



# Bluebird Bulletin

THE HOME CARE NEWSLETTER FOR OUR CUSTOMERS



One of our customers enjoying the sunshine in her lovely garden (see more on page 3)



*Companionship services available at Bluebird Care*

Vale of Belvoir  
Memory Café Reopens

Page 2



Carer raises money for  
Diabetes UK Charity

Page 3



Employee Recognition  
Excellence in Care Awards

Page 4



Bluebird Care Rushcliffe & Melton, 82 Grantham Road, Radcliffe on Trent, Nottingham, NG12 2HY  
[www.bluebirdcare.co.uk/rushcliffe-melton](http://www.bluebirdcare.co.uk/rushcliffe-melton) 01159 333114 [rushcliffeandmelton@bluebirdcare.co.uk](mailto:rushcliffeandmelton@bluebirdcare.co.uk)



**Dementia Friends**  
An Alzheimer's Society initiative

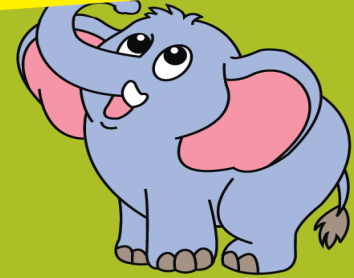


## Memory Café Reopens

The Vale of Belvoir Rotary Club has eagerly restarted its popular Memory Café at All Saints church in Cotgrave, which runs on the last Thursday of every month. The free 2-hour session (2-4pm) promises lots of fun, nostalgic, and engaging social activities for sufferers of memory problems and their supporters from Bingham, Radcliffe, Cotgrave, and the surrounding villages. For more information and booking:

Contact Gerry via Tel: 01949 838173  
 Email: [thompson54@virginmedia.com](mailto:thompson54@virginmedia.com)  
[www.valeofbelvoiro rotary.org.uk](http://www.valeofbelvoiro rotary.org.uk)

Have 2 Hours of Fun at the  
**MEMORYCAFÉ**  
 With Free Refreshments



We welcome sufferers of memory problems and their supporters from Bingham, Radcliffe, Cotgrave and the surrounding villages, the last Thursday of each month at:  
**All Saints Church, Church Lane, Cotgrave**



For more information and booking:  
 Contact Gerry. Phone 01949 838173  
 email: [thompson54@virginmedia.com](mailto:thompson54@virginmedia.com)

### Vale of Belvoir Rotary Club

MEMORY CAFÉ - ALLSAINTS CHURCH, COTGRAVE

The general age of the people attending is around the 60 / 60+ mark, which is the time in life when dementia appears to raise its head in the population, right up to the 80+ mark. It is appreciated that for some very unfortunate people dementia can affect them from a much earlier age, therefore all age groups are welcome.

Each monthly meeting will be themed for the time of year e.g., bonfire night may be used to stimulate an interactive discussion about gathering and making bonfires, fireworks they bought, penny for the guy etc. They also intend to have some music, and in time, some nostalgia boxes, as well as many more activities themed for each particular meeting.

**“Whilst we cannot assist with the diagnosis of memory problems, we can provide some light relief and fun. Please be aware that dementia sufferers must be accompanied by a carer for the whole session.”**

Gerry Thompson (Events Organiser)

### We value your feedback

CUSTOMER TESTIMONIALS

Beaming reviews mean the world to our care team. We are always grateful to customers who take the time to leave us feedback about their home care experiences with us.

Overall Standard ★★★★★

Staff ★★★★★

Care / Support ★★★★★

Management ★★★★★

Treated with Dignity ★★★★★

Value for Money ★★★★★

“Bluebird Care has provided excellent support and care for my 91-year-old mother with mild to now severe dementia and they have delivered their services in the most supportive and excellent manner. The primary carer was outstanding providing timely morning, lunchtime, and evening services during the most difficult of times - the pandemic. I would not hesitate in recommending both her and the Bluebird team for any type of care services project. The Bluebird team in the office were also outstanding with their responsiveness, understanding and ability to make any changes and handle any emergencies etc. Thank you for everything!

Review from Nigel G (Son of Client) Average Rating: ★★★★★ 4.8

## Carer Raises Money for Diabetes UK

One of our longest serving care assistants, Treasa, has recently taken part in a nationwide fundraiser for Diabetes UK. In order to raise money for this worthy cause, she completed 100 squats every day for one month in June. Her hard work certainly paid off, raising a fantastic total of £331.00. Well- done Treasa, amazing job!

Her individual contribution was pooled together with other likeminded individuals across the country who braved the challenge. The grand total this year came in at an impressive £104,895.18.

The proceeds will help fund future awareness campaigns, improve education, and support research into new ground-breaking treatments for people living with diabetes. It will also focus on diabetes prevention methods, and more effective management of the condition in order to maximise people's quality of life.

**100 SQUATS  
A DAY IN JUNE**



**“Reminiscing about the past, interacting with a variety of people, and passing on anecdotes of wisdom gained over a lifetime can all help a person suffering with feelings of loneliness to re-engage with the world.”**

**Peter Bryan (Care Manager)**

## Companionship is critical to wellbeing

BLUEBIRD CARE SOCIAL / COMMUNITY VISITS

Having someone to talk to, connect with, and share stories with, is essential for our mental health. For people struggling with feelings of loneliness, it can help boost mood, motivation, and sense of purpose.

Companionship is one of our most popular services, especially since the start of the Covid-19 pandemic. When one of our carers provides companionship care, they become a trusted companion who can keep you or your loved one socially engaged in their own home, and also accompany you or them on visits with friends, family, and to other social events.

It might also involve supporting customers to attend important appointments e.g., GP, hospital, opticians, or the hairdressers. To find out more please contact our friendly office team on Tel: 01159 333114.

## Care Team of the Quarter - Q3 September 2021



Every 3 months we carefully examine the positive impact our care teams have had on our customers. We then look to nominate a specific team of carers who have worked exceptionally well together in order to improve the wellbeing and independence of a particular customer / individual.

For Q3 2021, we are delighted to announce that the Care Team of Quarter has been awarded to **Team RW**, which includes: **Jo A, Sarah B, Janice W, Becca W, Helen M, Saz B, and Tori TS**. Congratulations and thank you for all your hard work.

RW is one of Bluebird Care's longest serving customers. Based in Bingham, this lady has benefited from excellent continuity of care having been supported by a committed team of carers, some of which have been by her side since she joined over 6.5 years ago. The care team have helped RW access the community by taking her out to the local Bingham market on Thursday's each week. They also work alongside the family to do a food shop, order and collect medication, and communicate effectively through leaving messages on a note pad in the kitchen. The carers have been instrumental in maintaining RW's mobility by liaising with the district nurses, physiotherapy and occupational therapy to review her transfers, equipment, and support aids promptly when needed.

## Excellence in Care Award Winners

JUNE - JULY - AUG 2021

We are proud to announce the winners of our most recent monthly 'Excellence in Care' Awards. A huge congratulations and well-deserved thanks to:

- **Helen M - June 2021**
- **Mel L - July 2021**
- **Debbie W - Aug 2021**

Over the summer, these 3 individuals have been recognised for going above and beyond in various key areas of their job role. This includes receiving outstanding customer feedback, providing essential cover, and ultimately enhancing people's quality of life and independence at home.

## EXCELLENCE IN CARE AWARDS

August 2021 WINNER



DEBBIE

