



Newsletter

April 2020

Bluebird Care Cambridge & Cambridge South

Hello.

I'm writing this in an unprecedented time for the whole country. Coronavirus has spread across the world and brought with it illness and uncertainty. So, I would like to start by providing some reassurance. Bluebird Care are, and will continue to be here for you, our customers. Some puzzles and competitions are included in this special edition to keep spirits high.

As key workers, our team continue to work on the frontline to support you.

I'm sure you've already seen some of the steps we've taken to enable us to carry on working with as little disruption as possible. All of our team are already trained in infection prevention and control, and we've taken additional measures to ensure they have supplies of sanitising hand gel and essential personal protection equipment such as gloves and aprons to be able to do their jobs safely.

We're also providing weekly health and wellbeing checks to all of our team members using our assistive technology, Bluebird Care Assist and you can read more about this service within this newsletter. Whilst this does not test for Covid-19, it does check vital signs, such as temperature and breathing levels, which helps reassure them and you of their general wellbeing.

To keep up to date with what we're doing to keep our customers and team safe, please do visit our social media channels, and our website where we have a dedicated Coronavirus page.

Whilst these are worrying times, it's important to remember that this situation will pass, and we will get through this.

We very much miss having customers in to visit us at our Ely care hub and we look forward to putting on events for you in the near future. Hopefully the stories from our customers within this newsletter will help to brighten your day while we cannot hold these regular events as we would like.

Finally, I'd like to thank our team for everything they are doing at this time. While this is a busy time for everyone, it's important to recognise their achievements, and as usual we've highlighted some of their accomplishments and career milestones within this newsletter.

Stay safe everyone and I look forward to seeing you all soon.

Carolyn Dailey
Principal Director

Wellbeing - Eating & Drinking Well

Viruses such as Covid-19 have highlighted the importance of good hygiene in preventing the spread of germs and infections.

The recent events have also shown that many people have been too flippant about taking basic steps such as washing our hands or covering our mouths when we cough or sneeze. To help ensure everyone takes this vital step in preventing the spread of disease, we've created a handy poster to show how to wash your hands correctly.

Another key factor in maintaining a healthy lifestyle is eating and drinking well. However, as we get older, this can become harder to do.

We know that good nutrition is vital to healthy living, which is why it's so important to eat a healthy diet. It's been proven that eating and drinking well can help to prevent long term health conditions such as diabetes, heart disease and high blood pressure.

How Bluebird Care can support you with home care services

- We'll discuss your needs with you and whether you would like support with your eating and drinking
- We'll then write about the foods that you like and those that you dislike in your personal care and support plan
- This could be anything from every day encouragement, to preparing tasty nutritious meals or working with your health care professionals to support your special diet
- Often the simple act of preparing a meal with someone can make mealtimes more worthwhile
- Your home care worker can then encourage you to eat well by preparing foods that you enjoy
- Our home care workers are trained to understand the importance of good nutrition and hydration in maintaining well-being. You can be assured that when preparing food they are aware of the importance of food safety and hygiene

Bluebird Care Assist

Have you taken advantage of our health and wellbeing check service, Bluebird Care Assist, yet?

By monitoring general health and wellbeing in the comfort of your own home, we can immediately identify any changes in your health.

The checks we undertake include:

- Blood Pressure monitoring
- Temperature
- Oxygen saturation and breathing levels
- Pulse
- Alertness and general wellbeing

If you'd like to know more about Bluebird Care Assist and how our health and wellbeing checks could be provided as part of our care packages, please get in touch today or mention it to your care worker on their next visit. We're available for a confidential and considerate chat whenever you are.



Achievement Awards



Probation Pass
Karen Candler
Team Manager for Cambridge

Karen has settled very well into our Bluebird Care family and is enjoying her role immensely! Congratulations to her for passing their probationary period, and becoming fully-fledged member of the Bluebird Care Team!

Carer of the Month



January
Karen Cooley



February
Sylvia Perry



Spreading cheer!



Protect yourself and others
from getting sick

WASH YOUR HANDS



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



World Health
Organization

step by step



Wet hands with water



Use soap



Palm to palm



Palm to palm
fingers interlaced



Backs of hands
fingers interlaced



Base of thumbs



Fingernails



Rotationally rub wrists



Rinse hands
with water



Dry hands thoroughly
with towel



Puzzle time!

As we know most of you are self isolating at this time, we've included some fun puzzles to help you get through the day.

We hope you enjoy the puzzles. If you need help, don't forget to ask your care assistant on their next visit!

1	2	3		4	5	6		7	8	9	10	11
12				13				14				
15				16				17				
				18				19		20		
21	22	23			24			25				
26					27							
28								29	30	31	32	33
					34	35	36	37				
38	39	40	41						42			
43					44			45				
46					47		48			49	50	51
52							53			54		
55							56			57		

Across:

- 1. Tofu Ingredient
- 4. Recipe abbr.
- 7. Diamond weight
- 12. Ram's mate
- 13. ___ snail's pace (2 wds.)
- 14. Fragrance
- 15. Juneau native
- 17. Ledger entry
- 18. Flower feature
- 20. Zero
- 21. Opera tune
- 24. Copycat
- 26. Arrange grounds artistically
- 28. Master of ceremonies
- 29. Rodeo rope
- 34. Moving stairway
- 38. Scrape
- 42. Used the doorbell
- 43. Slipped
- 44. Horned animal, for short
- 46. Chinese "bear"
- 48. Distinguished
- 52. Some curves
- 54. Like sushi
- 55. Requirements
- 56. South African golfer
- 57. Gone by

Down:

- 1. Briny deep
- 2. Wise bird
- 3. Positive vote
- 4. Capture
- 5. ___ electricity
- 6. Canal country
- 7. Rascal
- 8. Sports site
- 9. Mechanical man
- 10. ___ acid (protein component)
- 11. Spud
- 16. Digging tool
- 19. Mouth part
- 21. Beer
- 22. Lamb's dad
- 23. Business abbr.
- 25. Narrate
- 27. Visualizes
- 30. US Singer ___ Neville
- 31. Railway stop (abbr.)
- 32. Family member
- 33. Assoc.
- 35. Polite address
- 36. Stick together
- 37. "___ House"
- 38. Type of poplar
- 39. Unenthused
- 40. Wash with water
- 41. Said further
- 45. Bites
- 47. Mule
- 49. Period in history
- 50. Complain
- 51. Pair

CROSSWORD ANSWERS:
 ACROSS: 1. Soy • 4. TSP • 7. Carat • 12. Ewe • 13. At a • 14. Aroma • 15. Alaskan • 17. Debit • 18. Petal • 20. None • 21. Aria • 24. Imitator • 26. Landscape • 28. Emcee • 29. Lasso • 34. Escalator • 38. Abrasion • 42. Rang • 43. Slid • 44. Rhino • 46. Panda • 48. Eminent • 52. Esses • 54. Raw • 55. Needs • 56. Els • 57. Ago.
 DOWN: 1. Sea • 2. Owl • 3. Yea • 4. Take • 5. Static • 6. Panama • 7. Cad • 8. Arena • 9. Robot • 10. Amino • 11. Tater • 16. Spade • 19. Lip • 21. Ale • 22. Ram • 23. Inc • 25. Tell • 27. Sees • 30. Aaron • 31. Sta • 32. Son • 33. Org • 35. Sir • 36. Cohere • 37. Animal • 38. Aspen • 39. Blase • 40. Rinse • 41. Added • 45. Nips • 47. Ass • 49. Era • 50. Nag • 51. Two

5	6					9	8
	7	4	3				5
	9		4		8	3	
	2				4	5	8
			2		7		
	1	7	5				6
		1	7		9		5
6					5	7	1
7	3						4
							9

			8		6			9
		3				2	6	
				9			5	7
				2	8			3
		2					7	4
5					9	4		
3	7				9			
				5				3
2				7		8		

A R X T U H G D D A S E A R B S T E F I
S I O L H D O K W O A T N A H P E L E C
O M F I H H D R E O A N R V A H S N L S
Y K C Y G N N A S R M E Z U T N F R U O
C H I C K E N H S E T H R E G U N L N I
T A N I N H I S O S H D S P B O N R T T
H E K I T T E N O S C E I P E R R R E S
R R G F N A E O I M A E I G B E A F O U
C R L T H R R N R T Y R I L S F N T T M
R O E A U I I S I U U P P E L I C A N A
G O T T I U I B D P D T A O G A V D C T
C S L W E O C T O P U S W R O N A A M O
E U A T M H R H I N O C E R O S M R H P
V R H E D S D S D I E E R H T E F M M O
E L V G E W N I E E T T A O L C O O R P
E A P N R A T N H K I S T T P T N A S P
O W N N I L G F L A H A T I O K L N N I
F O E L O L T L C N D R I B E E W R R H
H M P S O O T P E S E N T Y R R I S E F
L E S A E W E E N E E P R E J F E E E N

The words in this word search are hidden across, down, and diagonally, with backwards.

- ANT
 - BIRD
 - CAMEL
 - CHICKEN
 - DEER
 - DOG
 - EAGLE
 - ELEPHANT
 - FROG
 - GOAT
 - HIPPOPOTAMUS
 - HORSE
 - KITTEN
 - MONKEY
 - OCTOPUS
- PELICAN
 - PIGEON
 - PORCUPINE
 - RAT
 - RHINOCEROS
 - ROOSTER
 - SHARK
 - SNAIL
 - SNAKE
 - SWALLOW
 - VULTURE
 - WALRUS
 - WEASEL
 - WOLF
 - ZEBRA



Easter competition time!

Can you solve this anagram? There are some Easter goodies to be won if you can!

NEARBY TUNES

If you think you know the answer, let one of our team members know, or contact us on 01954 212881 or cambridge@bluebirdcare.co.uk

Meet Your Office Support Team



Carolyn Dailey
Principal Director



Keith Dailey
Principal Director



Dani Durrant
Coordinating Director



Denise Allen
Operations Director



Heather Porter
Care Director



Natalie Moore
Quality & Development
Manager



Katie Manson
Trainee Recruitment
& Team Manager



Joanne Bowman
Deputy Manager



Karen Candler
Team Manager



Lisa Tyzack
Live-In Care Manager



Terri Evans
Training & Development
Coordinator



Jackie Manson
Customer Care Manager