



# CARE HERTS

A COMPANY WITH A CARING HEART

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## WINTER NEWS

**“Winning is not everything, but the effort to win is”**

We are finalist of Hertfordshire care awards for most **innovative care team**



Hello and Happy New Year to Everyone. We all had a fantastic year and now waiting for another exciting 345 days to be planned and filled with the best possible journeys we can make together. While we are wrapping up the memories of last year, we also thought of sharing our new plans for the year ahead.

### WE ARE THE FINALIST :

As you may be aware by now, We entered the Hertfordshire Care awards 2017 competition under the category of most innovative care team in home care in which we were finalists and achieved top three in Hertfordshire. This is a very big achievement for a toddler company like us being in a competition with over 300 established organizations in the same sector. Also we are awarded with HCPA gold Membership in December 2017. Well Done **CARE HERTS!**

### NEW YEAR- NEW WEBSITE:

We are putting together a new website which we hope is more accessible to you all. On the site you will find photos of team meetings, team events and service user lunches. We also put up important information so that

you can keep up to date with everything that is happening within the company.

### CHRISTMAS LUNCH:



We held a few lunches during 2017, not as many as we would have liked, but we hope to host more in 2018. These have proved to be very popular and many service users have made new friends while attending them. Out of all lunches we held, everyone's favourite was the Christmas lunch we had on Friday 8<sup>th</sup> December. Because it's not only the lunch served, the event itself was fantastic with the singing of Christmas carols, Christmas greetings and Christmas presents. As you all are aware, We are always looking for ideas for new activities and would like you to make suggestions on outings that you would like to do.

### SNOW AND FUN :



Going back to the 10<sup>th</sup> of December last year, hope you all remember the heavy snow fall. Proud to say that we, care Herts managed to cover all our visits with the support of our team members, their family members and our valued service users and their family members. Calls got delayed due to driving difficulties and having to drive at 10 or less miles per an hour, but we made sure that everyone was fed, medicated and looked after as a normal day. That was a long cold day for all of us who worked and drove in the

community but we managed to have bit of fun time in between visits playing in the snow, just to ease off .

## **YEAR END -TEAM MEETING**



Year end team meeting is always special. Care herts had her year end team meeting on wednesday 20<sup>th</sup> December and was well attended by staff members. This meeting contained work related discussions and year end festival joy. All staff members were delighted to receive a Christmas gift and a team photograph was taken at the end of the meeting.

## **NLP\*, CST\* , COACHING AND COUNCELLING:**

Care herts are always experimenting with new ideas and the best ways to support our service users. Accordingly, in year 2018 care herts will be starting a new project called “connecting dots”. Connecting dots is a new concept introduced to support clients, staff and the people in the community to maintain positive mental vision. This project consist of a variety of cognistive stimulation treatment programmes to support service users living with dementia. Also there are nuro linguistic therapy programmes to help people to deal with day to day stress. More activities are planned to support people to identify and achieve their goals and work towards self actualization. Also, long term on going coaching and couciling sessions are available for professionals and people who need on going support.

\*NLP -Nuro Linguistic practice

\*CST – Cognative Stimulation Therapy

## **TRAINING CALENDER:**

Our training calendar for the new year is almost ready. As always, we would like to invite the families of our service users to attend any of our trainings so that they can gain knowledge of a particular subject or to understand better the problems their family member may have. If you would like to attend any training, please call on 01707 881379 to book a date. We are looking for team members to take on one of the Champion Pathway training courses. We currently have two people on these and both will hopefully be finished early in the new year. There are three other courses available if anyone is interestedusing

## **MOVIE NIGHT :**



We have been talking about having a movie night since last year, however due to our busy schedule we couldn't arrange it so far. Now it's time to catch up with things we missed and accordingly we are scheduled to have a Movie night on 24<sup>th</sup> January and 8<sup>th</sup> February this year. We are having two sessions in order to facilitate everyone being able to attend and join in with this fun event. The movie we are going to watch is “In to the woods” and the movie night starts 6:00 pm both days. Pop corn, drinks and snacks are provided.

## **WATER SPORT – NEXT TIME :**

We held bowling sessions for the team in 2017. We held three separate sessions so that we did not disrupt your service. Some team members showed a streak of competitiveness that we did not know they had, but on the whole, everyone enjoyed themselves. Some of the staff members brought their children along so that they could join in. We will be holding team events again in 2018 and this time we are planning to have water sports events.

**QUOTE OF THE DAY**

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*“Never Stop Learning Because Life Will Never Stop Teaching!”*

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We Are



HCPA Gold Member



HCPA Approved Training Provider



Hertfordshire Care Awards Finalist