



SUMMER NEWS

- 15th June- Monthly Lunch
- 17th June -Trip to Barn 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.

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 & THEATRE.

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.

We have arranged to hold a theatre trip on the 17th June at the Barn Theatre. The play that we are looking at seeing is an update on The Taming of the Shrew. The write up says that it is a new twist on the "battle of the sexes." If you would like to come along to this please contact us so that we can organize the seats and transport.

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 let one of your family members to experience or 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.

HCPA IMPARTIAL FEEDBACK SURVEYS:

Care herts association with Hertfordshire care providers association (HCPA) conducting an impartial feedback survey and you will have received your survey questionnaires by now. 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! 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 met a elderly person in the hatfield leisure center couple of months ago who is in his late seventies. She was amazed to see him using standard gym and exercise mechine's same as the youngest in the gym. She had a chance to talk to him and said to him that it is really admirable what he is doing and it will help to encourage others in his age group. He happily shared his secret and said he was weaker in his mobility at first and then used the shaper gym which helped him get his mobility back.



Following this incident, Randika has discussed with the staff in the leisure center to see how we can get the advantage of this facility and support our service users. They said service user's who can come with a GP's letter or recommendation can use this facility for a small price. They also agreed to secure a free initiation class for Care Herts Service users and staff . The induction class is run from Hatfield Leisure Centre and if anyone happy to participate, please let us know by the end of the month. We are planning to book the induction session in second week of June.

As Julia says," 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. Julia and Madeline have already signed up for this and would like some company so please have a think about it and come and join them.

QUOTE OF THE DAY

"Follow Your Heart, But Take Your Brain With You!"

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