

Bluebird Care

By your side



Quarterly Newsletter Autumn/Winter 2021

An award-winning service

As a business we have had a lot to celebrate, we hit an incredible milestone in September – our 10th anniversary – delivering care in our community for a decade has been a delight and a privilege.

We were the first home care provider to achieve Outstanding by the CQC and we are the largest provider of home care in our region. Our hard work and dedication has also been acknowledged by our community as we recently won Large Business of the Year in The Rutland & Stamford Mercury Business Awards.

In the same awards we were finalists for Team of the Year. We earned our place on the shortlist for this after our team stepped up seamlessly during the COVID-19 pandemic to become companions, shoppers, cleaners, washers and, most importantly, friends to our customers.

Our Care Assistants continue to travel to doctors and pharmacies to collect medication for our customers who are most at risk of infection or who are isolating. We are proud to report that we did not miss any care calls during the coronavirus



The changing of the seasons has brought with it the beautiful autumnal colours in the trees, crisp mornings and dark nights and we are all waiting for the inevitable predictions on when snow is going to come! At Bluebird Care we remain positive and optimistic for a better Christmas than 2020, where we can join our families, enjoy the festivities, and spread our Christmas cheer far and wide.



outbreak and we continue to maintain these high standards today.

I would like to thank our carers and customers for coming along to our MacMillan coffee morning where we raised over £200 – the cakes were amazing and we were delighted to be visited by The Mayor of

Stamford, Cllr Gloria Johnson, who took the time to speak to customers and carers.

I hope you enjoy these photos – we made some special memories that day.

Make sure you look through the rest of the newsletter and see if you can spot some familiar faces at other events we have attended.

Celebration of Success

All of our team do an amazing 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 - Alison Bonser, Heather Stip, Mollie Davidson, Jane Sedgley and Vicki Abel; Peterborough & Oundle - Iveta Gabre, Elaine Woods and Stacey Riddell

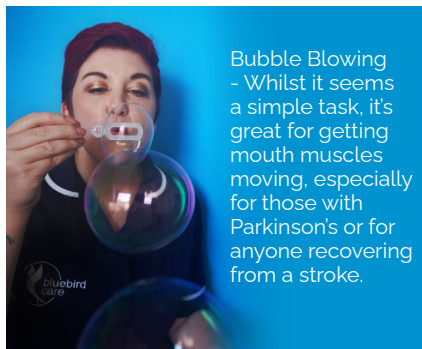
Activity & Care

Physical activity is good for people of all ages. Staying active can help: Lower your risk of heart disease, stroke, Type 2 diabetes, and some types of cancer. Improve your strength and balance so you can prevent injuries and stay independent. Our Carers have been coming up with innovative ways to remain active within your own home, they also help with rehabilitation after an injury or to stretch the mind. Here are 10 reasons why it is important to stay active, there are obvious health benefits and we've looked at ways to make it fun:

- 1 Fitness improves your health
- 2 Exercise helps with your metabolism
- 3 Working out improves bone health and strength
- 4 Staying active is good for your heart
- 5 Exercise builds positive mental health
- 6 Building strength prevents falls
- 7 Staying active promotes sleep

Training & learning

We have recently opened a new office in Hampton, Peterborough. It will be used as a hub for our Peterborough & Oundle carers and to train new recruits. Despite Covid-19 we have conducted first aid, life support training, moving, handling and induction training.



Bubble Blowing - Whilst it seems a simple task, it's great for getting mouth muscles moving, especially for those with Parkinson's or for anyone recovering from a stroke.

Balloon Volleyball - Trying to keep the balloon in the air while sitting in chairs is a great activity for improving balance, reflexes, strength, and even cardio function. Plus, it's fun!



- 8 Aerobic exercise reduces hypertension
 - 9 Exercise promotes social wellness
 - 10 Working out keeps you focused and gives you more energy
- Not all exercise has to be exhausting, you don't need equipment or access to the gym,

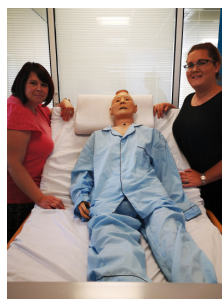


Aqua Beads provide a tactile (touch) sensory experience with a rubbery, squishy texture. They give us a visual sensory play with their bright colours and ability to bounce. They help to improve fine motor skills because of their size and texture, you can sort them into colours or just enjoy squishing them.

Massage Balls - Spikey Balls work on the myofascial system to reduce muscle tension, improve blood flow, increase body awareness and aid in injury prevention and rehabilitation. Making them perfect for knots and tight areas.



our carers have devised some simple yet effective exercises that you can do in your own home. If you would like to start doing more exercise, please speak to your Carer next time they visit. We are devising sensory activities too – that help with memory and motor skills.



New Starters

We continue to grow our teams in Peterborough & Oundle and Stamford & Rutland, as they work hard in our training academy and pass extensive 'on the job' training, shadowing more experienced carers. Pictured are Wendy Goodchild and Emma Lumsden.



We were very proud to reach this 10-year milestone, it was wonderful for us to reflect on how far we have come and how much we have achieved along the way. We live by a philosophy of promoting dignity and respect, insisting on high standards, and ensuring close oversight and supervision of our services. We stand by these values through both the good and challenging times of caring for vulnerable people. And, having served our community for a decade, we have lost beloved customers, cared for complex illnesses, and worked exceptionally long hours. But we have also enjoyed many positive moments by building friendships, improving the wellbeing of our customers, and even saving lives. Reaching 10 years of service is a testament to the trust our Stamford customers have placed in us, for which we are grateful and



Anniversary 2011-2021

Celebrating 10 years of care in the community



Left, Leisa and Tim are thrilled Bluebird Care is celebrating its 10th birthday; right, Tina was one of the first carers to receive the special celebratory badge



delighted to celebrate. Building on this success, we hope this is just the beginning for Bluebird Care. To commemorate our 10th Birthday all our carers received a custom-made and designed pin badge, we wanted them to wear

it with pride as a badge of honour – for continuously upholding our values and delivering the best care to our customers. Tina passed her probation that day, so she was one of the first carers to receive it,

Mercury Business Awards success



At the prestigious Mercury Business Awards we won Large Business of the Year 2021 and were finalists in two other categories. We took members of our Stamford & Rutland Team to these glamorous awards. We had a fantastic night and we were delighted with our win.

We are delighted to have been shortlisted for two different categories in the Peterborough Business Awards 2021:



2 Response to Covid-19 Crisis
This is amazing news for our business, we are all extremely excited, we will keep you updated on how we do!

Rising star

Rosalind Cerqua is a finalist at the Lincolnshire Care Awards. She has been shortlisted in the Rising Star category, which celebrates the passion, progress and positive impact individuals new to the care sector have made. Watch this space to find out if she is a winner!



Marketeer

Digital Marketing Award 2021 - we were so proud to be acknowledged for leading the way with our digital marketing for the care sector. Our Marketing Co-Ordinator Kelly has worked super hard to get us to where we are today.





Our Bluebird Care Community...

Welcome to our community gallery! Here are just a selection of some of the lovely moments we have had out in our community over the last few months with our carers and customers. Can you spot anyone you know?



Bluebird Care office normal opening hours - Monday to Friday, 8.30am to 5pm

We love to receive feedback of all kinds. There's lots of ways, call us and let us know...

Stamford & Rutland 01780 480881 • Peterborough & Oundle 01733 459907 • Oakham & Uppingham 01572 729357

Alternatively you can email us at stamford@bluebirdcare.co.uk or peterborough@bluebirdcare.co.uk

To find out how Bluebird Care Peterborough & Rutland can provide the services you require in the comfort of your own home, visit bluebirdcare.co.uk/peterborough-oundle or bluebirdcare.co.uk/stamford-rutland