

New Forest, Totton and Ringwood Customer Newsletter

A letter from the Directors

Spring is in the air?

As the weather improves, it is the time to start planning for events and Fundraising activities. This has always been core to our business. We are proud of how our teams have battled through the past two years, under the guidance of Rachael, our Head of Care Operations. Despite the ongoing challenges at home and abroad, we hope to put a little bit of fun back into everyone's lives.

Enjoy reading the first community newsletter in 2022, as we have great events coming up. For us, we love our run-up to Easter time. In April, Kat, our marketing lady, has organised a session with some little Furry Friends in Lymington and a "gardening and planting" session in Lyndhurst, the week after. So join our Well-being sessions. The more, the merrier!



Meanwhile a bit of exciting news of a new furry team member at Bluebird Care! Some of you might remember that our Bluebird Care dog passed away last year after 15 years. After a long debate, Hugo and I have decided to adopt a rescue dog 🐕. You forget what it is like to have a young dog in the house! We hope to introduce Tess the Deerhound to you, but we might need to do a lot of dog training before the young lady will be let out!

Anyway, meet the rather large Deerhound Tessa, enjoying her life at the Mills family.

Hugo and Bernadette Mills

A note from our Head of Care, Rachael

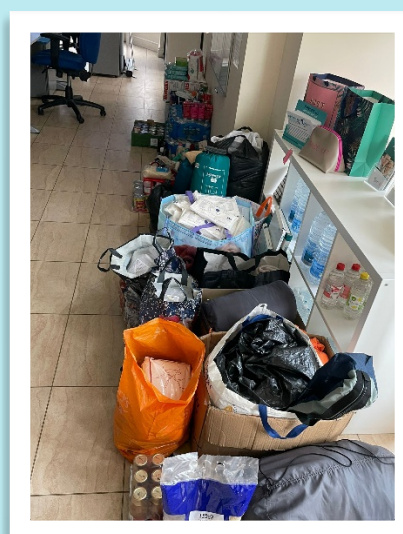
It's great to get an opportunity to speak to you all and share some positive vibes. The years has got off to a good start with fab new team members, raising money for a variety of charities and resuming our community events. It's always good to encourage others, keep motivation, lift spirits and inspire people to get out there and do their best. Why not use this year to do something different, outside the norm or meaningful, *'You are never too old to set another goal or to dream a new dream'*, C S Lewis.



Ukraine donations

The Bluebird Care New Forest, Totton and Southampton teams joined together to collect donations to help Ukraine refugees. We had lots of useful items, like toothpaste, shower gel, shampoos from our carers and customers. Also, we received money and we bought sleeping bags, food, and water. Two of our care assistants donated generously out of their own pockets.

We have all seen the horror that is happening in Ukraine, and we are fortunate enough to be able to give our support. Our donations went to the Salvation Army in Southampton,



Red Nose Day

Red Nose Day is a big national annual fundraising campaign, organised by Comic Relief, with the mission to end child poverty by funding programs that help keep children safe and healthy. Money raised by Red Nose Day benefits many charitable programs for helping children in 42 different counties. This year, the focus will be aimed at Ukraine and the incredible migration that is happening in Europe. For Red Nose Day, all our offices wanted to get involved. It's great fun taking pictures with our noses and raising money along the way. We raised £50 altogether.



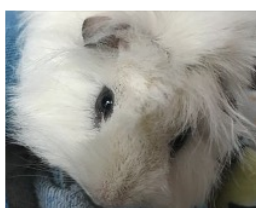
Solent Dolphin - Waterside boat trip, 5th May 10AM

Again, we have booked the use of the Alison MacGregor boat to take our customers out for the afternoon. We have booked it for Thursday, 5th May. It will be allocated on a first-come, first-serve basis. We can only take 12 people. So if you are interested in joining us for a lovely morning boat trip, please get in touch with the office. The boat is able to take wheelchairs.



Pet Well-being session, Lymington Community Centre 6th April

We had our first Well-being sessions in Lymington and Lyndhurst. What a great turnout we had. We are so pleased to be able to host more events and give you the opportunity to come together and socialise. Our next session will be in the Lymington Community centre, on Wednesday 6 April and we are hosting a **Pet Therapy session!** We have booked a mobile farm to come for 2 hours where we can be at one with the animals and pet them. Who will be joining us? Max, the miniature donkey, Dolly and Dorothy the sheep, Boris and Barnaby the Guinea pigs and Cottontail the Rabbit! Come and meet these furry creatures. If you would like to attend, please get in touch with the office so and register your interest. If you are from the Totton and Waterside area and would like to attend, that is no problem. Friends and family are also welcome. You might need to get your own transport arranged, or our team can help you book it for you. This session will be held on **Wednesday 6th April, 9:30-12:30 pm**. Let us have some fun!



Easter gardening Well-being session, 13th April , Lyndhurst Community Centre

In Lyndhurst, we had our first well-being session of word searches, puzzles and activities . We had a great bunch of people together. A good chinwag and a laugh! Our next session will be focussed on Easter and planting. We have organised our very own Bluebird Care indoor gardening session. Please come and join if you have green fingers. Call your local office to attend. The April session will be held on **Wednesday 13th April from 9:30 -12.30 pm**.



Office updates

After 4 years, Sue, our supervisor in the Totton office, has decided to leave us. Whilst we are sad to see her go, we wish her all the best in the future. At the same time, in the Lymington office, the coordinator, Steph, has been given an amazing career opportunity to become a manager in the learning disability sector. We are grateful for her hard work over the last years and we hope she will make a success of this new career jump.

New appointments:



Kirsty Beeny has been appointed as our new **care coordinator for the Totton** office. Kirsty has worked in the community for three years as a Care Assistant and has been promoted to the office team. Care coordinating is a challenging role, but Kirsty is ready to take on this opportunity to progress her career. We wish her all the success.

Our **second appointment in Lymington office is our new coordinator**, Angel. Angel has recently located to the Waterside area. She has lots of organisational, managerial experience, as well as fantastic local knowledge of the New forest area. She will be an excellent fit for our team under mentorship of Emma Monteith, the Care manager.



Beth is our **third coordinator, based in the Ringwood** branch. Beth was previously a care assistant in residential care sector. She is working with Jeanette Eaton, our branch manager and will be the first point of contact for any queries about your Care calls and timings. Beth is very organised and will help you to get the right Care provision in place.

In Lymington, we have appointed **Duarte to a new role as Training and Quality Officer** for all our branches. He will be working for the Head of Care, Rachael Benn. Duarte is an excellent trainer and he is now in charge of our training program. The other side of his role is to ensure that all our personnel and customer files are compliant with the CQC standards. It is a big job for him and we are confident he will do this role with vigour and enthusiasm.



Last but not least! Our latest team addition in the Lymington office comes from Bluebird Care in Swindon. Chrissy Guy moved down and joined the Lymington team. Chrissy has a lot of Care experience in the community as well as all the Quality Care Qualifications level 3. She has been appointed as a **Care supervisor** to replace Duarte in the team. We hope that all these changes will give us the opportunity to refocus.

As you might be aware, that the Weekend On-call Service for our Care team, is a joint collaboration of Ringwood, Totton and, New forest office teams. Please only contact the On-call line, in case of real emergencies. Email any queries about appointments, call times etc, in office hours.

Fun facts about Easter that you might have not known!

1. Where does the Easter bunny originally come from?

Rabbits bringing eggs isn't very logical, so there must be a reason why children rush to see what the Easter bunny has left them every year! The origin of the Easter bunny dates back to pre-Christian Germany. The hare has said to be a symbol of the Pagan Goddess of Spring and Fertility. As Christianity spread across Europe, the Pagan traditions were then blended with the Christian holidays, which is where the Easter bunny lay colour eggs for well-behaved children on Easter Sunday.



2. Where does the name Easter come from?



The Christian Holiday was named after the Anglo-Saxon goddess, Eostre, known as a Fertility Goddess and a Goddess of Dawn and Light. She was honoured and celebrated as the arrival of Spring.

3. How many Crème eggs are made by Cadbury a year?

Cadbury's make 500 million crème eggs every year. That is about 1.5 million a day! Cadbury eggs are one of the most popular eggs to be gifted. If you piled them on top of each other, it would be 10 x higher than Mount Everest!

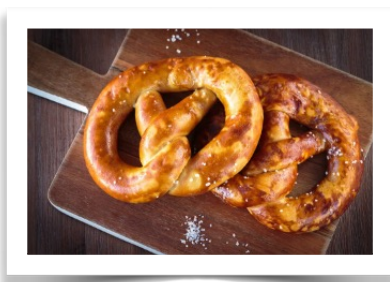
4. Why do people paint boiled eggs for Easter?

From a Christian perspective, Easter eggs are said to represent Jesus' emergence from the tomb and resurrection. However, originally the tradition of painting the eggs come out of Ukraine. For many generations, the Ukrainians have been decorating eggs, known to them as a call out to the Gods and Goddesses of Health and Fertility.



5. Why do people eat Pretzels for breakfast over Easter time?

From the 1950s, it was a German tradition to eat a hard-boiled egg and a pretzel for dinner on Good Friday. Pretzels are associated with Easter because the twists resemble arms crossing in prayer.



Easter Word Search

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

Basket
 Bonnet
 Bunny
 Candy
 Chicks
 Chocolate
 Daffodil
 Decorate
 Ducks



Dye
 Easter
 Egg Hunt
 Eggs
 Family
 Flowers
 Grass
 Happy
 Jellybeans

Lily
 Parade
 Peeps
 Rabbit
 Spring
 Sunday
 Tradition
 Tulips



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