



### *A warm hello to you all*

Has it really been a month since our last customer newsletter. We have certainly seen a real change in the weather which is always much more apparent with the clocks going back. I hope you are feeling warm and well, we are sending you lots of positive wishes.

I know some of you may be feeling worried about how we will get to you in the cold weather and in particular the snow. We have lots of plans in place which we call Business continuity plans which ensure we can still maintain our visits. For example - we have access to a four wheel drive if our carers have problems in the snow.

As well as your safety, the safety of our carers is also paramount. We need to keep our Bluebird angels safe! If there is anything you could do to help with safety we would appreciate it. For example ensure

sufficient lighting in the entrance of your home.

We have also been busy working on our Christmas working patterns and we will once again do our very best to maintain our high level of service. We hope you feel reassured to know that we will always be on hand to support you through the festive season and beyond.

I always love to hear from you regarding our service so please free to do this at any stage. Happy to pop out and talk to you. The team are fully invested in continually improving our service and we really do love hearing from you.

*Be safe and take care*

*Jackie*

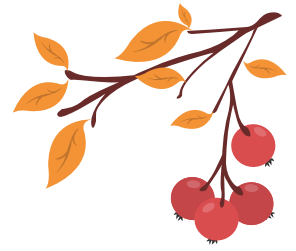
*Registered Manager*

your life  
your home  
your care  
your way





## Ways to Help Seasonal Affective Disorder (SAD)



With the clocks going back, the nights are much darker and the days are much shorter. From this, you may be feeling the effects of seasonal affective disorder. The [NHS recommends](#) the following methods to help improve your symptoms, including:

- try to get as much natural sunlight as possible – even a brief lunchtime walk or window open can be beneficial
- make your home environment as light and airy as possible
- sit near windows when you're indoors
- take plenty of regular exercise if you are able to, particularly outdoors and in the daylight
- eat a healthy, balanced diet
- if possible, avoid stressful situations and take steps to manage stress



It can also be helpful to talk to your family and friends about SAD, so they understand how your mood changes during the winter. This can help them to support you more effectively.

If you have any serious concerns about your health, whether that be physically or mentally, please consult health professionals.

# Your Wellness, Wellbeing and Health

## Tips for Dealing with Anxiety/Feeling low

### 1) Try short breathing exercises

For example, inhale for 10 seconds, exhale for 10 seconds and repeat

### 2) Focus on what is around you

For instance, use your eyes to work your way around your surroundings and keep your focus on 5 key items

### 3) Vocalise or visualise your thoughts

For instance, you could keep a mood diary, journal your thoughts or speak to a close friend or family member.

### 4) Stretch, walk or exercise

Sometimes it is easy to forget the benefits of moving our bodies. Whether you are feeling overwhelmed or anxious, set aside time to take in fresh air and go for a walk. Exercise can help to reduce your anxiety and stress levels, boost your energy and improve your overall wellbeing.

## A lovely Bluebird Care Angel Testimonial



"There really is no better feeling than seeing other carers love what they do, and how they take pride in the care they give ensuring our customers are given the very best level of care. At the end of the day a happy, supportive and positive team is what our customers need and deserve. And I am very proud of that. "

# November Word Search!

Can you spot all 10 words?

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| R | O | O | S | A | L | E | O | S | V | L | N | V | I |
| B | L | U | E | B | I | R | D | C | A | R | E | I | U |
| D | D | W | M | N | M | U | T | U | A | R | E | B | B |
| S | S | R | T | L | U | W | E | L | L | N | E | S | S |
| N | U | L | M | R | T | S | S | E | B | B | T | I | A |
| O | W | A | R | M | T | H | E | U | D | N | C | E | D |
| B | B | L | C | W | E | L | L | B | E | I | N | G | D |
| E | C | E | C | S | Y | A | D | R | E | L | O | O | C |
| C | E | I | B | L | A | Y | R | R | O | S | B | A | C |
| L | S | N | S | S | U | N | N | Y | S | K | I | E | S |
| C | R | U | N | C | H | Y | L | E | A | V | E | S | A |
| N | S | R | A | I | C | T | I | T | U | N | L | O | A |
| L | B | A | L | A | N | C | E | D | D | I | E | T | A |
| O | M | B | B | O | O | S | T | E | R | W | U | W | O |

- Bluebird Care
- Well-being
- Wellness
- Balanced Diet
- Booster
- Crunchy Leaves
- Cooler Days
- Autumn
- Sunny Skies
- Warmth

# A Little Reminder of How We Are Keeping You, Your Family and Our Carers Safe



- All care staff have access to full PPE (Hr masks, gloves aprons, eye protection) plus alcohol hand sanitiser and eye protection

- Individual covid risk assessments completed for all staff who may be vulnerable
- Weekly PCR testing for staff and LFD testing when required

- Excellent knowledge of Covid within the Bluebird management team, close links to local authority and government guidance

- Excellent covid vaccination rates of staff within Bluebird Care Hambleton and Richmondshire - 92% with two vaccinations

## **Adherence to Public Health advice**

- cleaning of hands regularly and appropriately for at least 20 seconds
- respiratory hygiene ('catch it, bin it, kill it') and avoiding touching of face
- following standard infection prevention and control precautions
- correct technique for putting on and taking off PPE
- safe disposal of used PPE

## Covid-19 Update - Book Your Booster and Flu Jab

With the colder weather setting in, we highly recommend booking your Flu vaccine if you haven't done so already.

You can receive the flu vaccine for free on the NHS if you are over 50 years old, or have certain health conditions.

You can also book your Covid-19 booster vaccine if you are over the age of 40 and it has been six months since your second Covid-19 vaccination.

### How to book your flu vaccine and Covid-19 booster vaccine

You can book your flu vaccine and Covid-19 booster at multiple places, including:

- your GP surgery
- a pharmacy offering the service
- a hospital appointment



If anybody needs any help or support with booking or getting to an appointment please let us know and we will support you in anyway we can.

The festive season is fast approaching, with that being said please take care and we hope you enjoyed our November newsletter.



We will send out another newsletter soon to keep you updated on all that we have occurring on the run up to Christmas.

