

Clifton Homecare's

Autumn Newsletter 2019

FORTHCOMING EVENTS

- 18th November 2019; Craft event; making Xmas Decorations.
- 5th December 2019; Barton Grange visit; to see Xmas decorations with lunch.
- 20th December 2019; Clifton Homecare Xmas lunch at Clifton Arms.

2020:

- January 2020 (date to be confirmed); Talk at Clifton Homecare offices
- 19th February 2020; Sound of Music Musical at The Opera House, Blackpool
- March 2020; Meal out at the Blossoms pub/ Games afternoon at Clifton Homecare offices
- April 2020; Barton Grange Canal trip with meal.



The Blue Light Bathers team successfully completed The English Channel relay swim on 15th September 2019 in 14 hours and 53 mins. To date the team have raised approx. £10,000.

You can continue to support the team by sending a cheque to Clifton Homecare (please ensure you write on the back of the cheque that it is for the E.C Swim)

The Scottish Borders holiday

A fabulous time was had by all clients and care team at the Scottish Borders when we went away for 3 nights in July. We enjoyed group meals together and visited local attractions and thankfully the weather was kind! On the request of clients we will be planning another holiday in 2020. We will send out details nearer the time but please feel free to inform us that you are interested.

Christmas preparations:

We would like to prepare staff rotas in advance of the festive period. Please inform the office if you have not done so already with your care requirements. Thank you.

The Christmas office opening times are:

Monday 23rd December open as usual 8-5

Tuesday 24th December 8-2

Wednesday 25th December closed (out of hours provision only)

Thursday 26th December closed (out of hours provision only)

Friday 27th December 9-2

The New Year office opening times are:

Monday 30th December open as usual 8-5

Tuesday 31st December 8-2

Wednesday 1st January closed (out of hours provision only)

Thursday 2nd January closed (out of hours provision only)

Friday 3rd January open as usual 8-5.

Outside of these hours only emergency issues will be dealt with. For non-emergencies you will be invited to email or ring when the office is open as usual.

Are you or your loved one using a lot of water with regular washing? If so read on:

United Utilities have published the following: If you have a water meter, receive benefits and have a good reason for using lots of water – such as a big family or a medical condition – you may well qualify. If you qualify United Utilities will cap your charges at £441.33 per year. If you have any of these medical conditions you may qualify:

- Desquamation (flaky skin disease)
- Weeping skin disease (eczema, psoriasis, varicose ulceration)
- Incontinence
- Abdominal stoma
- Crohn's disease
- Ulcerative colitis
- Renal failure (requiring home dialysis)
- Another medical condition which requires the use of significant additional water and can be supported with a doctor's certificate.

Winter preparation:

Keep Warm Inside

Living in a cold house, apartment, or other building can cause hypothermia.

Here are 4 tips for keeping warm while you're inside during the winter months:

- Dress warmly on cold days even if you are staying in the house. Throw a blanket over your legs. Wear socks and slippers.
- When you go to sleep, wear long underwear under your pyjamas, and use extra covers. Wear a cap or hat.
- Make sure you eat enough food to keep up your weight. If you don't eat well, you might have less fat under your skin. Body fat helps you to stay warm.
- Drink alcohol moderately, if at all. Alcoholic drinks can make you lose body heat.

A Polite Reminder our office hours are Monday to Friday 0800-1700 hours. In an emergency our telephone is diverted to on call for our clients to contact us.