



Stroud and Cirencester

Autumn

Newsletter

Introducing our newsletter

Welcome to our new seasonal newsletter! We will be producing and sending you a newsletter every season moving forward. We hope you enjoy the newsletter, and find the information shared useful and informative.

Change of management



We are delighted to announce that Tracy Morgan has been appointed as new Care Manager of Bluebird Care (Stroud and Cirencester).

She has done excellent work as Lead Supervisor, Dementia Lead, Parkinson's Lead and Moving and Handling Trainer, and we are sure that she will continue to excel in this new role!

Staying Well This Winter

Cold weather can be seriously bad for your health. That's why it's important to look after yourself, especially during the winter. If you start to feel unwell, even if it's a cough or a cold, don't wait until it gets more serious. Seek advice from your pharmacist.

Flu is very infectious and spread by germs from coughs and sneezes, which can live on hands and surfaces for 24 hours. To reduce the risk of spreading flu, use tissues to trap germs when you cough or sneeze, wash your hands often with warm water and soap, and bin used tissues as quickly as possible. Catch it. Bin it. Kill it.

You are eligible for the free flu vaccine if you are pregnant, are aged 65 years or over, have a long-term health condition (check which conditions are eligible), or you are a carer.



Winter Fuel Payment

A Winter Fuel payment is a one-off, tax-free payment of between £100 and £300 made during the winter to help with heating costs, it is made to households with someone over Pension Credit age.

Most people born on or before 5 April 1954 will usually qualify for a payment in 2019/20, (the date changes every year).

Most payments are made automatically during November and December. If you apply for the first time, you should receive your payment before Christmas.

The amount you can receive each winter can vary according to your personal circumstances. Your age or other people living with you who are also eligible can affect the amount you receive.

A Winter Fuel Payment does not count as income when working out your entitlement to other benefits.



Events

Carols in the Cathedral with Age UK - Gloucester

Join Age UK for festive carols, seasonal readings and musical performances celebrating Christmas and Friendship across the generations in Gloucester Cathedral. This event is free and is always popular. You can give them a call to let them you are interested in going on 01452 422 660.



Alzheimer's Society Memory Cafe – Stroud

Stroud Memory Café is a monthly Memory Café open to anyone worried about their own memory, their family and friends or anyone affected by dementia. It offers an informal and relaxed café environment in which to meet and share experiences with other people in a similar situation and to get practical information and advice from health and care professionals.

The café is held from 10.30am to 12.30pm, on the second Thursday of each month. At Cashes Green Community Centre, Queens Drive, Cashes Green, Stroud, GL5 4NR

The Memory Café is free but donations welcome.

Please contact Rachel Stevens on 01452 525 222 if you wish to attend the Memory Café.

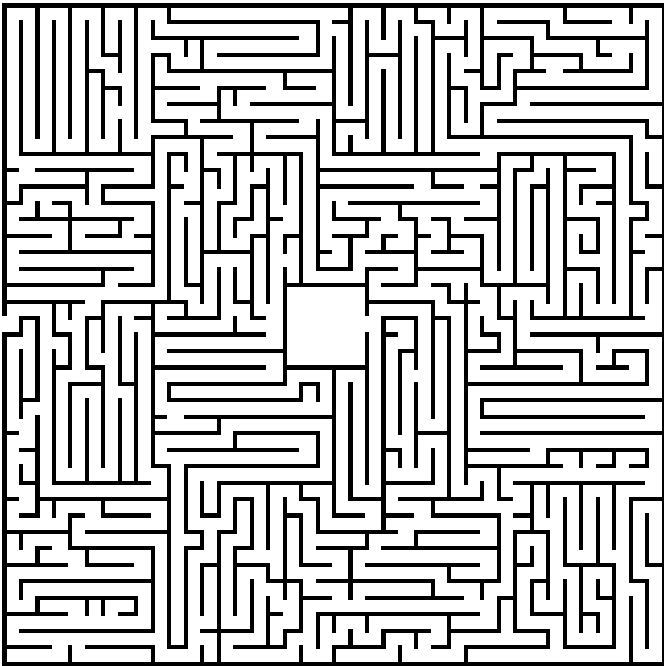
GL11 Community Hub 'Feet, Food & Friendship' – Cam, Dursley

Free activities, quizzes and games for the older generation to enhance wellbeing and develop friendships.

The group is held every Thursday from 10.00am-2.00pm and entry is free of charge. Lunch is available for £5.00 per head, and chiropody at a reduced rate. At GL11 Community Hub, Fairmead, Cam, Gloucestershire, GL11 5JS.

For more information please call the Community Hub on: 01453 548530

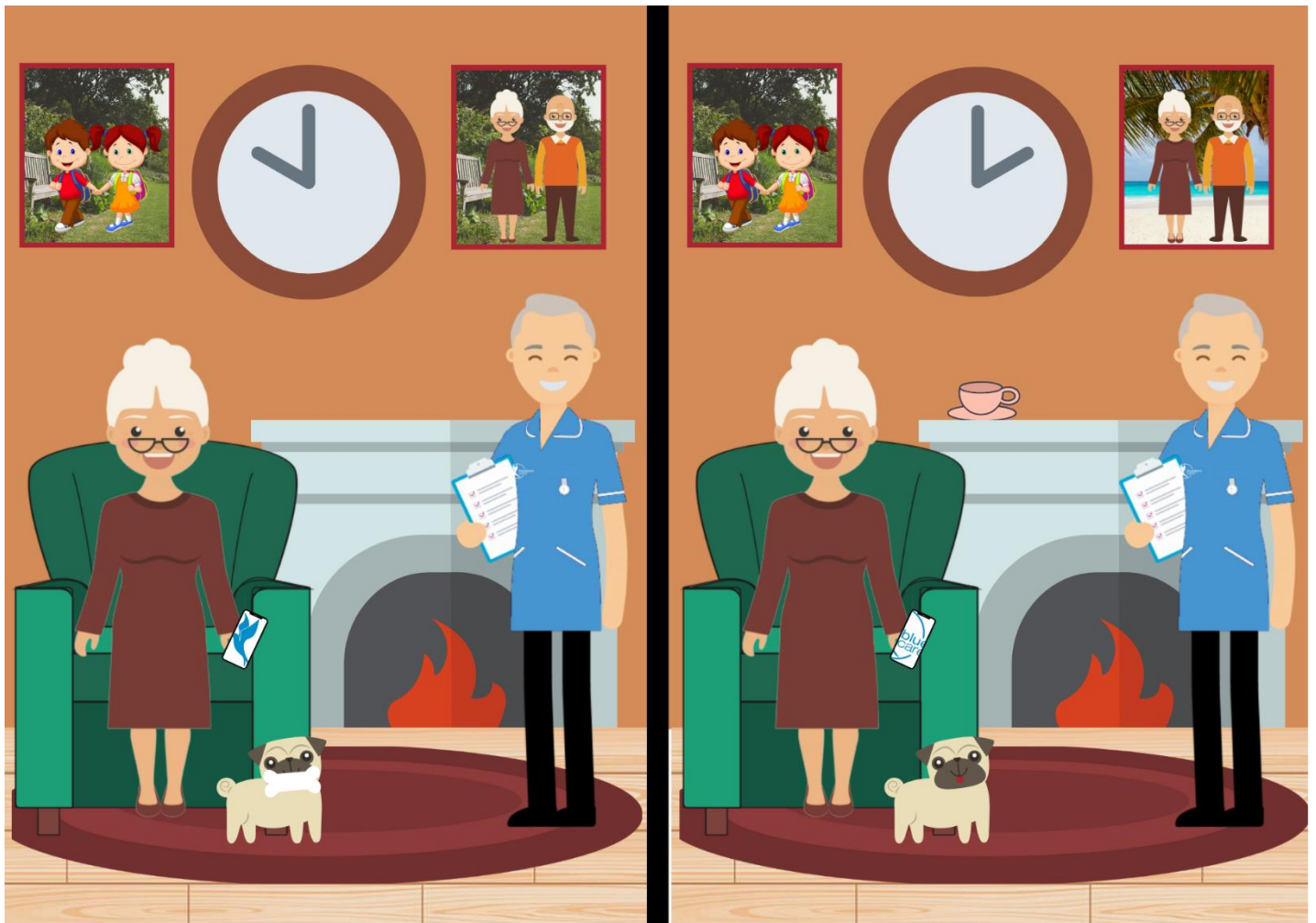
Maze



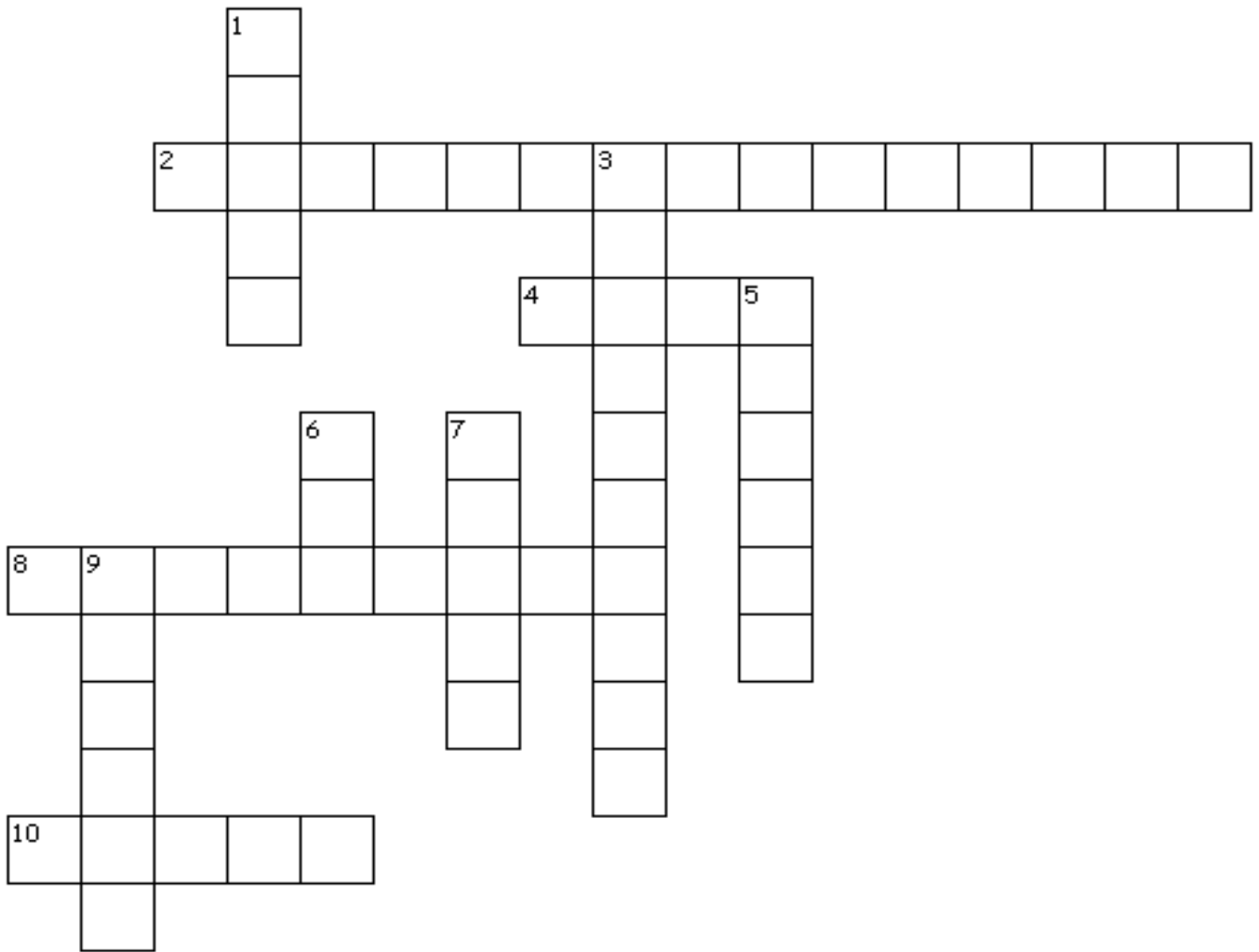
Sudoku

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

Can you spot the 5 differences?



Criss Cross Puzzle



Across

- 2. County in England (15)
- 4. It falls in the fall (4)
- 8. Important church (9)
- 10. a facial expression characterized by turning up the corners of the mouth (5)

Down

- 1. Worth (5)
- 3. Expert in a particular field (10)
- 5. Companion (6)
- 6. River to the Severn (3)
- 7. Helper who looks after another person (5)
- 9. Season of the year (6)

Gloucestershire Back in Time



The Dursley Carnival, Dursley Road, 1959

Notice the Dursley Garage, which remains in the same location today.



Cricklade Street, Cirencester 1960

One of the few streets which remains unchanged. The buildings, road layout, and paths can still be seen 60 years on.



Minchinhampton, 1962 / 1963

Police had to take food to people in villages cut off after heavy snow in Stroud in the winter of 1962 and 1963.

Here is PC Tony Laver in Minchinhampton.



The Co-operative Building, Stroud 1930s

Now home to our Stroud office. Note the row of houses to the left of the building, later demolished to make way for the Parliament Street Car Park.

Your home back in time?

To mark Christmas, Argos has released all of its catalogues dating back to 1974! Do you recognise any of the below items?

Did your kitchen feature these tea and coffee pots? The set could be purchased back in Christmas 1975 for only £2.75!



"Eternal Beau"

Many households owned the Johnson Brothers "Eternal Beau" fine English tableware! The distinctive octagonal shape and delicate pink flowers are a familiar sight to many. The full sets ranged from £29.99-£39.99 back in 1988!

Sheerlite lampshades were very popular in the 70s, here we have the "Tiffany Regal" and "Carnival Autumn" lampshades which featured in the 1975 Argos Catalogue for only £3.40 and £2.30 respectively!



The Great Bluebird Care Bake Off



This year we supported Macmillan Cancer Support by holding the 'Great Bluebird Care Bake Off' in our Stroud office!

Thank you to everyone who bought a cake in and joined us to raise money for a great cause.

The star baker was Emma Townsend!

We also managed to raise an amazing £59.85 for Macmillan Cancer Support by selling our cakes!

Professional Care Workers Day

This year we wanted to show our staff how much we appreciate all of their hard work, commitment and dedication.

All members of staff had their very own personalised good bag, as our way of saying thank you!

Here is Sarah Hughes receiving her appreciation bag.



Carer of the Month!

September: Traci Baker

Traci started her career with Bluebird Care in January 2018 and so is approaching her two-year anniversary with us. Traci is reliable and hardworking and provides consistent and competent care to her customers. Traci has developed a wonderful professional relationship with the customers that she visits. She is an asset to Bluebird Care. She is reliable and conscientious and is always reflecting on her practice to make sure she is always doing the best that she can do.



October: Alex Collins

Alex has been with Bluebird Care since March 2018 and in that time has proven to be a very reliable, hardworking and respected member of the care team. Alex has recently joined the on-call support team and has been providing very useful support both to the office team and her colleagues. Alex is very calm in a crisis and has a way of making others feel very safe in her care. She listens well and we receive nothing but praise about Alex from the customers that she visits.



November: Denise Hall

Denise is a well-deserved winner of the Care Assistant of the Month award. She is a team player and helps out whenever she can, picking up extra work at short notice. Denise is flexible and adaptable and engages well with her customers, reporting concerns to the office team in a timely manner so that these can be addressed quickly. She has a kind and compassionate disposition and always a warm and friendly smile



Welcome to the team!

We'd like to welcome Joanna Kroliczak, Katherine Touch, Judi Niblett and Libby Reynolds to our team! Please expect to meet these ladies for shadowing over the next couple of weeks.

We really value your opinions, so please do let us know if you have any feedback on our new starters!

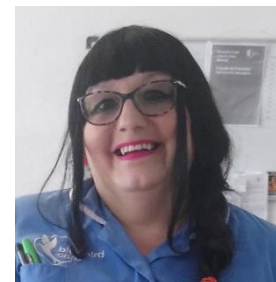
Anniversaries

Congratulations to Hannah Coates who has now been with us for 6 years! It is due to her professionalism and attention to detail that she is so well suited to the dynamic joint roles of co-ordinator and supervisor. Hannah has her finger firmly on the pulse, in order to facilitate harmony and growth with in the business.



Poppy Barr has now been with us for 3 years! Poppy is our Quality Assurance Coordinator and does valuable behind the scenes work to ensure we maintain our outstanding practices, to deliver you the highest quality care!

We're delighted to share that Sarah Hughes has now been with us for 1 year! Sarah is a member of our 9-2 care team, and has been complimented on her welcome humour and positive approach.



Oral Care

Oral health has a big impact on our quality of life. We express ourselves by talking or smiling. We can take immense enjoyment from what we eat or drink and pride in the state of our teeth and gums.

Older people are now more likely to retain their teeth than previous generations, and those teeth need daily care and regular check-ups. Good oral care helps keep people free from pain and can help make sure they can take the medicines they need to prolong health. Good oral health can also reduce the risk of malnutrition and can reduce the risk of acquiring aspiration pneumonia.

If you or someone you care for is having difficulty accessing dental care, The NHS offer a number of services which may help. Should a person be unable to leave their home, Gloucestershire Community Dental Service can arrange home visits for anyone who has registered with a Gloucestershire dental practice. There are also dementia-friendly services, anxiety-friendly services, a plus-size service and a dentistry for the physically disabled service.

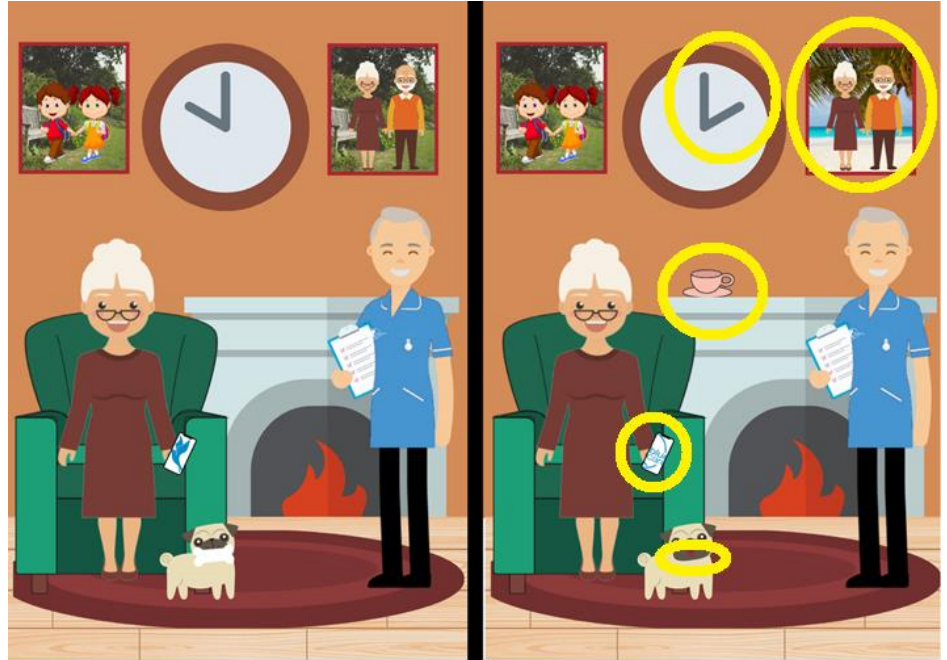
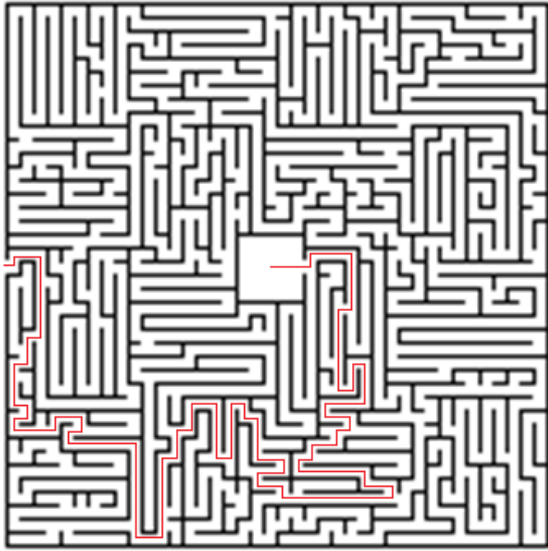


If you would like help getting dental care, or advice on oral health, visit the Gloucestershire Community Dental Service website at –

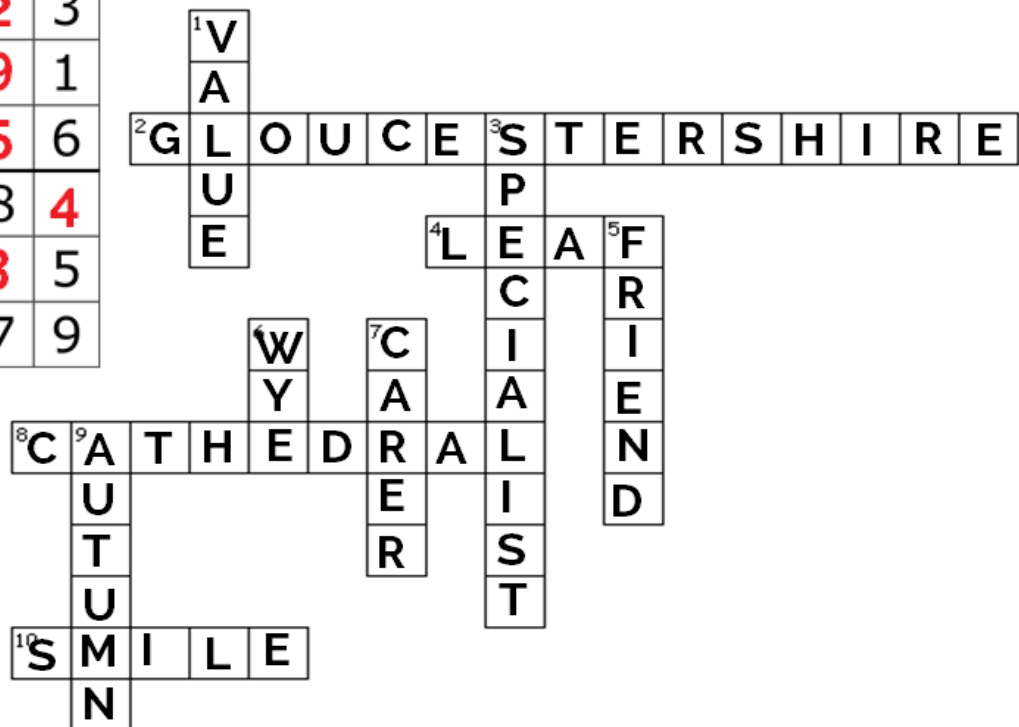
<https://www.gloscommunitydental.nhs.uk/>

If you have difficulty accessing the internet, please contact your local Bluebird Care office. We'll be happy to help!

Quiz Answers!



5	3	4	6	7	8	9	1	2
6	7	2	1	9	5	3	4	8
1	9	8	3	4	2	5	6	7
8	5	9	7	6	1	4	2	3
4	2	6	8	5	3	7	9	1
7	1	3	9	2	4	8	5	6
9	6	1	5	3	7	2	8	4
2	8	7	4	1	9	6	3	5
3	4	5	2	8	6	1	7	9



Remembrance Day

They shall grow not old, as we that are left grow old:
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning,
We will remember them.



Merry Christmas!



We'd like to take this opportunity to wish you a very Merry Christmas, and a happy and healthy 2020.

Thank you for your custom this year.