

# Clifton Homecare's

## Summer Newsletter 2020

Despite a very challenging and anxious time here at Clifton Homecare due to COVID-19 we are pleased to say it is 'business as usual'. We are carrying out assessments and care packages are being implemented. Our usual care and support regimes continue and reviews will take place. Where possible reviews will take place remotely via 'Zoom' or 'Microsoft Teams' to continue protection for all. We will continue to keep clients and relatives informed of updates and changes to working practices. We all hope to be back to a sense of normality before too long. The team all wish to thank you for your support during the last few months and all the kind words, thank you cards and letters have not gone unnoticed.

Clifton Homecare would like to acknowledge the following for the kind support they have given to us over the last few weeks:

**Morrisons;** Blackpool Store have helped to 'pick' shopping so that this can be collected and delivered to clients without staff having to walk around the store. This has ensured that all clients have received the shopping items they have required. Morrisons have not charged for this service and Clifton Homecare have only asked for a small donation to help cover fuel expenses.

**Key Engineering and Hygiene supplies and Knight Air Products** who have helped to keep our team equipped with PPE.

**Fox's Biscuits** for their generous donation of biscuits in the early days which were distributed to clients and staff members.

**BBC Radio Lancashire** who broadcasted our pleas for volunteers in the early weeks of the pandemic.

**Lancashire Volunteer Partnership** who have helped with PPE procurement and other pandemic related advice and support.



The admin team at Clifton Homecare would like to thank you for using email rather than telephone as a means of contact over the last few weeks. Carol and Abby have both been on furlough leave therefore this has meant there have been few staff in the office at any one time. This has enabled us to continue to have a presence in our office whilst socially distancing, and maximising safety for all staff members. For those of you who have visited the offices before, we have converted our ground floor training room into extended office space (luckily) and have made our first floor solely for training purposes.

### Contented Dementia Training

Caroline is now able to offer Dementia training via 'Zoom' and various courses have been successfully delivered by this route so far. Please do contact Caroline for details of further sessions. They are a 'must' for families living with Dementia. See our website for further information too.

Clifton Homecare would like to offer a warm welcome to our new recruits who have joined the team recently. They are; Leanne, Maria, Jo, and Carole who have joined us as Domiciliary Care Assistants and Donna who has joined the team as a Senior Domiciliary Care Assistant. Carey has now left to commence her Nursing career at Blackpool Victoria Hospital. I am sure you will join us in wishing Carey well in her future.

Here is Donna:

*“Several years ago I gave up work to care at home for my mum full time, this experience left me so humbled and passionate about caring for others that I became a full time Domiciliary Care Assistant .*

*I am super excited to now be joining the Senior Clifton Homecare team and I look forward to meeting you all - I have a quick wit and love to laugh about everything under the sun- I am fun loving but serious when needed - I love animals , music, cake & cheese but not necessarily in that order 😊.”*



The team at Clifton Homecare have decided to don their lycra and complete a sponsored Charity Cyclathon for Trinity Hospice, Brian House children’s hospice and Lancashire Teaching Hospitals Motor Neurone Disease team. They are charities very close to the team’s hearts and the team would like to offer their fund-raising support during this challenging time. The event will be held at Clifton Homecare office on Friday 17th July. The team will start at 09:00 hrs and will cycle for 24 hours, aiming to finish at 09:00 hrs on Saturday 18th July. The cycling team are; Alysson, Lauren, Genna, Nicole, Jacqui and Ciara. A fund-raising page has been set up so that people can donate on-line at [www.uk.virginmoneygiving.com/team/CliftonHomecareFundraisers](http://www.uk.virginmoneygiving.com/team/CliftonHomecareFundraisers). If you cannot access the internet to donate on line you can send cheques to Clifton Homecare; 30 Orchard Road, St Annes, FY8 1PF. Please make the cheque payable to Clifton Homecare but mark clearly that this is charity money for the cyclathon. Receipts will be sent in return. The team would welcome messages of support, donations and warm thoughts!! We will upload photographs to our social media to keep you informed of the progress. Alternatively, if you want to be kept up to date you can contact the team on 01253 722945 for live updates for the 24-hour period.



We recently shared this Coping Calendar by Action for Happiness on our Social Media channels.

You may find this useful. If anyone is struggling with anxiety due to the current situation or if there is any other way you feel we may be of assistance then please do not hesitate to get in touch.

The offers of support we have had over the last few weeks have been immense, therefore we may be able to signpost you.

Please do NOT struggle alone.

**COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND**

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙌

1 Make a plan to help you keep calm and stay in contact	2 Enjoy washing your hands. Remember all they do for you!	3 Write down ten things you feel grateful for in life and why	4 Stay hydrated, eat healthy food and boost your immune system	5 Get active. Even if you're stuck indoors, move & stretch	6 Contact a neighbour or friend and offer to help them	7 Share what you are feeling and be willing to ask for help
8 Take five minutes to sit still and breathe. Repeat regularly	9 Call a loved one to catch up and really listen to them	10 Get good sleep. No screens before bed or when waking up	11 Notice five things that are beautiful in the world around you	12 Immerse yourself in a new book, TV show or podcast	13 Respond positively to everyone you interact with	14 Play a game that you enjoyed when you were younger
15 Make some progress on a project that matters to you	16 Rediscover your favourite music that really lifts your spirits	17 Learn something new or do something creative	18 Find a fun way to do an extra 15 minutes of physical activity	19 Do three acts of kindness to help others, however small	20 Make time for self-care. Do something kind for yourself	21 Send a letter or message to someone you can't be with
22 Find positive stories in the news and share these with others	23 Have a tech-free day. Stop scrolling and turn off the news	24 Put your worries into perspective and try to let them go	25 Look for the good in others and notice their strengths	26 Take a small step towards an important goal	27 Thank three people you're grateful to and tell them why	28 Make a plan to meet up with others again later in the year
29 Connect with nature. Breathe and notice life continuing	30 Remember that all feelings and situations pass in time	<p>“ Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances ” ~ Viktor Frankl</p>				

**ACTION FOR HAPPINESS**

[www.actionforhappiness.org](http://www.actionforhappiness.org)

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)

**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.**