

STAY COSY AND SUPPORTED IN WINTER

Winter can be a wonderful season full of family and festivities, but cold weather can also bring challenges—especially for those living with dementia, who may struggle to recognise changes in temperature. At Bluebird Care, our priority is to help you stay safe, warm, and comfortable throughout the colder months, whether through advice, extra visits, or simply a friendly chat. Here are some simple ways to stay cosy this winter:

1. Keep Your Home Warm and Comfortable

Aim for 18–21°C in main rooms, close curtains at night, block draughts, and use heating timers where possible.

2. Dress in Cosy Layers

Light layers, warm socks, slippers, and blankets help keep heat in. Wear a hat, scarf, and gloves outdoors.

3. Eat Well and Drink Hot Drinks

Enjoy warming meals like soups and stews, and keep hot drinks topped up through the day.

4. Keep Moving

Gentle stretching, standing regularly, or moving to your favourite music

boosts circulation.

5. Look After Your Health

Keep up with medication, book flu jabs, and seek early advice if feeling unwell.

6. Stay Connected

Social connection is vital in winter. Local options include:

- Friends Together Group (Stamford) – Mondays & Thursdays, 2pm
- Stamford Day Centre – Activities and hot lunches
- Rutland “Living Well” Service – Support, groups, adult learning
- Mindful Movement/Chair Yoga – Peterborough & Oundle (Becca: 07397 394347)
- Crafternoon, Oundle Library – Thursdays, 2pm

7. How We Can Help

We can offer extra visits, warm meal preparation, and support with essentials. You’re never alone—just give us a call.

Peterborough & Oundle: 01733 459907 |

peterborough@bluebirdcare.co.uk

Stamford & Rutland: 01780 480881 | stamford@bluebirdcare.co.uk.



Becca

HERE FOR YOU THIS CHRISTMAS

As the festive season approaches, we’re carefully planning care and support across Christmas and New Year to ensure everything runs smoothly for all our customers.

We understand that during this time, routines can change — some of you may be visiting family, others welcoming loved ones, and some may need a little extra support if your usual network is away.

Whatever your plans, your care remains our top priority. Our team is currently organising rotas to make sure everyone’s needs are met and that you continue to receive the high-quality care you rely on.

We’re here to help you enjoy a safe, comfortable, and joyful festive season.

COMMUNITY NEWS

We've been getting into the festive spirit and having fun out and about in our community! From birthdays to winter outings and visits with our wonderful customers and teams, it's been a joyful lead-up to Christmas. See if you can spot yourself — or a familiar smiling face — in these captured moments!



SPREADING FESTIVE CHEER

At Bluebird Care Stamford, Rutland, Peterborough & Oundle, we're getting into the Christmas spirit — and encouraging our team and customers to take part.

This festive season, we're encouraging all our care experts, customers, and their families to send in a photo of themselves with something Christmassy — whether it's a festive jumper, Santa hat, sparkly earrings, or even just a bit of tinsel around your neck.

For every photo we receive, we'll donate £1 to our charity of the year, Alzheimer's Society — an incredible organisation that provides vital support, research, and awareness for those affected by dementia. We will also be taking part in Christmas Jumper Day on Thursday 11th December. We're inviting our team, customers, and friends to wear their festive jumpers and help raise funds for this incredible charity.

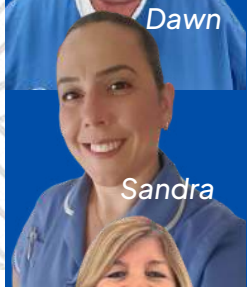
Bluebird Care Stamford, Rutland, Peterborough & Oundle will be joining others across the UK in raising vital funds for Alzheimer's Society as we take part in Elf Day once again. On Wednesday 3rd December, workplaces, community groups, families, and friends will be getting festive by donning their brightest elf outfits — all in support of people affected by dementia.

Elf Day is a wonderful opportunity to have fun, spread some cheer, and raise awareness and essential funds for the Alzheimer's Society's incredible work. We're proud to play our part and look forward to bringing plenty of festive spirit to the day!

CELEBRATING OUR AMAZING TEAM



Dawn



Sandra



Hazel



Julianna



Ella

Magda

At Bluebird Care Stamford, Rutland, Peterborough & Oundle, we're delighted to celebrate the outstanding achievements of our recent award winners. Dawn was named Carer of the Month for August, with Sandra receiving the Above and Beyond award. In September, Hazel earned Carer of the Month, while Julianna was recognised for going Above and Beyond. Most recently, Ella was awarded Carer of the Month for October, with Magda receiving the Above and Beyond award. Congratulations to all—your dedication is truly exceptional.

ENHANCED DEMENTIA TRAINING FOR CARERS AND FAMILY MEMBERS

Bluebird Care Stamford, Rutland, Peterborough & Oundle is pleased to welcome the Virtual Dementia Tour (VDT) on 22nd January — an immersive experience that helps people better understand what it may feel like to live with dementia. What Is the Virtual Dementia Tour? Using specialised equipment and guided scenarios, the VDT recreates sensory and cognitive challenges such as confusion, disorientation, and difficulty processing



information.

Why It Helps

For carers, it strengthens empathy and supports more confident, person-centred care.

For families, it offers insight into the behaviours and emotions loved ones may experience.

Join Us

Spaces are limited for customers and relatives.

01733 459907 / 01780 480881.

stamford@bluebirdcare.co.uk

LONG SERVICE AND AWARDS RECOGNITION

We're delighted to celebrate several fantastic achievements across Bluebird Care Stamford, Rutland, Peterborough & Oundle. We're proud to recognise three members of our team for their incredible long service: Melissa celebrates 3 years, while Beth and Tina each mark an amazing 4 years with us.

We're also Celebrating Success with more wonderful achievements. Sophie H has completed her Level 3 in Health & Social Care—a fantastic vocational qualification. Well done to Rachael and Kirsty for recently passing their Care Certificate and probation.

Thank you all for your dedication, compassion, and the outstanding care you provide.



Melissa

Beth

Tina

Sophie

Rachael

Kirsty

CARE EXPERT TO COMMUNITY CARE MANAGER

We're delighted to announce Beth's promotion to Community Care Manager at Bluebird Care Peterborough & Oundle! Beth's care journey began when she paused her nursing studies to look after her terminally ill grandad, where she discovered her passion for helping others live with dignity.



She later supported people with Prader-Willi Syndrome and, inspired by her cousin with Down's Syndrome, developed a strong commitment to learning disability awareness. In her new role, she'll continue supporting our care experts to deliver exceptional, person-centred care. Congratulations, Beth — your dedication truly inspires us.

FESTIVE OFFICE TIMES CHRISTMAS 2025

Our office hours will change slightly over Christmas and New Year, but our care for customers continues every single day without interruption from our dedicated team.

Office Opening Hours:

Mon 22 Dec: 8.30am – 5pm

Tue 23 Dec: 8.30am – 5pm

Wed 24 Dec (Xmas Eve): 8.30am – 2.30pm

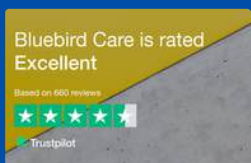
Thu 25 Dec (Xmas Day): CLOSED

- Fri 26 Dec (Boxing Day): CLOSED
- Sat 27 – Sun 28 Dec: CLOSED
- Mon 29 Dec: 8.30am – 5pm
- Tue 30 Dec: 8.30am – 5pm
- Wed 31 Dec (NY's Eve): 8.30am – 3pm
- Thu 1 Jan (NY's Day): CLOSED
- Fri 2 Jan: 8.30am – 4pm

From Monday 5 January, we're back to normal office hours.

SHARE YOUR VIEWS

To help others looking for quality care is by leaving us a short review on Homecare.co.uk – it only takes a minute and means a lot to us.



MEET OUR TEAM



Leisa MacKenzie & Tim Carey, Directors



Sarah Sparkes,
Registered Care
Manager



Luke MacKenzie,
Accounts &
Payroll



Hannah
Tomlinson,
Care CoOrdinator



Tracy Smith,
Office Manager



Charley Collins,
Deputy Care
Manager



Michelle Teeson,
Community Care
Manager



Claire Snelling,
Community Care
Manager



Beth Howsam,
Community Care
Manager

Get in touch:

Have a question? Changes? Want to learn more about our services? We're here to help.

Call us:

* Stamford & Rutland – **01780 480 881**

* Peterborough & Oundle – **01733 459 907**

🕒 Office Hours: 8.30am–5.00pm, Mon–Fri

Emergency On Call (Out of Hours): **07936 296325**

For urgent issues such as missed calls, unexpected hospitalisation, or anything affecting your care outside office hours.



When to Ring:

- Review or change your care
- Live-in or night care enquiries
- Cancel a call / inform of holidays
- Share feedback

What is OpenPASS?

OpenPASS is a secure app that gives you 24/7 access to your care notes, schedules, and updates — anytime, anywhere.

Why Get It?

- ✓ See real-time updates on care visits
- ✓ Share information with family members
- ✓ Increase transparency and peace of mind