



SUMMER NEWS

- 15th May- Monthly Lunch
- 17th June -Trip to Theatre
- 25th July-Moving and positioning practical Training



Hello again and welcome to the Care Herts newsletter. For those of you who have not been with us for long, we send out a newsletter every quarter to keep you all updated with anything that is happening within the company, and any new social activities that we are hosting. If you have any suggestions to make, or would like to contribute anything to the newsletter, please call us and we can add it to our next edition.

STAFF RETREAT :

The staff retreat programme has gone well. All those who have attended have thoroughly enjoyed themselves and are looking forward to the next staff outing. If you would like to see the photos and read the write ups of the sessions you can find these on our website at www.careherts.co.uk or on our facebook page. You will also find photos of all of our service user lunches on these sites.

NEW SYSTEM IN PLACE:

As reported in our last newsletter, we now have a new system in place. Apart from a couple of occasions when the system broke down, it appears to be working well. The staff logins are more accurate than with the previous system and is much easier to use. General feedback from service users has been positive in most cases with much understanding and patience from them all when we have experienced problems.

Some of our team members are currently receiving a high volume of non emergency calls to their mobiles on their days off and in the week end. If you can keep your non emergencies to be dealt with during normal office times, it will be really helpful for our staff to have a bit of a leisure time.

NEW MEMBERS:

We have a new member of staff, Jackie, who has recently joined us. There will be another new face joining us in the near future. Her name is Ama, and she is currently undertaking her induction training. We hope that both Jackie and Ama enjoy their time with us and have long careers at Care Herts.

CINEMA & THEATER.

We are still looking into the cinema and theatre trips. As of yet no-one has come back to us with their views on these or on our summer outings to historic homes and garden visits. Please talk to us about these and any other outings that you may like to take part in. A suggestion that was given to me this morning from Stefan, is a trip to the Zoo. I shall be looking into the trains to ensure that all stations that we would need to use are step free and disabled friendly. The cost would not be too expensive as we can get buy one get one free tickets. If you would be interested in this, please let me know, and we can arrange a date for it. Another suggestion made by Viv is to hold a bingo session. If you have any ideas about things you would like to do please contact us.

ANOTHER LUNCH OUT



Our next service user lunch will be held on the 15th June 2017 at the Attimore pub in Welwyn Garden City. If you would like to attend this meal there will be the standard £10 per person which covers the cost of your meal and drinks. If you require transport there will be additional costs but at a reasonable price. If you have never come along to one of our lunches or are new to our company, please come and try it. Everyone has a great time and you can make some new friends. Family members are also welcome.

NEW SUMMER UNIFORM:

You will see the care practitioners in our new summer uniform in the next few weeks. These are a lighter weight material and should be much cooler for working in during the summer months. If we have a summer! We hope that you will like the new outfit and find that your carers still look tidy and presentable in them.

MOVING AND POSITIONING TRAINING:

We had the first of our practical moving and positioning training sessions for the year on the 28th March 2017. This session was attended by those who were new to the company and those whose practical training was out of date. We will be having our next session on 25th July at the HCPA training centre from 1 – 4pm. These sessions are not only for our staff members, but also yourselves or your family members who wish to learn the correct procedures for moving and positioning. You can also put one of your family members into a sling and let them try out being hoisted! It would give them a taster of what it is like for those of you who are needing this.

SERVICE USER AND STAFF SURVEYS:

You will have received your survey from the HCPA. We hope that you have filled these in and sent them back. We cannot improve our service to you if we do not know where and what improvements are needed. This is your service, so please get involved.

DONATE BLOOD

Give blood for a custard cream! Both Julia Randika and Jay are blood donors and have been donating for many years. We would like to encourage any staff members who would like to join us to come along to one of the sessions. It only takes about 30 minutes from start to finish, and you will only give one pint of blood. The donor nursing team are all very nice and look after us well. You get a cup of tea or coffee or a cold drink and as many biscuits or crisps as you want. If you are interested please phone one of us and we can give you the phone number to book yourself in or the dates that we are going. Always nice to have a blood buddy!

SHAPER GYM

Randika and Jay went along to a new type of exercise class a short while ago. Randika has secured us a free initiation class and if we decide to continue a reduced cost to our sessions. The classes are run from Hatfield Leisure Centre and use power assisted exercise machines. My idea of exercise! A machine that does all the sweaty stuff! This type of exercise is for all age groups and is designed to assist with improving muscle strength and mobility. It also helps with weight loss. I have signed up for it and would love it if others would come and join me.

QUOTE OF THE DAY

“Train your mind to see the good in every situation”

Care Herts Limited

22B, Weltech Business Centre

Welwyn Garden City

Hertfordshire

AL7 2AA

01707881379

info@careherts.co.uk

www.careherts.co.uk