

Bluebird Care

By your side



Spring is in the air!



As we started the New Year, we reflected upon the events from 2022. Overall, it was an extremely challenging year for our team, with Covid still looming in the background, with challenging times with energy price increases and overall mounting costs increases, we were also forced to change our rostering system and we are slowly rebuilding and resetting to our high standards. The year 2022 was an end of an era of our beloved Queen HRH Elizabeth and we are excited about the coronation of the King HRH Charles and all the festivities.

This year, we plan to start again with more activities and outward engagement involving our customers and staff. People have been apprehensive about going out but we have noticed more new care support groups and lunch groups popping up in our local community, and we hope to participate in a lot of these events, as well as create some of our own – so watch this space for future diary events including Coffee Mornings and charity events. We love 'making smiles happen' everyday in what we do, celebrating special events with you and we look forward to the opportunity to do this more!

Tim Carey and I, the Managing Directors, remain passionate and committed to delivering the best care to our customers that we can, and to being the employer of choice in our local care career arena. We always aim to invest in our staff at all levels and give them the support they need to both enter this amazing vocation and role, but also to be the best they can be, and, really make a career and life long adventure in care with Bluebird Care.

This is now our twelfth year as Bluebird Care in Stamford, Rutland, Peterborough and Oundle. We couldn't be more proud of our team nor more grateful to our customers, of which, there are many, who have been with us from the very start! We are happy to have all in our Bluebird Care family and we hope to continue to be to work towards being the best we can be in our field. A big part of this mission is feedback – our customer survey is heading your way! Your feedback is so important to us and helps us to shape our service to really meet your needs. Read more about this further on.

We continue to provide daily home care visits and support, night care, companionship and live in care. Our live in care is in popular demand and we love helping people with live in care. Too often we have found that people struggle at home and immediately think that the only answer is a care home. Live in care is an ideal alternative solution, helping you retain your lifestyle, the comfort of your own home and your independence. Find out more about this in our newsletter today.

Thank you for your continued support –
enjoy the lighter evenings and longer days and stay well.

Leisa

In this issue:

- Message from our Directors
- How to attract butterflies
- Keeping mobility
- Live in care - what does it do?
- The Bluebird Care Community News
- Staff news and recognition
- Important dates

CAN YOU SPOT TED?

Bluebird Ted is hiding in
4 places in this
newsletter. Let us know
if you can find him!



How to attract Butterflies to your Garden

Butterflies will visit any garden, however small if they can feed on suitable nectar plants and a well thought out garden can attract many species of butterfly. If you manage your patch to create breeding habitat you may see even more.

Nectar provides butterflies and moths with energy to fly and find a mate. In spring, it helps butterflies refuel after winter hibernation or a gruelling journey to Britain from southern Europe or Africa.

In autumn nectar helps butterflies and moths to build up their energy reserves so they have the best chance of surviving hibernation or the journey back to warmer climes. Another way to help butterflies is to allow them to breed in your garden - only with the right food plants can they lay eggs of the next generation, and so the more we grow for them, the more butterflies there will be.

Tips on how to attract butterflies:

- Butterflies like warmth so choose sunny, sheltered spots when planting nectar plants.
- Choose different plants to attract a wider variety of species. Place the same types of plant together in blocks.
- Try to provide flowers right through the butterfly season. Spring flowers are vital for butterflies coming out of hibernation and autumn flowers help butterflies build up their reserves for winter.
- Provide a source of water for the butterflies – a shallow dish filled with pebbles and water will serve as a landing spot and drinking source.
- Create a sunny spot in your garden where they can sunbathe and be warm – butterflies are attracted to sunlight and will fly towards sunny areas to warm themselves and feed.
- Consider buying a butterfly house or shelter to your garden – a safe place to rest and lay their eggs and protect them from the elements.
- Butterflies like colour – incorporate bright colours into your plants – orange, yellow and pink.
- Avoid pesticides and herbicides in your garden – these can be harmful to butterflies and other insects such as bees.



Buddleia
(butterfly bush)



Perennial Wallflower
(Bowles Mauve)



Verbena bonariensis



Lavender



Marjoram (Oregano)

Getting Active when you find Exercise difficult - Your Mobility & Some Fun Exercises to do with your Carer or Family Member

As one becomes older, mobility loss, for many, becomes a greater problem. Exercising in some form will help to improve your muscle strength, blood circulation and even your mood!

After a fall, confidence can be lost and maintaining mobility becomes a further challenge as fear dominates, however, it is essential to try to maintain or restore mobility, event when you live with health conditions that present challenges to this like osteoarthritis.

To keep on moving, even in small ways, is the trick! Being more active isn't about working up a sweat. It's just about moving more each day in whatever way works for you. Below are some activities that could help.

Regular Standing

If you sit down a lot during the day, try to get up once an hour. If that's not possible, moving your arms and legs for a few minutes will help.

Chair Exercises

Here are a few safe chair exercises for you to practice together with your Carer, friend or relative in the comfort of your own home.

They will work out the top of your body and your abdominal muscles. The chair will be your base where you sit, so you can freely move your arms and legs without risking losing your balance.

Here are few easy exercises to get started:

Seated Pillow Squeezes (strengthen your thigh muscles)

1. Sit on the chair with your back straight and your arms down at your side
2. Place a pillow between your legs at knee height
3. Try to squeeze the pillow with your knees and hold for 3 seconds or more, then relax. Repeat 12 times.



Tummy Twists for Abs (improves your posture and core)

1. Sit on the chair with your back straight and feet flat on the ground.
2. Hold your arms at a 90-degree angle with your elbow at your side and forearms extended in front of you – or you can hold a ball in your hands.
3. Rotate your body to the left with a straight back. Suck in your stomach and try to hold it. Return to the middle and turn right. Repeat these actions up to 10 times.



Tummy Twists

Seated Jumping Jacks

1. Sit straight on the edge of your seat
2. Extend your arms to the sides and then reach above your head and touch your hands together and back down to the sides. Do 3 sets of 20 repetitions.

For more information on how to stay fit and maintain mobility why not visit the following sites or contacts for information:

<https://www.ageuk.org.uk/information-advice/health-wellbeing/exercise/simple-exercises-inactive-adults/>

Live in Care



In 2015, we launched a local live in care service – a one to one alternative to residential care. And it is a fantastic form of care that we have been and are delighted to support our customers with. It is often the next step from domiciliary care visits where the frequency of visits becomes high, overnight sleep in stays would be a benefit and presents the best value for money and person centred care specific to you, your home and the support you need.

About Live in Care

Live-In Care allows a person or couple to stay at home in familiar and relaxed surroundings, enabled by a Live-In Care Assistant who provides one-to-one support. The Live-In Care Assistant is there to support with physical and emotional health by offering companionship, assisting with personal care and medication support. This can be for short term care e.g. respite and recovery from an operation or illness, to allow your family member to go away, or can be a longer term service, from companionship, dementia care through to end of life care.

We work closely with all our customers to create bespoke Care Plans that detail all of their preferences, likes and dislikes so that the care they receive is personal and individual to them. As Customers' needs change so will their Care Plans, ensuring that they are never without the best and most suitable care for their needs.

We know that having another person living alongside a person or couple in their own home is a big step to take, so we do our very best to ensure that each Live-In Care Assistant matches our Customers' requirements and expectations.

To find out more about how this type of care and support could work simply contact our office on 01780 480881/01733 459907 or email stamford@bluebirdcare.co.uk

Bluebird Care Community – Gallery – Moments with you!



Team and Staff News

Recognition & Awards

All of our team do an incredible job! Each month we look to recognise members of our team as Employee of the Month who have stood out through their care, reliability and professionalism, truly Bluebird Care values.

We also award a separate recognition award 'Above and Beyond' for individual recognised for really going above and beyond in their role and as part of our team – both are a real challenge to award each month as pretty much EVERYONE is a worthy nominee! Here are some of our team members, who you will undoubtedly recognise, over the last months. Well done to all worthy award winners – each are awarded a certificate, flowers and a voucher to treat themselves – because they are truly worth it!

Welcome to new team members!

We have had the pleasure of new members joining our amazing care team. Every new member goes through a thorough 4 day classroom induction, and shadows with our existing team, to support them in finding their feet, getting to know their customers, routines and care. Once 'live' they complete a 12 week probation time, where they also work on completing the Care Certificate – qualification meeting an identified set of standards that health and care professionals adhere to in their daily working life.

- Here are a few of our team who have
- ◆ celebrated passing their probation and
 - ◆ achieving their Care Certificate to become
 - ◆ 'fully fledged' Bluebird Birds! Well done to all
 - ◆ and thank you for being part of our wonderful team!



Anniversary wishes

We were delighted to have another double celebration as Laura celebrated 5 years service with Bluebird Care in our Peterborough team, AND achieved a worthy promotion to Senior Carer, as she travels our Bluebird Care Career Pathway. Congratulations Laura! And thank you for your 5 years of care – we look forward to many more with you!



Customer Survey – Heading your way



Every year, we look to you, as valued customers, for feedback.

This month, we will be inviting you to take part in our annual quality survey. This will be sent both in the post but is also available for you to complete on line.

It is principally by asking you, our customer, that we know whether we are doing a good job or not. In order to improve the quality of the way we deliver your care we would like to ask you to take a few minutes to answer questions on the care and service you receive.

We actively use feedback to constantly improve our delivery of service and to provide you with the best possible service that we can. We look forward to your feedback!

Date for diary

7th May 2023 – Stamford Food & Garden Fair – The Meadows, Stamford PIC
Come and visit our stand at Stamford Food and Garden Fair. The event run by The Rotary Club Stamford St Martins is always a vibrant event and atmosphere and is a great opportunity to meet people within our community. We'd love to see you!



Upcoming Bank Holidays

1 May	Monday	Early May bank holiday
8 May	Monday	Bank holiday for the coronation of King Charles III
29 May	Monday	Spring bank holiday
28 August	Monday	Summer bank holiday

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