



CHESHIRE SENIORS MONTHLY

Homecare in South Cheshire

At Right at Home South Cheshire, we aim to make a genuine difference to the quality of life of those we serve in the local community. We focus on improving the lives of those we care for, not just maintaining quality of life.

Making a Difference Every Day

From every CareGiver to our local Management Team, we are completely focused on making a difference every day. Keeping our Clients where they want to be for longer – Right at Home.


Our local office team based in Nantwich work tirelessly to deliver on our promises. For us it is not just about providing a service, it is about building valuable relationships with everyone we work with.

Our Trusted Services

Through trust and commitment to being the best, the quality of the care we provide has been industry-recognised, leading us to be rated as Outstanding by the Care Quality Commission and become the most highly rated national homecare agency on the UK's leading review site, www.homecare.co.uk.

Merry Christmas from Right at Home

Christmas message from our MD, Ben Selby

"2021 has been another year to test all of us, and I wanted to take this opportunity to thank each and every one of our Clients, and their loved ones for choosing Right at Home. Our whole team has really gone above and beyond this year, and 2022 is a year we are all looking forward to with some exciting developments in the pipeline. May I take this opportunity to wish you a very Merry Christmas and all the best for the New Year – Ben Selby 



Our Registered Manager, Kirsty, decorating the office Christmas Tree, at the beginning of December.

"I am not one to be massively keen on Christmas, but after the year that we have had, I am feeling more Christmassy than ever. I can't wait to spend time with my family over the Christmas" - Kirsty

Christmas Dinner with RaH

The Right at Home Adult Day Centre will be having a Christmas Dinner... and you're invited!

Come and join the festivities at our Adult Day Centre on Friday 24th December 2021, from 11:30am.

Enjoy a scrumptious Christmas Dinner with support from our Care Team, for just £3.

Negative Lateral Flow Test required before you arrive.

To book your place, please contact the office on 01270 257 347.



Festive Fun with Right at Home

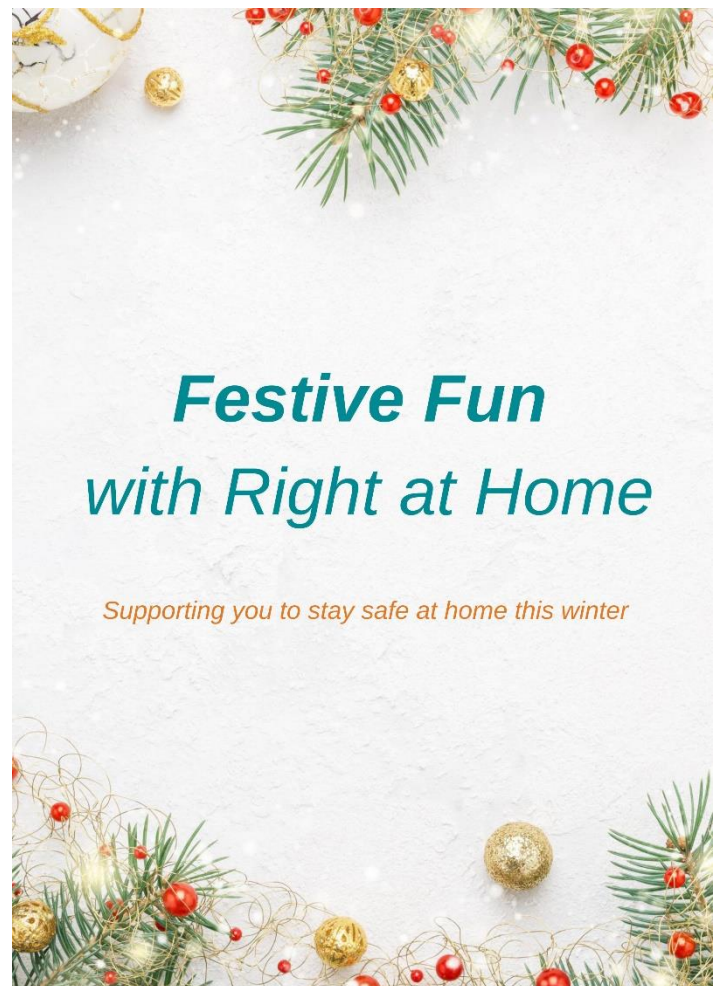
Supporting you to stay safe at home this winter.

With this newsletter, you will find an activity pack that you will be able to complete over the festive period, to keep your mind occupied and keep you busy.

What's included:

- Christmas Wordsearch
- Christmas Quiz
- Spot the Difference
- Making Christmas Paper Snowflakes
- Paper Plate Christmas Tree
- Christmas Anagrams
- Christmas Music Quiz
- Clothes Peg Wreath
- Christmas Traditions from Around the World
- Festive Cookies Recipe

From all of us at Right at Home, we wish you a safe and happy festive season.



Right at Home South Cheshire – homecare.co.uk Review

Review us on [homecare.co.uk](https://www.homecare.co.uk)

Right at Home South Cheshire has a Review Score of 9.9 out of 10 based on reviews in the last 2 years. Overall time Right at Home South Cheshire has 54 reviews with an Average Rating of 4.8 out of 5.

“The Right at Home team provided excellent care to our elderly aunt, aged ninety-three, during the last fourteen months of her life.

Both the carer team and the office team always kept us well informed and dealt with any questions or issues in a friendly professional way.

It was lovely that when we recently had the funeral for our aunt, the carers came along to pay their respects - much appreciated by all the family.”

Review from Stan A (Nephew of Client) Nov, 2021



Malaynie. P collecting the Magic Moment of the Year Award, alongside Ben Selby and Kirsty Roberts

Celebration Awards 2021

Thursday 2nd December saw us hold our first Annual Right at Home Celebrations Awards, and it was a huge success. With over 30 CareGivers and their families in attendance, many great stories and achievements were celebrated. There were many great nominations from both Clients and CareGivers.

Our Winners

Magic Moment of the Year – Malaynie. P

Dementia CareGiver of the Year – Jenny. W
Teamwork Award – Alison. G
Office Employee of the Year – Keri. M
CareGiver of the Year – Alison. R

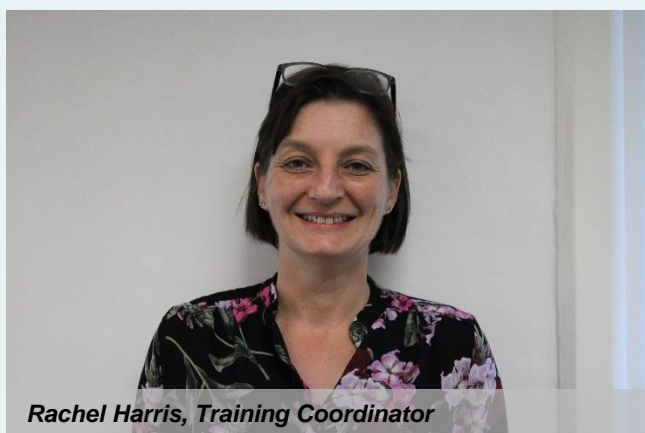
We would like to thank all that attended the event, and we would also like to thank the CareGivers that were unable to attend, due to caring for their Clients. We appreciate the hard work you continue to put in, every single day.

Welcome to the team, **Rachel Harris**

We would like to welcome Rachel Harris to our team, as the new Training Coordinator. Rachel joins Right at Home with an experienced knowledge of training within the care sector.

"I have many years' experience in the health and social care sector, mainly caring and supporting individuals living with dementia within a nursing setting. I have been a training coordinator for 2 years and am extremely privileged to be working with a team that puts the want, wishes, and needs of the clients first with skilled, and compassionate caregivers.

Rachel Harris, Training Coordinator



Rachel Harris, Training Coordinator

5 Top Tips to help the Elderly this Christmas

December can be a very lonely time of the year for many. New figures from Age UK suggest nearly a million older people feel lonelier at this time of year. Most of the magic in Christmas is the preparation, and the companionship. Here's a few ideas on how you can help keep the sparkle of Christmas alive for older people.

1. Christmas Decorations

Everyone who enjoys celebrating Christmas, likes to get the decorations and a Christmas tree up. Older people or people with a health condition may struggle with this. It's always nice to offer help, although never make assumptions on what someone can and can't do.

2. Christmas Cards

Writing and sending Christmas cards can be a difficult task if your hands are less stable and sight is decreasing. It can be nice to offer to help write and send a card with them. It's also nice if you can also read the cards, they receive out to them if needed.

3. Attending Local Christmas Events

It can be harder to get out and about when you have less energy or mobility, getting to the Christmas Bazaar, a Church service, a community Christmas lunch, coffee morning etc. might seem like a huge task, and dangerous if it is icy outside. Ask if the person has seen any events they would like to attend

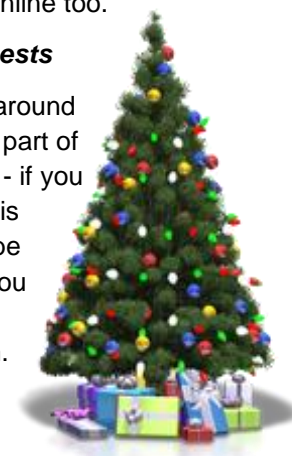
and offer your help.

4. Helping with Christmas Shopping

Christmas gift or food shopping can be hard for someone who is older a may have less mobility. It might help to show an older person you know how to use the internet for shopping - they could find more bargains online too.

5. Preparing for Guests

Having guests over around Christmas time is all part of the Christmas cheer - if you know someone who is alone though, it will be really nice to ask if you can visit and spend some time with them.



Recipe of the Month Mince Pies

Ingredients

- : 225g cold butter, diced
- : 350g plain flour
- : 100g golden caster sugar
- : 280g mincemeat
- : 1 small egg, beaten
- : icing sugar, to dust



Method

STEP 1

To make the pastry, rub the butter into the flour, then mix in the golden caster sugar and a pinch of salt.

STEP 2

Combine the pastry into a ball – don't add liquid – and knead it briefly. The dough will be fairly firm, like shortbread dough. You can use the dough immediately, or chill for later.

STEP 3

Heat the oven to 200C/180C fan/gas 6. Line 18 holes of two 12-hole patty tins, by pressing small walnut-sized balls of pastry into each hole.

STEP 4

Spoon the mincemeat into the pies. Take slightly smaller balls of pastry than before and pat them out between your hands to make round lids, big enough to cover the pies.

STEP 5

Top the pies with their lids, pressing the edges gently together to seal – you don't need to seal them with milk or egg as they will stick on their own. Will keep frozen for up to one month.

STEP 6

Brush the tops of the pies with the beaten egg. Bake for 20 mins until golden. Leave to cool in the tin for 5 mins, then remove to a wire rack. To serve, lightly dust with the icing sugar.