



Bluebird Times

Summer 2026



Make Lunchtimes Brighter With Our Midday Care Visits

For many people, lunchtime is more than just a meal it's a moment of comfort, connection, and routine. Our lunchtime care visits are designed to bring warmth, support, and companionship right when it's needed most, helping individuals stay independent while enjoying a fulfilling day at home.

What Our Lunchtime Visits Can Include:

- **Meal Preparation:** From chopping vegetables to plating up a favourite dish, we help create nutritious, comforting meals tailored to personal tastes.
- **Companionship:** A friendly chat over lunch, a walk into the garden, or time spent enjoying the sunshine can make all the difference.
- **Community Time:** For those who enjoy getting out and about, we can support short trips into the community, whether it's a café visit, a gentle stroll, or a local activity.
- **Hobbies and Activities:** From baking to crafting, reading to puzzles, we help people stay connected to the things they love.
- **Shopping Support:** We can assist with picking up essentials or planning meals for the week ahead.

Our carers bring not only practical support but also genuine warmth, reliability, and a commitment to making every visit uplifting. Lunchtime becomes a moment to look forward to & a chance to enjoy good food, good company, and a sense of wellbeing.

If you know someone who could benefit from a little extra help in the middle of the day, our team is ready to provide personalised, compassionate support that fits their routine and enhances their independence.

Call us on 01785 337711 to discuss how we can help you or your loved one.



Staffordshire Dignity in Care Awards

The Dignity in Care Awards celebrates how important people working or delivering carer are and highlights the opportunities for people to make a difference. 2026 will mark the awards twelfth year and we welcome members of the public, work colleagues, friends and families to recognise care services, teams and unpaid carers who put dignity, respect, as well as quality care at the heart of everything they do.

2026 Award Categories

Newcomer to Care Dignity Champion
Long service Dignity Champion
Community Service Dignity Champion
Care Home Dignity Champion
Registered or Deputy Manager Dignity Champion
Unpaid Carer or Voluntary worker
Palliative Care/End of Life Dignity Champion
Care Team Dignity Champion
Clinical Role Dignity Champion

Who Can Be Nominated?

Anyone working in adult social care, paid or unpaid
Care providers, organisations and teams
Informal carers and volunteers

Who Can Submit a Nomination?

Members of the public
People receiving care and/or support
Families, friends and colleagues

Nominations now open until July 2026

Submit your vote online at:

<https://www.staffordshire.gov.uk/adult-social-care-hub/events-and-engagement/adult-social-care-hub/staffordshire-dignity-care-awards>

Our Partnerships:



SPECIAL OFFER

As part of our partnership with Careium, we're pleased to share a special offer available only to our customers:

☀️ 12 months for the price of 10
☀️ £45 set-up fee completely waived

This means you can enjoy a full year of professional support at a reduced cost, with no upfront charges.

Give us a call on 01785 337711 so we can provide you with the discount code.

If you have any questions, contact us at the office, or reach Careium directly:

Call: 0330 111 8499 Email: uk.info@careium.com
Visit: www.careium.co.uk



Boost hydration with Jelly Drops

Jelly Drops are innovative sugar-free hydrating treats made with 95% water, plus added electrolytes and B vitamins. They are designed to boost independent hydration and support health.



Each pot contains 50ml of water and are designed to be eaten independently

Why is dehydration such an issue?

37% of older people admitted to hospital are dehydrated!

*The association of dehydration in hospital patients', *Reference: British Medical Journal, British Journal of Hospital Medicine, No. 16, November April 2012*

Supporting health & hydration

Jelly Drops are enriched with electrolytes to boost hydration and B vitamins to support cognitive function, the immune system, and energy levels.

Available in **6** tasty flavours!

Proud Partners of **Alzheimer's Society**

Alzheimer's Society **2019 Dementia Care Awards**

"They are fantastic" **4.9** ★★★★★

MADE WITH **95% WATER**

VITAMINS **B12, B9, B6**

PLUS ADDED **ELECTROLYTES**

SUGAR FREE

WARNING: CHOKING HAZARD. NOT SUITABLE FOR PEOPLE WITH SWALLOWING DIFFICULTIES. If in doubt please consult a speech and language therapist.



Reengage

Bringing generations together

Re-Engage Groups for Over-75s: A Free Service to Beat Loneliness

Loneliness can affect anyone, but for many people aged 75 and over, staying socially connected becomes especially challenging. That's why Re-Engage groups are here offering a completely free, welcoming service designed to bring older adults together for friendship, fun, and meaningful connection.

A Warm, Friendly Place to Belong

Our groups provide a safe and relaxed space where you can enjoy good company and take part in a variety of activities. Whether you love games, crafts, gardening, or simply chatting over a cup of tea, there's something for everyone. And yes the tea, coffee and biscuits are always free!

We also welcome friends and family to attend with you, helping make your first visit even more comfortable.



Joining a Re-Engage group couldn't be simpler. You can:
Self-refer, or ask a friend or family member to refer you
Or we can arrange a referral for you. Call us on 01785 337711

Live-In Care



For most couples, home is more than simply a place to live, it's where routines feel familiar, and where being together feels most natural. It's the walls where you hung your wedding photographs, and the cosy spot on the sofa where your beloved pet takes up too much space. It's the drawings from the grandkids stuck all over the fridge that you swore you'd never take down, and the dining room filled with years of joy and laughter from weekly family dinners and games nights.

At Bluebird Care Stafford, we understand how important it is for couples to stay together in their own home, where they can continue living full lives surrounded by their family and friends. That's why with our Live-In Care services, we can deliver life changing round the clock care, without needing to change your life.

Live-In Care means that Phil can still enjoy his boules club on a Wednesday evening, and Susan can still go out for cream tea with the girls Friday afternoon. John can continue to tend to his beloved vegetable garden, and Lee can still cook his favourite family meals in his own kitchen, all while receiving the daily care and support needed to allow them to live happy, healthy lives.

We love being able to keep couples, family, friends and pets together, it's part of what makes our work so rewarding.

If you or someone you know would like to talk to us about our Live-In Care support, we're here to listen and help. Our friendly team are happy to take the time to understand what's most important to you. Just because your healthcare needs may have changed, that doesn't mean your lives have to as well.

Get in touch today: 01785 337711
or email stafford@bluebirdcare.co.uk

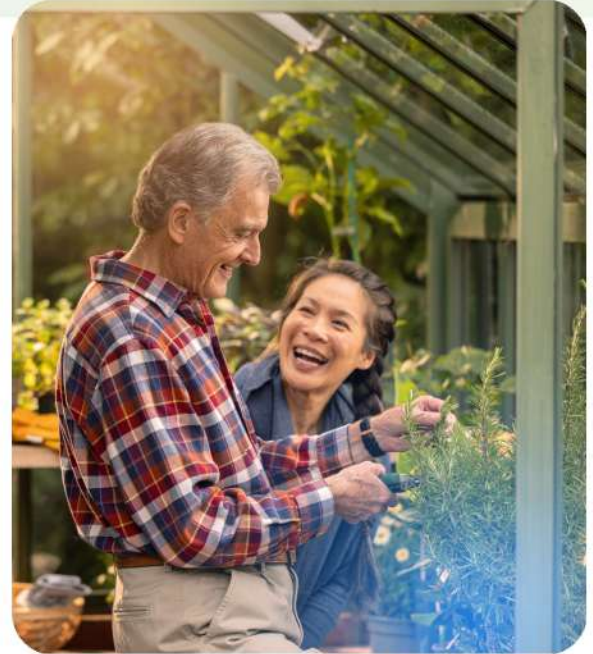
Making your Garden Safe for Summer

Summer is all about spending more time outdoors, enjoying fresh air, sunshine, and the simple pleasure of being in the garden. For many, the garden can be an important space for wellbeing, offering relaxation, gentle activity, and connection with nature.

At Bluebird Care Stafford, we know how valuable these outdoor moments can be, but we also recognise that gardens can present hidden risks during the warmer months.

With a few simple and small changes, gardens can remain both safe and enjoyable throughout the summer. Below are some practical tips and ideas that can help support safe outdoor living.

- *Warm weather can have a greater impact on older adults and those with underlying health conditions. Dehydration and overheating can happen quickly, even in familiar surroundings. It's important to take steps to stay cool and comfortable.*
- *Keep water easily accessible and remember to drink frequently, even if you're not feeling thirsty. Light, loose-fitting clothing made from breathable fabrics can help regulate body temperature. Wearing a wide-brimmed sun hat and applying sunscreen with at least SPF 30 is recommended, even on cloudy days.*
- *Plan garden time around cooler parts of the day. Early mornings and late afternoons are generally safer and more comfortable than the peak heat hours between late morning and mid-afternoon.*
- *One of the most common risks in gardens is slipping, tripping, or falling. Outdoor surfaces are often uneven, and weather conditions such as rain can make paths slippery.*
- *To reduce risks, it is important to keep pathways clear and well maintained. Remove any clutter such as garden tools, plant pots, or hoses that may obstruct walkways.*
- *Good lighting is another important factor, especially for those who may use the garden in the early evening. Motion-sensor lights or solar lighting can improve visibility and encourage independence.*



Spending time in the garden can have emotional and physical benefits. It supports mental wellbeing, encourages gentle movement, and provides a sense of independence and enjoyment. Even short periods outside can make a meaningful difference to mood and overall quality of life.

We're here to support customers enjoy their gardens safely. This may include assistance with mobility, help with getting outdoors, light gardening support, or simply providing companionship while spending time outside.

If you'd like some help in getting your garden ready for summer, get in touch today 01785 337711 or email stafford@bluebirdcare.co.uk



ANNUAL DUCK RACE FUNDRAISER

Ready, set... QUACK!

Party In The Park is coming to Victoria Park, Stafford on 11th July!
Pick your lucky duck for just £1 and watch the race unfold.
With local stalls and activities, there's something for everyone!

How To Participate:

Tickets available from:

- Alberts Cafe, Victoria Park
- Stafford Rugby Club
- Or online by emailing us on:
message@rotaryclubofstaffordknot.org.uk

Race day starts:

SATURDAY
11 JULY 2026

Victoria Park
Stafford



Scan to follow us on Facebook
for up to date news!

Staying Hydrated

Tips for Older Adults



Drink Plenty of Water Throughout the Day



Eat Hydrating Fruits & Vegetables



Avoid



Dehydration in Hot Weather



Limit Caffeine & Alcohol



UPCOMING Events



REENGAGE MEETING:
18TH JUNE 2026



COFFEE MEETING:
16TH JULY 2026



REENGAGE MEETING:
16TH JULY 2026



COMMITTEE MEETING:
24TH JULY 2026



WE WANT YOUR FEEDBACK

Your feedback means the world to us, and we're always looking for ways to improve the service we provide. Please give us a call or an email with any feedback you have, we are always looking for ways to improve our business.

Our supervisors who attend your care reviews may ask for feedback during their visit and we would love to hear it.

Spending just a few moments to share your experience makes a big difference to us.

We would love to see more members join us in shaping your care and having a hands on approach to how things are being improved. Committee meetings are held at our office **2pm-3.30pm** and we can also have you join via teams if you have a laptop or computer.

What is the Bluebird Care Committee?

The purpose of the Bluebird Care Committee is to encourage active engagement and inclusion, ensuring everyone has a voice in the running of our business. We want to hear your ideas, insights, and feedback on how we can continuously improve the services we provide.

The committee is open to **YOU!** Whether you are an employee, a customer, or a family member/representative, we invite you to participate. This is a volunteer role, but it offers a unique opportunity to gain valuable insight and contribute to important business decisions.

As a committee member, your feedback will shape real change. We will meet every **8 weeks – 1 2 weeks**, either face-to-face or virtually, to discuss and work on various projects. Each meeting will focus on a specific topic aimed at improving different aspects of our service.

Other future projects will involve:

- **Contributing to staff training.**
- **Planning customer and carer events.**
- **Creating content such as the "Thought of the Month" to promote positive staff morale.**
- **Collecting feedback and identifying areas for improvement.**

This is a fantastic opportunity to be part of something truly special. Your involvement can help make a lasting difference in the quality of care and support we provide to our community. Together, we can make Bluebird Care even better!

How to Register Your Interest

If this sounds like something you'd like to be a part of, please register your interest by calling us at **01785 337711** or emailing us at **stafford@bluebirdcare.co.uk** Further information will follow in the coming weeks, to those who have registered their interest, and we aim to hold our next committee meeting on **24th July 2026**.

We look forward to working with you and hearing your invaluable contributions!



Frequently Asked Questions: Adding Extra Services to Your Care Package

Q: What additional services can I add to my care package?

A: You can add a wide range of services, including shopping support, outings, social visits, and help attending appointments such as the GP, dentist, optician, or podiatrist. We can also enjoy coffee and cake together, spend time at home or in the garden, cook or bake, play games, or have a sing-along.

Q: How do I request extra visits?

A: You can simply call us on 01785 337711 to request additional support. We can arrange regular weekly visits or ad-hoc one-off sessions, depending on what you need.

Q: Can I choose which carer comes to my extra visits?

A: Most of the time you can request your regular carer if you prefer a familiar face and they are available, or you can choose to meet someone new if you'd enjoy a fresh conversation.

Q: Can carers take me to appointments in their car?

A: Yes, All our staff drive and are able to take you to appointments or outings in their own vehicle. If you prefer, we can also support you to use public transport.

Q: Can you support me at home instead of going out?

A: Absolutely. We can spend time with you at home or in your garden, enjoying activities such as chatting, cooking, baking, games, or music, any of your hobbies and interests.

Q: Is it easy to change or add to my care package?

A: Yes, it's very easy. Just give us a call and we'll update your package quickly and smoothly.

Q: Do I need to commit to regular extra visits?

A: No, You can choose regular scheduled visits, ad-hoc sessions, or a mixture of both. It's completely flexible and tailored to you.

Q: Can you help with social activities?

A: Yes, We can go out for coffee, visit local places, enjoy games, bake or cook together, listen to music, or simply spend time chatting.

Q: How much notice do I need to give for extra services?

A: We always try to accommodate short-notice requests. For planned outings or appointments, a little more notice helps us arrange your preferred carer and time.

Q: Can I combine different services in one visit?

A: Yes. For example, we can take you shopping, stop for a coffee, and then spend time with you at home afterwards. Your visit can be tailored to your preferences.

Come and join us for our monthly coffee afternoons!

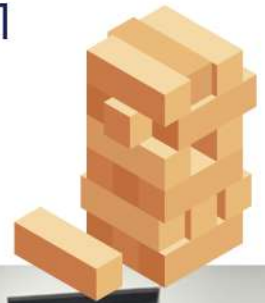
Our coffee afternoons are held on the First Friday of every month from 2pm-4pm

held at our Stafford Office at 8, Marconi Gate, Staffordshire Technology Park, Stafford ST18 0FZ

We host a range of themed activities, including table top games, arts & crafts, jigsaws, sing-alongs and much more...

Hot drinks, biscuits and cakes are provided and these are FREE of charge. We only ask for mileage to be paid if we provide transport at 50p per mile.

We can offer transportation on a first come, first serve basis, please call the office on 01785 337711 to reserve your space.





Summer Holidays



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

August

barbecue

beach

biking

bonfires

books

camping

canoeing

cottage

family

friends

games

hammock

hiking

holidays

ice cream

July

lake

lemonade

memories

picnics

pool

popsicles

puzzles

reading

relax

road trips

sports

sprinkler

strawberries

summer camp

swimming

traveling

vacation

watermelon