



Home

Instead®

To us, it's personal

Retford and Gainsborough

Newsletter

JUNE/ JULY

Our recent news

Home Instead Providing personalised home care for older people that is dignified, reliable and relationship-led. To all our wonderful clients Thank you for choosing Home Instead Retford and Gainsborough, to those who are interested in our services thank you for choosing to catch up with us. We hope you all find this newsletter is interesting! We release a newsletter each month to keep you updated on our achievements, share news, fun pictures and advice.

Here at Home Instead Retford and Gainsborough we believe that everyone is different and that's why we don't offer a ready-made package solution but help that is tailored to your needs and will adapt as your needs change.

Our CAREGivers are carefully selected to match your personality. It is usual for our visits to last at least one hour to ensure our CAREGivers are not rushing and take the time to look after you. They also undergo extensive background checks and are given high-quality training to give them the confidence, knowledge and skills to care for you. From companionship, to dementia care and home help, our wide range of home care services can help you to keep living happily at home.



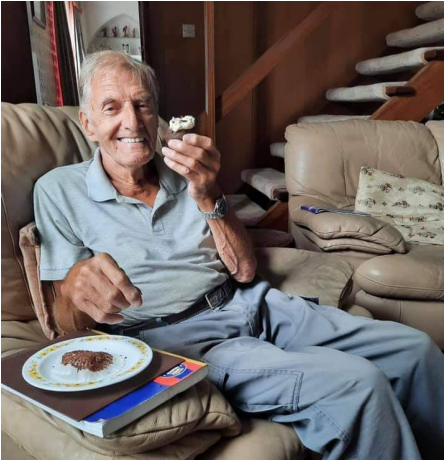
Keeping you safe



Our CAREGivers are so protective of their Clients and treat them like family members and want to keep them safe. All CAREGivers are vigilant about infection control and we have all the safeguarding measures in place, including the wearing of PPE by staff members and regular handwashing and cleaning routines.

We continue to be abreast and in line with all government guidance and have Client risk assessments, key care plans and live action plans. We are constantly updating these assessments and plans to ensure that we can continue to ensure our Clients get the support they need. We are frequently reviewing all Clients and CAREGivers to mitigate and minimise the risk posed to CAREGivers and Clients. If you have any further question's or wish to have sight of our risk assessments then we would be more than happy to share information with you so please do not hesitate to contact us.

Our Care



Our lovely Client enjoying home made cakes made by his CAREGiver and her grand daughter at the weekend. I think his face says it all. Enjoy.



Starting the day with a stretch. It's important we support our Clients with all elements of their health and well-being.



Our Client loves his game of Jenga. He loves it even more when he wins.



Did you know that doing yoga can help you to cool down in the hot weather? Well... It can when you do it in front of the fan

Watching sports together - Wimbledon and Football



Our Care



A Lovely trip out together.



Friendships



 Home Instead.

Happy International Friendship Day!

 **Avril W (Client)**

"Getting older, I never expected to enjoy carers visiting me, but I do! they have become such a good support and lovely friends."

Longer visits allow us to do so much more with clients and build far stronger relationships. Today, we celebrate all of the beautiful friendships our fantastic CAREGivers have blossomed with our clients!

Recruitment



Start a **JOB** you'll **LOVE**

With  **Home
Instead®**

ARE YOU

RELIABLE *Trustworthy* **RESPECTFUL** *Compassionate*

WE TAKE TIME TO SELECT EMPATHETIC AND ENTHUSIASTIC PEOPLE TO CARE FOR OUR CLIENTS. ALL OF OUR CARE IS RELATIONSHIP-LED, WHICH MEANS THAT WE'LL MATCH YOU WITH OUR CLIENTS, BASED ON SHARED HOBBIES AND INTERESTS. THIS CAN BE ANYTHING FROM FOLLOWING A FOOTBALL TEAM, ENJOYING GENTLE WALKS, PAINTING, MUSIC OR CRAFT MAKING.

AS A CAREGIVER AT HOME INSTEAD, YOU WILL RECEIVE EXCELLENT TRAINING, GREAT RATES OF PAY AND FLEXIBLE HOURS.

OUR PEOPLE ARE OUR PURPOSE AND WE'RE PROUD THAT OUR CAREGIVERS LOVE WHAT THEY DO AND ARE PROUD TO WORK FOR US.

NO QUALIFICATIONS
OR EXPERIENCE
REQUIRED WE PROVIDE
ALL THE SUPPORT AND
TRAINING YOU NEED
TO GET STARTED!

HAVE YOU EVER PICKED UP A PRESCRIPTION FOR A FRIEND OR ACCOMPANIED SOMEONE TO THE DOCTOR? WHAT ABOUT HELPING SOMEONE AT YOUR LOCAL COMMUNITY HALL OR CHURCH GROUP? OR, HAVE YOU SIMPLY JUST LENT YOUR EAR TO A FRIEND OR OFFERED A SHOULDER TO LEAN ON WHEN SOMEBODY HAS NEEDED SOME EMOTIONAL SUPPORT? BECOMING A CAREGIVER IS SIMPLY ALL THOSE THINGS THAT YOU DO TO ENHANCE THE QUALITY OF LIFE SOMEONE IN YOUR COMMUNITY AND TO HELP KEEP THEM INDEPENDENT IN THEIR OWN HOME.

WITH HOME INSTEAD, CARE MEANS QUALITY CARE. IT MEANS PROVIDING SUPPORT THAT IS COMPLETELY PERSONALISED TO THE INDIVIDUAL AND IS BASED ON A CLOSE BOND FORMED FROM PERSONALITY SIMILARITIES, SHARED EXPERIENCES OR INTERESTS AND MINIMUM ONE HOUR VISITS. YOU'LL SEE THE SAME CLIENTS AND BECAUSE WE DON'T RUSH OUR VISITS, YOU HAVE THE OPPORTUNITY TO PROVIDE OUR QUALITY AND AWARD WINNING CARE WHILST BUILDING WONDERFUL FRIENDSHIPS

IF YOU ARE KIND AND CARING AND KEEN TO MAKE A DIFFERENCE TO THE LIVES OF OTHERS CALL / EMAIL US TO CHAT WITH OUR RECRUITER OR APPLY ONLINE AND START A NEW JOURNEY TODAY!



T 01777 712629
E ENQUIRIES.RETFORD@HOMEINSTEAD.CO.UK

5 STAR EMPLOYER



Don't forget we won a 5 star Employer award!



What's unique about this award is it's based on anonymous feedback from all of our employees. We are so proud of all of our team who have worked, and continue to do so, with such care and compassion making a difference every day. If you are interested in joining our team then you can contact us



TOP AWARD



Another award?! Yes!

We have been awarded a 'Top 20 Top Rated Home Care Provider 2021' award for our region, East Midlands.

This is based on over 33,000 reviews published by Clients and their family/friends.

This is an absolute testimonial to all who work for us at Home Instead Retford and Gainsborough.

Well Done to all team! We are SO proud!




Dementia



The more we know about dementia, the better we can help the people living with it and those who care about them.


Here are FIVE facts that you should be aware of when it comes to dementia.


5 facts about dementia




It's an umbrella term for disease affecting memory and cognition. There are more than **400** types of dementia.

Dementia is not a normal part of ageing.







Non medical interventions such as music, exercise and social stimulation have a **positive** effect.



1 million people in the uk are expected to have dementia by 2025.

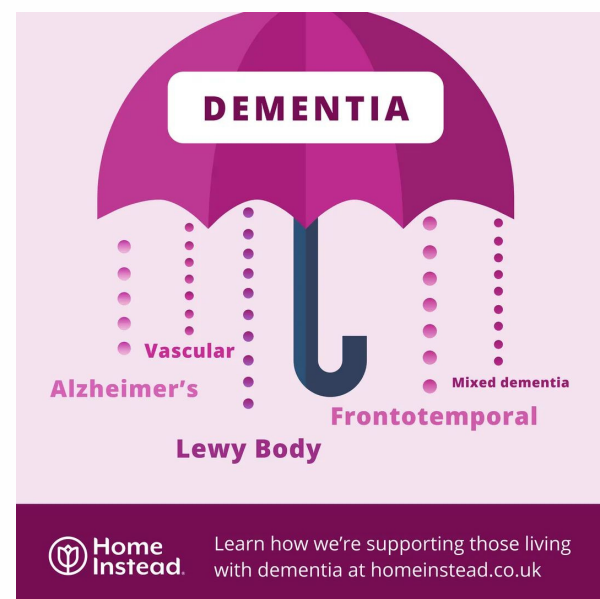


Dementia is progressive and irreversible.



With our dementia-trained professional CAREGivers and bespoke care plans, you get peace of mind that your loved one will be well supported and cared for in the familiar surroundings of home. Give us a call to discuss the best options for you and your family.

Dementia and Alzheimer's are related but are not the same. Dementia is an umbrella term, a general term covering many different diagnoses. In fact, there are more than 400 types of dementia. Symptoms can include memory loss, impaired judgement, difficulties with language and attention, and personality changes.



Learn how we're supporting those living with dementia at homeinstead.co.uk

As a leading home care provider, we provide support for many clients living with dementia and provide comprehensive training to CAREGivers and businesses in our local community. Find out more on our website or call us for information about how we can support your loved ones.

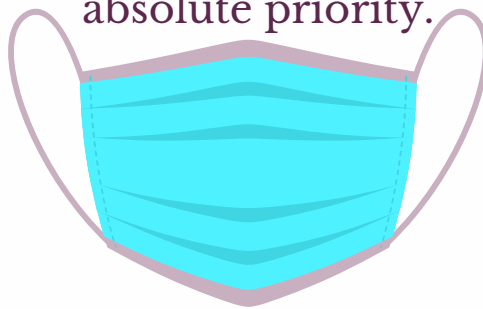
COVID - 19



The next step of the governments Coronavirus plan with the start of step 4.

However, things will remain as was here at Home Instead Retford and Gainsborough. We will continue to wear full PPE as required, a minimum of a mask at all times, with all of our Clients. The guidance on this has not altered for us. In terms of isolating. We will also continue to follow the steps as were in respect of this meaning, if a staff member gets the 'ping', they will still go into isolation with our full support. We will await further guidance from our local Public Health, Local Authority and expert bodies before we decide to take this next step.

The safety and welfare of both our Clients and team are our absolute priority.



Speaking of welfare when you improve your self-care routine, you improve your ability to provide care for others, but it won't happen overnight. Small changes can lead to healthy habits in the long run. Here are some steps you can take to preserve your well-being, whether as a professional CAREGiver or a family carer.

First, care for yourself.

6 self-care tips for CAREGivers

 **Home Instead.**

<p>Eat healthy meals regularly</p> <p>Keep your body and mind healthy by replenishing your strength with nutritious meals. Be sure to include lots of fruit and vegetable, which will provide antioxidants to protect your health.</p> 	<p>Stay hydrated</p> <p>Adequate water helps keeping your mind clear. Although it's tempting to opt for more caffeinated and sugary beverages to help keep you going, water is by far the best option!</p> 	<p>Sleep & rest regularly</p> <p>Making sure you get some sleep, or at the very least a little rest gives your body a break from stress. Adequate rest is critical for keeping you in good health.</p> 
<p>Make time for exercise</p> <p>Exercise is an incredible way to help relieve stress. Even a short walk outside can do you a world of good. If you can't go out, walk up and down the hall, anything to get your heart pumping!</p> 	<p>Ask for & accept support</p> <p>Let family and friends know how they can help you. People are often very eager to help during difficult times. If you feel like you need to, don't be afraid to seek professional support.</p> 	<p>Give yourself a break</p> <p>You owe it to yourself, as well as to the person you're caring for, to carve it into your schedule. Although you might be reluctant, a little R&R can dramatically help ease your stress level and renew your energy.</p> 

Community Support



'Lets Sing' was founded in 2017 by Jessica Mary Brett and sponsored by Vicky Waring from Home Instead Retford and Gainsborough. This is a weekly intergenerational community group accessible to all, where members of the



community come together to build friendships, reduce isolation and loneliness; and have an afternoon of fun and singing whilst enjoying the odd cup of tea and biscuit. Unfortunately, when the pandemic struck, we were unable to continue the group in this manner. Jessica continued to offer the sessions though, every Thursday on the Lets Sing Facebook page, but we recognised that this may not be reaching all of those people that would benefit from such an activity. (Once we have the go ahead to restart the group it is our intention to go back to the face to face offer).

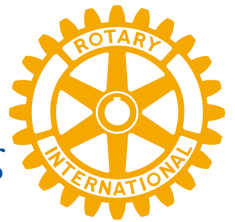
So we founded 'Lets Sing in a Bag', our alternative to 'Lets Sing'

In this bag there is a set of singing / exercise sessions (either DVD or private links). There is something for everyone! From a Nursery rhyme set to a old time sing along and a char based dancing session!

These can be used alone, with family ,or as a means to your daily exercise. In each bag there is also a flag and an instrument, along with a singalong book.



We would like to thank Retford Lions Club and Retford Rotary for their kind donation of funding to allow us to deliver this project.



Let's for the Community is a new Community Interest Company created by both Jessica and Vicky and has an aim to create many future projects & activities to breakdown inequalities within the community. This will be a start of many projects!



If you know anyone who may benefit from one of these Let's Sing bags please get in touch and we can arrange a delivery of a bag!

letscommunity@outlook.com
07867430104

Let's Sing in a bag



Our director Vicky has been out and about delivering Let's Sing bags. We are really pleased to be able to support our Community with these initiatives making a difference to those who receive them!



Community Nursing Services helping them to make a difference to the patients they work with to reduce loneliness.



Retford Leisure Centre who will be giving bags out to their member attending key groups that run in collaboration with local NHS services.



Jane - Bassetlaw Social Inclusion Officer who will be able to share bags with those living in sheltered housing across Bassetlaw



Angie - Bassetlaw Dementia Advisor who will be able to distribute bags to people all over Bassetlaw

Sunflowers!



Some of you may have seen that Home Instead are the sole proud sponsors of 'Love Your Garden' with Alan Titchmarsh. As you'll know we decided to take a different approach this year to our gift offered to all of our wonderful team at Easter. Over the Easter break, they each received a message of positivity with some Sunflower seeds to plant.

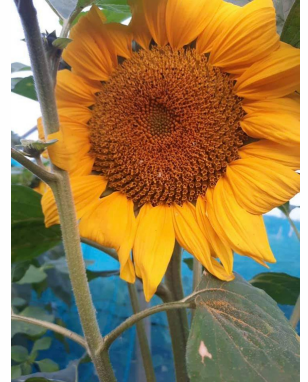
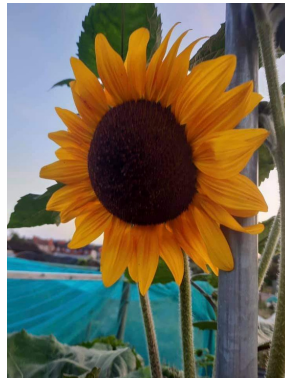


Just look at how much they have all grown!

FROM THIS



TO THIS!



Hot weather



ALERT

As the temperature continues to increase and the forecast is looking good, please don't forget to remove your hand sanitiser from your cars and don't leave this inside your vehicles.

In hot temperatures the inside of your vehicles can rapidly increase. For example, at 25 degrees outside, the inside of your vehicle could reach 55 degrees. At such high temperatures, alcohol hand sanitiser can release highly flammable fumes and ignite.

Stay safe!



Mental Health Help



Urgent help in a crisis

If you need help
during a mental
health crisis or
emergency please
phone **999**

Whether you're concerned about yourself or a loved one, these mental health charities, organisations and support groups can offer expert advice.

Mind

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393

(Monday to Friday, 9am to 6pm)

Website: www.mind.org.uk



Samaritans

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123

(free 24-hour helpline)

Website: www.samaritans.org.uk

Refuge

Advice on dealing with domestic violence.

Phone: 0808 2000 247

(24-hour helpline)

Website: www.refuge.org.uk



Alzheimer's Society

Provides information on dementia, including fact sheets and helplines.

Phone: 0300 222 1122

(Monday to Friday, 9am to 5pm and 10am to 4pm on weekends)

Website: www.alzheimers.org.uk

If you haven't already logged into our app please contact our team to get you set up!

In our last newsletter we talked about getting ready to go live with our new electronic care planning system.

We are really pleased to report that all is going well. We have had very few teething issues and thank goodness not too many faux pas on the daily logs with great thanks to predictive text.

The real benefit is that it allows us to review the daily logs in real time and identify any issues or concerns in a timely manner making changes and adaptations as needed.

It also gives our Clients and their family members an opportunity to review the daily log and keep a track on their loved ones care. This is especially beneficial when loved ones may not live close by or are unable to visit due to the pandemic.

Well Done to all the team.

Access Care Planning (ACP) is a comprehensive care management mobile app. It includes complete digital care plans and forms, eMAR, family & friends access, automated alerts and visit verification, all in one easy to use and configurable platform.



This app:

Gives clients and family secure access to care plans, allowing them to be fully involved in their care.

Gives peace of mind to family members with live updates on their loved one's care.



Sets family up to receive updates when care visits have been completed or other criteria are met.

Allows family to see notes on what activities CAREGivers have done with their loved ones and any notes made during the visit.

