

Bluebird Times



SPRING 2024

Newsletter content will be put together by our team of Care Supervisors on a quarterly basis, this will provide you with more content with the aim of keeping you up to date with news, events and other useful information. We hope that you find the content both informative and fun. The newsletter is available via post and email and can also be provided in large print if required.



Gold Compliance Award

We are delighted to announce that Bluebird Care East Staffs & South Derbyshire has achieved the Bluebird Care Gold Compliance Mark by The Franchise Quality Team with a compliance score of 93%

In our most recent Bluebird Care Quality Audit, we have achieved the prestigious Gold Compliance Award. This recognition is a testament to all our collective efforts and commitment to excellence.

NEW Monthly Coffee Mornings

Starting Friday 31ST May 11am – 1pm

Bluebird Care are hosting our own coffee morning at our office on the **last Friday of every month**. Join us for unlimited tea, coffee, cake and companionship. There will be a range of different activities each month, from table top gardening, table top games, crafts and much more.

All customers and families are welcome, please call to reserve your space. It may be possible for us to arrange transport with one of our care assistants, on a first come first serve basis.



Customer Falls.

Our recent analysis from January 2024 – March 2024 show that 59% of all accident and incidents relate to customer falls, with most being unwitnessed.

If you or an older adult in your life has fallen, you're not alone. More than 1 in 4 people aged 65 years or older fall each year. The risk of falling rises with age, but many falls can be prevented. For example, exercising, managing your medications, having your vision checked, and making your home safer are all steps you can take to prevent a fall.

Many older adults fear falling, even if they haven't fallen before. This fear may lead them to avoid activities such as walking, shopping, appointments or taking part in social activities. But staying active is important to keeping your body healthy and helps to prevent falls.

Bluebird Care offer visits to support you with your social activities to help you feel safer, don't let a fear of falling keep you from being active! Please call **01283 487373** for more information to help you out in the community.

5 Top tips to preventing falls



1: Eating and drinking well:

Missing meals and not getting enough hydration can cause you to be dizzy and can lead to falls. Care assistants can make sure we leave snacks and drinks in reach, you could have a flask to use throughout the day.

2: Keeping active:

Exercise can help improve balance, strength and coordination. Whether you do stand or sitting exercises, both will benefit you! We will be incorporating armchair exercises at one of coffee mornings in the near future. We can also make referrals to physiotherapy to help get you moving.

3: Use the right equipment:

An occupational therapist can help with adaptations and advice. If it is deemed safer for you to use an aid like a walking frame, grab rails, walking sticks, please continue to use. We can make a referral for community therapies to see if there is any additional equipment you could benefit from.

4: Getting moving:

Agencies like occupational therapists suggest that when moving from lying down to sitting and then to standing, it is best to take a few seconds for your body to adjust, especially if you have a blood pressure condition.

5: Shoes and clothes that fit correctly:

If shoes or clothes don't fit correctly, they can cause trip hazards. Make sure shoes are the right size and things like cardigans and trousers don't reach the floor.



Puzzle Corner



You see me once in June,
twice in November, and not
at all in May.

What am I?

The letter E.

Gardening Club Competition



**We are bringing the sunflower
competition to all our service users.**

Bluebird Care will provide you with a kit at our monthly coffee morning to grow your own sunflower plant. These can be taken home with you, and by early September we will select the best plant with the best flowers. The winner will be announced and provided with afternoon tea.

Show your interest to your care assistant, or call the office on
01283 487373



Employee of the Month



**Employee of the Month for April is
awarded to
Parize Conway-Lynch.**

Since joining us Parize has shown her dedication to providing good quality care. Parize recently went above and beyond to ensure the safety of one of our customers when she noticed him quite a distance from home. This gentleman did take a wrong turning, and due to Parize's observations, we got him home safely.

Well Done Parize!



Useful Information

**Staffordshire County Council Adult Social Care
Team**

0300 111 8010

Derbyshire County Council Adult Care Services

01629 533190

East Staffordshire Adult Care Team

0300 303 0693

