

Acts of Kindness

Wright Care at Home

South view Business Park, Unit 1, First Floor, Tinwell Road Stamford
PE9 2JL

It is our second week of shouting out our Acts of Kindness, it has been such a pleasure to receive these and they keep us all positive during this lockdown.

We have included some activities in this week's edition to help those boredom moments.

We would love to hear any ideas of what would boost and make a difference to your day. We will then try and include this over the coming weeks.

Word Search – Exercise the mind

Aster
Cosmo
Heather
Tulip
Azalea
Crocus
Jasmine
Begonia
Daisy
Peony

**Useful Fact – Did you know
Broccoli is actually a
flower?**

See next week's Acts of Kindness for the solutions.

Can you find all the words in the puzzle?



Wright Care at Home

PROMOTING INDEPENDENT LIVING

11th January 2021

Thank You Carer

*Let this card remind you
that you're special
through and through
And thought about so warmly
(and so very often, too!).
You're helpful and supportive
in a way that warms the heart,
Whatever happens,
you are there
to play your thoughtful part.
Thank you for your kindness
which can never be repaid
And for your understanding
and the difference it made.*

i	r	m	r	t	b	e	g	o	n	i	a	i	k	c
a	o	o	a	u	d	c	s	o	i	q	o	t	e	c
r	t	u	z	l	t	s	u	n	v	r	o	z	e	s
i	m	n	a	i	i	w	l	a	f	e	k	z	i	r
l	n	n	l	p	o	e	c	r	o	c	u	s	l	e
e	o	g	e	j	a	s	m	i	n	e	y	s	e	i
n	p	o	a	h	c	o	s	m	o	l	n	e	u	d
k	a	e	r	r	e	a	a	i	s	r	p	s	f	r
c	v	l	o	l	h	a	b	l	a	r	n	r	l	s
s	i	m	e	n	n	o	t	e	s	s	i	f	w	a
d	a	i	s	y	y	r	k	h	s	u	o	d	l	e
u	u	t	m	e	i	l	n	d	e	a	e	s	l	d
i	e	b	a	a	f	t	n	o	c	r	t	a	d	a
s	u	e	l	t	i	b	o	a	e	i	z	i	e	t
i	d	g	i	a	s	t	e	r	u	o	e	g	o	s

Her commitment and loyalty are equal to her empathy and kindness.....

Fiona sent a nomination in this week for one of her colleagues Heidi.

'She is so kindhearted and would do anything for anyone even when not feeling so good herself. She always goes the extra mile to make sure her customers are well cared for in every way. Her commitment and loyalty are equal to her empathy and kindness. She also looks after her colleagues and surprised me with a little chocolate treat.'

Thank you, Heidi, this was a lovely kind gesture that made a difference to Fiona's working day.



Heidi's receives another Act of Kindness nomination.....

Lucy sends a nomination in for our Care Ambassador Nicola.....

'Nicola is always there for us if we need anything or a laugh even if she is off duty. She is brilliant with our customers and carers. I know when I need someone she is there and that means a lot especially in these times.'

Thank you, Lucy, Nicola is always a breath of fresh air within the team. If we ever need a pick me up Nicolas infectious giggle always does the trick.

Kindness
is
Magic



Our customer Philip nominates Jess....

We received our first nomination from a customer this week for Jess. Philip is so grateful to Jess for all her continued kindness with his care delivery.

We love receiving **HAPPY Post!**

2 nominations received from carers for our Care lead Michelle....

'Carers Laiken and Cherie both have expressed a wish to nominate their care lead Michelle for all she does to support them in and outside of her working hours. Michelle is always there to help in any situation.'

Its so wonderful to hear these words, our senior team are always on hand to help those in their roles.

Acts of Kindness Nomination Slip – Please return to us

I Philip would like to nominate this team member JESS for the following act of kindness COOKING ME A LOVELY STEW ON CHRISTMAS DAY, TAKING ME TO GET MY FLY JAB, TAKING ME TO A CONCERT IN LEEDS TO SEE BRYAN ADAMS. AND HAVING A BEAUTIFUL SMILE ALL THE TIME.

What this means to me? I ALWAYS FEEL VERY SAFE WITH JESS AND
Consent to share? Yes NO (Please circle) I DONT FEEL ANXIOUS OR WORRIED.



Coloring has the ability to relax the fear center of your brain, the amygdala. It induces the same state as meditating by reducing the thoughts of a restless mind. This generates mindfulness and quietness, which allows your mind to get some rest. In these times its important to boost our mental health and remain positive. So, we wanted to give you all a chance to have a go at this mindfulness activity.



Acts of Kindness Nomination Slip – Please return to us

I _____ would like to nominate this team member _____ for the following act of kindness _____

What this means to me? _____

Consent to share? Yes/No (Please circle)