



CONSTANTIA CARE

Newsletter

Emergency Call Rota JULY

22/06/20- 30/06/20 - Bobbi
 30/06/20- 06/07/20 - Alanah
 06/07/20- 13/07/20 - Bonnie
 13/07/20- 22/07/20 - Lauren

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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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 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)

UPDATE Covid 19 Policy Update

We have updated our COVID- 19 Return to work risk assessment following on from the government announcements this week and further precautions we wanted to put in place.

We want to reassure you all that we continue to put in every precaution possible to ensure that the office is COVID- 19 secure and ensuring the safety of all staff and visitors to the office. Please note that this risk assessment forms part of our COVID- 19 policy and procedure and should be read in conjunction with this document.

I would like to highlight the following changes that have been made:

Office to be deep cleaned by CEworld Ltd where VIRU SHIELD PROTECTION will be applied to all surfaces on Saturday 4th July 2020 from 11:00am – 5:00pm. Registered Manager to be in attendance.

Revised return to the office dates:

Operations and Accounts Department: 6th July 2020

Remaining employees in the Care & Assessor Departments: 7th July 2020





CARE BADGE

Thank you to everyone sending for sending in pictures of them wearing their CARE badges. We REALLY want to get more of these pictures of you all.

1st Row L to R

Dawn Armstrong-Miloy, Jo Johnson Marshall, Nigel Jones & Leanne Niemandt

2nd Row L to R

Isabel de Matos, Karen Lackland, Eva Labuschagne & Daveen Hart

3rd Row L to R

Marie Marinas, Hugh Joseph, Di Bohnen, Leigh Lambi

4th Row L to R

Nichollette Martin

COUGH



and

SNEEZE

into your



SLEEVE

#StopTheSpread

EPIC SUMMER SALAD

Ingredients

- 400g black beans, drained.
- 2 large handfuls baby spinach leaves, roughly chopped.
- 500g heritage tomatoes, chopped into large chunks.
- ½ cucumber, halved lengthways, seeds scooped out and sliced on an angle.
- 1 mango, peeled and chopped into chunks.
- 1 large red onion, halved and finely sliced.
- 6-8 radishes, sliced.
- 2 avocados, peeled and sliced.
- 100g feta, crumbled
- handful of herbs (reserved from the dressing)



For the Dressing

- large bunch mint
- small bunch coriander
- small bunch basil
- 1 fat green chilli, deseeded and chopped
- 1 small garlic clove
- 100ml extra virgin olive oil or rapeseed oil
- 2 limes , zested and juiced
- 2 tbsp white wine vinegar
- 2 tsp honey

Method

1. Make the dressing by blending all of the ingredients in a food processor (or very finely chop them), saving a few herb leaves for the salad. You can make the dressing up to 24 hrs before serving.
2. Scatter the beans and spinach over a large platter. Arrange the tomatoes, cucumber, mango, onion and radishes on top and gently toss together with your hands. Top the salad with the avocados, feta and herbs, and serve the dressing on the side
3. Sift in 225g self-raising flour, then add the finely grated zest of 1 lemon and mix until well combined.
4. Line a loaf tin (8 x 21cm) with greaseproof paper, then spoon in the mixture and level the top with a spoon.
5. Bake for 45-50 mins until a thin skewer inserted into the centre of the cake comes out clean.
6. While the cake is cooling in its tin, mix together the juice of 1 ½ lemons and 85g caster sugar to make the drizzle.
7. Prick the warm cake all over with a skewer or fork, then pour over the drizzle – the juice will sink in and the sugar will form a lovely, crisp topping.
8. Leave in the tin until completely cool, then remove and serve. Will keep in an airtight container for 3-4 days, or freeze for up to 1 month.

How to use a mask?

Source: World Health Organization



Before Putting on a Mask:

Clean hands with **alcohol-based hand rub** or **soap and water**.

While Wearing a Mask:

1. **Cover your mouth and nose.** Make sure there are no gaps between your face and the mask.
2. **Avoid touching the mask.** If you do, clean your hands with alcohol-based hand rub or soap and water.
3. Replace the mask with a new one as soon as it is damp. **Do not re-use single-use masks.**



To dispose of the mask:

1. Remove the mask from behind using the strings. **Do not touch the front of mask.**
2. Discard the mask **immediately** in a closed bin.
3. **Clean hands** with **alcohol-based hand rub** or **soap and water**.

Advice for staying cool in a heatwave

Most of us look forward to the warmer weather and feeling some sun on our faces. But it's important to be prepared for hot weather as high temperatures can be dangerous to your health.

The sun and skin health

We've all caught the sun before, either on holiday or at home. You might enjoy a tan or deliberately use the sun cream a bit sparingly. But getting sunburnt can be serious, and increase your risk of skin cancer. Anyone can develop skin cancer, so it's important to protect your skin, whatever your skin type.

Use sunscreen of at least SPF 30. Apply it generously and top up at least every two hours. If you've been in water, reapply when you are dry. Apply sunscreen to any uncovered parts of your body. A hat will protect your head, face, ears and eyes.

Choose sunglasses that have a CE mark, UV400 label or a statement that they offer 100 per cent UV (ultraviolet) protection.

When the weather is hot, your skin may also feel drier than usual. Using moisturiser can help keep your skin healthy.

Dehydration and overheating

It's easy to become dehydrated or overheat when it's hot outside.

How to avoid dehydration

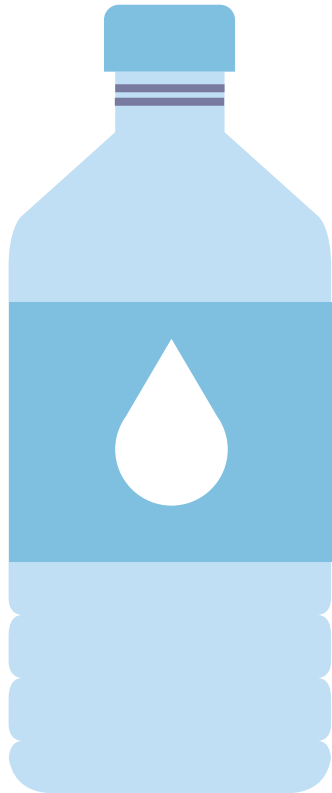
Make sure you're drinking plenty of fluids. Aim to drink 6 – 8 glasses of liquid a day, and more if it's hot.

Eat a balanced diet to help your body replace any salt you lose by sweating.

Symptoms of overheating

Extreme heat and dry conditions can cause you to dehydrate and your body to overheat.

Watch out for certain signs – particularly for muscle cramps in your arms, legs or stomach, mild confusion, weakness or sleep problems. If you have any of these, rest in a cool place and drink plenty of fluids. Seek medical advice if your symptoms persist or worsen.



UK Weather Forecast

Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu
31° 19°	28° 16°	22° 13°	21° 12°	21° 13°	22° 13°	21° 13°	20° 12°

POLICY OF THE MONTH

COVID-19 PROTOCOL

The Policy

This policy is intended to ensure awareness, understanding and adherence to the government protocols that have been put in place.

Government Instructions as of 10.05.2020

Stay alert

This means you must:

- Stay at home as much as possible
- Work from home if you can
- Limit contact with other people
- Keep your distance if you go out (2 metres apart where possible)
- Wash your hands regularly
- Self-Isolate if you or anyone in your household has symptoms.

Should the carer need to leave the home they are to wear gloves at all times. These gloves are to be disposed of in the clients outside bins or communal bins prior to entering the clients home. Upon entering the carer must wash their hands thoroughly with soap and warm water for a minimum of 20 seconds.

Symptoms

The symptoms of coronavirus are:

- a cough
- a high temperature (your back and chest feels hot to touch)
- shortness of breath
- Anosmia (the loss of or a change in your normal sense of smell. It can also affect your sense of taste as the two are closely linked).

But these symptoms do not necessarily mean you have the illness.

The symptoms are similar to other illnesses that are much more common, such as cold and flu.

What to do if you have symptoms

- The signs of corona virus are a high temperature (your back and chest feels hot to touch) or a new cough begins where you keep on coughing – this means coughing a lot for more than every hour, it is a persistent cough. As of 18.05.2020 the Chief Medical advisor has also added Anosmia (the loss of or a change in your normal sense of smell. It can also affect your sense of taste as the two are closely linked).

If someone you share your home with has signs of coronavirus you the entire household should stay at home for 14 days (Self-isolation). This is whether you have signs of coronavirus or not. If you then start to have signs of coronavirus yourself, you should stay at home and not meet up with other people for a further 7 days from when your symptoms started.

Do not go to a GP surgery, pharmacy or hospital.

You do not need to call NHS 111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 14 days, contact [NHS 111 online](#). If you have no internet access, call NHS 111. For a medical emergency dial 999.

How the virus is spread

Because it's a new illness, we do not know exactly how coronavirus spreads from person to person.

Similar viruses are spread in cough droplets.

It's very unlikely it can be spread through things like packages or food.

Living with a vulnerable person

Minimise as much as possible the time any vulnerable family member or person spend in shared spaces such as kitchens, bathrooms and sitting areas, and keep shared spaces well ventilated.

Aim to keep 2 metres (3 steps) away from vulnerable people you live with and encourage them to sleep in a different bed or room where possible. If they can, they should use a separate bathroom from the rest of the household. Make sure they use separate towels from the other people in your house, both for drying themselves after bathing or showering and for hand-hygiene purposes.

If you do share a toilet and bathroom with a vulnerable person, it is important that you clean them every time you use them (for example, wiping surfaces you have come into contact with). Another tip is to consider drawing up a rota for bathing, with the vulnerable person using the facilities first.

If you share a kitchen with a vulnerable person, avoid using it while they are present. If they can, they should take their meals back to their room to eat. If you have one, use a dishwasher to clean and dry the family's used crockery and cutlery. If this is not possible, wash them using your usual washing up liquid and warm water and dry them thoroughly. If the vulnerable person is using their own utensils, remember to use a separate tea towel for drying these.

We understand that it will be difficult for some people to separate themselves from others at home. You should do your very best to follow this guidance and everyone in your household should regularly wash their hands, avoid touching their face, and clean frequently touched surfaces.

Self-Isolation

If you or a member of your household present with the symptoms below you are required to self-isolate for 14 days.

Carer of the Month:



Antoinette Beckley

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.