



Autumn 2022

Newsletter

Welcome to our Autumn Newsletter. We are just into December, so autumn is coming to an end, and we are preparing for the winter months.

Thank you to all of our staff and customers who have engaged with us on planning the Christmas rotas, which are now complete with 100% coverage of all required visits. And for participating in the feedback requests, the results of the customer requests are included on page 4 of the Newsletter.

In my last full newsletter, we celebrated the Queen's Platinum Jubilee closely followed in September with a tribute to her life and reign as longest serving Monarch. And as I write this Newsletter, the first 50 pence piece featuring King Charles III has gone into circulation.



The temperature has dropped dramatically and we are supporting people to keep warm. With the soaring fuel costs, this year is going to be more difficult for many people. Please do let us know if you are struggling.

Rachael x

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Important Dates

- 23rd December: Office will close for the Christmas period.
- 27th December: Public Holiday
- 2nd January: Public Holiday
- 3rd January: Usual office hours resume

You may remember that last January was our 10th Anniversary. We had hoped to celebrate this, and were then advised against gatherings once again as infection rates rose over Christmas 2021.

Therefore, we will be holding a 10+1 anniversary get together and presentation evening, to celebrate the missed milestones that we have not been able to mark.

The event will run from afternoon through to the evening of Thursday 12th January 2023, to ensure that everybody has the opportunity to attend.

More details to follow.



Congratulations!

Our Team

Service Awards

Through autumn, we have had **10 service awards!**

Karen, who works in Macclesfield and is our longest serving employee, has been with us for 22 years! Karen was my mentor when I started straight from school, 20 years ago, and taught me so much about how to care for people. It definitely feels like a lifetime for me, but I wouldn't change it!

Vicky, our Registered Manager, has been with us now for 15 years, and has also passed the anniversary of her registration—which was 4 years ago.

Patrick, from Congleton, joined us 9 years ago.

John, our HR Manager and Health and Safety guru has been with us for 8 years, as has

Mervyn, from our Sandbach team.

June, who works in most areas, has now been with us for 4 years.

Shelby, Congleton Senior, has passed her 2 year anniversary.

Kath, from Macclesfield has completed her first year with the company.

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

I first experienced the impact of dementia, when my Nanna was diagnosed with Alzheimer's. I was about 13 and I didn't really know how to make things easier for her, but I knew I wanted to. It was upsetting to see the impact on my Grandad, and I know more so now, how difficult life must have been for both of them.

I am working hard on trying to reach out to people and improve the lives of those living with dementia.

In September, along with my Dad and my Nephew, Stanley, I took part in the Memory Walk at Tatton Park to raise funds for The Alzheimer's Society. We were so lucky, the weather was fresh and sunny. We started off with some Zumba to warm up, and then walked just over 5 miles around the parkland.



beautiful



Imagine living in a world where support and treatment is readily available because we know and agree what works. It's never nice to think about what might be to come, but it would be less frightening to know that there's a consistent pathway in place for early diagnosis, treatment, intervention and recognition & support for unpaid Carers.

"We are Alzheimer's Society. We're a vital source of support and a powerful force for change for everyone affected by dementia."

Looking back, it is likely that my Nanna inspired me to take an

You may remember that back in the summer, we had two work



experience students with us. We are very pleased that following their weeks work with us, both Korie and Jessica applied for a permanent position with us and have started working within our Congleton team.

The girls are both continuing their studies in Health and Social Care, and gaining some practical experience with us outside of their study timetable.



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News & Information



At the beginning of November, we had a visit from The Virtual Dementia Tour.

All staff took part in interactive training, which helped us to experience what it may be like for a person living with dementia to try and carry out some everyday tasks.

I think it is fair to say that all of us learned from the experience, and some of us found it quite emotive



Remembrance was marked in our various towns on 13th November. Images are (clockwise) Macclesfield Town Hall light projection, Macclesfield Parade, Crochet Poppies in Congleton, Congleton Remembrance Service, Soldier displayed near Knutsford, Sculpture in St. Mary's Church Sandbach.



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July 2022 Feedback from Customers

21 people responded



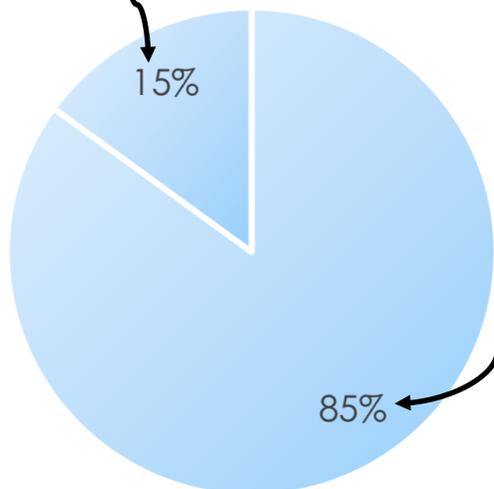
100% of Customers told us that they feel safe all of the time when receiving our service!

Have Staff listened to your requests and responded positively?
100% said YES

Customers feel that we work well with other professionals such as District Nurses and Doc-



Are being supported to establish their personal goals and outcomes.



Said that they already feel supported to achieve their potential.

Staff are :

- Caring
- Flexible
- Encouraging
- Supportive



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Our final dementia support session of the year, will run on 19th December from 11am to 1pm. The theme is Christmas, and we will be exploring all things festive with smells, photo's, music and food.

Anyone with caring responsibilities is welcome to join for information and support with a mince pie!

Please contact Rachael to book or discuss, on 01625 469300.



Our November Dementia Support group focussed on remembrance and the Armed Forces. We talked about our own experiences and knowledge of war and its impact, and some group members brought some very interesting personal items to share and discuss. These included medals, photograph's and even a silk map from the RAF.



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.

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Thank you to everyone who returned their Christmas requirement forms. Rotas have been planned.



If you need to make any further cancellations, please call through to the main office number in good time so that we can make sure that everyone knows where they should (or shouldn't) be!

Whatever your plans, we hope that you have a safe and peaceful Christmas.



As the winter months approach, keeping warm is so important, as it helps to keep the body happy and healthy.

- Choose clothes made from cotton, wool or fleecy fibres which will help to maintain body heat. Wearing lots of thinner layers will keep you warmer than one thick layer.
- Wiggle your fingers and toes to keep blood circulating around them.
- Wear a hat—most body heat escapes from your head.
- Put your feet up - floor level is the coldest part of the room as heat rises.
- Have regular warm drinks or cup soups.
- Curtains are good for keeping the heat in & stopping a draught.

We have been gifted some warm fleecy blankets to help people to keep warm.

If you could do with an extra layer, or are struggling to keep warm and would like to have one, please let us know and we will arrange delivery to you.



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Sudoku

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



Jokes for your Christmas Crackers....

What did Santa say when he stepped into a big puddle? It must have reindeer.

Who is never hungry at Christmas? The turkey—he's always stuffed.

What do you call Santa when he stops moving? Santa Pause.

What does Santa use to bake cakes? Elf-raising flour

Window Bingo

Robin	Frosty Car	Dog Walker
Woolly Hat	Icicles	Blackbird
Cyclist	Children Playing	Snow
Umbrella	Squirrel	Snow Drops



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 31st December. Don't forget to write your name on it!

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

Name:

Contact number:

Which British royal was known for being a rebel when they were young?

What breed of dog is commonly associated with Queen Elizabeth II?

How old was Queen Elizabeth II when she became monarch?

Where do the royal family traditionally spend Christmas?

Which sport does Zara Tindall have an Olympic medal in?

Where did Queen Elizabeth II and Prince Phillip get married?

How many grandchildren did Queen Elizabeth II have?

Where did Queen Elizabeth II and Prince Phillip live as newlyweds?

In 1998, Sarah Ferguson made a cameo appearance in which popular TV series?

What was Queen Elizabeth's favourite flower?

Where did Queen Elizabeth permanently move to in 2022?

Who was the Prime Minister when Queen Elizabeth II was crowned in 1952?

