

November 2023

Welcome to the fourth addition of our monthly newsletter, the content is put together by our team of care mentors on a monthly basis, 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.

## Diabetes Awareness

November is Diabetes Awareness Month, a perfect time to shed light on this condition.

Diabetes is a condition that causes a person's blood sugar level to become too high. There are 2 main types of diabetes...

**Type 1** Where the body's immune system attacks and destroys the cells produces by insulin.

**Type 2** Where the body does not produce enough insulin, or the body's cells do not react to insulin properly.

Diabetes can be controlled with tablets, insulin or in some cases eating a well-balanced diet and regular exercise alone, your GP will recommend an appropriate treatment plan based on the type of diabetes you have.

If you are experiencing any of the following symptoms, you should contact your GP...

- feeling very thirsty
- peeing more frequently than usual, particularly at night
- feeling very tired
- weight loss and loss of muscle bulk
- itching around the penis or vagina, or frequent episodes of thrush
- blurred vision

## Tips to Recover from a Cold!

Ginger is a popular home remedy that acts as an anti-inflammatory. This ingredient can help to dilate the blood vessels of the lungs resulting in relaxed muscles and a more open airway!

A cup of hot ginger tea can ease your cough and soothe a sore throat.

Garlic can boost your immunity and can speed up the recovery from a cold.

Honey has healing properties and is an anti-inflammatory,

If you are suffering the symptoms of a cold why not ask your Care Assistant to make you a tea using two tablespoons of honey and some slices of fresh lemon in a cup of hot water, this will soothe your throat, ease your cough and boost your energy.



## Top Tip

Baking soda and vinegar mixed together make a good cleaning product and help to unblock drains. This top tip was sent in by our amazing Care Assistant Codie.

*Do you have any top tips?, we would love for you to send them in so we can add them in to our monthly newsletter!*



## Hidden Talents!

During a care visit with Mrs C she shared stories of her time attending Burton Art School, during her time there she learnt varied skills such as tapestry, upholstery and pottery. Using the skills that she had learnt Mrs C was able to make her daughter's wedding dress. Below is an image of some of the items of pottery she made!



## Puzzle Corner

### 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

## Month A Poem; Written by Mrs B

### Remembrance 1997

Whose was the hand that grasped the pain  
And freed the Truth for All again?  
How many brothers, friends and kin  
Took Britain forward to fight to win  
Our Freedom, Love, Our Shape to Be,  
When Heaven above looked mercilessly?  
The 'other side' lost brethren too.  
Let's not forget what they had to do.  
We each had cause to let hatred loose  
But have now progressed with our Right to  
Choose  
And look carefully before it's too late,  
Being aware of how others manipulate,  
Mold our emotion, make it falsely strong  
"STOP! "We can now shout aloud,  
"We see it is wrong."  
Take shoulders, hands, grasp one another  
Close, recognize sister, brother.  
Allow Peace its promise, Mankind its dawn;  
Future's premise  
Of world waiting to be born.  
Forget not that hand;  
Sense always that pain;  
Tell onwards the truth;  
Respect whence they came.

## Employee of the Month

Employee of the Month for October has been awarded to our Care Mentor **Sue Cross**. Sue consistently goes above and beyond for her customers. This month we have received a truly heart-warming compliment from the family of a customer Sue supports.

**"Sue has been amazing, she interacts with X really well, X has not read a magazine in months Sue has had her reading magazines, stories colouring and flower arranging. Sue has really made a difference to not only X's life but ours too".**

Well done, Sue, this is such lovely feedback.

## 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

