

# Care Worker Newsletter

## MAY

The sunshine is finally back, the school year edges towards a close and summer fast approaches.

May is the time of year when everything really does begin to Spring to life. Enjoy all the beauty around you.

## SPRING COFFEE AFTERNOON

Some images from the Richmond branch and their coffee afternoon that the branch manager Leanne and her team held with the care workers.

We even had the pleasure of welcoming one of the individuals that we provide care to (Mr T.W).

It was a chance for all to get together and have a cuppa...



## STAFF MOVES

We are delighted to have appointed 2 new members of staff in our recruitment department. Yasmin and King who have both joined as Recruitment Assistants.

Please give both a warm welcome when your paths cross!

YOU'RE HIRED!



CONGRATS ON YOUR NEW JOB

See what else is happening in May on page 8

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## JULIET O FOUNDATION

Please note that we have recently teamed up with the Juliet O Foundation.

The Juliet O Foundation was created to help support the elderly with issues around isolation from society, especially after lengthy stays in hospital and feeling disconnected when returning home.

The foundation provides hampers with essentials, that will greatly assist clients in their return home. This ensures that they are equipped with daily essentials upon their return home until a family member can ensure that they are able to purchase food and other items.

The Juliet O Foundation has very kindly provided these hampers to Holistic as part of a pilot project.

Pictured above is, the founder, Juliet along with our very own Director, Daniel.



To the left are images of the contents of the boxes. They contain essentials such as toothpaste, toothbrushes, tea, biscuits, cereal, handwash, shower gel, a £5 Tesco voucher for essential food items, universal glasses etc.

These will be delivered to clients being discharged from hospital

Please keep an eye out for them and assist clients in the use of their contents. Please provide feedback about them from the clients/family or from yourself, so that we may relay back to the foundation.





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Cooking food in a fifteen or even thirty minute call can be challenging, which is why we usually end up serving microwave meals for someone's main meal. There are plenty of smaller meals and snacks that we can quickly make from scratch. If you can make these well, you can improve the quality of life for the people you visit. With a little bit of thought given to presentation and how a person likes their food, you can really make a difference.

**SANDWICHES** are based around two slices of bread and butter, or a roll sliced in half and buttered, with a main filling like sliced meat or cheese, with maybe a garnish of salad and a condiment like sauce or pickle. The easiest way to make a sandwich is to put the main filling onto one slice of buttered bread, then if there's salad add that on top. Then spread the other slice of buttered bread with the pickle or sauce and place it on top, then slice the whole sandwich in half.



Some people prefer it sliced horizontally, some diagonally—impress the people you visit by asking their preference! The two halves of the sandwich are known together as a “round”.



## BEANS ON TOAST

Ask the person if they would prefer their toast buttered before you add the beans—preference varies. A good presentation tip is to have a whole slice of toast in the middle, then have the second slice cut diagonally and put it either side of the whole slice before pouring the beans over.

## CHEESE ON TOAST

This needs to be made under the grill. Toast one side of the bread, then turn it over and add sliced or grated cheese. Season, then put back under the grill until the cheese is bubbling and starting to brown. Serve immediately.

You can make cheese on toast extra special by adding things like chopped ham, sliced tomatoes or onions. Ask the client if there are any extra toppings they would like.



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## FRIED EGGS

Use a gentle heat, nothing beyond half heat, and ensure the oil has heated up before adding the egg. Everyone will have a different preference for how they like their eggs done—so ask them! If they want it “over easy”, when the egg is more or less cooked but slightly raw on top, flip it over so that the top cooks. It will only take a few seconds. If the pan is too hot, the egg will bubble and get crispy on the bottom. Some people may like this, so always check!

## SCRAMBLED EGGS

Allow two eggs per person, then whisk them in a bowl with a dash of milk (optional—ask the person's preference), and season as the person prefers. Heat butter or oil in a fairly large saucepan, again on a gentle heat. Pour the eggs into the pan and stir with a wooden spoon as the egg starts to cook. Keep it moving until it's all cooked then serve immediately.



## CARE WORKER AWARDS

A HUGE well done to five of our care workers in the Richmond branch who have been nominated for the ‘carers award’ this year:

- Rohan
- Judith
- Sanyu
- Laura
- Saida

Well done to you all and best of luck, you truly are an inspiration to us all!

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## ACCESS SYSTEM - Document Visits

Access is the electronic system that we use to document all care tasks and medications administered, via an app on a mobile phone. The system must be used for **ALL** care visits, whilst still at the client. If you do not see a visit on there, you **MUST** contact the office immediately.

Completing a visit on Access confirms your attendance to a visit and covers you in the case of any issues or complaints that may arise.

If you have any concerns about a client then you should document it, and you **must** also contact the office to speak to someone to report it. This is because we do not read every visit that takes place straight away.

Additionally in Merton and Lambeth for social services funded clients, you **must** scan the round white tag to register your visit in the CM Mobile application to ensure payment.

## CARE FRIENDS - Earn Money!



Want to earn some extra money?

Download the Care Friends app to start earning rewards for telling your network about our available jobs!



The app is free, it takes just 60 seconds to register and you can start earning rewards straight away!

Google Play store link: [Click here](#)

Apple App Store link: [Click here](#)

Once that's done, you can start earning. Simply share a job with your friends and you'll start to earn points. More points will apply if they apply, attend the interview, if they get a job, start work and if they stay 12 months in the role.

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## RECRUITING FOR CARE WORKERS...



At Holistic we are constantly recruiting care workers for part-time and full-time vacancies across the boroughs of Bexley, Lambeth, Merton, Richmond and Wandsworth. Furthermore, we offer paid induction training and a joining bonus (subject to terms and conditions).

With fantastic benefits available and great career progression opportunities in a positive and purpose-driven sector, we are looking to ignite new careers in care for local people. So, if you know of anyone who may be interested, then refer them to our recruitment department. Doing so will even earn you some money via care friends (see page 5 for further information)

## COMPLIMENTS

### Bexley

**Clara:** *The daughter of Mrs E.S. said you are wonderful and stated you are a blessing for them.*

**Fathima :** *Mrs H.M said she is very happy with you and would have you everyday if she could*

### Richmond

**Anjana, Rohan, Ayanthie:** *Mr D.T full of praise saying you all care for him very well, are empathetic and were so concerned when he went to hospital.*

**Nilanthi, Adremi:** *Mr R.L went private after reablement due to you. He is very happy with you both*

**Dona:** *Mr E.M daughter in law said they will have private care on days you work as you get on well with client*

**Anjana:** *Mr M.C very happy with you, you have a soothing effect around him, work diligently and have enabled him to stay at home after coming back from hospital.*

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## CAREWORKER OF THE MONTH: April

Our care worker of the month initiative helps us recognise those who've gone the extra mile, expertly delivering professional, person-centred care.

We are fully aware that caring is not an easy job. A lot of challenges are faced along the way. To do it exceptionally takes superhuman strength, and a genuine passion to make someone's life better. This is your time to shine. A simple gesture of thanks will be put in the Care Friends App (to the value of £25), so please check your app. If you don't have the app yet, please download it now.



### BEXLEY:

**Clara**

You have been very hard working and all your clients are very happy with you.

Your caring nature and commitment to client T.W really shines, plus with constant good feedback from other clients. You truly are in high demand!

### RICHMOND:

**Rohan**

## LAMBETH CONTRACT

We are delighted to announce that last month, Holistic were awarded a Lambeth contract for the Streatham area.

This means that all the work that we will get going forward for Lambeth, will be in this patch, as opposed to other areas of the borough.

We will as a result slowly transitioning care workers in to this area. Holistic have already started to get several care packages on a daily basis...



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## Some other noteworthy dates during May

### 6th May —May Day Bank Holiday

Held on the Monday closest to May Day, this day is a Bank Holiday in the UK and Ireland.



### 7 to 11th MAY—Eurovision Song Contest

Eurovision is an annual international celebration of music. The 68th Eurovision Song Contest will be held in Malmö, Sweden. It is the 7th time that Sweden has hosted the contest.

### 12th May—National Children's Day UK

National Children's Day UK is all about the importance of a healthy childhood and protecting the rights and freedoms of children so that they can grow into happy,



### 15th May—International Day of Families

A UN designated day to promote awareness of issues relating to families and to increase the knowledge of the social, economic and demographic processes affecting families.

### 25th May—Africa Day

The annual commemoration of the foundation of the Organisation of African Unity on 25 May 1963. The day is marked with both speeches by political and social leaders, and concerts featuring cultural entertainment, poetry and speakers.



### 27th May—Late Spring Bank Holiday

The late spring Bank Holiday, held on the last Monday in May, was originally known as Whit Monday. The Whit-sun weekend was traditionally a time for fairs, morris dancing and parades with brass bands.

