

## SEPTEMBER 2024 MONTHLY NEWSLETTER



## Right at Home Mid Hampshire

Delivering the highest quality support which maintains the independence, dignity and wellbeing of our Clients.

### A WORD FROM SHANNON HAINES (REGISTERED MANAGER)

As we come to the end of another busy and rewarding month, I wanted to take a moment to reflect on the incredible teamwork and dedication shown by everyone at **Right at Home Mid Hampshire**. From our caregivers providing outstanding care every day to our clients, to the exciting events we've been a part of, such as our community lunches and client outings, it's been wonderful to see our team go the extra mile. We've also continued to focus on enhancing our training, ensuring our caregivers have the skills to deliver the best possible support. Thank you all for your hard work and commitment!





# LATEST NEWS

WHAT'S BEEN GOING ON?

## A DAY TO REMEMBER AT MARWELL ZOO

### MARGARET'S FIRST WISH GRANTED: A MEMORABLE VISIT TO MARWELL ZOO

In our first "Tin Full of Wishes" since relaunching, we were thrilled to fulfill long-time client Margaret Sargent's dream of visiting Marwell Zoo. On September 18th, Margaret, her live-in carer Mevis, and our Compliance Coordinator Grace spent a lovely day exploring the zoo. Margaret, an animal enthusiast and tiger lover, was especially moved when Valentina, the resident tiger, came up to greet her. It was a truly heartwarming and unforgettable experience for Margaret, and we're so grateful to Marwell Zoo for helping make her wish come true!



## SPECIALISED TRAINING WITH CLINICAL LEAD LISA GRAINGER

### STAFF SKILL ENHANCEMENT SESSIONS: PEG, DIABETES, AND STOMA CARE TRAINING

We were excited to welcome Lisa Grainger, Clinical Lead from the Right at Home National Office, to our Mid Hampshire branch for a series of essential training sessions. Lisa ran hands-on workshops covering PEG feeding, diabetes management, and stoma care, ensuring our staff are fully equipped to provide specialised care. The sessions were incredibly informative and have empowered our caregivers to deliver even higher levels of personalised support to our clients.



# UPCOMING DAYS AND EVENTS

## »»» WORLD MENTAL HEALTH DAY (10TH OCTOBER)

World Mental Health Day is an opportunity to prioritise mental well-being and take simple steps to nurture it. Whether it's through activities such as mindful walking, spending time with loved ones, or taking a break from daily stressors to relax with a favourite book, there are many ways to engage. It's also a great time to check in with yourself and others, offering a listening ear or reaching out for support if needed. Small, thoughtful actions can make a big difference in promoting mental health for everyone.

## »»» WEAR IT PINK (18TH OCTOBER)

Wear It Pink is a fun and meaningful way to support breast cancer awareness. By wearing pink and encouraging others to do the same, you can help raise vital funds for breast cancer research and spread awareness of the importance of early detection. Whether it's a pink shirt, hat, or accessory, every little bit helps in showing solidarity with those affected by breast cancer. It's a great opportunity to come together, raise awareness, and make a difference in the fight against breast cancer.

## »»» HALLOWEEN LUNCH CLUB (24TH OCTOBER)

We are excited to invite you to our special Halloween-themed Lunch Club on October 24th at YMCA Eastleigh! Join us for a spooktacular afternoon filled with festive fun, delicious food, and some Halloween surprises. Whether you're coming for the good company, the seasonal treats, or to show off your Halloween spirit, it's sure to be a fantastic event. We encourage everyone to dress up (if you'd like!) and enjoy the lively atmosphere. It's a perfect way to celebrate the season with friends, staff, and the community.

*Get Involved!*





# OUR LUNCH CLUB

## »»» COME AND SAY HELLO

Join us for a selection of sandwiches and cakes, tea and coffee, music and good company. To book a space please call us on - **023 80 009 595**. Please ask us if you need assistance getting here and we can get a carer to accompany you!

## OUR UPCOMING LUNCH CLUB DATES:

**THURSDAY 24TH OCTOBER @ 11:00AM**

**YMCA EASTLEIGH, SO50 9SB**

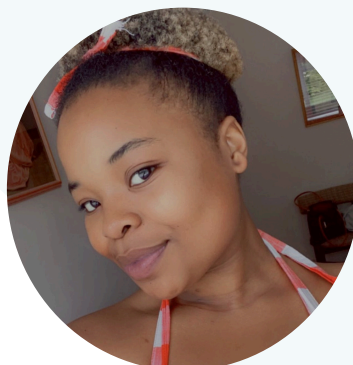


*Congratulations to our*

## CAREGIVERS OF THE MONTH

### NOMUTSA MUGUZA AND LUCY BUSHNELL

A huge congratulations to our wonderful Caregivers of the Month, Nomutsa and Lucy! Both have consistently gone above and beyond in providing exceptional care and support to our clients. Their dedication, compassion, and positive attitude truly shine through in everything they do.





# SEPTEMBER PUZZLE

This month our puzzle is a Sudoku. Let us know how you get on!

	6						9	
5			1		6			
	3		9		8		1	
6		2		9		8		4
4		3		8		9		1
	4		8		9		7	
8			2		7			5
	2						8	

## UNTIL NEXT TIME...

As we wrap up this month's newsletter, we want to extend our heartfelt gratitude to everyone in our Right at Home Mid Hampshire community. We look forward to more exciting activities and opportunities to connect in the coming weeks. Remember, whether it's sharing a cup of tea at our community lunches or celebrating the achievements of our caregivers, every moment counts. Until next time, take care!