

## Portsmouth 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.

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 year 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.



## Tea Dance; Dementia Action week & Jubilee

Finally, we can have our fun activities again. Over the last 2 years, we did not organise our famous Tea Dances. But this year, we will revive this great get-together to celebrate the start of **Dementia Action week 15 -21 May** and also, the start of the **Queen's Platinum Jubilee celebrations**. The Queen is the first British Monarch to celebrate 70 years of service. This is a great opportunity to celebrate and come together in Cosham Church Hall with our friends and families. We are holding it **on Saturday 14th May** which is the official start of the Dementia Action Week.

Dementia Action Week is an awareness-raising campaign. This year it is focused on diagnosis. The Alzheimer's Society had chosen this theme as there is a sustained drop in Dementia Diagnosis. The Alzheimer's Society is researching the reasons why there is a misconception around memory loss as people presume it is just being a part of getting old. It is important to understand the signs and symptoms and to get a proper diagnosis. That way, one can help and support a person to continue to live at home with the right support and medication.

So get your dancing shoes  out, and your Royal outfits and join us **on Saturday 14 May**. Take your family members if you want to support you. The more the merrier. We will have a traditional sandwich lunch and live music. We will also have a celebration ceremony for some of our staff members. Please join us this great afternoon. The dress code is Royal style, do get the hats, fascinators and tiaras out to celebrate.



 *Bluebird Care*  
hosts  
*The Queen's Jubilee Tea Dance*

You & your family are invited to celebrate  
with us

Saturday 14th May  
12:00-14:00 PM

Cosham Baptist Church  
48 Havant Road  
PO6 2QZ

Please RSVP on 02392 006 218 or email  
portsmouth@bluebirdcare.co.uk




## Office updates - Care Champions

### Belle Barlows-Portugal - Dignity & Person-Centred Care Champion



Belle has been appointed as our Dignity & Person-Centred Care Champion. Belle is the perfect fit. What it means is that we provide care that supports self-respect, recognising people's abilities and choices and to not take choices away and undermine it. Belle works with certain customers to encourage them to decide on their food choices, or their daily clothing. Simple tasks what we take for granted but means so much for the individual whose life is already restricted. Sometimes people give up, but this is where Belle will come in and try to encourage to do certain tasks together to make them more independent again.

### Kim White - Mental Health Care Champion

Mental health is a huge subject in work place but also with people in our community. Our elderly customers often suffer from loneliness and depression, and our staff have to try to balance work life and home life, or even suffer from anxieties due to cost pressures or emotional issues. We feel it is extremely important to have that outlet; where you can talk to someone who you can trust and confide in. Often by talking about issues, you clear the emotional imbalance. A shared problem is easier to deal with.



### Mandy Gunn - Skin Integrity Care Champion



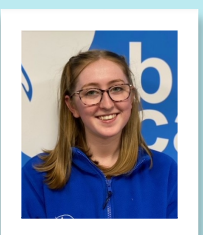
Mandy is taking the lead on skin integrity. When people get discharged from hospital or we take them on as new customers, we need to monitor skin breakage or bruising, to avoid further complications. Open skin can lead to serious infections and discomfort. Nutrition is a key component of an elderly's daily routine to ensure that immunity will not get further compromised. Mandy will regularly review people's situation and advise on different ways to do care and apply different ointments to prevent bedsores with our bed-ridden customers.

### Kuldeep Bevin - Medication Champion

The complexity of medication is one of the subjects, our care professionals sometimes struggle with. Kuldeep is trained to help people to get retrained if needed and mentor our newly recruited staff in making sure, it is done rightly. She will also do inventories in our customer's home to ensure that out of date medication gets disposed in the correct manner.



### Chelsea Philips - Induction Champion



Our best care professionals come from different walks of life and not necessarily from the health care sector. It is crucial that when people get recruited and get starting their new career, that someone checks on them on a regular basis to make sure that the people feel supported. Simple things like the rostering or misunderstanding about the availability, can make people upset and leave. Chelsea is the go-to to help them navigate in their new roles and understand our various systems, and support them in their probation period.

## Easter fun Facts

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.

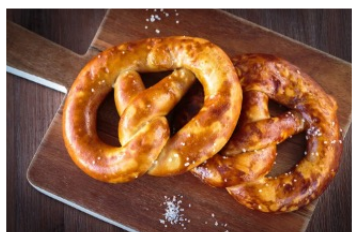
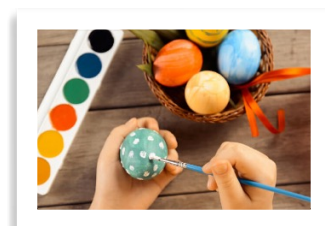
### 3. How many Crème eggs are made by Cadbury a year?

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



**BLUEBIRD CARE PORTSMOUTH**

02392 006 218

[portsmouth@bluebirdcare.co.uk](mailto:portsmouth@bluebirdcare.co.uk)

# Meet the Team - Bluebird Care



**Sophie Emmess**  
Registered Care Manager



**Laura Ewen**  
Care Coordinator



**Jade House**  
Lead Care Supervisor



**Mihaela Popescu**  
Care Supervisor

## Team Leaders



**Andrew Mitchell**  
Team Leader



**Kim White**  
Team Leader



**Belle Barlows-Portugal**  
Team Leader