

Funding & Planning

We understand that choosing care can be difficult, that's why we try and support you to make the process as simple as possible. Right at Home can provide you with the knowledge you need to make an informed decision about homecare. When you make contact with us, you will be provided with an approximate quote before undertaking a homecare assessment to confirm the level and type of care required.

How to Prepare for Homecare

To us, homecare is providing an exceptional level of care to those wanting to live independently in their own home. It is also an alternative to residential care. Homecare covers a whole range of services enabling you to continue living in the comfort of your own home, from companionship and medication reminders through to light housekeeping, personal care, and cooking meals.

Community Engagement

At Right at Home, we think our Clients' care and support should extend beyond the home and where possible, we like to get our Clients out and about in the local community. Whether it's a trip to the hairdressers or a weekly crafts club,

we can help our Clients to continue living an active and healthy lifestyle.

Health Awareness

Your health is affected by a number of different factors such as your family's medical history and the environment and climate you live in. There are factors that we can control or take preventative measures to support us in keeping healthy.

Healthy Eating

It is recommended that you eat a variety of food from different food groups and include 5 portions of fruit and vegetables a day. You should also try and drink plenty of fluids. If you want to learn more about maintaining a balanced diet you can read the Eatwell Guide from the NHS.



Areas we Cover

At Right at Home South Cheshire, we provide support to your loved ones in the comfort of their own home and provide homecare for them to match their care needs. We are proud to support our Clients across South Cheshire, find out more about the locations that we cover at Right at Home South Cheshire below. Contact us today to discuss your relative's needs today and how we can help.

Nantwich, Crewe, Shavington, Wrenbury, Haslington, Church Minshull, Alsager, Sandbach.