Home Instead SENIOR CARE®

To us, it's personal.

ISSUE 08 Cheltenham and Cotswolds Newsletter DEC 2020

Merry Christmas and a Happy New Year

What a strange year 2020 has been - and not a year we were all expecting to have! We know Christmas won't be quite the same for us all this year but the team here at Home Instead Senior Care Cheltenham & Cotswolds would like to wish you and your loved ones the best Christmas possible, and a very happy and hopeful New Year.

Christmas Cheer by Post

To spread a little extra joy and happiness this festive season we have teamed up with two local primary schools. All the children have written lovely letters and created Christmas cards for our clients and CAREGivers. Over the next few weeks we will be posting these letters and cards to you, we hope you love them as much as the children have loved creating them. As a big "THANK YOU" to all the children for taking part we have sent them all an advent calendar! We are delighted to say that we have received lots of support from local businesses who helped us by donating advent calendars including Betec Joinery, Officeworx, Morrisons, Tesco, Waitrose and Sainsbury's. If you would like to write back to the children please post your letters into Danielle at our Home Instead office. (Address over) The children would be delighted to receive your letters.

Meet The Team!

To help you to get to know the team better, our spotlight this month is on Lucy. She is our Care Coordinator, making sure our client calls have been scheduled and their matched CAREGivers have been appointed.

How long have you been with Home Instead?
It has been just over a year!

Favourite hobby or past time?
My main pastime is competing as a professional Dressage rider, which I have been doing since I was 15 years old. I am currently retraining an ex-race horse. I also enjoy scuba diving and rock climbing.

What puts a smile on your face?
When I see my horses, dogs and wonderful fiancé.

Favourite dish to cook?
My delicious homemade spaghetti bolognese.

Do you have any pets?
Quite a few - 3 horses, 2 dogs and 6 reptiles!

Where is your favourite holiday destination?
Disney World Florida, because every time you go there is something new to explore.

A random fact about you?
I have worked with two international horse riders, Tom Rowland and Rebecca Cowderoy, as Head Girl.

Jellies To Help Hydration

We are pleased to announce that we have a few more spaces available on our Jelly Drops trial. Jelly Drops are 95% water and are designed to boost your water intake to help prevent dehydration. Studies show that older adults are more at risk to dehydration because the amount of water in the body is reduced and the sensation of thirst decreases which can mean less fluid intake. We would be happy to deliver a tray of Jelly Drops over to you to try and if you like them we would love for you to take part in our three month pilot for free. For more information or to request a tray please contact our General Manager Michelle via email: michelle.keeble-hawkes@homeinstead.co.uk or call the office on 01242 513203.

Best wishes from us all!!

Home Instead Senior Care, Penhill Offices, Colesbourne, Cheltenham GL53 9NS
www.homeinsteadcare.co/dec
(01242) 513203

Inspected and rated Outstanding ☆ CareQuality Commission
Each Home Instead Senior Care® franchise office is independently owned and operated. Copyright © Home Instead 2020.