

Clifton Homecare's

Summer Newsletter 2019

The team at Clifton Homecare (Alysson, Lauren, Kim and Paul) raised a total of £687.50 for Trinity Hospice when they ran the Beaverbooks 10km run in May.

It was a brilliant day and the team did exceptionally well to fit training into their already busy lives.

Well done team! And Thank you for the support shown.



Caroline and 2 fellow Blue Light colleagues are swimming the channel in September in order to raise money for 4 charities close to their hearts.

The charities are; Brian House Children's Hospice, Parkinsons Uk, Blue Skies charity at Blackpool Victoria Hospital Cardiac Centre and The Motor Neurone Disease team based at Lancashire Teaching Hospitals (Royal Preston Hospital).



We know many people have asked for details how to support the challenge so the details are;

Send cheques into Clifton Homecare (payable to Clifton Homecare) but please ensure you clearly mark that they are for the Channel Swim and the money will be transferred correctly to the fundraising online banking site. If you would rather donate cash this is fine but please do not send via the post ring the office on 01253 722945 and one of the team will collect and give it to Caroline.

Alternatively, for those of you with access to the internet we have a Virgin money giving page set up which is www.virginmoneygiving.com/team/bluelightbathers1

Any monies donated not through the Virgin money giving site will be receipted. The Blue Light Bathers are; 2 North West Ambulance Service frontline personnel and 1 Lancashire Police representative and the team are keeping their facebook page (BlueLightBathers 1) updated with their training progress and challenges that they face along the way.

If you would like any further information about the challenge or the team please do not hesitate to contact Caroline on 01253 722945. Posters and other information is available.

HYDRATION

Now that the warmer weather is here please do not underestimate the importance of keeping yourselves hydrated. "Drinking enough is vital to maintain good health in the short and long term e.g. for the prevention of constipation, kidney stones and urinary tract infections. If you do not consume enough water you will become dehydrated. The first thing you will notice is increased thirst and a dry, sticky mouth. Other effects include tiredness, poor concentration, headache and dizziness and light headedness" (BDA, 2017).



Recipe idea for a smoothie; Melon Blush – 2 servings; 1 small melon (any) peeled and chopped finely, 1 cup strawberries or raspberries fresh/ frozen and mango juice. Blitz the fruit and add the mango juice to desired consistency. Lastly enjoy!

There is a new Parkinsons Nurse Clinic coming to Lytham Primary Care Centre, Victoria Street, Lytham, FY8 5DZ and it will be open every Thursday afternoon starting 1st August. Appointments are necessary to attend.

Training available; Moving and Handling, Scam Awareness and Dementia Special Sense Training (Contented Dementia Trust). Caroline regularly organises many training courses and is prepared to tailor them to you or your loved ones needs; simply ring the office to discuss your requirements. Recent feedback regarding the Contented Dementia Special Sense Dementia sessions include; "Excellent, would be interested in learning more", "Interesting, enjoyable and useful session", "Very impressed with the information and session".

Clifton Homecare now have a new minibus which is available for use. It took a while to find the right vehicle for clients and staff but we feel we have made the right choice. There is a hydraulic tail lift which allows for easy access, even for people in wheelchairs.



Clifton Homecare would like to thank Carol for organising the recent holiday to Scotland which all clients and staff that attended thoroughly enjoyed. A great time was had by all and we will be planning more in the future. Please register your interest with a member of our team.

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.