

# CONSTANTIA CARE

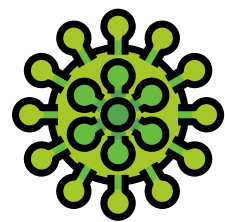
## Newsletter

### WELCOME TO OUR NEW LOOK NEWSLETTER

We have freshened up our weekly and monthly newsletters. If you spot any great articles or want to let us know of any upcoming events, achievements, information, tip, tricks or stories you have come across send them in to [webmaster@constantiacare.co.uk](mailto:webmaster@constantiacare.co.uk) and it may make it into one of our editions. **We hope you enjoy the new format!**

Carer of the month will now run in arrears as the decision is made after publishing

Best Regards - Martin (Editor)



## Quick COVID-19 update

We want to keep the newsletters as positive as possible but also informative so here is a quick Coronavirus update:

There has been some recent changes to who is able to apply for COVID-19 testing either at a testing site or through a home kit, this included anyone working within the care sector. If a care worker or member of office staff wanted to be tested they can apply for an appointment at <https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested/arrange-a-test> to book or to order a home testing kit to be delivered.

If you would like to see further information and government guidelines, please see below link.

<https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance>

The instructions from the government remain as follows:

#### STAY AT HOME

- Only go outside for food, health reasons or essential work
- Stay 2 metres (6ft) away from other people
- Wash your hands as soon as you get home
- If you are not considered to be a vulnerable person you can go out for one session of exercise daily, this must adhere to social distancing.

### Emergency Call Rota MAY

27/04/20- 04/05/20 - Bonnie  
04/05/20- 11/05/20 - Mia  
11/05/20- 18/05/20 - Lauren  
18/05/20- 26/05/20 - Bobbi Jo

Kindly Urgent Calls only.

Emergency Out of Hours  
**0207 624 9966**

For IT related Issues Out of Hours  
Contact **0333 344 0980 - Option 1**

If your client has any kind of concern that you are monitoring on a daily basis you must include an update in your Daily Report until such time as it has completely concluded. A Body Chart must be done for all sores, redness, bruises or marks on your clients body.

## CONSTANTIA CARE

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# Captain Tom Moore's upcoming 100th birthday to be celebrated with special Royal Mail postmark

All mail sent from Monday will be stamped with a special postmark to celebrate the upcoming 100th birthday of NHS fundraiser Captain Tom Moore.

The Royal Mail postmark, which will be applied to all stamped post between April 26 and May 1, reads: "Happy 100th Birthday Captain Thomas Moore NHS fundraising hero 30th April 2020."

The Second World War veteran has raised more than £28 million for the NHS by walking laps of his garden in Bedfordshire ahead of his milestone birthday.

His original target of £1,000 was broken in around 24 hours and he extended his challenge to 200 laps after he completed the first 100 14 days ahead of schedule.

The postal recognition comes after Royal Mail had to adapt its sorting machines in the South Midlands Mail Centre to re-route all post to Captain Tom into a dedicated collection box. A spokesman said staff had already processed more than 100,000 cards using this new process and were expecting thousands more in the run-up to his birthday.



## Send a Free Thank You Card to NHS or Key Workers

This amazingly generous offer from the company SCRIBBLER allows you to choose from a range of NHS cards and write your own message.

Head to <https://www.scribbler.com/Cards/Thank-You-NHS/>

You can arrange for them to send you a blank card or add your message online and either send it to yourself to post on, or get them to send it directly for you. At the checkout when prompted to do so, add the discount code **THANKYOUNHS**.

Despite the name of the range and code, it's not just for NHS, but other key workers as well. Please note we do not know how long this will work for so be quick!

**scribbler**

## Music Therapy

Music therapy is often used in memory care treatment to slow the decline of speech skills in dementia patients. In some instances, music therapy can inspire individuals who are non-verbal to communicate by singing or humming. Music therapy may also improve cognitive ability in older adults. During this uncertain and for some isolating time, music can conjure warm memories and offer the feeling of warmth, love and security. While in the home we would encourage families are carers to put on some soft music in the background. There has been clinical evidence that this can reduce stress, calm the mind encouraging some form of communication.

## LEMON FRIDGE TART

Dorothea (Dottie) Da Silva

### Ingredients

- 500ml cream
- 200 ml lemon juice
- 1 tin of condensed milk
- Tea biscuits to be used as a crust.

### Method

1. Arrange the biscuits as a crust in Pyrex flat bowl.
2. Whip cream until very stiff, stir the condensed milk & lemon juice into the whipped cream.
3. Put in fridge for a few hours.
4. Decorate with grated lemon skin or any fruit like berries.



## BRILLIANT BANANA LOAF



### Ingredients

- 140g butter, softened, plus extra for the tin
- 140g caster sugar
- 2 large eggs, beaten
- 140g self-raising flour
- 1 tsp baking powder
- 2 very ripe bananas, mashed
- 50g icing sugar
- Handful dried banana chips, for decoration

### Method

1. Heat oven to 180C/160C fan/gas 4.
2. Butter a 2lb loaf tin & line the base and sides with baking parchment.
3. Cream 140g Softened butter and 140g caster sugar until light and fluffy, then slowly add 2 beaten large eggs with a little of the 140g flour.
4. Fold in the remaining flour, 1 tsp baking powder and 2 mashed bananas.
5. Pour into the tin and bake for about 30 mins until a skewer comes out clean.
6. Cool in the tin for 10 mins, then remove to a wire rack.
7. Mix 50g icing sugar with 2-3 tsp water to make a runny icing.
8. Drizzle the icing across the top of the cake and decorate with a handful of banana chips.



Please remember to send us your comments and pictures of your activities over the weekend or of your own recipes that you would like to share, we will include them in the next update email, Happy Friday or Newsletter

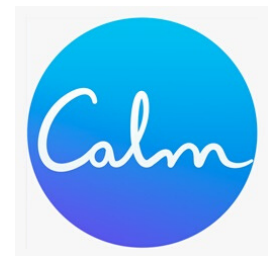




# Ways to relax, feel good & look after yourself during lockdown

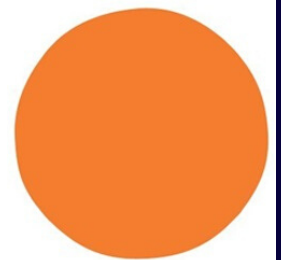
## MEDITATION

Meditation site Insight Timer has some wonderful features for something that's completely free. It has over 30,000 guided meditations (there's even meditation for kids!) 5,000 teachers, and includes a meditation timer where you can adapt which sounds to play and how long you want to meditate. It's also available as an app for Apple or Android. Another alternative is Calm. Normally Calm has slightly limited free options, but it's recently opened up a curated selection of free mindfulness resources and meditations via its website, including a section for kids, sleep and body exercises. It's also available as an app for Apple or Android.



## MINDFULNESS

If you're looking for something with a little more structure that can monitor your progression, you may want to choose Headspace, created by former monk Andy Puddicombe. Known as a 'gym membership for the mind', it has a free 'Basics' course that'll teach you all the essentials of mindfulness and is offering a free collection called Weathering the Storm, to help those who may be struggling during this current situation. It's also available as an app for Apple or Android.



## Adult Colouring drawings

Mellow out with some simple adult colouring to help you block out all that's going on and truly focus on the present. JustColor.net has over 1,500 free adult colouring drawings you can print off and colour in between the lines. There's also some great uploads on Pinterest you can follow and download for your own personal use.



## Yoga, Pilates and Slowing down

Yoga with Adriene is a popular channel for all kinds of levels. Currently Adrienne has a playlist of Yoga for uncertain times. You can also try the 30-day yoga challenge where you can set yourself the goal to commit yourself for a month. Lululemon has a 20-min, 45-min and 75-minute Vinyasa flow yoga class. Some useful workouts are on Adidas Women's channel, such as Yoga for runners, Gentle Pilates flow and a nice Guided meditation you can finish your practice with.



## Walking, Running or Cycling

People often recommend going for a walk or run to lift your spirits. A podcast by the NHS called 'Couch to 5k' is a nine-week programme which gradually lets you work towards a 5k run.



For more interactive fun, there's a fitness tracker game called 'The Walk'. It is an interactive story game where every step you make counts, so the more you walk, the more of the story you unlock. Only the first five episodes are free, but it's a great starting point for you to put on those walking boots and get out in the fresh air. Both are available on Apple or Android.



# For Fun

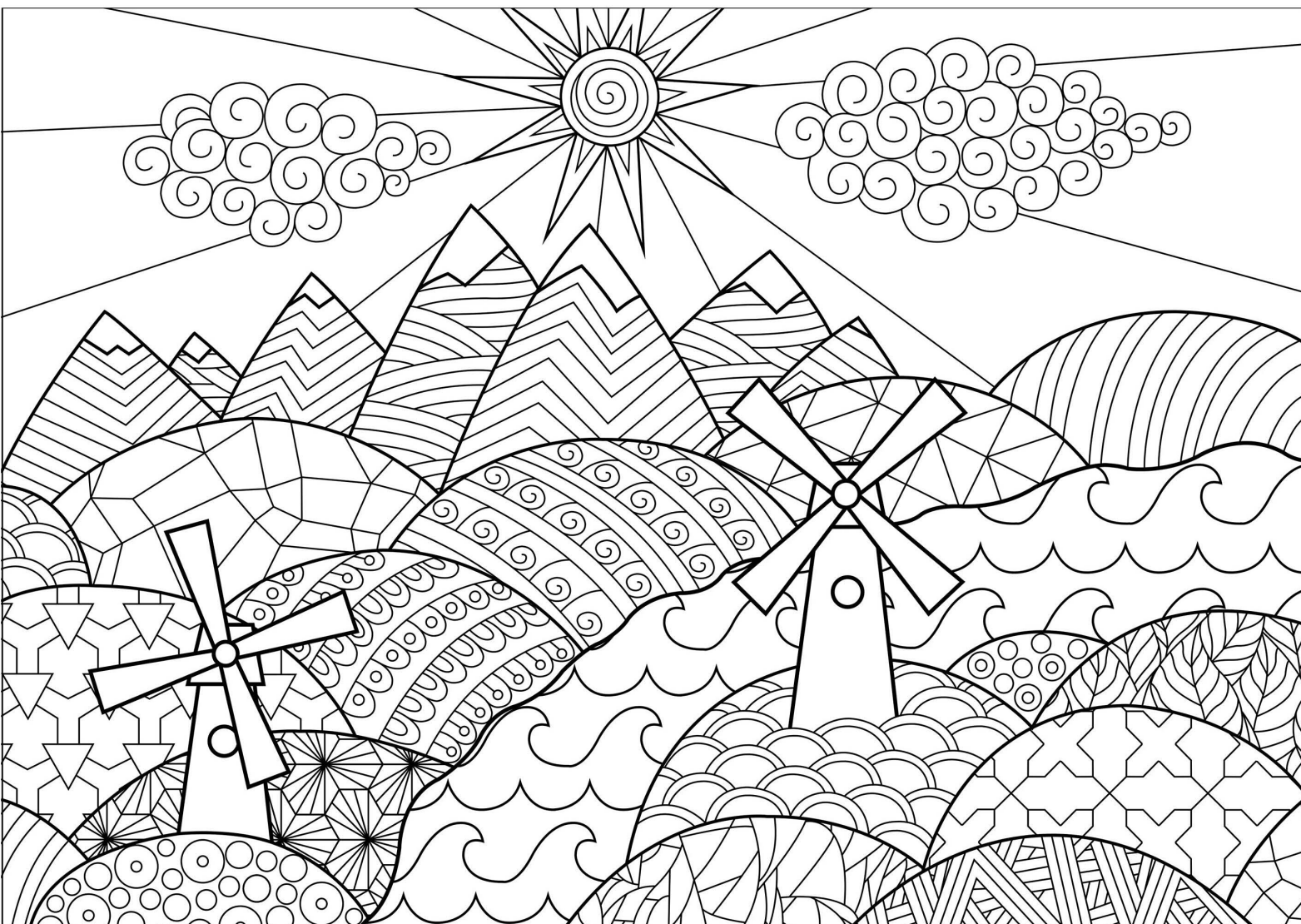
Here is the puzzle. Good luck!

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

## Safari Animals

C	D	O	H	C	G	H	M	A	O	E	K	B	B
T	A	R	O	Y	H	I	K	O	R	P	L	A	A
O	Y	V	A	E	E	I	R	E	N	B	P	T	N
E	L	E	H	P	P	N	N	A	A	K	E	I	D
I	O	N	D	P	O	Y	A	E	F	V	E	Z	H
R	I	H	A	T	E	E	H	C	T	F	U	Y	U
H	C	I	V	E	T	P	L	T	N	A	E	G	D
I	N	O	I	L	L	N	O	E	A	B	B	A	U
N	E	Z	U	C	O	B	Z	B	H	A	U	Z	K
O	A	P	E	L	A	N	D	A	P	B	O	E	T
K	O	B	G	N	I	R	P	S	E	O	L	L	E
B	U	F	F	A	L	O	C	A	L	O	O	L	I
E	C	R	O	C	O	D	I	L	E	N	A	E	F
C	P	F	D	A	O	C	O	I	H	A	K	A	O

LION  
LEOPARD  
CHEETAH  
RHINO  
ELEPHANT  
HIPPO  
GIRAFFE  
CROCODILE  
BUFFALO  
ZEBRA  
BABOON  
HYENA  
SPRINGBOK  
MONKEY  
GAZELLE  
KUDU  
CIVET  
ELAND



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# *POLICY OF THE MONTH*

## Infection Control Policy

Following these simple rules will help protect yourself and your client again infections:

- Wash your hands well with soap and warm water and dry them thoroughly, using disposable paper towels or a clean hand towel.
- If you have any broken skin or grazes, cover them with a waterproof dressing
- Use disposable gloves and aprons when dealing with clients personal care or carrying out any care that involves contact with bodily fluids. Remove gloves and aprons in the correct manner and dispose of them with the usual household waste.
- Clean any equipment used thoroughly i.e. commodes should be washed with detergent and hot water. Clothes and bedding should be washed in a washing machine. If bedding and clothing is soiled with faeces, use disposable gloves to remove as much as possible before placing in the washing machine.
- Avoid shaking out bedding and clothing and do not hug the bedding to your body when taking them to the wash.
- Keep your fingernails short and clean – free from nail varnish and false nails. Tie your hair back when working with your client and when cooking.
- Whenever possible, cough and sneeze into a tissue. Wash your hands afterwards.

## Carer of the Month



**Terry Angilley**  
**CONGRATULATIONS!**

This is one way we recognise the hard work and commitment of our wonderful team who dedicate themselves to providing remarkable levels of care.

Your AMAZON voucher is on its way.