



Love2Care

LIVE THE LIFE YOU WANT, **IN YOUR OWN HOME**

NOVEMBER 2017 NEWSLETTER



HELLO AND WELCOME

TO ALL THE LOVELY PEOPLE WE SUPPORT

Welcome to the first of our monthly newsletters from Love2Care. We're very excited about our newsletter as this is our chance to share good news with you as well as give you an opportunity to find out about activities and events you can enjoy in our community. Plus we'll be including some useful resources for you to have at your fingertips for when you need them.

We want this newsletter to be a place of inspiration and information so please let us know if there are specific things you would like to see in it or if you have good news you'd like to share with us – we'd love that.

To contribute, phone Debbie on 07785 293977 or email info@love2care.uk

LET'S ENJOY A GET TOGETHER

FRIDAY 15TH DECEMBER 2-4PM

It was wonderful to see so many of you at our Summer Party on July 1st at Preston Baptist Church. It was a lot of fun and it was certainly smiles all round! With Christmas just round the corner, we thought we'd arrange another get together. Invitations will be coming out to you in mid-November, with full details but for now please save the date.



ITS NAPPY TIME



This will also give us the perfect time to wish **Kelly** well as she leaves to go on maternity leave. Many of you who live in the Paignton area will have welcomed Kelly into your homes. We will all miss her greatly as I'm sure you will too – so let's see her off in style on Friday 15th December.

EXCITING HAPPENINGS AT LOVE2CARE

Since Love2Care started in March of this year, it has been a really busy time for us all. There is a huge demand for care in the home here in the Bay and as people who care deeply we want to help as many people as we can, however, we also want to ensure that each person we support only ever has a small team of wellbeing workers to look after them. We totally understand that consistency and knowing who is coming to your home is so important to you and that will always remain our number one priority.

So in order for us to help more people, we now have three new wellbeing workers who have joined us who are working across Torquay and Paignton; **Denise, Sheila and Trish**. All three ladies have extensive experience giving personalised care in the community and they have already met many of you.

WE ARE ALSO DELIGHTED TO ANNOUNCE THAT



As of 1st November, Jo Anson was promoted to the role of Deputy Manager of Love2Care and will be supporting Maddy in the operations of the business. Jo has been a vital member of the team from Day

1 and is fastidious in her delivery of the very best care. Jo will continue delivering care in Paignton, however, she will also be responsible for quality standards for the team.

Plus later on this month we will also be welcoming a further three new members of the team; **Kim, Kimberley and Rachael** who have all chosen to leave their current care providers in order to join our team so that they can deliver the very best care to you all.

NAIL CUTTING SERVICE NOW AVAILABLE

One of the things we love to do is to help remove any obstacles for someone to get the help and support they need. We are constantly reviewing care plans to reflect the changing needs of all the people we support and we are always on the lookout to make things easier for you.

When we heard that one lady had had to arrange a sit in service to allow her to go to the chiropodist and she had also had to get a taxi there and back, we said to ourselves there has to be a better way.

So Love2Care decided that we would offer our own service so you can have your nails cut at home without the hassle of having to go out.

Jo and Denise have now been professionally trained in nail cutting so give us a call on 07715 686734 to see if we can support you with this.



YOUR HEALTH MATTERS



The ONLY independent consumer champion for health and social care in Torbay and they want to know what YOU think about local services.

Last month Maddy and Debbie were invited to the Healthwatch Torbay

AGM at Paignton Library. For those of you who are unaware of **Healthwatch Torbay**, here's a bit about them, why they exist and how they want to hear from YOU:

New regulations in the 2012 Health and Social Care Act meant that the NHS needed to be far more 'patient-centred'. This means that health & social care providers have to consult with – and be influenced by – their local community in order to develop and improve the services they provide.

So tell Healthwatch Torbay when things are going well and when they're not, so they can do something about it. You can do this by submitting a review of your experience with any health or social care provider on www.healthwatchtorbay.org.uk or you may contact them by:

Telephone on freephone 0800 052 0029

Email at info@healthwatchtorbay.org.uk

By law health and social care providers have to listen to Healthwatch Torbay and respond to any of their feedback or recommendations.

GET INFORMED - FIND OUT MORE ABOUT YOUR CONDITION AND ACCESS THE KNOWLEDGE, HELP AND SUPPORT YOU NEED

HealthUnlocked

Sometimes it's hard to know where to look, but a good starting point is to go online as it is a source of so much information.

HealthUnlocked is a social network for health. By finding others with similar health backgrounds people can take on day to day health concerns together. And because their communities are set up by leading health organisations people have access to credible support. They believe good health information is good for your health. HealthUnlocked has been built to get good support to the people who need it.

- Almost 7 out of 10 patients on HealthUnlocked had never spoken to another patient with the same condition before coming to the HealthUnlocked platform.
- 91% say using it has been useful or life changing.
- 87% feel more confident when speaking to professionals.

To find out more about your condition and connect with others then visit www.healthunlocked.com

WHAT TO DO WITH YOUR TIME

FED UP WITH THE DIET OF BAD NEWS ON THE TV, RADIO AND NEWSPAPERS?

Then why not try something different

Back in 2012, I became so upset with the negative and depressing news I read in the papers, watched on my TV and heard on the radio, that I knew I had to do something about it, so I decided to set up my own radio show.



I had never done anything like this before, but I went to my local radio station who trained me in how to make a programme.

I shadowed some of the other presenters and then I ignored my fear, took the plunge and went live!

It was the best thing I ever did. Now every week I get to decide what the news is and I choose the most positive and uplifting stories I can as well as giving ideas and inspiration on how we can look after our beautiful world.

I co-present It's All Good Radio Show on RivieraFM on Thursdays from 5pm to 7pm. It is the antidote to all the bad news we hear and it improves my wellbeing and those of my listeners.

Listen online at www.riviera.fm

And the exciting news is that you can do this too because RivieraFM are offering people over 50 the chance to have **free** media training on all aspects of running a radio station including developing content, presenting programmes, outside broadcasting and developing social media campaigns.

So here's your chance to be on radio and shape the news that you want to hear!



There will be a **free** 10 day media course starting on 13th November and a second Ageing – Well media course starting on 4th December running for a further 10 days. This will include the basic/fundamentals, and an advanced media course.

Want to find out more? Phone Debbie on 07785 293977

If radio's not your thing, but you want to enjoy a paper that gives you a more balanced and positive view of the community, I highly recommend **Torbay Times** available in most local shops.

TRY A LOVELY NEW VENUE FOR COFFEE

TIME OUT – ROSELANDS COFFEE SHOP

6 Sturcombe Avenue, Paignton
Call 01803 411671



At Time Out we would love to be known as the 'hub' of the community!

If you are on your own and need a little company, we are

here for you, if you are interested in tracing your family tree come along on the 1st Tuesday of the month to 'Genealogy club'.

If you enjoy crafts, whether it be making cards, embroidery or knitting, come along on the other Tuesdays of the month and join us for not only crafting but tea/coffee, cake and of course a good old chin-wag!

On Wednesday afternoons' why not come along to our 'Games afternoon', scrabble, card games, jigsaws, board games, if you enjoy playing games but don't get a chance to come join us.

On Friday afternoons' we have 'Silver Surfers', so if you need a little help getting 'online' or sending emails, whatever is confusing you on your iPad or laptop/PC Maggie is the just the person to help you!

Lots of other things in the pipeline too so why not pop in and see us next time you are in the area.

CLUB TIMES - (2pm-3.30pm)

There is far more to Time Out, besides food and drink! WE ARE HERE FOR YOU! Whether it be a problem you want help with or you just fancy a coffee and a chin-wag, come along see us, without you there is no us! Blessings in abundance my dear friends.
Linda, The Management Team.

EXERCISING WITH OTHERS

DID YOU KNOW?

An inactive person spends 37% more days in hospital, and visits the doctor 5.5% more often and physically active people have up to 30% reduced risk of becoming depressed, and staying active helps those who are depressed recover.

We are all responsible for our own health and so one simple way we can help ourselves is by exercising our body.

For just a couple more weeks, there is a falls prevention dance programme available in Paignton. Sessions are Mondays and Thursdays 10.30 – 12noon at Paignton Parish Church Hall.

To find out more: email Clare Parker of Dance in Devon on email: torbaychampion@danceindevon.co.uk



Alternatively, you might like to enjoy a beautiful walk with others, if so I highly recommend checking out the regular short walks from Walking For Health. Contact the Healthy Lifestyles Team on 0300 456 1006 (local rate number)

YOU ARE WHAT YOU EAT

We were delighted to hear from many of you how much you enjoyed the quiche at our summer get together on 1st July, so I thought I'd share the recipe which we found on BBC Good Food:

GARDEN VEGETABLE & GOAT'S CHEESE QUICHE



Ingredients

1 deep 24cm blind-baked pastry case
40g butter
85g courgettes (baby or regular), sliced at an angle
85g runner beans, stringed, halved lengthways and sliced

85g fresh or frozen peas
3 continental salad onions, stems chopped and bulbs quartered
300ml milk
25g plain flour
2 large eggs
110g log full-fat soft goat's cheese, sliced
3 small vine tomatoes, quartered

Method

1. Preheat the oven to fan 170C/ conventional 190C/gas 5.
2. Melt the butter in a medium saucepan and cook the green vegetables and onions for 5 minutes, stirring until starting to soften. Tip the milk and flour into the pan and stir over the heat until it thickens to a smooth sauce. Cool for 5 minutes or so, stirring to stop a skin forming.
3. Beat the eggs into the sauce and generously season. Pour into the pastry case and scatter with the goat's cheese and tomatoes.
4. Bake for 40 minutes until the filling is set, turning golden. Cool for a few minutes before taking from the tin. Serve with a green salad.

(Courtesy of BBC Good Food)

TIME FOR A QUIZ ?

The questions

1. Where are the words of Caroline Bingley now in circulation?
2. Who or what was the First World War hero Cher Ami?
3. Which sprinter went to six Olympics with Jamaica and one with Slovenia?
4. What tinned meat was introduced by Hormel in 1937?
5. What steam service runs between Sheffield Park and East Grinstead?
6. If Sheena is a punk rocker, what is Suzy?
7. Hendrik Verwoerd was the architect of what policy?
8. In container transport, what unit is a TEU?
(Answers below but no cheating!)

USEFUL NUMBERS

- AgeUK Torbay - Tel: 01803 555181
www.ageuktorbay.org.uk
- Carers Aid Torbay – Tel: 01803 323510
www.carersaidtorbay.co.uk
- Karing Community Transport
Tel: 01803 524799 www.karing.org.uk
- Trust in Blue: Retired Police Decorators & Handymen - Tel: 0800 255 0255
www.trustinblue.com

The answers

- 1 Jane Austen £10 note.
- 2 Carrier pigeon.
- 3 Merlene Ottey.
- 4 Spam.
- 5 Bluebell Railway.
- 6 A headbanger (Ramonés songs).
- 7 Apartheid.
- 8 Twenty-foot equivalent unit.

