



Newsletter

Welcome to our Spring Newsletter. The start of the year has been quiet, despite the passing of our 10 year anniversary. We had wanted to hold an event, to celebrate this, but have postponed until more certain and safe times. This is now likely to be next year—so lets look forward to 10+1!

In the meantime, we have enjoyed some warmer weather, and now seem to have entered into April showers. It's all doing the gardens some good and we are seeing lots of colour appearing.

Restrictions to Covid-19 have now been lifted. There is no longer any government requirement to wear masks in public or test regularly. You will find that staff providing direct care, or working in people's homes, are continuing to wear full PPE, this is to continue to keep Customers and Colleagues safe. As a company, we are also encouraging regular testing, so that we can monitor and manage any potential outbreaks of the virus.

Understandably, people have been affected by the pandemic, and the lifestyle changes forced upon us all. If you are struggling, please talk to someone that can help, that may be your GP, family member, or one of us.

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

Rachael x



Spring 2022

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Important Dates

15th April: Good Friday (office closed)
17th April: Easter Sunday
18th April: Easter Monday
25th April: Invoicing
2nd May: Early May Bank Holiday
6th May: Pay day

Bank Holiday Changes 2022

This year there will be an extra holiday on Friday 3rd June, to celebrate the Queen's Platinum Jubilee. The late May bank holiday has been moved to Thursday 2nd June.



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Our Team

Congratulations!

Service Awards

So far this year, we have passed **4** service anniversaries.

Returning colleague, Howard, from Knutsford has been back with the Ablewell team for a year!

4 years: **Sue**, also a returning colleague, works in our Congleton and Sandbach teams.

12 years: **Margaret & Alison**, from Macclesfield and **Yasmine**, from Congleton.

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

Sam has joined the office team, to keep our accounts in order. Sam will be working Wednesdays and Thursdays and can be contacted at the office on these days with any queries.

Sue, in her 4th year with Ablewell, has worked with us on and off for over 13 years. Sue is a Care Worker, and visits our Customers in the Congleton, Sandbach and Scholar Green areas. Sue's journey as a Care Worker started 27 years ago! Sue has 5 children, ranging from 33 to 15 who have kept her busy over the years. Although she still finds time to go the extra mile for our Customers. Here is Sue, making sure nobody missed out on a Christmas Dinner!



"I absolutely love my job helping our clients and their families . It's a true honour to do so . I take pleasure in what I do and all that I have accomplished over the years and I learn something new about our role nearly every day. So I never claim to know it all.

I have seen lots of changes and challenges in my job as a Care Worker, Oh, how it has changed! I should write a book 'The Life and Times of a Carer.' I'm sure it would be a best seller that many would relate to and others wouldn't quite believe!

For those who don't know me, I'm an honest southerner, and will always speak up for what I believe in, but I promise I don't bite . Thank you for taking the time to read this about me.

To colleagues, I Wish you all well and hope you enjoy working with Ablewell . We have a great team!"

Thank you Sue for your words, and for all that you do that makes such a difference.



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News & Information



In March, Congleton High School kindly invited us to exhibit at their Careers Fair. The whole school event gave pupils from age 11 through to 18 years, the opportunity to speak to employers from a wide range of industries and learn about different roles that may be of interest to them.

I spoke to lots of young people and it was nice to be able to tell them all about the rewarding work that we do, as well as the wide variety of roles within the sector. I also showed them some examples of career paths, demonstrating the learning and development opportunities available to them.

Hopefully, I managed to inspire some of them to take up a career in Adult Social Care!

Michelle Obama famously said "There is nothing more important to this nations future, than investing in our young people". This quote is so relevant to our sector right now. We are actively seeking out the next generation of excellent Care Workers, Supervisors and Managers, by recruiting apprentices and investing in people's interests.



"There is nothing more important to this nations future, than investing in our young people" Michelle Obama

16th 22nd May is Dementia Action Week. This year's theme is diagnosis. The Alzheimer's Society want to encourage those who might be living with, or close to someone who might be living with, with undiagnosed dementia to:

- Be able to understand and recognise potential dementia symptoms
- Seek guidance and support when needed
- Feel empowered to take the next step
- Improve the diagnosis process for them and healthcare professionals

As a company, we completely support these aims. I will be attending the Alzheimer's society Annual Conference on 17th May, and look forward to bringing back some valuable information and news.

From summer 2022, we will be holding informal training sessions for family members and unpaid carers to attend, to support them to understand dementia and provide a safe, supportive, social environment. Further details will follow, and you can register interest, by emailing rachael@ablewellcare.com or calling the office.



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You may have seen & heard that energy costs are rising. This can be a worry, and none of us want to pay more than we need to for our energy.

Here are some tips and ideas about how you can save a little on your bills and get the most out of the energy that you pay for.



An **annual service** of your boiler and heating system can make sure that it is running safely and efficiently.

If you need support to find a local, registered Gas Safe Engineer, please let us know.

Close the curtains and tuck them behind the radiators.

&

Turn off radiators in unused rooms.

Keep your home at a **comfortable temperature**. This is more efficient than turning the heat on and off.

Our Care Workers can help you to set your thermostat if needed.

Ideal temperature:

Living room: 21°C

Bedroom: 18°C

Bathroom: 22-24°C

Switch off appliances rather than using standby.

If you struggle with mobility, consider a timed or remote plug. Our staff can also help with this each morning and evening.

Only use the water that you need, when boiling the kettle. This is simple, but a top tip from Barry in Sandbach, and saves water too! Thanks Barry, now put the kettle on!



Change your light bulbs from traditional to LED bulbs and turn off the light when you leave a room.





In 2022, Her Majesty The Queen will become the first British Monarch to celebrate a Platinum Jubilee after 70 years of service.

It is expected that there will be celebrations going on across the country from 2nd—5th June. There will be an extra day public holiday on 2nd June.

If you are having a celebration in your local community neighbourhood or community groups, we would love to hear about it. It would also be interesting to hear any memories that you have of the Queen's reign, what did you do for her Coronation? How have time's changed?

If you are unable to get out and celebrate, why not decorate your space? Put some flags up—or we can print them to be coloured in! dress in red, white and blue, have a celebratory meal. Send any photo's in to Rachael via the staff What's App groups, or to rachael@ablewellcare.com.



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.



I'm sure everyone will agree with me that the current situation in Ukraine is dreadful. The people of the UK have responded once again, by pulling together in their communities, and sending essential supplies to the people who have had to flee their homes and belongings. Housing is also being offered to those brought to the UK through the 'Homes for Ukraine' scheme.



The Sunflower has become a symbol of hope and resistance as the conflicts between Ukraine and Russia continue to rise. It is also the national flower of Ukraine.



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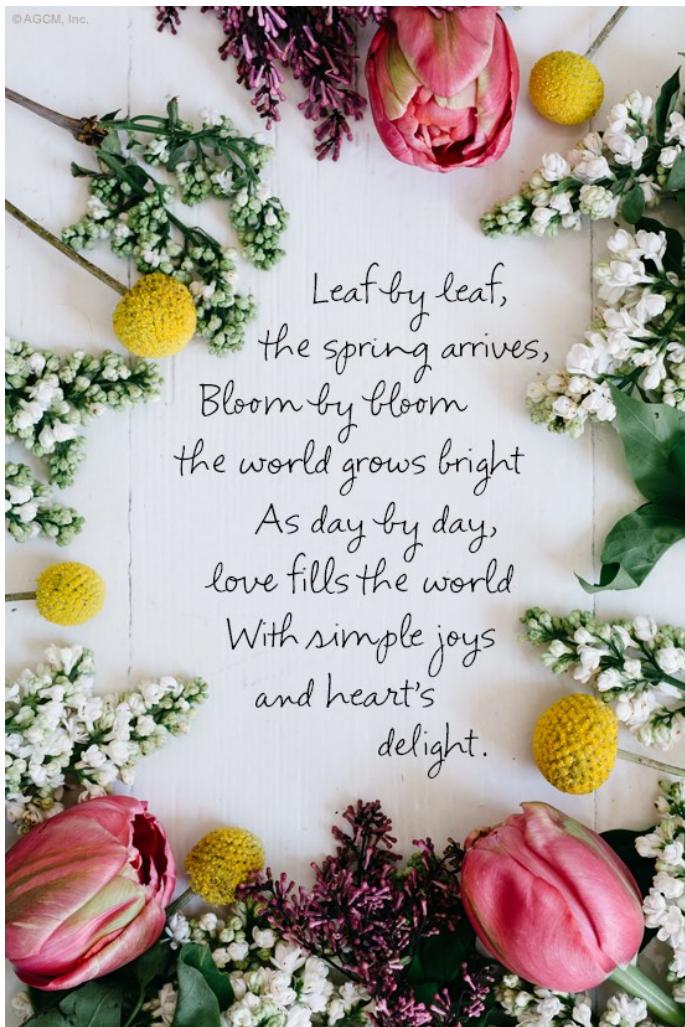


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Just for fun



Spring Facts

- Pope Gregory XIII created the Gregorian calendar in 1582, which most of the world uses to know the date.
- If he hadn't created this calendar, then every 128 years spring would be a full day earlier. This would mean that right now it would be in the middle of winter!
- Before the 14th century, Spring was simply called Lent. It was renamed because plants were springing up from the ground.
- Even though it is often thought of as a warm part of the year, in the United Kingdom it is not uncommon for snow to fall in March or even April.
- Spring is the symbol of rebirth and renewal, and marks a new beginning.

How do you tell when a rabbit's getting old?
Look for grey hares.

What do you call a rabbit with fleas?
Bugs Bunny.

What do you get when you pour hot water down a rabbit hole?
A hot cross bunny.



Sudoku

8	2	5						6
			9		3	2	7	8
			8	2	6	1	5	
			2	6				
	8	9	5	1		4	2	
7		2			4		6	5
	5		4			6		
2		6			8	5	3	7
			3	5		4	2	



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 19th April. Don't forget to write your name on it!

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

Easter Quiz

Name:

Contact number:

Q1. Traditionally, what are the 40 days before Easter named?

Q2. Why do we use eggs to celebrate Easter?

Q3. What food might you make on shrove Tuesday?

Q4. What colour jacket does Peter Rabbit wear?

Q5. Name the traditional Easter cake, decorated with 12 marzipan balls.

Q6. What other baked treat, might you eat at Easter?

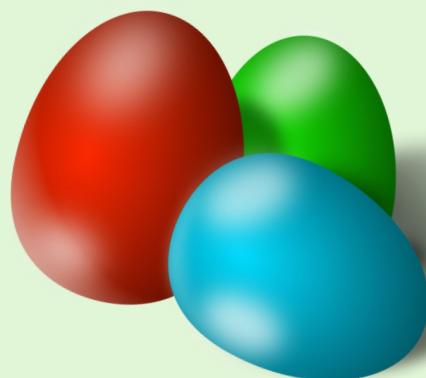
Q7. What do the clocks do in spring?

Q8. What meat is usually eaten at Easter?

Q9. What spring flower can be associated with Wales?

Q10. Which company makes Crème Eggs?

Thank you for taking part, Good Luck!



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