

CONSTANTIA CARE

Newsletter

Emergency Call Rota APRIL

30/03/20- 06/04/20 - Mia
 06/04/20- 14/04/20 - Lauren
 14/04/20- 20/04/20 - Mia
 20/04/20- 27/04/20 - Caitlin

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)



Thank you to all of our amazing carers who have been so accommodating and whom have extended contracts to ensure continuity where possible during this pandemic.

We know that many of you have not been able to fly home to see loved ones as planned, so thank you for putting your clients first and caring for them so excellently.

We have just taken delivery of some additional personal protective equipment which was being distributed on Wednesday 25th March to our clients addresses so this should now be with you. We only have the resources to supply 3 masks per placement but we are looking to have more delivered in the near future. As I am sure you can imagine PPE is in very high demand at the moment but we are doing our best to ensure you have a sufficient supply. Please use a mask and wear gloves on every outing, the masks can be re-used so please do not dispose of them after one use.



nhs.uk

‘Your NHS Needs You’ – NHS Call For Volunteer Army.

The NHS is “rallying the troops” for the war on coronavirus, with volunteers being called up to help vulnerable people stay safe and well at home. The nation is looking for up to 250,000 volunteers to help up to 1.5 million people who have been asked to shield themselves from coronavirus because of underlying health conditions. At the time of writing, 170,000 people had already signed up to help, proving there is a public appetite to assist our NHS and care heroes by taking some of the strain.





HAPPY BIRTHDAY



Lauren Midda



Ashling Toal



Birthday Celebrations

With Self Isolation and Social Distancing being observed nationally, unfortunately this has led to very 'different' birthday celebrations of tens of thousands of people around the world.

Lauren Midda on 23rd March

Ashling Toal on 23rd March

Join us in wishing both of them a Happy Birthday, happiness and success for the year ahead!



Sainsbury's



Supermarkets have announced "golden" hours to help the elderly and NHS workers buy essential supplies and groceries during the coronavirus pandemic. It comes amid mass panic buying which has left some stores stripped of goods as those most vulnerable, along with nurses and doctors, struggle to access "hard to find" items including pasta, milk, fresh fruit and vegetables at all times of the day.

TESCO

National Health Service staff, who show an NHS employee card, will be allowed to fill up their trolleys for an hour ahead of normal opening times every Sunday. Every Monday, Wednesday and Friday, in the hour between 9am and 10am, the elderly and most vulnerable will be given priority.

SAINSBURYS

NHS and social care workers have a dedicated shopping slot between 7.30am and 8am Monday to Saturday. The elderly and vulnerable, groups that are at high risk of COVID-19, will be given a preferential shopping hour every Monday, Wednesday and Friday between 8am and 9am.

M&S

NHS staff will be given exclusive access to their stores for the first trading hour every Tuesday and Friday, while on Monday and Thursday the first hour has been set aside for the elderly and vulnerable.

ASDA

Priority access will be given to NHS workers in larger stores every Monday, Wednesday and Friday from 8am to 9am. However the supermarket said it hasn't allocated a specific time for the elderly but will be assisting the most vulnerable get access to its online delivery service.

MORRISONS

NHS staff will be given early access between 7am and 8am, every day except on Sundays. Similar to Asda, Morrisons said it did not have specific hours for the elderly and vulnerable.

Waitrose

The upmarket grocery chain said it has set aside the first hour of their store openings for the elderly, vulnerable and those who look after them. Although it did not have any specific hours set aside for NHS workers, Waitrose said it was keeping a portion of fast-selling essentials items and groceries reserved for them.

ALDI

The discount supermarket will open between 9.30am and 10am on Sundays (8.30am and 9am in Scotland) solely for key workers in the NHS, police and fire service. Aldi said eligible customers will be able to take priority at checkouts when they open at 10am.

SELF ISOLATION TIPS

The latest government advice is to self isolation and observe social distancing. Here are a few things you can do to keep yourself entertained at home:

Clear out / Organise your wardrobe

Dedicate your new found time and attention to sorting out your clothes, ditching items you haven't worn for a while and co-ordinating clothes into sections so it's easier to browse in the mornings. This is a great opportunity to get inspired about new outfits or rediscover an old favourite. Be sure to recycle any unwanted clothes.

Give yourself a manicure

Sometimes it's the small things in life that make us feel better, with a fresh manicure being up there. Take some time for yourself, push your cuticles down, slather on some hand cream and choose a shade that makes you smile from ear to ear.

Read a book

It's time to read that book that's been sat on your shelf for the last few months. Get inspired by a best-selling memoir, indulge in a chick-lit or escape to a different world for a few hours. Hot drink and blanket desirable.

Binge-watch that must-see boxset

Did you miss the Game of Thrones craze or are you late to the Grey's Anatomy party? Now's the time to catch up on all that TV you've been curious about, so get comfy and get ready to commit hours of your life to watching someone else's dramas.

Do a crossword, sudoku or break out a puzzle

Looking for something a bit more challenging? Put your brain to the test and do a crossword or Sudoku puzzle and see how far you can get. There's lots of online crosswords or word puzzles which means you don't have to leave the house to have a go. Or break out a puzzle and get to work!

Play board games

If you're lucky enough to be in quarantine with company, such as one of our live in carers, embrace some old school entertainment and crack out the board games for some light competition. Monopoly should be chosen at your own risk!





Coronavirus (COVID-19): what you need to do

Stay at home

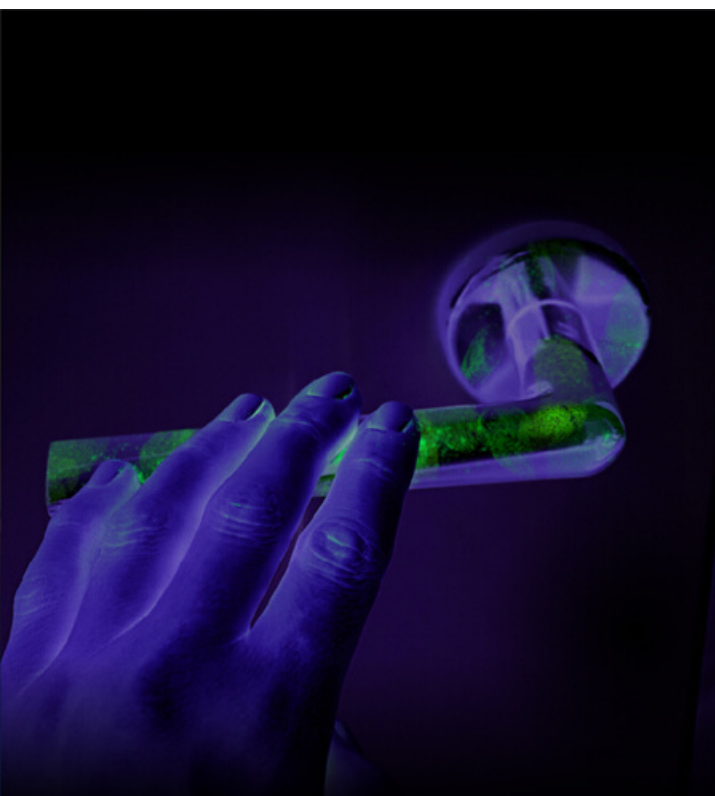
- Only go outside for food, health reasons or work (where this absolutely cannot be done from home)
- Stay 2 metres (6ft) away from other people
- Wash your hands as soon as you get home

The UK Government has today launched a GOV.UK Coronavirus

Information service on WhatsApp.

The new free to use service aims to provide official, trustworthy and timely information and advice about coronavirus (COVID-19), and will further reduce the burden on NHS services. This will help combat the spread of coronavirus misinformation in the UK, as well as helping ensure people stay home, protect the NHS and save lives.

The service will also allow the government to send messages to all opted-in users if required. To use the free GOV.UK Coronavirus Information Service on WhatsApp, simply add 07860 064422 in your phone contacts and then message the word 'hi' in a WhatsApp message to get started. A set of menu options is then presented which the user can choose from and then be sent relevant guidance from GOV.UK pages as well as links to GOV.UK for further information.



CORONAVIRUS
PROTECT YOURSELF & OTHERS

NHS.UK/coronavirus
GOV.UK/coronavirus

POLICY OF THE MONTH

Coronavirus Policy

Coronavirus (COVID-19) is a new strain of coronavirus first identified in Wuhan City, China in December 2019. With a recent outbreak of Corona Virus (Covid-19) and additional confirmed cases and deaths in the UK it is important that Constantia Care employees, carers and clients are educated about the virus in order to reduce the possibility of contracting Covid-19.

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.

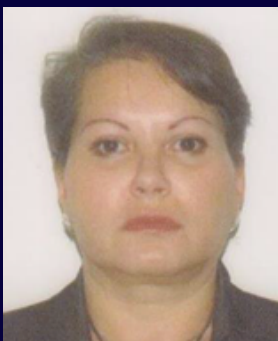
Should the carer need to leave the home they are to wear gloves at all times. These gloves are to be disposed of in the clients outside bins or communal bins prior to entering the clients home. Upon entering the carer must wash their hands thoroughly with soap and warm water for a minimum of 20 seconds.

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

- a high temperature – you feel hot to touch on your chest or back
- a new, continuous cough – this means you've started coughing repeatedly

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. If you provide care to an elderly, vulnerable or pregnant person, follow this advice to the best of your ability.

Carers of the Month



Gabriela Tanase



Alexandra Whittle



Angela Bezuidenhout



Deirdre O'Connor

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.