

CONSTANTIA CARE

Newsletter

Emergency Call Rota March

02/03/20- 09/03/20 - Sam
 09/03/20- 16/03/20 - Jenn
 16/03/20- 23/03/20 - Nikki
 23/03/20- 30/03/20 - Sinead

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

p. 0207 624 9966

e. info@constantiacare.co.uk

a. North London Business Park,

Building 3, Oakleigh Road South, New

Southgate, London, N11 1NP

w. constantiacare.co.uk

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, accolades or information, tip, tricks or stories you have come across send them in to webmaster@constantiacare.co.uk and it may make it into one of our editions. **We hope you enjoy the new format!** Best Regards - Martin (Editor)

What's the risk of catching coronavirus in the UK?

The UK Chief Medical Officers have raised the risk to the public from low to moderate.

But the risk to individuals remains low.

Call 111 now if you've been:

- to Hubei province in China in the last 14 days
- to Iran, areas of northern Italy in lockdown or "special care zone" areas in South Korea since 19 February
- to other parts of mainland China or South Korea, Thailand, Japan, Hong Kong, Taiwan, Singapore, Malaysia or Macau in the last 14 days and have a cough, high temperature or shortness of breath
- to other parts of northern Italy (anywhere north of Pisa, Florence and Rimini), Vietnam, Cambodia, Laos or Myanmar since 19 February and have a cough, high temperature or shortness of breath
- in close contact with someone with confirmed coronavirus

Do not go to a GP surgery, pharmacy or hospital. Call [111](tel:111), stay indoors and avoid close contact with other people.





New Years Honours Recognition for Nurse

A nurse who left school at the age of nine to look after her dying grandmother and went on to get three degrees has been appointed an MBE.

Paulette Bolton, from Sutton Coldfield, who cared for her grandmother after she suffered a stroke and, following her death, emigrated to Britain from Jamaica at the age of 15 to live with her father, and taught herself to read and write using English dictionaries, was recognised for services to patient care.

The 68-year-old was nominated by her daughter Tonya who said she had “extraordinary strength of character” and praised her “outstanding contributions to drastically advancing patient care”.

5 days of Cake and Birthday Celebrations

This past month, specifically a period of 5 days within it, has seen a fair few cakes and bouquets of flowers grace the office as three members of our office based team celebrated birthdays!

- Jennifer Anderson on 20th February
- Ellie Edwards on 21st February
- Nikki Davidson on 25th February

Join us in wishing all three a Happy Birthday, happiness and success for the year ahead!





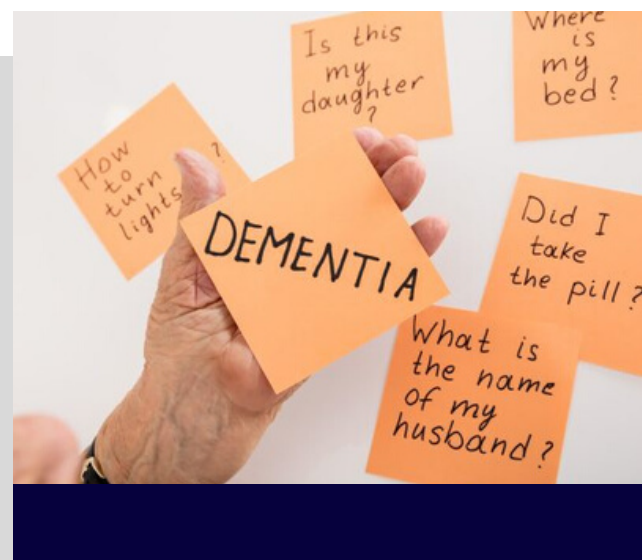
Five celebrities – Emma Barton, Phyllis Logan, Naughty Boy, Jess Wright & Natalya Wright- all have families who have been impacted by Dementia. They agreed to dress up to recreate memorable moments in film history from classics such as Alice in Wonderland, Breakfast at Tiffany's, The Great Gatsby and Mary Poppins. Their efforts are intended to boost awareness of Dementia UK's annual 'Time for a Cuppa' fundraiser, which takes place from 1st - 8th March. The campaign is encouraging friends, families and work colleagues to come together over the Britain's favourite beverage to raise money for Admiral Nurses, who provide specialist support for families facing Dementia. Emma Barton, who posed as Audrey Hepburn's character Holly Golightly from the film 'Breakfast at Tiffany's', said: "I'm thrilled to be a part of the 'Time for a Cuppa' campaign in memory of my great uncle who died from dementia.

Not only do I get to dress up as my hero, Audrey, but the campaign will help to raise vital funds for Dementia UK and show all affected with Dementia how incredible our Admiral Nurses are.

"I encourage everyone looking to make a difference to take part. Who doesn't like to go to a tea party?" Anyone can hold a tea party at any time by ordering a fundraising pack from dementiauk.org. Every cake baked, every cup of tea made and every pound raised will allow the charity's specialist Admiral Nurses to continue supporting people with dementia and their families with expert guidance and practical solutions. Phyllis Logan, who featured as the magical nanny Mary Poppins, said: "I'm always eager to promote and support Dementia UK, so I was delighted to feature in their 'celebri-tea movie moments' photoshoot as everyone's favourite nanny, Mary Poppins. "As an Ambassador for the charity, I take part in the 'Time for a Cuppa' campaign every year - with a spoonful of sugar in my tea naturally!"

Alzheimer's Communication

1. Never **ARGUE**, instead **AGREE**
2. Never **REASON**, instead **DIVERT**
3. Never **SHAME**, instead **DISTRACT**
4. Never **LECTURE**, instead **REASSURE**
5. Never say **REMEMBER**, instead **REMINISCE**
6. Never say **I TOLD YOU**, instead **REPEAT**
7. Never say **YOU CAN'T**, instead do what they **CAN**
8. Never **COMMAND/DEMAND**, instead **ASK/MODEL**
9. Never **CONDESCEND**, instead **ENCOURAGE**
10. Never **FORCE**, instead **REINFORCE**



The Perfect Pancake

Shrove Tuesday has been and gone, but why limit pancakes to only once a year?

Ingredients:

- 100g plain flour
- 2 eggs
- 300ml semi-skimmed milk
- 1 tbsp sunflower or vegetable oil, plus extra for frying
- pinch salt

Method:

1. Put 100g plain flour and a pinch of salt into a large mixing bowl.
2. Make a well in the centre and crack 2 eggs into the middle.
3. Pour in about 50ml from the 300ml of semi-skimmed milk and 1 tbsp sunflower oil then start whisking from the centre, gradually drawing the flour into the eggs, milk and oil. Once all the flour is incorporated, beat until you have a smooth, thick paste. Add a little more milk if it is too stiff to beat.
4. Add a good splash of milk and whisk to loosen the thick batter. While still whisking, pour in a steady stream of the remaining milk. Continue pouring and whisking until you have a batter that is the consistency of slightly thick single cream.
5. Heat the pan over a moderate heat, then wipe it with oiled kitchen paper.
6. Ladle some batter into the pan, tilting the pan to move the mixture around for a thin and even layer. Quickly pour any excess batter into the mixing bowl, return the pan to the heat.
7. Leave to cook, undisturbed, for about 30 secs. If the pan is the right temperature, the pancake should turn golden underneath after about 30 secs and will be ready to turn.
8. Hold the pan handle, ease a palette knife under the pancake, then quickly lift and flip it over. Make sure the pancake is lying flat against the base of the pan with no folds, then cook for another 30 secs before turning out onto a warm plate.
9. Continue with the rest of the batter, serving them as you cook or stack onto a plate.

Top Tip: You can freeze the pancakes for 1 month, wrapped in cling film or make them up to a day ahead.





WINTER DEHYDRATION

Most people believe that dehydration is a problem that develops only in hot temperatures, during the summer. However, the cold weather in the winter also can drain moisture from our bodies quickly, leading to dehydration.

According to the University of New Hampshire, in the cold temperatures we tend not to feel thirsty. Therefore, we don't drink as much liquid. We lose a great deal of water from our bodies in the winter through breathing. Our bodies also work harder under the weight of extra clothing, and sweat evaporates quickly in cold, dry air. Finally, heated indoors environments, like our houses in the winter, are usually very dry and tend to dry our bodies too.

That means we drink less water but still lose a lot. The result?

Dehydration

Useful tips

To encourage your loved one to drink fluids:

Have water within reach and encourage intake;

- Use other fluids as well, such as shakes, fruit drinks, soups, puddings, and gelatins;

The signs and symptoms are:

- Dry mouth, dry skin, especially around mouth/lips and mucous membranes;
- Less skin flexibility/elasticity;
- Decreased urination, with dark, concentrated urine;
- less/absent sweating;

COLD WEATHER FORECAST

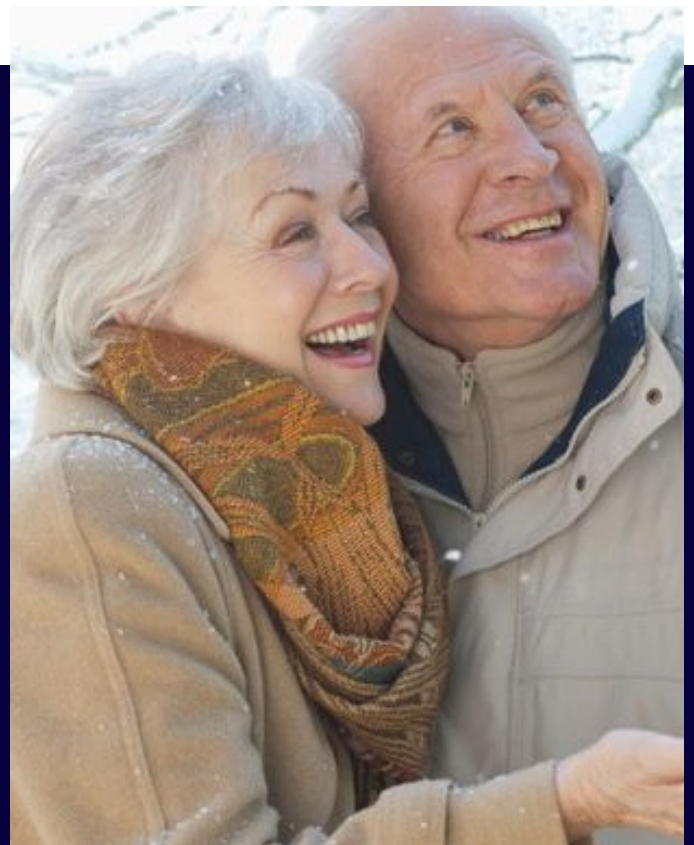
With cold, icy weather even including snow forecast ahead, be sure to follow these tips:

Take extra care if the ground is slippery.

Ensure shoes with good grip are worn.

Consider keeping salt and sand mixture handy to grit paths

Make sure you have everything you need. Check you've got enough medication and stock up on food to keep in the cupboards or freezer in case it's harder to leave the house..



POLICY OF THE MONTH

DEPRIVATION OF LIBERTY

The Deprivation of Liberty Safeguards are an amendment to the Mental Capacity Act 2005. They apply in England and Wales only.

The Mental Capacity Act allows restraint and restrictions to be used – but only if they are in a person's best interests.

Extra safeguards are needed if the restrictions and restraint used will deprive a person of their liberty. These are called the Deprivation of Liberty Safeguards.

The Deprivation of Liberty Safeguards can only be used if the person will be deprived of their liberty in a care home or hospital. In other settings the Court of Protection can authorise a deprivation of liberty.

Care homes or hospitals must ask a local authority if they can deprive a person of their liberty. This is called requesting a standard authorisation.

There are six assessments which have to take place before a standard authorisation can be given.

If a standard authorisation is given, one key safeguard is that the person has someone appointed with legal powers to represent them. This is called the relevant person's representative and will usually be a family member or friend.

Other safeguards include rights to challenge authorisations in the Court of Protection, and access to Independent Mental Capacity Advocates (IMCAs).



**OUR CARER OF
THE MONTH IS...**
(Insert Name Here)

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 vouchers are on their way.