

Customer Newsletter

April 2025

Cardiff and The Vale

bluebird
care®

Hi there, welcome to your *monthly newsletter*

New Office Opening Hours

Hi to all our lovely customers, staff members and followers.

As of the 1st April 2025, the Bluebird Care Cardiff and The Vale office will have new opening hours.

Our new opening hours are: Monday – Friday: 8.30am – 4.30pm

If you have any questions, please don't hesitate to contact the office. Thank you for your understanding



Annual Questionnaires

You will have recently received an annual questionnaire giving you further opportunity to provide feedback to us so that we can greater improve our services and improve your care.

Our Registered Manager Cerys, analyses all responses within these questionnaires and creates an action plan for our team to ensure your opinions and views are heard and to continuously make improvements.

Please can all questionnaires be returned to the office by Friday 25th April. If you have not received a questionnaire, please contact the office on 02922 671498 and speak with Clara.



Leave Us a Review



We love receiving feedback and testimonials from our wonderful customers as you are all the heart of Bluebird Care Cardiff and The Vale. If you can spare 5 minutes, we would love for you to visit Bluebird Care Cardiff and Vale Pages of Google, Trust Pilot and Facebook to leave us a review. We would really appreciate your time leaving us a review and your feedback means the world to us.

Easter Recipe - Carrot Mug Cake

Ingredients:

For the cake

- 40g caster sugar
- 40g margarine
- 1 egg
- 1/2 tsp ground cinnamon
- 1 tbsp sultanas
- 1 tbsp grated carrot
- 40g self-raising flour

For the filling

- 2 tbsp yoghurt
- Sprinkle of caster sugar
- Pinch of ground cinnamon



Method:

- Put the margarine and sugar into a large mug and mix with a spoon until smooth and creamy.
- Add all of the other cake ingredients except for the flour and mix until combined. Don't worry if it looks a bit curdled.
- Add the flour and mix until smooth and creamy.
- Pop the mug in the microwave on high for 2 minutes.
- Use a sharp knife to ease the cake out of the mug and turn it out onto a plate.
- Let it cool slightly until it's easy to touch, then use the knife to cut the sponge in half.
- For the filling, mix the cinnamon with the yoghurt and spread on top of one of the halves.
- Sandwich the two halves together then sprinkle over some caster sugar and more cinnamon.

Spring Activities

As Spring is in full swing, we thought we would share some age friendly activities for this time of year.

1. Take a walk

If you are able to, the simplest way to enjoy the spring sunshine is to get out and take a walk.

2. Have a picnic

This time of year is a lovely time to have a picnic outside. A picnic is fun and is a real treat for everyone. You could also have your afternoon tea outdoors.

3. Tend the garden

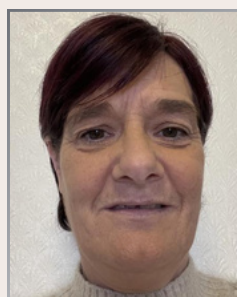
It's the time of year when all the colours of spring are in full bloom. If you are able to, gardening is a great activity for this time of year. Even something as simple as planting a new flower you have bought from the supermarket, the activity can really brighten your day.

4. Watch the wildlife

Either sitting outside, or watching through the window, this time of year brings out all of the amazing wildlife which is a joy to watch.

Employee of the Month

March
Employees of
the month



Congratulations to our winners of
Employees of the month!

*Steve Willy
Debbie Thomas
Cerys Morgan*

Thank you for
all of your hard work!

Please remember, if you wish to nominate any of your carers for Employee of the Month, call the office and ask to speak to Clara on 02922 671498.

As always, if there is anything you need, please get in touch with the office.

We are here for you. Whatever you need.

cardiffandthevale@bluebirdcare.co.uk
Cardiff: 02922 671498 | Vale: 02922 671497

Thank you