



# Bluebird Times

November 2024

Hello and welcome to the November edition of our Monthly Newsletter. We aim to keep you up to date with any news, events and other useful information. Our newsletter can be provided to you via post, email or in Large print if required.



We are excited to announce the below dates for some upcoming events at our Bluebird Care Stafford Office.

## Next Coffee get together

Our next coffee afternoon will be held on Friday 29th November 2024 from 1:30-15:30pm. Should you wish to attend but need support with transport then please do contact our office team who are more than happy to help.

Our coffee catch-ups are a relaxed and enjoyable way to connect with new people, meet the office team, and build friendships with familiar faces. If you would like to know more then please get in contact with our office team.

## Christmas celebrations

We're excited to invite you to our annual Christmas party at the Bluebird Care Stafford Office! Join us from 10 AM to 2 PM on Friday, December 13th.

We have plenty planned and hope many of you can come by and celebrate with us. If you need transportation to attend, just let us know. Please RSVP so we can arrange enough space, food, and drinks for everyone. We look forward to seeing you there!



Phone scams are a common way for criminals to con people out of their money.

Ways to stay safe:

- **Stay informed:** Keep up with the latest scams and their tactics.
- **Don't share personal information:** Never give out personal details over the phone, even if the caller claims to be from your bank.
- **Hang up:** If a call seems suspicious.
- **Report scams:** If you believe you've been targeted, report it to Action Fraud or your phone provider. Let us know too!!
- **Use a call-blocking device:** This can prevent unwanted calls.
- **Use caller ID:** A caller ID device can help see who's calling.
- **Sign up for the National Do Not Call Registry:** You can sign up at 1-888-382-1222 or [www.donotcall.gov](http://www.donotcall.gov).
- **Establish a "safe word":** Choose a unique, memorable word or phrase to confirm the caller's identity.
- **Check your bills:** Check incoming bills for charges you didn't authorize.
- **Protect your electronic accounts:** Keep your security software up to date and use multifactor authentication when possible.

## Employee of the Month



Employee of the month for October has been awarded to.....

### Lisa Kenyon

Lisa has been working as our Senior Carer, both in the office and in the field. She has demonstrated her skills in her office role, clearly showing her commitment to doing her best and constantly improving. Her enthusiasm and eagerness to learn make her truly deserving of employee of the Month.

Great job, Lisa! Keep up the fantastic work!



If you know of an employee who deserves recognition, please let us know. Decisions regarding Employee of the Month are made in the last week of each month, so we encourage you to share your recommendations and reasons with us.

Contact our office team on 01785 337711

Or send our office team an email at

[stafford@bluebirdcare.co.uk](mailto:stafford@bluebirdcare.co.uk)

# Keeping Warm and Well in Winter

Keeping warm in winter is important, weather can also stop us from getting out and about. However, there are things you can do to stay warm and well and prepare yourself and your home for the winter period.

**Keep moving**– Staying active is a great way to keep warm, maintain strength and support your mobility. This could include a walk, chair exercise, some chores around the home or more physical activities is safe to do so.

**Eat well**– It can sometimes be difficult to keep up the motivation to prepare meals. But it's good to try and keep to a routine where you can. It is important to try and have at least one hot meal per day including plenty of fluids and hot drinks as you can. A good varied diet is also of importance and it's important to keep your cupboards stocked up in case you're unable to get out to do shopping.

**Get your winter vaccinations**– Respiratory viruses are more widespread in winter, so it's especially important to get your vaccinations. Vaccinations are particularly important this winter as flu and coronavirus levels are expected to rise. You're entitled to a free flu jab from the doctor or pharmacist if you:

- are aged 65 or over
- care for someone, such as a friend or family member
- are under 65 and have a serious long-term health condition
- live in the same house as someone who is immunocompromised

## Keep you and your home warm–

- Try to heat your home to a steady and comfortable temperature throughout the day in the rooms you use most, such as the living room and bedroom – usually around 18°C (64°F) is ideal.
- Keep your curtains open in the day can help allow warmth into your home and close them at night, keep doors around your home closed to stop draughts
- Wrap up well– using jumpers, hats, wearing socks and having additional blankets to hand.
- Cold temperatures can disrupt our sleep. Wearing warm nightwear, as well as thick socks and slippers, can help you stay warm overnight.

Switching to gas central heating can save households up to £350 each year off annual fuel bill. If you haven't already got a central heating system in your home, then you might be able to get one installed at no cost from the Staffordshire Warmer Homes scheme initiative.





