

October 2020

Newsletter



Message from our Director



Hello to you all, I hope you're all safe and well.

My favourite time of year has arrived and I'm welcoming Autumn with its beautiful gold, rust and brown leaves falling all around.

I really do think our city is at its most glorious in the Autumn time. Wrapping up warm and enjoying a walk on a fresh, crisp, sunny day in Autumn, with my family and miniature dachshund, Doris, is one of my favourite ways to pass the time. If you haven't been able to get outdoors as much as you'd like recently, why not contact us at the office and book a little extra time with your Bluebirds, so we can accompany and support you to enjoy some fresh air.

We've had a very busy few months and are delighted to have welcomed some more new team members to our Bluebird Care family. See page 6 for an introduction. We have also had a brand refresh and updated our brand colour palette, adding gold and orange to our well recognised blue colour.

Did you know that our Bluebird name is in honour of Sir Malcolm Campbell and his array of record breaking vehicles? All of which he painted blue and named "Bluebird". Sir Malcolm Campbell broke the world speed record on land and water at varying times throughout the 1920's and 30's. Faced with many challenges, his drive and determination didn't stop him achieving his goals. He was known through the world as being passionate about being the best and this is a value we carry through to Bluebird Care today.

This packed edition provides you with lots of information, a chance to win a £100 restaurant voucher, a further update on the ongoing COVID19 pandemic and our continued approach to meticulous infection control measures.

I hope you enjoy the read and as usual if you'd like to discuss any of the topics in this edition or have any questions at all, you know where we are, just give us a call on the phone number at the bottom of this page.

Best wishes

This issue features.....

- Covid Update
- Stay safe this Halloween
- Protect yourself this winter
- Our award finalists
- Flu Vaccinations
- Competition Time

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COVID-19 UPDATE

You may have noticed our carers have been wearing face masks for the entirety of their visits to you in your home. This is in line with Public Health England guidelines to keep everyone as safe as possible from transmission of COVID19.

At Bluebird Care we continue to prioritise your safety therefore our employees have been given many additional products to assist them in their roles. These products include disposable hand towels, disinfectant wipes, antibacterial hand cream, and their own personalised hand sanitiser bottles. We provide refills with all these products so our team are well equipped to keep you and themselves as safe as possible.

Things you can do to help keep yourself and others stay safe from COVID19



- **Maintain 2 meters distance from people who do not live in your home wherever possible.**
- **Wash your hands often** - with soap and water, or use alcohol sanitiser that contains at least 60% alcohol if hand washing facilities are not available - this is particularly important after taking public transport.
- **Cover your cough or sneeze** with a tissue, then throw the tissue in a bin.
- **Wash your hand towels on a hot wash regularly.** If you would like your Care Assistants to do this for you, please call us at the office and we can ensure that this is noted on your care plan.
- **Keep a supply of kitchen roll in your home for hand drying.** This is more hygienic than using reusable hand towels.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands
- **Clean and disinfect frequently touched objects and surfaces.**
- **If you are worried about your symptoms or those of a family member or colleague, please call NHS 111.** People should not go to their GP or other healthcare environment.



Pictured left: Lewis Hart, Bluebird Care Assistant with one of our happy customers.

Protect yourself this winter when you are out and about

- Keep an eye on the weather forecast. It's good to know what to expect.
- If bad weather is forecast, make sure you have everything you need. Check you've got enough medication and stock up on food to keep in the cupboards or freezer in case it's harder to leave the house.
- Take extra care if the ground is slippery. Wear shoes with good grip and consider keeping salt and sand mixture handy to grit paths. You could ask your neighbours for help to clear paths or driveways clear in bad weather.



- Plan ahead when driving. Try to avoid going out in the car in bad weather if at all possible, and make sure you follow advice on driving conditions near you. If you do need to go out, keep blankets, some snacks and a shovel in the car in case you get stuck.
- Have a torch at home in case of a power cut. Don't forget to check the batteries!
- Keep emergency numbers nearby. Having the number for your energy supplier on hand can be really helpful if there's a power cut. You can also register with your supplier so they'll call you in the event of a power cut.

Stay warm this winter with advice from Age UK

- **Layer.** Several thin layers of clothing will keep you warmer than one thick layer, as the layers trap warm air between them.
- **Wear a hat.** Most heat is lost through your head so always wear a hat when you go out.
- **Get cosy in bed.** Use a hot-water bottle, wheat bag or an electric blanket to warm the bed, but never use a hot-water bottle and an electric blanket together.
- **Keep active.** This generates heat to help keep your body, hands and feet warm.
- **Sit pretty.** If you're sitting down, a shawl or blanket will provide a lot of warmth.



Did you know the ideal temperature for your living room is 21 degrees?

While in the bedroom 18 degrees is best. If you need any help setting temperatures, please ask our carers who will be happy to help you.

We're finalist in the Great British Care Awards!

We're bursting with excitement to announce that we have been shortlisted for a whopping 6 Great British Care Awards!

The Great British Care Awards are a series of regional events throughout the UK and are a celebration of excellence across the care sector. The purpose of the awards are to pay tribute to those individuals who have demonstrated outstanding excellence within their field of work.

We are so delighted for our fabulous, dedicated and hardworking team and are keeping our fingers crossed for some winners. Our finalists will meet with judges via zoom video call on 28th and 28th October and winners will be announced in April 2021. Wish us luck!



We'll provide a feature on each finalist in our December newsletter but for now here's a sneak peak at the awards we've been shortlisted for.....



Social Care Covid Heroes
Our whole Bluebird Care Team



The Home Care Registered Manager Award
Sophie Lowndes



The Home Care Worker Award
Shelly Griffin



The Care Innovator Award
Sheree Jenman



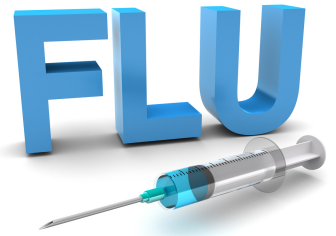
The Care Newcomer Award
Lewis Hart



The Home Care Worker Award
Rukhsana Ali

How can I avoid catching the flu?

- Have the flu vaccination.
- Eat a healthy diet, take regular exercise and drink plenty of warm drinks in the winter months.
- Wash your hands regularly with soap and warm water, particularly after using the toilet, gardening, petting animals and before eating.



Flu vaccination is important because:



- If you're at a higher risk from corona virus, you're also more at risk of problems with flu.
- If you get flu and coronavirus at the same time, research shows you're more likely to be seriously ill.
- It'll help to reduce pressure on the NHS and social care staff who may be dealing with coronavirus.
- If you've had COVID-19, it's safe to have the flu vaccine. It'll be effective at helping to prevent flu.

The Government has announced that this winter additional groups will be able to get the flu vaccination free of charge.

The flu vaccination is available free of charge to people who:

- are 65 and over (including those who'll be 65 by 31 March 2021)
- have certain health conditions
- are pregnant
- are in a long-stay residential care
- receive a carer's allowance, or are the main carer for an older or disabled person who may be at risk if you get sick
- live with someone who's at high risk from coronavirus (on the NHS shielded patient list)
- frontline health or social care workers

Talk to a GP, practice nurse or pharmacist for more information about the flu vaccine. If you need any assistance then please let your care workers know.



WELCOME

Bluebird Care would like to introduce you to our new team members who started recently.
We are very pleased to welcome:



Áine Dekker
Administration and Recruitment Officer



Diane Murrell
Live in Carer



Kathryn Crabtree
Live in Carer



Beverley Lockwood
Care Assistant



Sarah Finlay
Care Assistant



Sally Harrison
Care Assistant



Helen Brown
Care Assistant



Thanksgiving is on 26th November 2020 and we at Bluebird Care want to say that we are thankful to you our amazing customers. We are also thankful to our amazing team of carers who make us proud every day. If you are looking to try out a new recipe then why not try our recipe for pumpkin pie. The pumpkin is a symbol of harvest time, and pumpkin pie is generally eaten during the Autumn and early winter. In the United States and Canada, it is usually prepared for Thanksgiving, and other occasions when pumpkin is in season.

Thanksgiving Pumpkin Pie Recipe

Ingredients

- 750g/1lb 10oz pumpkin or butternut squash, peeled, deseeded and cut into chunks
- 350g sweet shortcrust pastry
- plain flour, for dusting
- 140g caster sugar
- ½ tsp salt
- ½ tsp fresh nutmeg, grated
- 1 tsp cinnamon
- 2 eggs, beaten
- 25g butter, melted
- 175ml milk
- 1 tbsp icing sugar



Method

• STEP 1

Place the pumpkin in a large saucepan, cover with water and bring to the boil. Cover with a lid and simmer for 15 mins or until tender. Drain pumpkin; let cool.

• STEP 2

Heat oven to 180C/160C fan/gas 4. Roll out the pastry on a lightly floured surface and use it to line a 22cm loose-bottomed tart tin. Chill for 15 mins. Line the pastry with baking parchment and baking beans, then bake for 15 mins. Remove the beans and paper and cook for a further 10 mins until the base is pale golden and biscuity. Remove from the oven and allow to cool slightly.

• STEP 3

Increase oven to 220C/200C fan/gas 7. Push the cooled pumpkin through a sieve into a large bowl. In a separate bowl, combine the sugar, salt, nutmeg and half the cinnamon. Mix in the beaten eggs, melted butter and milk, then add to the pumpkin purée and stir to combine. Pour into the tart shell and cook for 10 mins, then reduce the temperature to 180C/160C fan/gas 4. Continue to bake for 35-40 mins until the filling has just set.

• STEP 4

Leave to cool, then remove the pie from the tin. Mix the remaining cinnamon with the icing sugar and dust over the pie. Serve chilled.



Holidays are coming!

Is it too early to mention Christmas?! We just wanted to remind our customers if you need any help with your Christmas shopping, Bluebird Care are here for you. Just let your carer know if you need any help with this.

Have you considered Live in Care?



There's no doubt that staying at home is the safest option for everyone right now, but what if your care and support needs are increasing and you are starting to think about round the clock care?

We are experienced providers of both long and short-term Live in Care and the cost for this is no more than the average care home prices. Live in Care means you can remain in your own home in familiar surroundings whilst receiving all the support you need. It's also a great option if you have been discharged from hospital and need round the clock care for a temporary period. Contact us on 0113 2589677 to have a chat about Live in Care if you think it might be next step for you.



Would you take a minute to leave us a review on  [homecare.co.uk](https://www.homecare.co.uk)

You may have noticed that our Care Professionals have left you a free-post review card in your home. We would be really grateful if you could take a couple of minutes to complete this card, seal it and post it. If you would like your Care Assistant to post this for you, once you have sealed it, they will be happy to do so. If you use the internet and have an email address, you could leave your review on www.homecare.co.uk/submitreview Thank you in advance!



A big thank you to our Care Assistant Jo for arranging this beautiful hat for our customer when they both discussed their mutual love of the twenties. We are so proud of you Jo.

Library Services are now open in the following locations.

- Ardsley and Tingley library
- Armley
- Boston Spa library
- Bramley
- Burmantofts
- Calverley library
- Central library
- Chapel Allerton library
- Compton Centre
- Crossgates library
- Dewsbury Road
- Farsley library
- Garforth
- Halton library
- Headingley
- Horsforth
- Horsforth
- Hunslet
- Kippax
- Moor Allerton
- Morley
- Otley
- Pudsey
- Reginald Centre
- Rothwell
- Seacroft
- Wetherby library
- Yeadon

Please let your carer know if you would like assistance to visit your local library during their visit.



If you are looking for book ideas on Richard and Judy's read list are the following:

The Heat Wave by Kate Riordan
The Boy From The Woods by Harlan Coben
The Confession by Jessie Burton
Can You Hear Me? By Jake Jones
Fifty Fifty by Steve Cavanagh
Rough Magic by Lara Prior Palmer

Stay Safe this Halloween Saturday 31st October 2020

Halloween is an exciting time of year especially for children, however for many it can be a time of worry especially whilst living alone.

If you're concerned about staying safe:

- Always put the door chain on and look out of the window or spy hole to see who's there before opening the door.
- Take particular care if there's more than one person on your doorstep.
- Only open the door if you feel safe to do so. If you're in any doubt or don't feel safe, don't – it's fine not to answer the door if you don't want to.
- If you're really worried, invite a friend or relative around and spend the evening together.



COMPETITION TIME

We thought that we needed cheering up for 2020 so we have teamed up with our friends at the Restaurant Bar and Grill in Leeds who are offering a **£100.00** voucher to one lucky winner. This applies to lunch or dinner and can be redeemed against your food and drinks bill. To enter you do not need to do a thing. As a thank you we will be entering all our amazing customers into a draw and we will announce the winner in the next newsletter. Good luck!



the restaurant bar + grill

Located in the landmark Old Post Office building in the heart of City Square, The Restaurant Bar & Grill provides an impressive setting to enjoy brunch, lunch, dinner or a small private party. They offer classic and inspired seasonal cooking, amazing steaks and brilliant cocktails to match. They only serve the very best British beef naturally reared on carefully selected farms. They pride themselves on the philosophy of ingredient provenance and are dedicated to ensuring that every time you visit you will have fantastic food and service.

Restaurant Bar & Grill Leeds
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