

# Bluebird Times



**March 2023**

Welcome to the latest edition of our monthly newsletter. The aim of our newsletter is to keep you up to date with news, events and other useful information. We hope that you find the content both informative and fun. The newsletter is available via post and email and can also be provided in large print if required.

## National Kidney Day - 14th March!

### Did you know?

Kidneys filter your blood 40 times a day! And replaces any vitamins and hormones to help you stay healthy! They are one of the hardest working organs! Using 25% of blood and energy from every heartbeat.

### What's the importance of hydration for your body?

Hydration is extremely important for your body as a whole! It helps regulate your temperature, helps prevent kidney stones and most importantly prevent Urinary Tract Infections!

### How to stay hydrated?

Aim to drink 6 - 8 cups / glasses of fluid a day, such as; water, or sugar free drinks including tea and coffee. If you or someone you know are struggling to stay hydrated, Jelly drops could help... Jelly drops are a sugar free treat, made up of 95% water with added electrolytes and vitamins! Find out more here - [www.jellydrops.com](http://www.jellydrops.com)



## An Early Easter Gift

This month our care assistants have been handing out Easter gifts on behalf of Bluebird Care. Each customer received some delicious looking hot cross buns and a chocolate treat. We hope you enjoyed them!



## Reminder...

The clocks go forward on **Sunday 31<sup>st</sup> March**. Please ask your care assistant if you would like help changing the time on clocks and electrical devices. We can all finally start to look forward to lighter nights and the smell of fresh cut grass!



## Top Tip

Eliminate bad odours by storing a small pot of baking soda inside of your fridge or your freezer. You should notice a fresher smell within 3 days, replace this every 3 months.

**Fridge:** The best spot to store this is at the back corner, if you have a large fridge place one on each shelf.

**Freezer:** Place a small pot of baking soda on the lower level, it also helps ice not take on any foul tastes!

## What's on Locally

**Burton library** are holding a Knit and Natter Group on Thursdays 10:30am until 12:30pm. Contact 0300 111 8000 for more details.

**ReBalance** Seated Dance is on every Friday 10:30am - 12:00pm. It is held on Union Street in Burton. Contact 01283 508100 for more information.

**Drop-in Gardening** is on Mondays at the Rosliston Forestry Centre between 2pm and 4pm. Contact 01283 535039 for more information.

**Parkinson's Support & Friendship Group** is being held on 11<sup>th</sup> April 5.45pm – 7.15pm at the Guild Hall (behind St Mary's Catholic Church) Balance Street Uttoxeter

## Useful Information

### Staffordshire County Council Adult Social Care Team

0300 111 8010

### Derbyshire County Council Adult Care Services

01629 533190

### East Staffordshire Adult Care Team

0300 303 0693

## Puzzle Corner

This month Bertie has been playing hide and seek in the office and with customers! See if you can spot him in the photos below!



## Employee of the Month

Employee of the Month for February is awarded to Asha Parveen. Asha joined us in November last year. During her time with us Asha has built some really positive relationships with customers. Here is what one customer and her husband had to say about Asha... **Asha "Our carer is exemplary and is a real ambassador for the company. She is a natural, being very gentle in her approach. A wonderful & pleasant personality who is welcome in our home".**



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