



LOVE2CARE

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

November 2019 Newsletter

Outstanding Status for the 2nd year running

On 17 September, we had our 2nd inspection by CQC and exactly one month later our report was posted online which confirmed that we had been awarded outstanding status for the 2nd year running.

We are absolutely over the moon that our carers have received such positive feedback for their deep care and compassion and that we have been acknowledged for our high standards of safety, effectiveness, caring and responsiveness as well as being extremely well led. This result has encouraged us all to want to do even more in our communities as we go into 2020.

To read the full report please go to CQC website at https://www.cqc.org.uk/sites/default/files/new_reports/IN_S2-6345526092.pdf



Helping You To Stay Safe & Well In Your Own Home

The community organisations based in Torbay know just how important it is for you to be able to stay living in your own home and so they have come together to offer a new service called Staying Put. Below you will see the main offers available for you, including a low cost handy person service, an advocacy service and help with cooking and shopping.

To contact the Staying Put project, to help or seek help, call **01803 446022**, or email stayingput@torbaycdt.org.uk



Talking Points In The Community



Talking Points have been set up in various places around Torbay to help you to access the help and support you need.

Perhaps you don't know what services are available to you, maybe you need some equipment in your home to help you get around, or maybe you're caring for a loved one and need some extra support but don't know where to start.

That's what talking points are for so please don't get yourself anxious or worried about a problem you don't have the answers to. Take a look below at all the venues and get along to one of the weekly talking points in the community and you'll be able to have a conversation with someone in social care or a community builder who can help.

Monday 9.30-12.30pm The Windmill Centre, Pendennis Road, Torquay TQ2 7QR – Finance/benefits advisor on hand

Monday 10am – 1pm The Pad, Eat That Frog, 89 Torquay Road, Paignton TQ3 2SE – Food bank

Tuesday 11.30 – 1.30pm Anchorage Hotel, Aveland Road, Torquay TQ1 3PT – Help with equipment (every other Tues)

Wednesday 2pm – 4pm The Lounge, Unit 28 Fleet Walk, Torquay TQ2 5EA – Support getting online, carers support (every other Wed)

Helping You To Get The Equipment You Need

NRS Healthcare is the trusted supplier to the NHS, and has served over 10 million people with mobility equipment and disability aids. They take pride in their mission to help customers to gain access to the very best in disability equipment, information and support.

All their products are carefully selected and come with free support and advice from their friendly in-house occupational therapy team.

When you go onto www.nrshealthcare.co.uk, you will discover a whole range of equipment – if you need help accessing the website then please ask your carer.

The website is divided into the following categories:

- Bathroom Aids
- Bedroom & Seating Aids
- Eating & Drinking Aids
- Health Aids & Personal Care
- Mobility Aids
- Household Aids

And if you sign up to their newsletter you'll be the first to receive news of any deals on NRS products.



Love2Care



Keep Warm, Keep Well

Some useful information from the NHS Website which I thought I'd share with you.

Follow these tips on keeping well in the cold:

- Find out if you can get the flu jab for free on the NHS
- Wear several layers of clothes rather than 1 chunky layer – clothes made from cotton, wool or fleecy fibres help to maintain body heat
- Use a hot water bottle or electric blanket to keep warm in bed – but don't use both at the same time
- Have at least 1 hot meal a day – eating regularly helps keep you warm; and make sure you have hot drinks regularly
- Try not to sit still for more than an hour or so indoors – get up and stretch your legs
- Stay active – even moderate exercise can help keep you warm
- Wrap a scarf loosely around your mouth when outdoors – add a hat and wear shoes with a good grip, too
- If you have a heart or respiratory problem, stay indoors during very cold weather

Coming Together In A Celebration of Light & Sound



Torquay will be lit up on 8th, 9th & 10th Nov after dark with these playful illuminations as part of WAVELENGTH, a celebration of light and sound. FREE event and open to all

There will be cliff side projections for you to enjoy at Corbyn Head and Rock Walk. Torre Abbey will become an open canvas for mass collaboration and a celebration of people and place, with projection-mapping onto the front of the Abbey that evolves over three days.

Using silent disco technology, there will be a flock of 100 people moving in tune with each other, following instruction and inspiration from a sound score that weaves together snippets of natural sound, vocals and fragments of music.

Plus we'll be introducing Dog Ballet, a unique performance which will be set on Torre Abbey Sands on Saturday evening. One not to be missed!

For the full programme visit www.eye-view.org.uk



Community Spirit In Action

When an eagle eyed member of Torbay Climate Action found out that the Corbyn Head Hotel had been earmarked for demolition, she contacted the hotel owner to ask what would happen to all the furniture within the hotel. When she discovered that the items could well end up in landfill, she asked the hotel owner if the group could salvage what they could for the community. The owner agreed and with just days before the demolition, the group leapt into action. A crew of volunteers quickly formed and everyone got to work. An inventory of items and photos was shared widely on community pages and the following morning, at 11am on Saturday 19th October, members of the public, charities and community groups were able to come and collect what they needed.

The crew of volunteers worked tirelessly on Saturday to help people get the things they needed which included charity PATH who were able to secure vital kitchen equipment for their service helping the homeless in the charity as well as a number of charities and community groups. Over the space of a few hours, an astonishing 257 people came to the hotel and left with items which will make a huge difference to their lives.

One of the most unusual and personal requests came from a lady who used to stay at the Corbyn Head Hotel with her grandparents throughout her childhood and asked for a room key to be saved and posted to her in Essex, ideally room number 27. On seeing the request, one of the team went to recover it and shortly after a picture of the room key number 27 was posted online.



Fancy A Trip To The Theatre As A Treat For Xmas?



Snow White & The Seven Dwarfs will be showing at the Princess Theatre Torquay at 1pm on Wednesday 18th December.

If enough people are interested, we can make a group booking, so please let us know if you would like to join us.

Deadline for booking is Friday 15th November. Please ring 01803 364000 to confirm if you'd like to attend and if you would like support from a carer to get there and back

Are You A Carer In Need Of Extra Support?

A recent meeting at a community venue gave me the opportunity to meet Kerry-Ann and Debi who both work in replacement care – what that means is they are dedicated to helping those of you who care for loved ones but don't always know what support is available to you.

Kerry-Ann and Debi are both available to come to your home to talk about the whole range of respite options with you including benefits you may be entitled to and/or ways you can be supported in your day to day caring role.

To find out more about help and support you can access then call 01803 666620 or email signposts@nhs.net

Food, Glorious Food – Winter Warmer



INGREDIENTS

- 4 sausages, regular, reduced fat or vegetarian
- 2 parsnips
- 2 or 3 medium potatoes
- 175g Brussels sprouts
- 4 tbsp milk
- 1 tbsp wholegrain mustard

1. Grill the sausages for 10-12 minutes, turning frequently
2. Meanwhile peel and roughly chop the potatoes and parsnips
3. Cook the potatoes and parsnips in a saucepan of boiling salted water for 10 minutes
4. Shred sprouts and add to the potatoes and parsnips in the boiling water for the last 2-3 minutes and cook until all the vegetables are tender
5. Drain and mash the vegetables
6. Beat in the milk and mustard into the vegetables and along with salt and pepper
7. Serve with the sausages

The perfect winter warmer in less than 20 minutes!

Get The Grey Matter Working With This Word Search

Oceans and Seas



OKHOTSK SEA
 BLACK SEA
 RED SEA
 INDIAN OCEAN
 EAST CHINA SEA
 BALTIC SEA
 SEA OF AZOV
 CARIBBEAN SEA
 GULF OF MEXICO
 PACIFIC OCEAN
 HUDSON BAY
 NORTH SEA
 BERING SEA
 JAPAN SEA
 DEAD SEA

Play this puzzle online at : <http://thewordsearch.com/puzzle/9857/>

Action for Happiness – November 2019



ACTION CALENDAR: NEW THINGS NOVEMBER 2019



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



"You never know what you can do until you try" ~ C. S. Lewis



4 Today meet someone new and learn something about them

5 Choose a different route and see what you notice on the way

6 Make a meal using a recipe or ingredient you've not tried before

7 When you feel you can't do something, add the word "yet"

1 Make a list of new things you want to try out this month

2 Broaden your perspective: read a different paper, magazine or site

3 Enjoy new music today. Play, sing, dance or listen

11 Be curious. Find out about three new topics or ideas

12 Find a new way to help or support a cause you care about

13 Be creative today - cook, draw, write, paint, make or inspire

14 Tell a friend about something helpful you learned recently

15 Look at life through someone else's eyes and see their perspective

16 Learn a new skill from a friend and teach them one of yours

17 Visit a local place of interest that you've not been to before

18 Join a new online community on a topic that interests you

19 Say hello to someone you see regularly but don't normally talk to

20 Sign up to join a new course, activity or evening class

21 Learn to say a word or phrase in three different languages

22 Choose to do something out of your normal comfort zone

23 Go outside and do something playful - walk, run, explore, relax

24 Discover your artistic side. Design your own Christmas cards!

25 Try a new way to practice self-care and be kind to yourself

26 Today wear something unusual and enjoy looking different

27 Tune in to a different radio station or TV channel to normal

28 Join a friend doing their hobby and find out why they love it

29 Use one of your strengths in a new or creative way

30 Set aside a regular time to pursue a new hobby



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www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

