

Bluebird Care

By your side



QUARTERLEY NEWSLETTER MAY 2022

HELLO Spring!

Spring is upon us and with each glimmer of sunshine and fresh new bloom in the garden it is difficult not to feel positive for the change this season brings.



Let's celebrate the change in seasons.

by Leisa MacKenzie

A WORD FROM OUR DIRECTOR

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SPRING SPECIAL

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CUSTOMER SURVEY RESULTS 2022

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PROMOTING PHYSICAL ACTIVITY

.....

OUT & ABOUT

.....

COMMUNITY NEWS

We have all been working very hard to deliver the outstanding, person centred care we have always strived to achieve, It has also been a busy few months collating the **customer survey results** - which I would personally like to thank all of our customers for taking the time to complete.

Feedback has been extremely positive, whilst there is always room for improvement it is wonderful to know that our Carers and Customers are striving for the same high standards of Home Care. Our Customers are delighted with the care they receive and they would recommend Bluebird Care to others, we are so incredibly happy with this result.

Now that our Care Management teams are able to get out and about a lot more as Covid-19 infection rates have significantly decreased we will be working on our communication in the form of customer reviews and assessing Care plans, we will endeavour to keep this level of contact with all customers as we return to a new 'normal' post pandemic.



Take a look inside at our Customers receiving their Easter presents!



CUSTOMER SURVEY RESULTS

We asked for your opinion as we we're delighted that you're delighted!

100%

stated that staff treat them with kindness & compassion & are always caring towards them.

Thank you

Staying Healthy and Promoting Home Independence

Staying fit and healthy is an important part of maintaining good mental and physical fitness at any age. If a customer has an interest and ability to participate in local activities, our care assistants are able to support them and be involved as part of the homecare plan. Or perhaps a customer may want support to do some simple activities at home.

Get out and about in your garden.



Benefits of Physical Activity

Go for a walk around your local park.

Engaging in a healthy active lifestyle helps stimulate the brain and assists in staying independent. It can also be immensely enjoyable.

Some of the specific benefits of physical activity are:

- Reducing the risk of developing chronic diseases;
- Aids in the management of active problems such as high blood pressure, diabetes, obesity and high cholesterol;
- Improves the ability to function and stay independent in cases where people have lung disease or arthritis;
- Reduces symptoms of depression and pain; and
- Improves balance and prevents falls.

We encourage and support our customers to take part in simple, healthy activities, which may include something as basic as walking or dancing. Of course, participation in any activity will depend on the customer's choice and abilities. A member of our team will discuss your preferences with you as part of your tailored homecare and support plan.

Drink plenty of water

In warm weather it's important, especially for older people, to stay hydrated

Dehydration is losing more fluid than you take in. If the average water content in your body is significantly reduced, it will disturb the balance of minerals in the body. This will impact how your body functions in everyday life.



Drink a lot of fluids, try to not drink hot drinks.

Celebration of Success

All of our team do an incredible job, however, each month we look to recognise particular carers as Employee of the Month, who have stood out through their reliability, consistency and delivering our high standards and core values.

Stamford & Rutland

- Maureen Stafford
- Charley Collins
- Sam Anderson
- Beth Howsam
- Michelle Rawlings
- Laura Prill



Peterborough & Oundle

- Stacey Broomhall
- Cristina Tanase
- Dawn Rounsley
- Yvette Dowding
- Tanya Hill



The Directors Awards

All of our Bluebird Care staff are important in ensuring the Business runs smoothly

Our Director Leisa MacKenzie introduced 'The Directors Awards' to recognise the hard work, dedication and commitment they have to their roles. All of the below were awarded their certificates and vouchers because they achieved 100% attendance too.



Out & About

At Bluebird Care we like to get out & about in our communities - to nurture relationships with local businesses, community groups and voluntary organisations. LOOK what we've been up to recently!



Our Director Leisa has been walking dogs for local charity The Mutts Nutts Rescue in Stamford. Leisa and Tim lost their beloved family pet Jasper earlier this

year, they've really missed the love of a dog and Leisa wanted to get involved in some early morning walks with 'Tina' the Labrador.

The Mutts Nutts Rescue is a Stamford-based registered charity dedicated to helping the elderly and ill with their pets when they can no longer manage alone.

If you would like to get involved or require some help with your own pets, please call into the office on 01780 480881 or email them directly info@themuttsnuttsrescue.org

Tidy Stamford - Litter Pickers



We regularly join the Pride of Stamford Litter Pickers, meeting in North Street Car Park at gam every Sunday. This community group of volunteers patrol the streets of Stamford tidying litter, ensuring the streets are clean and the town is at its best!



The Garden & Food Show

This event run by **The Rotary Club Stamford St Martins** gives us a great opportunity to meet people within our community. We are always blessed with great weather for this show on The Meadows - Stamford. There is always a vibrant atmosphere and we relish the opportunity to talk more about Bluebird Care, to speak to potential new carers, customers and their families.





Our Bluebird Care Community...

This is our community gallery - here are just a selection of some of the lovely moments we have had with our Customers. Can you spot anyone you know?



Our Customers received a Spring plant for their Easter Gifts. What lovely smiles!

