



Supporting people coming out of shielding

From 1 August, The Department of Health announced that the 2.2 million people on the shielding list in England would no longer be advised to shield. You can now visit shops, hairdressers, garden centres, restaurants, cafes and lots of other places - indoors and out. We want people who have been staying home to feel confident to go out again if their local area lockdown restrictions allow it. Our CAREGivers want to help make this transition as smooth as possible whilst continuing to keep you safe.

Here are some of our top tips when coming out of shielding:

1. **Take things at your own pace.** Don't do things you don't feel comfortable with, but try not to let that be an excuse not to push yourself, especially when it comes to reconnecting with friends and family.
2. **Spend time with and talk to people you trust.** It's normal to feel a bit worried or scared about the current situation and it is important to spend time with people and talk about how you feel.
3. **Do something you enjoy.** Many venues have a booking system in place, such as the National Trust, which limits the number of people allowed to visit at any given time for social distancing purposes.
4. **Wash your hands frequently** with soap and water for at least 20 seconds or use a hand sanitiser. The guidance on preventing the spread of infections has not changed. Avoid touching your eyes, nose and mouth with unwashed hands.

Meet The Team!

To help you to get to know the team better, our spotlight this month is on Jean. She is one of our two Client Service Managers ensuring you receive exceptional care right from day one.

How long have you been with Home Instead?

6 months which have flown by!

Favourite hobby or past time?

Rescuing dogs! You can find me painting by numbers or making beauty and the beast glass domes containing a rose and lights.

What puts a smile on your face?

When I see dogs I have rescued happy in their loving new homes.

Favourite dish to cook?

Lasagne, chilli or a beef curry.

Do you have any pets?

4 dogs, 2 turtles, 1 snake and a blue tongue skink!

Where is your favourite holiday destination?

Benalmádena in Spain. The hotel over looked the beach; it was so peaceful and beautiful.

A random fact about you?

I run a registered charity called Rocky's Rescue and I am originally from Ireland.



Receiving lovely feedback

We always appreciate hearing positive stories about you and your CAREGivers. This week we heard of this wonderful conversation from Mrs P.H.

When asked by her Daughter how the care visit had gone, our client said her CAREGiver hadn't come by that day. She had definitely visited, but because her Mum sees her as more of a friend she hadn't realised.

If you have any feedback you would like to share with us, please call the office team on 01242 513203!



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