

Dear Customers,

We've had some lovely hot weather recently and although I love the heat, I'm sure we are all a little relieved to have the cooler nights as we begin the transition into autumn.

We've had a busy summer here at Bluebird Care Fareham. Our social activities club has continued over the summer months and it was really lovely to see some of you join us. Whether it's for the afternoon, or just an hour, we would love to see more of you attend the upcoming events that are all free and we can provide transport if needed.

I hope you enjoy this short read, which includes pictures from our social activity clubs and also a peak at some of the staff on their holidays!

Gabi,

Director, Bluebird Care Fareham

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Do you know someone who is looking for work?



We are looking to expand our care team and currently have vacancies for part-time and full-time roles.
If you know someone who is kind, compassionate and likes to help people then we would love to hear from them!
Let the office team know on 01489 832681.

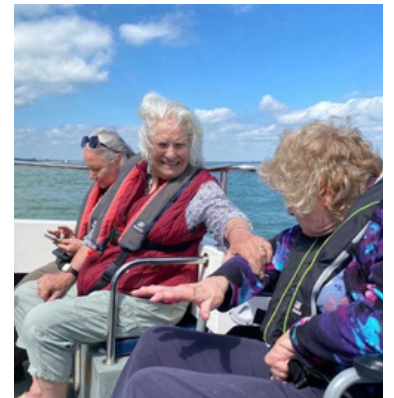


Social Activities Club

We've had a lovely summer of activities for our customer's this year. These have included card-making with our creative carer, Gwen, a boat ride across the Solent and also our very own Day at the races which was held at the offices.

Our social activities are a wonderful opportunity for customers to have a few hours away from their normal home environments, with people who care and in a safe and comfortable setting. The customers who have attended events in the past have always commented on how much they have enjoyed themselves, and such feedback is what spurs us on to arrange more activities!

See overleaf for a list of upcoming activities.



Social Activities Club

See the below list of the latest activities available to all customers. We would love to see as many of you as possible attend.

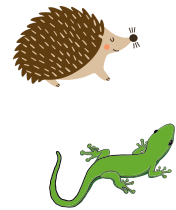
All activities are FREE and we can provide transport if required.

You can pick and choose which activity to attend and you don't have to come for the whole event, even an hour or so is fine.

Upcoming events...

Animal Encounters - Wednesday 27th Sept, 2pm - 4pm

We're bringing the animals to you! Come along for this exciting afternoon and meet a range of animals from a tortoise, geko, giant millipede, python, hedgehog and many more!



Pottery Painting - Thursday 12th Oct, 1.30pm - 3.30pm

A fun afternoon painting at the Made-by-Me pottery studio. Numbers are limited so please confirm asap to reserve a space.



Show and tell - Thur 26th October, 12pm - 2.30pm

Bring in an item of your choice and tell us all about it. This could be anything that means something to you, or reminds you of a particular time in your life. We'd love to hear all about it!

Just let us know which activity you are interested in and we will book you a space.

Boost Your Mood

The darker nights will soon be upon us, and we understand it can sometimes be a struggle to keep feeling positive when the weather is gloomy, especially if you live alone. Below are our top tips that you may find helpful when you need a little pick-me-up!

1 Talking

It may not be something we always feel like doing, but just talking to someone can completely change how we are feeling. Whether it's face-to-face, over the phone or through a text message, connecting with others is important and something we all need from time-to-time.

2 Keeping busy

This could be as simple as going for a walk, cleaning the house or doing a bit of gardening. Keeping yourself busy with simple tasks can help to give you routine and a sense of achievement.

3 Exercise

Some simple at home chair exercises, or a walk outside, can do wonders for our mood. Exercise releases endorphins, which are a natural mood booster and can help with feelings of anxiety or low mood.

4 Listen to music

Put on your favourite tunes and hum, sing or even have a little dance! It's proven that music can help boost feelings of happiness so it's worth having some old albums to hand for when you need a pick-me-up.

5 Eat well

A healthy diet is an important part of keeping well and feeling good about ourselves. So although you may want to fill up on those sugary comfort foods, it's actually the healthier foods that will help you to feel better overall.

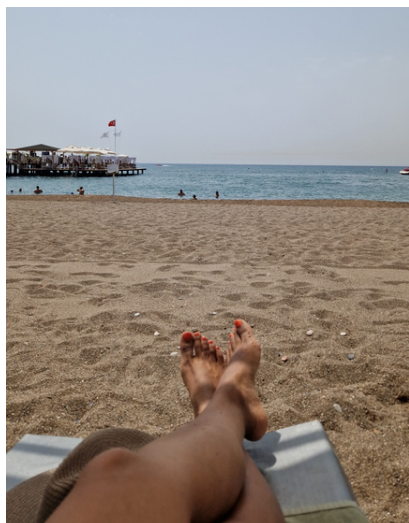
Don't forget, you can always talk to our team and we will work with you to help put things in place that will help to keep you feeling more positive.

Holiday snaps!

With lots of staff taking time off over the summer, we asked the office team to share their holiday pics so you could see what they've been up to.



Gabi and her son, Oliver, spent a few days exploring Krakow, Poland. They visited the salt mines, Schindler's factory and they had a very sobering tour of the Aushwitz and Birkenau concentration camps.



Sharon enjoyed a lovely Cornish holiday this year with family and friends, and they even had some dry weather!

Jas and her family jetted off to enjoy the heat of Turkey, and spent long days doing very little!

SUMMER
HOLIDAYS



Rachael's family holiday was in Caen, France, where they enjoyed historical tours of the D-Day landing beaches of Normandy, including the American Cemetery at Omaha beach.



Complaints Procedure Reminder

We like to pride ourselves on the open door policy that we endorse throughout the company here at Bluebird Care Fareham. We encourage our customers and their family members to come to us if they have any concerns about their care package or the service they receive.

Our team consistently work hard to ensure all customer's receive the highest levels of care possible, and we pride ourselves on having some of the most professional and compassionate people in our teams. However, we appreciate there may be times that you feel your issues require further attention, and should this happen you may feel the need to make a formal complaint. All complaints will be responded to in a timely manner by our management team.

All complaints should be in writing and addressed to Christopher Kirwan, Care Manager.

The Office Team update

Chris Kirwan, the maternity cover Care Manager, has decided to leave us for pastures new. So in the meantime, Gabi will be stepping in until Lou Richards returns from maternity leave in January.

Below is a reminder of the team roles should you need to contact us. If you would like further details of individual roles, please refer to the 'Meet the Team' section on our website.

Please continue to use the main office number and the main office email address fareham@bluebirdcare.co.uk if you need to contact us.

Gabi Sprechert - Owner/Director

Becky Simpson - Care Coordinator

Sharon McLoughlin - Care Supervisor

Leia Torrente - Customer Supervisor

Rachael Kellett - Finance Manager

Jas Kang - Marketing Manager



Try Live-in Care for a weekend and see if it's for you!

We are offering all of our customers the opportunity to experience our popular Live-in Care service for a weekend, at a discounted rate. This is a fantastic opportunity for you to trial the service and see if it could be an option, or future option, for you or your loved ones.

Whether it's short-term or long-term, our Live-in Care service is an ideal solution for many families. We can take over the care of your loved ones while you go on holiday, or just want a break from care duties. Or perhaps you are feeling lonely and would like a friendly companion to spend your days with, as well as help with care and domestic duties.

Speak to the office team today and see if it could be a perfect solution for you.



“She's my lovely blue angel”

We love to hear from you!

"I have been very satisfied with all the care that my husband has received. They are all cheerful and friendly and willing. When I have had to change the timing this has been done efficiently. My husband has enjoyed all the activities that have been provided. I am very grateful for all their support."



We are here!

Feel free to contact the team if you have any queries.

**Call 01329 832681 or
email fareham@bluebirdcare.co.uk**

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