



Newsletter

Summer 2022

Welcome to our Summer Newsletter. We hope that you are all managing to stay cool through the current heatwave! Staff have been advised that relaxed uniforms is allowed, to help stay cool and comfortable whilst working.

This week we have two students working with us from Congleton High School, they have helped with this edition of the Newsletter, and some office duties, and will be meeting some of our customers later in the week.

The seniors will be visiting all customers for the usual monthly review, and in addition, have some additional paperwork to complete for customer feedback. I will be visiting all community staff also over the next week, to catch up and distribute supplies, and am looking forward to seeing everyone.

You may have seen conflicting information in the media around the wearing of masks. This has generally been about NHS staff and does not apply to us. To clarify, we do still insist that all staff are wearing masks, whenever in customer homes. If this changes, we will notify everyone.

On behalf of the Ablewell Team, best wishes to you and your families.

Rachael x

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At all times, if you need to contact us, please use the main office number. When the office is closed, your call will be automatically diverted to the On Call Manager.



Congratulations!

Service Awards

Since our last Newsletter we have passed 5 service anniversaries.

Marshall from Congleton, has been with us now for 12 years!

Val, in Macclesfield joined us 7 years ago.

Nigel, our Deputy Care Manager returned 3 years ago.

Also a returning colleague, **Liz** from Macclesfield has been back for 1 year.

Jemma from Congleton has just passed her first year anniversary.

Thank you to each of you for your loyalty, and for the care and encouragement you all show to customers and colleagues!

New Team Members

Samantha has joined our Congleton team. Welcome Sam, thank you for joining us!

As most of you will now know, Patrick, our colleague from Congleton, is currently unwell and in hospital.

We all wish Patrick a full and timely recovery, and look forward to seeing him soon.

Any cards or well wishes can be directed to the Congleton team, or the office, and we will make sure he receives them.



WELL DONE!



Well done to both Patrick and Alison, who have both recently completed their Care Certificate.

There are 15 standards in total, and staff are assessed on their knowledge as well as practical competence. A lot of work goes into the certification, both from the staff and the supervisory team.

Thank you especially to June who has been carrying out observations and pulling all of the evidence together so that we can assess.



Well done to Margaret in Congleton, who won our Easter Quiz, with 100% correct answers! Margaret enjoyed her prize, a spring hamper with her family.

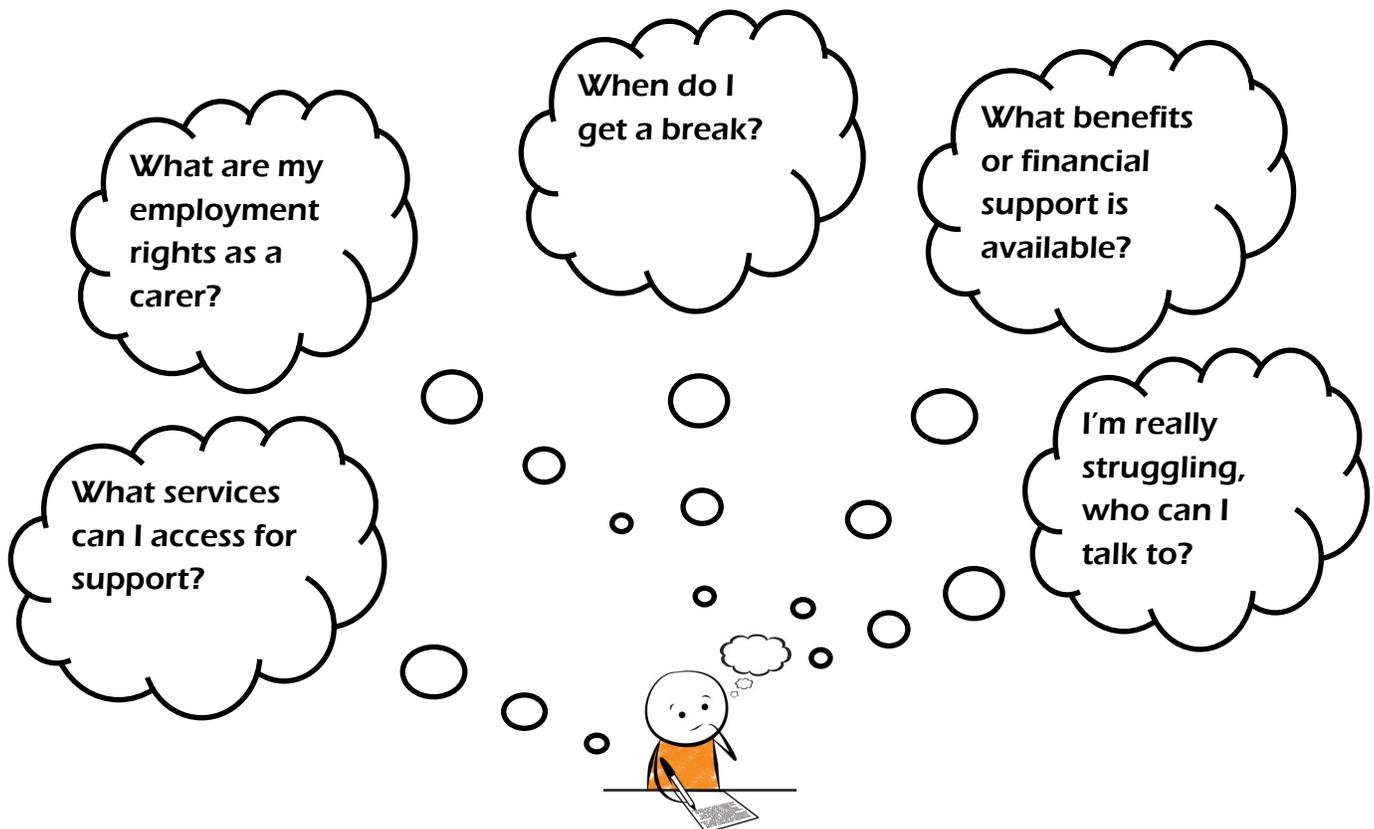


Are you an unpaid Carer?

An unpaid carer is a person of any age who provides unpaid help and support to wife, husband, partner, son, daughter, parent, relative, partner, friend or neighbour who cannot manage without the carers help.

I am currently setting up a support service for unpaid Carers, both staff and customers—and people currently not known to our service! This will include sharing useful information, supporting each other and opportunities for us to support you!

If you would like to hear more details, and maybe become involved, please register your interest by calling the office or e mailing rachael@ablewellcare.com



ableminds

You may remember me telling you about our Ableminds services, designed to support those living with dementia.

One to One Cognitive Stimulation Sessions

Sessions are delivered in a person's own home and tailored to meet their needs, interests and abilities, with the intention of restoring meaningful time and keeping the mind active.

We have a wide range of resources available, as well as exploring any familiar objects, photos or environments around the home. Activities can be pre-planned, or person led.

Respite & Sitting Service

A trained and experienced team member provided to encourage and enable Carer breaks. This service can be in the home or the community, from 1 hour up to 6 hours and includes support required with personal care, medication and meal preparation as required.

Assessment and Advice

A supportive home visit to discuss and assess needs and preferences, covering the home environment, equipment and access to services. Report provided outlining recommendations.

Carer Support and Networking

Encouraging unpaid Carers, to meet people in a similar situation to themselves, with experienced staff on hand to offer support and advice if needed and trained staff to support the person living with dementia.

Light refreshments are included.

In August, we will be running a free session to pilot running cognitive stimulation alongside a Carer support session.

The theme for activities will be British Seaside Holidays, and the session will be held in Congleton.

The activities are most beneficial for people in the early to mid stages of dementia.

Please register your interest if you would like more details about this. Call the office or email rachael@ablewellcare.com

Making time meaningful.

Motivating the mind.



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The Queen's Platinum Jubilee was celebrated in all of our communities, from window displays to street parties & picnics, and from knitted tributes to rock concerts!



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Just for fun

Ode To Summer

Season of sun and sand and sea,
Holiday time for you and me.
Daylight right 'til ten o'clock,
Don't forget to wear sun-block.

Sitting idly reading Keats,
Watching kids with buckets and spades;
Sparrows with their frantic tweets,
Flying high above the glades.

Oh it's great to be so free,
No more snow or ice for me.
Even mugginess is okay,
So long as it's warm throughout the day.

Swimming in that so cool pool,
Sure beats sweating back in school.
Summer is my favourite month,
Whoops my rhyme-scheme just went Whoomph!

Nothing rhymes with month you know,
But let's forget about that snow.
Let's laze instead on lawn or beach,
And keep a beer within our reach.

Paul Butters

Summer facts

- The Eiffel tower actually grows in the heat of the summer. Due to the iron expanding the tower grows about 6 inches per summer.
- The first modern Olympic Games were held in the summer in 1896 in Athens, Greece.
- Ice pops were invented in 1905 by an 11 year old boy.
- More thunderstorms occur in the Summer than other time in the year. The warmth of the summer often provides the perfect condition of rising air and moisture.
- The hottest temperature ever recorded in the UK was on the 25th of July 2019 at Cambridge University Botanic Garden at a sweltering 38.7 degrees.

This page has been created by Jess and Korie, who are with us for work experience this week from Congleton High School . Both Girls are studying Health and Social Care at the school's 6th form college.

Why don't mummies go to summer camp?
They're afraid to relax and unwind!

What did the beach say to the tide when it came in?
Long time no sea!

What do you call a snowman in July?
A puddle!



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Competition Time!

We love hearing feedback about our Newsletter, and one thing that always comes back to us is that you enjoy completing the puzzles and quizzes. If you would like to be in with a chance of winning a bundle of treats, you can send this quiz back to the office. All entries will receive a response, and the highest scores will be entered into a draw to win a bundle. Simply return this sheet to the office, either by post or through a staff member by August 26th. Don't forget to write your name on it!

Open to all—Customers, Colleagues and all in the extended Ablewell family.

Summer Quiz

Name:

Contact number:

Q1. Which British seaside attraction is 158m tall?

Q2. At 1.34 miles where is the longest pleasure pier in the UK?

Q3. What was the name of the ITV holiday show fronted by Judith Chalmers which ran from 1994 to 2003?

Q4. Thunderstorms are most likely to hit the North of South of England. True or false?

Q5. When does Summer officially start?

Q6. Which month were most babies born in Britain in Summer?

Q7. Can you give the first line of Grease's 'Summer Nights' lyrics?

Q8. Which feast day falls on July 15th every year?

Q9. What term is often given to a period of dry, hot weather that occurs in Autumn?

Q10. What was the first name of Clegg in the sitcom 'Last of the Summer Wine'?

Thank you for taking part, Good Luck!

