

MAY 2023

Welcome to the May 2023 Passion for Support newsletter.
We hope you'll find the information interesting and informative.



SPRING HAS SPRUNG!

Although it doesn't feel that it has been particularly warm as yet, according to the Met Office the temperatures have been on a par with previous springs. However, March was one of the ten wettest on records which go back to 1836. Predictions are that we might be in for another hot summer.

THE CORONATION OF KING CHARLES III



In recognition of the Coronation of King Charles, below are ten of the best Coronation Facts from the 100 Coronation Facts featured on the Royal.uk website (<https://www.royal.uk/100-coronation-facts>).

1. The King, as Prince of Wales, was given the title, 'Keeper of the Cows', by the Masai in Tanzania in 2011 to recognise his work as a farmer.
2. The King also had a frog named after him: *Hyloscirtus Princecherlesi* or Prince Charles Magnificent Tree Frog.
3. In 1975, His Majesty became a member of the Magic Circle, a society of stage magicians founded in London in 1905, after passing his audition with a magic trick.
4. The King often carries out tree planting ceremonies during engagements. After planting each tree, His Majesty gives a branch a friendly shake to wish them well.
5. In 1980, The King rode in the Ludlow steeplechase and finished second. His Majesty has been a keen equestrian throughout his life and played polo until 2005.
6. The King is a keen painter and had a watercolour displayed in the Royal Academy's 1987 summer exhibition, after it was submitted anonymously.
7. The Queen Consort keeps fit by taking Silver Swan ballet classes.
8. Westminster Abbey has been the setting for every Coronation since 1066. Before the Abbey was built, Coronations were carried out wherever was convenient, taking place in Bath, Oxford and Canterbury.
9. Steeped in history and tradition, the St. Edward's Crown, made in 1661, will be placed on the head of The King during the Coronation service. It weighs 4 pounds and 12 ounces, or about 2.2kg, and is made of solid gold.
10. The oil which will be used to anoint King Charles III has been consecrated in Jerusalem. Olive oils from the Mount of Olives, not far from His Majesty's grandmother Princess Alice's crypt, were mixed as part of making the chrism oil.



MEDIC ALERT

The **MedicAlert** Foundation launched in California, in 1956, before coming to the UK over 58 years ago.

MedicAlert is a membership scheme that issues unique **ID detailing your vital medical information** which others can refer to in an emergency when you cannot speak for yourself. The ID is most commonly in the form of a bracelet or necklace, worn on your pulse points for easy identification by first responders.

Your vital conditions are engraved along with your membership number and a 24/7 emergency helpline number, so **your full digital medical record can be accessed by first responders.**

MedicAlert UK is based in Buckinghamshire and has a member services team which includes in-house Registered Nurses. They even have a unit which can create bespoke medical ID jewellery for you.

You can **find out about MedicAlert** on their website: <https://www.medicalert.org.uk/> or by telephoning: 01908 951045 or by email: info@medicalert.org.uk.

COVID 19 BOOSTER



Who can get a booster dose? The NHS should contact you if you're eligible for a seasonal booster dose of the COVID-19 vaccine this spring.

You may be offered a seasonal booster if you:

- Are aged 75 or over (you need to have turned 75 on or before 30 June 2023)
- Live in a care home for older adults

Although it is no longer a requirement for care staff to have Covid 19 boosters, we strongly encourage our Personal Assistants to have both a Covid 19 and flu jab. The continued use of PPE for personal and close care work will help ensure both customers and staff remain healthy.

STAYING ACTIVE AT HOME



When we move,
we're stronger

active.calderdale.gov.uk

Most people know that being active is important for physical and mental welfare. The **Active Calderdale** website (<https://active.calderdale.gov.uk/>) has a range of information and resources to help you remain active.

The website includes a booklet of tips and exercises you can include in your day to day life and do in your own home. You can download a copy from the Active Calderdale website or ask the Passion for Support office to print a copy for you.

Being active can reduce your risk of diseases like cancer and diabetes, and it can keep you more mobile for longer as you grow older. It can also help you to feel better mentally, tackling conditions like depression and anxiety.

Exercise can help you to stay strong and steady, fit and well, enabling you to maintain your independence and stay in your own home.

KATIE SHARES HER EXPERIENCE OF WORKING FOR PASSION FOR SUPPORT

We recently had Katie, one of our Personal Assistants, working with us in the office asked if she'd write a few words for our newsletter. Katie writes...



and

I started working as a PA for Passion for Support about two years ago and have *thoroughly enjoyed the work* so far. I came into care work later in life as I have never really known what I wanted to do as a career and have tried lots of different types of work. When the pandemic hit and the world came to a stop, I felt quite useless.

I saw the impact it was having on the NHS, Care homes and the vulnerable in need of support, these people couldn't stop, they were tired and overworked and still giving it their all. Although I was in work at the time, it prompted a career change. *I wanted to be part of something worthwhile*, I felt I wanted to join in and help people where I could. Before this, I had never really considered care work, my mum had been a PA for years and loved it and she suggested giving it a try.

Working for Passion for Support *I have gained valuable experiences for working in care and transferable skills for life*. I am part of *a wonderful team of carers*, who are a supportive network to each other, the customers we help and their families. By helping other people live their day to day lives and forming relationships with the customers has brought so much to my life. *I feel valued by the customers and love making a positive difference to their lives*.

Passion for Support have also been supportive in *furthering my career in care, helping me gain qualifications and experiences* needed to be successful in the care industry. Not only this, *Passion for Support are flexible when it comes to your availability* and will try to work around unforeseen circumstances that may arise like medical appointments, family issues, health issues etc. Making life a bit easier to juggle. For example, I start early in a morning and do a few morning calls comprising of personal care, breakfast, meds observation etc these can be anywhere from 1 to 2 hours each and I may have two or three to go to. I may then have a break for a couple of hours to refuel myself and walk my dog which is a nice way to break up the day. Then, I will go out on lunch calls, again ranging in duration where I make lunch, do any light household tasks, or maybe take the customer out for a bit or just keep them company as well as assisting with any personal care needs. Then, maybe another break to refuel or squeeze in the gym before heading out again to assist customers with their tea or bed calls where they may need help getting into nightwear, personal care and into bed etc.

Working for Passion for Support, *no two days are the same* it is so varied in terms of situations you may find yourself in, but it is so rewarding in a lot of different ways, and I will continue a career in Care thanks to Passion for Support and the staff giving me the time, support and skills to do so.

PERSONAL ASSISTANT RECRUITMENT

Personal Assistant recruitment is ongoing. We currently have advertisements on Indeed, Calderdale Cares Careers, Facebook and Twitter. Two recent new recruits decided not to join us, but on **a positive note**, one of the PAs who left us six weeks ago asked to return and she was able to re-join us with immediate effect.

PASSION
for
SUPPORT
RESPECTING CARE AND YOUR FUTURE

Passion for Support Ltd

Tel: 01422 374097

CQC: 1-101657235

NAME Ralph

Job role: Head of Paper Shredding

Issue date: 01.03.2023

Expiry date: 28.02.2033



We do however have a new **Head of Paper Shredding** working with us in the office. Ralph, an 18 month old Tibetan Terrier, is Alan's new canine friend and is a rescue dog now in his fourth, and final, home. Ralph is a very good boy and he'll meet and greet you if you visit the office.



The Royal Society for the Protection of Accidents (RoSPA) advise that falls are the single biggest cause of accidental injuries in the home, and the largest cause of accidental death among over-65s in the UK. RoSPA have developed **the Fall Fighter movement** with the aim of creating a fall fighting community.

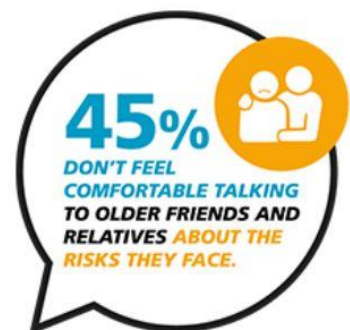
Falls have a huge impact on people's lives – from physical injuries and death, long-term health effects and disabilities to trauma and poor mental health, loss of mobility, loneliness, social isolation and loss of independence. Falls also impact hugely on society, costing the NHS and wider healthcare systems over £4billion every year.

By **empowering people of all ages** with the understanding of why falls happen, who they affect, and what can be done to prevent them, everyone can help prevent falls from happening.

There are two routes to becoming a Fall Fighter:

- **As an individual** you can attend a short e-learning session at a time to suit you - why not encourage friends or colleagues to sign up too?
- **Volunteers from organisations** - workplaces, charities, community groups - can download a short self-led workshop to run with others, or download our SCORM compliant e-learning files to upload to your own e-learning system.

You'll find all the information you need on the **RoSPA website** <https://www.rospea.com/home-safety/advice/falls-prevention/fall-fighter>



THANK YOU very much for your continued support and custom.
It is very much appreciated.



Passion for Support is a **domiciliary home care company** based in Greetland, Halifax. Established in January 2009, we provide private home care to adults throughout Calderdale. Our visits last a minimum of 1 hour as we don't believe we can add value to the lives of our customers in less time than this. You can find out more about us on our website: <https://passionforsupport.com/> or telephone the office for information.

Monday to Friday 9.30am until 4.00pm

Contact us in the office on
01422 374097

For **urgent matters** that must be dealt with
outside office hours our On Call number is
07377 376945

You can contact us by **email** at
admin@passionforsupport.com

Our office is at: Brian Royd Business Centre, Saddleworth Road, Greetland, Halifax, HX4 8NF
Our **Care Quality Commission (CQC)** provider ID is: 1-101657235

Age UK Advice Line	0800 678602
Age UK's free advice line is a confidential service for older people, their families, friends, carers and professionals. They will give you information that is reliable and up to date and help you to access the advice you need. You can also arrange a free weekly friendship call from one of their volunteers.	
Alzheimer's Society	0333 150 3456
If you are affected by dementia or worried about a diagnosis, trained staff are ready to give you the support you need.	
Gateway to Care	01422 313000
Your first point of contact for adult social care in Calderdale. They offer practical information and advice to help you to live independently at home.	
Macmillan Cancer Support	0808 808 000
Offer confidential support to people living with cancer and their loved ones. Macmillan have specialist cancer nurses who can help you to understand your diagnosis and treatment options and provide support throughout your cancer experience.	
Marie Curie	0800 090 2309
Offer help and support to people living with a terminal illness diagnosis or those that care for them, how to get support from a Marie Curie nurse and bereavement support.	
The Silver Line	0800 4708090
A free, confidential service for older people. They provide friendship, <u>conversation</u> and support 24 hours a day, 7 days a week.	