

# Bluebird Times



June 2024

Hello and welcome to the June edition of our monthly news letter. We aim to keep you up to date with any news, events and other useful information. Our news letters can be provided to you via post, email or in Large print if re-

## Bluebird Care Raffle

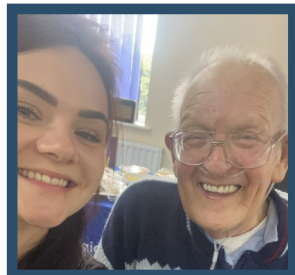
We were thrilled to see so many of our lovely customers and carers visit us for our recent raffle.

There were some amazing prizes up for grabs and the total we raised was:

**\*\*£900\*\***

Our next coffee catch up will take place the last Friday of June which will be 28th 1pm-3pm.

We hope to see many of you attend.



## Employee of the Month

Employee of the Month for May has been awarded to

**Deline**

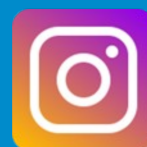


Deline recently supported one of our customers with live in care whilst her husband went on holiday with his son's.

On his return he could not thank Deline enough for the care, company and compassion given to his wife during his time spent away.

***"Deline is an absolute delight, she is the brightest cookie, you tell her something once and she's got it"***

**We are very proud to have you as part of our Bluebird Care Family.**



## Diabetes Awareness

**Diabetes Awareness Week in 2024 is happening the week of 9th to 15th June in the UK.** But how much do you know about this condition that so many people deal with in their daily lives?

There are currently over 4.3 million people in the UK with diabetes, and the NHS have previously reported that without action being taken, a staggering 9% of the UK population (5.5 million people) could have diabetes by the year 2030.

## The Main Symptoms of Diabetes

- **Urinating frequently**, especially during the night
- **Numbness or tingling** in feet or hands
- **Losing weight** without explanation
- Being constantly **thirsty**
- Extreme **fatigue**
- **Blurry vision**

It's also important to remember that people may be diabetic and experience none of the above symptoms.

## Self-care of Diabetes

Individuals living with diabetes should, wherever possible be empowered to look after themselves. This is a vital element in enabling those receiving care to live with dignity, self-determination, and independence.

**DiABETES UK**  
KNOW DIABETES. FIGHT DIABETES.

## Useful Contacts

### Staffordshire County Council Adult Social care team

-0300 111 8010

### Staffordshire Adult Safeguarding

To report concerns about an adult please contact:

-0345 604 2719

### The Silver Line Helpline (Free)

-08004708090

### Equality Advisory Support Service

-0808 800 0082.

[www.equalityadvisoryservice.com](http://www.equalityadvisoryservice.com).

## What's on locally

### Parkinson's support groups-

Local group meetings are regular get togethers where you'll be able to meet other people affected by Parkinson's. Lots of local groups also offer a range of other activities including chances to get active.

Groups:

- **Stafford group meeting**- The Northfield Centre- Stafford- Monthly on the first Monday 19:00 until 21:00
- **Stafford Branch Exercise Class**-The Northfield Centre- Stafford- Weekly, every Friday 11:15 until 12:00



## Our Respite Care Service

In order to take good care of your loved one you need to also make time for yourself and at Bluebird Care we understand that time to rest and recharge is essential.

With our respite service in place you can relax knowing that your loved one is in safe hands, being supported and cared for in the comfort of their own home.

We are able to provide a service that is just how you want it, giving you the peace of mind you need to take that well deserved break.

One of our customers who recently used this additional service said the following:

*"Bluebird were given a job and you played an absolute blinder....You have given me the keys to the kingdom and I would not hesitate In using this service again"*

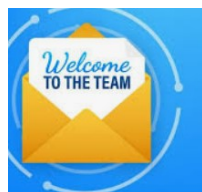
To find out more: Call 01785 337711

Visit: [bluebirdcare.co.uk/stafford](http://bluebirdcare.co.uk/stafford)

## New Bluebird Care Recruits.

We would like to wish a very warm welcome to our new carers Celeste, Keeley, Alliah and Helen.

We wish you all the best in your new role.



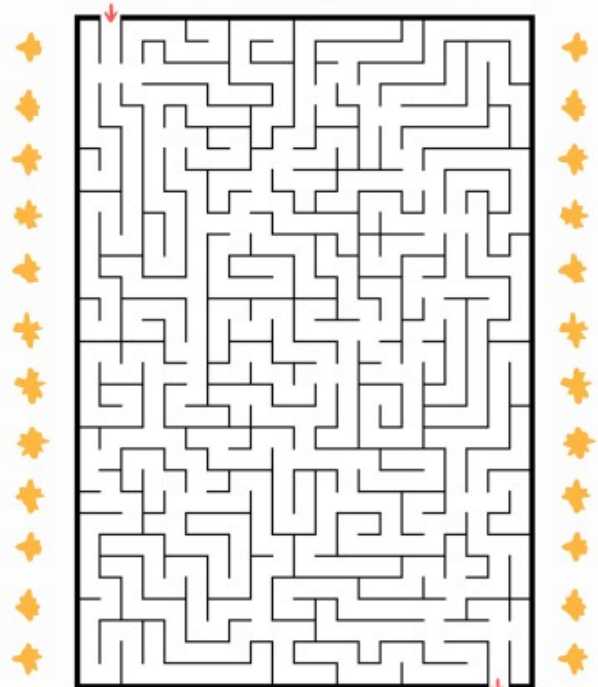
## Puzzle Corner

### SPOT THE DIFFERENCE!

Find 10 differences between the 2 pictures!



### MAZE



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# Meet the Team!

