

Bluebird Care Community



Newsletter

June 2022

We met Camilla Duchess of Cornwall & Prince Charles



Read all about our news and events!

Welcome

Welcome to our Bluebird Care Newsletter – 'summer' edition! This issue is full of our Bluebird Care events and captured memory moments, that I hope you will enjoy reminiscing over.

It was such a pleasure to meet with my fellow Bluebird Care colleagues who have been featured and have shared their stories in this issue - thank you. Attending and being part of our Bluebird Care customer events, was a privilege for me as I loved seeing ALL of our customers out, about, and enjoying themselves .

You will see what each of our offices have been up to over the last 6 months and what is coming up for future events. From celebrating Essex Wests' 10 years anniversary, to Redbridge, Epping & Harlows' tea party, watching their customers get up and dance was so beautiful and emotional. Our Southend & Rochford Team held an active Easter party with live entertainment, singing old songs, not forgetting our Mid Essexs' Valentine Party held for our customer and their families - lots of fun singing along to songs and playing bingo with a free raffle!

One of my many special highlights over the last 6 months with Bluebird Care was meeting Prince Charles and Camilla Duchess of Cornwall in Southend, enjoy seeing more pictures in this issue

Please enjoy reading the articles and looking through all the pictures, if you would like to be featured in our 'winter' issue (due out December 2022)

Please email me..

essexmarketing@bluebirdcare.co.uk

ENJOY!



Sharon Wuyts
Communicating & Marketing Manager

Mid Essex

Chelmsford & Maldon

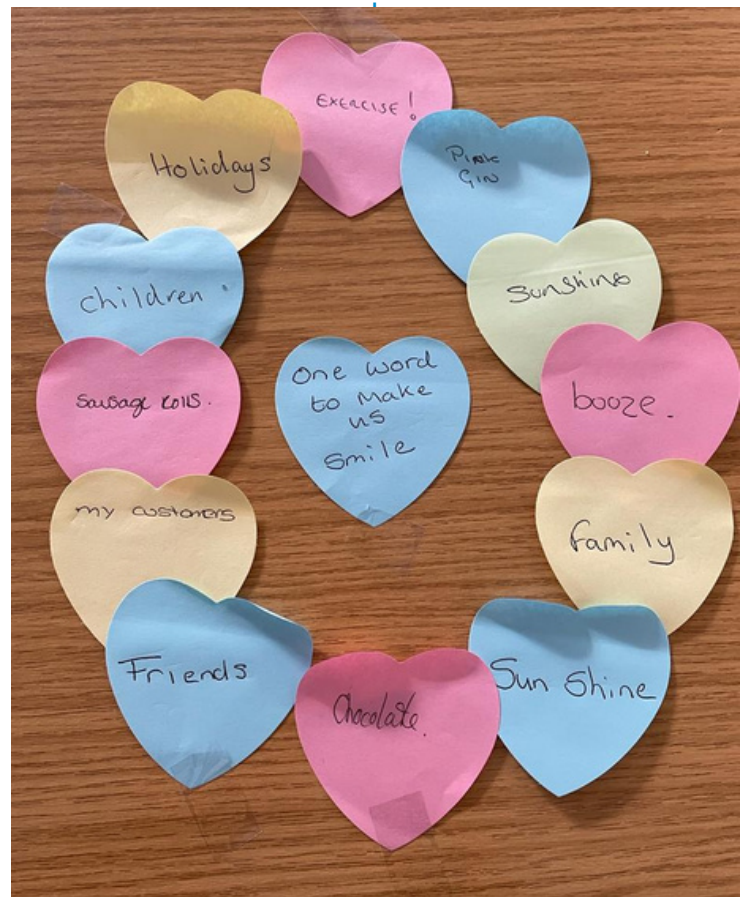
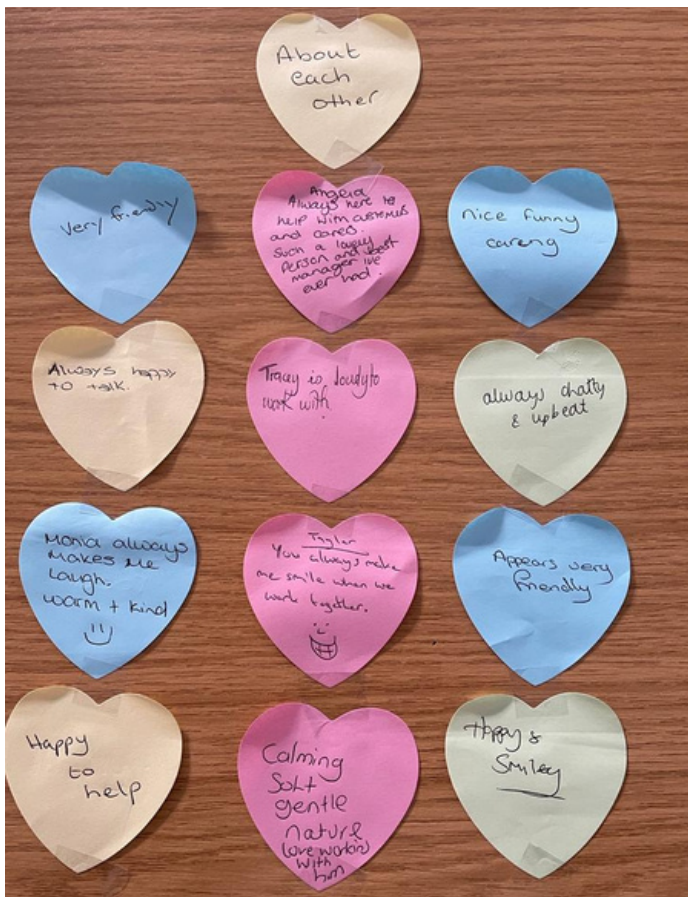
Valentine Tea Party - 17th February 2022



Team Building with our care team - here is what our team said!

Say something about the person you sit next to...

What makes you smile..



Mid Essex

Chelmsford & Maldon

Easter Egg Hunt 3rd April 2022



Mid Essex

Chelmsford & Maldon



Tracy Lawrence - Care Assistant

The most important thing in my life is my family, I have four children, six grandchildren, and one on the way! We are all very close, and we love spending time with each other. Every summer, we have our annual family rounders match. Christmas, well, what an event, having all my family around me is what makes me tick! I live by the sea in a seaside resort, just a few steps away, which makes a great location for my family gatherings.

I started my career with 21 years in childcare as a playschool assistant and then progressed to Teachers Assistant at my local primary school. Since my children have now grown up, I decided it was time for a change.



I have always enjoyed helping others and have been fascinated by dementia, so I started working in a care home, most of the residents lived with dementia. Due to the challenges I faced, I decided to change from working in care home to working as a domiciliary care assistant for Bluebird Care Maldon.



Essex West

Celebrating our 10th Anniversary 2022



Thank you for your trust,
loyalty and support
Tracey & Kevin McCormack



Essex West

Events

Easter Egg Hunt 2022



Recruitment & Information Stand



Essex West



Demi Wheeler - HR & Recruitment Supervisor

I went straight into hairdressing when I left school and after 4 years I qualified. I decided I wanted a change. I never really thought about a career in childcare, but I love children, so somehow, I fell into an apprenticeship, and during the 6 years I devoted, I completed many qualifications from NVQs to deputy room leader to deputy manager. I really enjoyed my time at the nursery, however I decided to go back into hairdressing, which didn't really tick my boxes, I wanted more!

It was fate when I found this position I am now in with Bluebird Care Essex West. I have been here since January 2022, and although it was a bumpy start as I had covid and had to isolate on my start date. Clem and the team were very understanding and helped me get through the isolation by providing online courses to keep me busy. I have fitted in so well, my team is amazing, and I am learning new things each day, it's great.



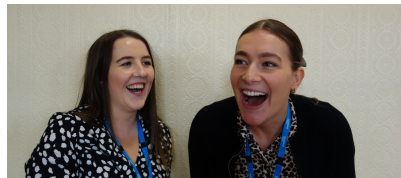
I met my finance during the first lockdown, got engaged in the 2nd lockdown, and moved in with each other on the 3rd! We have planned to get married in 2024 - with all my best friends as bridesmaids.

I have another true love in my life - I absolutely LOVE Ollie Murs, he is my idol, we follow each other on Instagram...



Redbridge, Harlow and Epping

Customer Cream Tea Party - 16th March 2022



Redbridge, Harlow and Epping

Carer of the Month and Champion awards...



Congratulations to all our winners so far - you all do an amazing job!

Bluebird Care Redbridge, Harlow and Epping are so pleased and proud to announce, **Karen Thompson** received a special complimentary message from the London Ambulance Service.



Charity
Bake Sale

We raised
£90.50!!

Redbridge, Harlow and Epping



Fiona - Office Manager

My role involves scheduling the care visits for the customers. Responding to queries from care staff, customers, their families and other health professionals.

I was brought up by two parents who are wheelchair users, which meant I lived in especially adapted accommodation and regularly socialised with residents with all different types of disabilities. From a young age I would assist with the residents at social events, outings and general popping in to see how they were. This eventually led to me doing voluntary work with the elderly and disabled, which I did for about 10 years.

I started working in a residential care home around 20 years ago. I was first interested in working in care after seeing the excellent care my grandfather had while he was residing in a nursing home on the Scottish island of Bute. I knew from then on that I wanted to give care back to those who needed it, and since then I have always worked from the heart. Around 15 years ago I began working as a domiciliary care worker and within months I was moved to the position of a care coordinator and now I am the office manager.

I have been with Bluebird Care Redbridge since September 2019, I was attracted to working with Bluebird Care as I had worked in areas where Bluebird Care also had care packages and knew that they had always sustained a good reputation. I love the fact that Bluebird Care is a family run business and their passion and drive would always be for the good of the customers and staff.

I believe that you should treat those how you want to be treated and a happy care worker makes a happy customer.

Southend and Rochford

Meeting Prince Charles and Camilla Duchess of Cornwall



Southend and Rochford

Easter Themed Tea Party - 6th April 2022



Southend and Rochford



Megan Clark Office Manager

I joined Bluebird Care in March 2017 as a care assistant and that is where I found my passion for care, you could say I found my niche. Over the years, I progressed from the senior care assistant role to care co-ordinator and now, office manager. In 2016, I graduated with BAH Performing Arts, specialising in Theatre & Shakespeare.

I have always had a passion for amateur dramatics and performing arts. It was on my 8th birthday – Uncle Gary (Gary Wilmot - pictured below) starred in 'Chitty Chitty Bang Bang' at London Palladium, which gave me the taste of theatre and pursued my education in this area.

I decided to apply for a part-time job with a local care company, which seemed to fire all my cylinders until a change led me to Bluebird Care Southend & Rochford. During my time with Bluebird Care, I have gained my Level 3 NVQ in Health & Social Care and currently studying level 5 NVQ in Health and Social Care management.

Whilst studying, I started teaching 4-18 years olds at the Pauline Quirke Academy for performing arts. Whilst this was a rewarding and enjoyable role, I found myself extremely busy.

I will always keep my performing arts and amateur dramatics close to my heart. I set up a voluntary 'Arts & Amateur' group, a few years ago in Southend. We meet every Monday and Thursday, and we currently perform plays like '2 Gentleman of Verona'.

I am a Trained Trainer in Manual Handling, Risk Assessments, and Parkinson's Awareness, I am also a Mental Health First Aider.



Live-in Care Team

Iuliana Botoc - Live-in Carer



I started with Bluebird Care 5 years ago, I didn't know what to expect, but what a journey! I really enjoy being a live-in carer. Working in various branches of Bluebird Care and for other caring companies in England, my conclusion is that every time I must go back to where I feel most "at home". Bluebird Care has made me feel like a valued member of the team, you are listened to when you need it, and you are helped to get through the most difficult moments.

In my career in England, as a live-in carer, I have had the opportunity to meet many trusted people at Bluebird Care including the customers. I had access to learning English directly from the source, which I really enjoyed.



I love to cook my favourite international recipes, share and dine with my customers at the table. My customer's favourite dishes are goulash, ragout, fish pie, or even homemade bread and birthday cakes. One of my many enjoyable moments with my customers is having long conversations and solving crossword puzzles.

"The free courses that Bluebird Care offered me gave me a broader view of this profession and progressed my personal life experience."



Live-in Care

Mamusu Mansaray - Live-in Care

From the age of 7, I became the young carer for my mother, living with sickle cell. It was then whilst looking after my siblings and my mother, that I knew I wanted a career in helping people. I was so passionate about doing my best to help others. I applied for a full-time job in east London in domiciliary care, I could not believe how rewarding this job was, to be part of a customer's life, providing them with support to live independently in their own home and having as many laughs, where possible along the way, adding real value back in their lives.



At 24 years old, I wanted to move onto the next level, so I decided to become a live-in carer, it has now been a year since working for Bluebird Care, and I have never felt such great support from a company, I do not feel alone. I have already experienced many different live-in care packages, each one goes through a process, an assessment to ensure compatibility and to build the bespoke package to ensure all expectations are delivered with a smile and confidence. Currently, I am doing a BTEC Level 3 Diploma in Lead Adult Care, which strengthens my skills and enables me to communicate in different ways other than speaking.

My last customer was not able to communicate, I would put a Cliff Richard song on the radio and watch them shine with happiness, the smiles, the wink of agreement and the slight wiggles of movement made my heart sing!

My advice to anyone that is thinking about a career in care – go for it! Life is short enough, I, unfortunately, lost 3 customers over the last few months due to end-of-life, although initially sad at losing a friend, I knew I had added a huge positive impact by being their companion and supporting their way of life at home.



There is a stigma about caring that I want to squash, only 000.1% is the role of 'wiping bottoms', and the rest of the time is spent being a companion and confidant.

Being a live-in carer takes me around different places in the UK which I would never think to visit. I love meeting and helping new people!

Live-in Care



Jon Fenton - Live-in Carer

Before I was a live-in carer, I worked as a stock control inventory, I purchased various stock at negotiated prices with a profit turnover £10,000! After 5 years I was made redundant and for a while after I didn't know what I wanted to do, but I was offered a private live-in care position. Initially I was a bit fearful as I had never done anything like this before, but 4 months later, I loved it! I decided to then pursue a career in care and have been with Bluebird Care since!

The days are very structured, I have breakfast, lunch and dinner at the same time as my customer. You get to know the family, it really is such a rewarding job. For me being a live-in carer gives the customers reassurance and companionship. A gentleman I was looking after, always walked with one foot dragging along the floor, it wasn't until I realised, his inner sole was affecting his walk, so I changed the size of it, and now he walks with both feet lifting up and with a spring in his step. It's the little things that really makes me really happy!



If you are thinking about becoming a Bluebird Care, Live-in Carer - Email our Live-in Care Manager - Maryann maryanncleaver@bluebirdcare.co.uk

In House Training



Debra Goaté - Training Manager

I am so pleased that so many people want to progress their knowledge in various topics. I would encourage you to do your own research by visiting various websites. For example the Alzheimer's UK and Dementia UK charities have lots of really useful information that you can access without charge. Please contact me when you discover something new. Perhaps I can share it in training so that all carers, managers and most importantly customers, can benefit from this knowledge.

Yearly updates on M&H, CPR, Medication and Safeguarding are in-house with other topics covered via CareTutor at present. All in-house updates are interactive taking the form of questions and answers and general discussions around a particular topic. Any real-life situations you have come across bring another element to the discussion, of course everything remains confidential. When we can share and discuss, we can all learn. Have a think about your experiences in connection to an update subject and I look forward to lively conversation.

Palliative and End of Life Care – this should be available later this year.

Catheter and Stoma Care – you will be trained when needed for a specific customer by your designated branch, train the trainer.

Dementia Care – there is an in-house update course available now which covers a lot of information, however, I can recommend additional training should you wish.

Mental Health – we are planning a course around mental health to be available next year.

Parkinson's Disease – again, training will be available when needed for a specific customer. Managers have recently attended an awareness course.

Positive Behaviour Support – this is covered in the Dementia induction and update courses. This will be developed throughout the course of this year.

Christmas 2022



Admin Staff Party at Orsett Hall - 25th March 2022



Christmas 2022



Christmas 2022



Benefits



BLUE LIGHT CARD

Here for you, because you're here for all of us



Blue Light Card – Only for employees of the healthcare sector, **YOU!** If you have not already got your card, why not? **Step 1** Download App, **Step 2** Complete registration **Step 3** - Pay **£4.99 for annual membership** and save online with thousands of retailers!

Once you have completed your 3 month probation, you can forward your receipt to victoriacleaver@bluebirdcare.co.uk for a refund from our Directors



Employee Assistance Program (EAP)



Well being and Health Information
Telephone Counselling
Debt and Money support

Call 0800 915 8083

Staff Healthcare Benefit Scheme

step 1 Download App wpa.org.uk
step 2 Login with customer No.
step 3 Make your claim

Please contact Victoria Cleaver if you need a copy of your customer reference number.

60 seconds with.....

Madam Mayor Brentwood -



Was it your goal to be Madam Mayor?

Back in 2013, one of my friend's parents was a Councillor at the time, and they suggested I should stand to become a Councillor as I was very good with politics. I remember the date really clearly as it was Margaret Thatcher's funeral the same day and I took the stand as Councillor for Brentwood! I remember seeing the council meetings in election mode, looking at all those people that were older than me who had been doing this for years and were quite political, I remember thinking I am not like that. However, out of the blue, I was asked by my then leader, would I consider running for Madam Mayor, it was then, I thought, being a girl in my 30's, this would be an opportunity, so, that is how I became Madam Mayor!

What Harry Potter House would you be in and why?

What an awesome question, I have thought about this over the years. I love the books, and much like the films, I prefer to create my own characters. The most complex and brilliant characters, if you think about the ending, who was the absolute hero through the entire series, 'Severus Snape!' So I thought I would be in 'Slytherin House'. Although many would say 'Gryffindor' as its morally correct. I would like to think if I was to wear the sorting hat that determines your house, it would say 'Slytherin House'. I think that 'Severus Snape' was a brilliant character - "Always"



If you had the power to change a law or policy, what would it be?

Greater accountability expenditure for NHS - in the NHS position I am in, I am involved with the stock and ordering and that's a big responsibility in my role. I see the waste and the money that could be spent elsewhere, we are wasting taxpayers' money.

Cost of living - if the energy companies are allowed to do what they do, sticking green tax on top, which people are paying for, then I would put a temporary hold on stuff like that. We should try and help reduce the pressures for regular people to enable them to get back on their feet, we need to help where we can with the cost of living.

Thank you for your time Madam Mayor!



Events coming up...

Please come and join us with your family. Each office will be attending the following events in our Bluebird Care tunics! It is so important to get involved with our communities and support as many community members as possible!

Community Festival, Sunday 17th July 2022 12- 7pm- Fun, family friendly outdoor event. We have stalls, games, rides, music and so much more for all the family to enjoy - Ilford IG3 8XD - **FREE** to attend.

Family Fun Day Every Friday from **23 July - 27 August 2022** in parks around Brentwood - **FREE** to attend.

Maldon Carnival - Saturday 6th August 2022 - Maldon High Street, starting at **2.15** - **FREE** to attend.

Mayland Classic Car and Motorbike Family Funday - 21st August 2022
10am til 4pm (CM3 6AD)

There will also be an outdoor market with 30+ stalls from all kinds of craft and beauty products, through to car and bike automobilia and so much more. The entrance fee is £2.50, 16 and under **FREE** entry.

Spooktacular Halloween Parade - Southend, Saturday 29 October 2022
This fantastic **FREE** event will take place on Southend seafront.

Please note these dates are correct at the time of issuing this newsletter! If you hear about any community events in your area, please let us all know!

essexmarketing@bluebirdcare.co.uk