

OUR QUARTERLY NEWSLETTER

Summer – July 2022



Wright Care at Home

PROMOTING INDEPENDENT LIVING

CUSTOMER CELEBRATIONS...

Since our last newsletter in the Spring, we have had some lovely Customer Birthdays to celebrate. Our Lovely Jean also the grandmother of the Owner Samantha celebrated her 95th Birthday. Donna her carer presented her with some beautiful flowers and a card on her visit.

Alys after the pandemic was finally able to celebrate her 97th Birthday with Friends and Family and her daughter took a picture-perfect snap of Jo with her.

We then had the pleasure of joining in the celebrations of one of our customers who turned 100! Our carer Gemma organised the very important card from the Queen. The local Village pub bought him a Guinness, before celebrating with cake and champagne with his carers and wider family too.

It really is always a pleasure to be part of special occasions and mark these milestones.



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Care Manager – Sarah Poulton
Training Manager – Jane Abbey
Care Co-Ordinator – Fiona Stimpson

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CARER HEATHER WALKS THE ANGLESEY COASTAL PATH ...

We always encourage our carers to practice self-care and always love getting to know about their interests and hobbies.

Heather Wright has recently walked a whopping 160 miles in 10 days!

The Anglesey coastal path is 140 miles but with some detouring due to the weather elements there was some extra.

Heather had a mountaineering guide to show her the sights and really enjoyed her time.

Here is a map of the path walked! What an achievement Heather...





THE QUEENS JUBILEE...

In June we celebrated the Queens Jubilee. Her Majesty the Queen became the first Monarch in February this year to celebrate a Platinum Jubilee, marking 70 years of service to the people of the United Kingdom, the Realms, and the Commonwealth.

We celebrated this unprecedented anniversary with the delivery of especially designed cupcakes to all our customers. Made by 'nanalizzycakes' a local business in Stamford and Bourne.

Our carers enjoyed marking the occasion with this sweet delivery to their customers and we were delighted to receive some pictures too to share in our Summer Newsletter.

Of course, we decorated our Wright Care at Home Hub, and all enjoyed the long weekend of celebrations.





TOP 20 RATED CARE PROVIDER IN EAST MIDLANDS 2022.....

We are delighted to announce that for the second year in a row we have received the top 20 Award for rated home care provider in the East Midlands.

We are continually proud of our teams and what they do every day.

Featured here is Nicola and Jane with our new award and one of our recent reviews that contributes to one of many to receive



"Wright Care at Home started caring for my Mum in late April 2022. The twice daily visits gave me the confidence and assurance that my mum was being looked after and supported with her activities of daily living and restoring her dignity after a very difficult time in her life.

In addition, the time spent with her by the carers was helping her to regain her confidence to interact with others. Something she lost through being alone too much through the covid pandemic.

A few weeks ago, when the carer visited my mum that day, she was very unwell. She called for help from the care manager and contacted me. We decided that an ambulance was needed. Both the carer and manager stayed with Mum until the ambulance arrived and I could get there. This took a while, but they supported her and ensured she was safe and comfortable. They even helped pack a bag for her impending hospital stay.

Mum is now home, and I am safe in the knowledge that every day, caring people are looking after her.

NOK Tim left 4th June 2022



WELCOME TO THE TEAM....

A lovely big welcome to our three new carers who joined us in June.

Jodie – Top Left

Julie – Bottom Left

Maria – Right

They are already making a big difference and settling into their new roles! Welcome to the family!



THIS IS TO CERTIFY THAT
Wright Care at Home
HAS BEEN RECOGNISED AS A
Top 20 Rated
Care Provider in East Midlands

 [homecare.co.uk](https://www.homecare.co.uk)



“CARELINE” LIVE AWARDS DONNA STAR CARER FOR MAY...

Care Line Live awarded our wonderful Donna as Star carer of the month! How proud are we!

Read her blog online here. <https://carelinelive.com/star-carer-wright-care-at-home/>

Congratulations Donna the trophy suits you and enjoy the £50 high street voucher too! 🏆👏

Wright Care at Home owner ‘Samantha’ really strives to always ensure her team are recognised for their successes and nominating the team for national awards is one way to promote this ethos in the team. This year alone we have celebrated many successes and its always such a privilege to champion others. A happy team means happy customers!

Samantha nominated Donna to be recognised nationally as a star carer for these reasons:

“Donna’s customers continually praise her for how calm, friendly, efficient and caring she is. She continually works around the clock putting her customers’ needs above her own to ensure they are safe. She has also helped one of her customers find peace during a period of grieving. Donna is often described as amazing by her colleagues.”

Donna delivers all of her home care visits on her bike. In the two and a half years she’s worked with us she has done this through snow, wind, storms and just recently the heatwave! Despite everything Donna loves what she does, and nothing phases her.

She deserves this award! I’m so pleased she won!”

Samantha -Owner and Founder of Wright Care at Home





BEAT THE HEAT.....

Please see the government advice for dealing with the extreme heatwave this Summer and our own tips.

We have been making welfare calls to all our customers and teams but if you need anything please do contact us on our office and out of hours number.

UK Health Security Agency

Beat the Heat

Keep in touch

- Look after yourself, older people and the young
- Listen to the weather forecast and the news
- Plan ahead to avoid the heat

Keep well

- Drink plenty of fluids and avoid excess alcohol
- Dress appropriately for the weather
- Slow down when it is hot

Find somewhere cool

- Know how to keep your home cool
- Go indoors or outdoors, whichever feels cooler
- Cars get hot, avoid closed spaces

Watch out

- Be on the lookout for signs of heat related illness
- Cool your skin with water, slow down and drink water
- Stay safe when swimming
- Get help. Call NHS 111 or in an emergency 999

For more information go to www.nhs.uk/heatwave

PHE publications gateway number: GOV-12083



Heatwave Advice – Stay Safe

Our Tips for the Summer Months – Lincolnshire alert until 15th July 2022



- Shut windows and pull down the shades when it is hotter outside. You can open the windows for ventilation when it is cooler.
- Avoid the heat: stay out of the sun and don't go out between 11am and 3pm (the hottest part of the day) if you're vulnerable to the effects of heat.
- Keep rooms cool by using shades or reflective material outside the windows. If this isn't possible, use light-colored curtains and keep them closed (metallic blinds and dark curtains can make the room hotter).
- Splash yourself with cool water.
- Drink cold drinks regularly, such as water and diluted fruit juice. Avoid excess alcohol, caffeine (tea, coffee and cola) or drinks high in sugar.
- Listen to alerts on the radio, TV and social media about keeping cool.
- Plan ahead to make sure you have enough supplies, such as food, water and any medications you need.
- Identify the coolest room in the house so you know where to go to keep cool.
- Wear loose, cool clothing, and a hat and sunglasses if you go outdoors.
- Check up on friends, relatives and neighbours who may be less able to look after themselves.

How will I know if help is needed?

Seek help from a GP or contact **NHS 111** if someone is feeling unwell and shows symptoms of:

- breathlessness
 - chest pain
 - confusion
- intense thirst
 - weakness
 - dizziness
- cramps which get worse or don't go away

Get the person somewhere cool to rest. Give them plenty of fluids to drink.