

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 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)



Was Last Night the last "Clap"?

Yesterday evening may have been the final time that any of us in the UK will grab our pots and pans, scoop up the dog, and nervously look out of the window to make sure our neighbours are doing the same. Then, as the clock strikes 20:00 BST, the sound of clapping, cheering and wooden spoons hitting saucepan lids (and if you are in my area - Fireworks every week!) will once again fill the street as we celebrate those working on the frontline of the coronavirus pandemic. But founder Annemarie Plas has said, that last night, marking the 10th week of clapping would be a good time for it to end and for it to instead become an annual event. So is this the end of the weekly clap? The campaign originally began as a one-off to support NHS staff on 26 March - three days after the UK went into lockdown. However, after proving very popular, it was expanded to cover all key workers and has continued every Thursday at 20:00 BST. Since then, the shows of appreciation have got more extravagant, with displays from the public and emergency services on Westminster bridge drawing criticism over social distancing. Messages have been projected on to buildings, airport runways have been taken over and the Woolwich ferry even span in the Thames.

Regardless of whether the Clap continues - know that we will always appreciate all that you continue to do.

Emergency Call Rota JUNE

26/05/20- 01/06/20 - Bonnie
01/06/20- 08/06/20 - Alanah
08/06/20- 15/06/20 - Lauren
15/06/20- 22/06/20 - Mia

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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SPREAD *Kindness* INSTEAD

Even Though
WE'RE APART



You're in
MY HEART

There has been no changes to our COVID- 19 policy and procedure following on from last night's press conference. We are very happy to see that the new NHS test, track and trace system will be launched across England today; the app has not yet been launched but we are hoping to receive further news on this in the next few days. The safety of our clients, carers and office staff is our priority and we will continue to ensure that the proper protocols are carried out and any changes to government guidelines met. We are in this together and we will keep you updated with further information as it is released.

A Word from the Training Team

Thank you so much to everyone who has sent through their Medication PRN training. Also to everyone who has sent it back so quickly or responded to advise that they are working on this training we really appreciate this. You will receive certificates for this training and if you haven't already received these they will be on their way to you shortly. If you would like to access this training on the ECP system you can find it in the training units under PRN-Training and you can complete it this way if you would prefer for anyone who still needs to so.

Once again thank you everyone

Stay Alert

- 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.

LEMON DRIZZLE CAKE

Ingredients

- 225g unsalted butter, softened
- 225g caster sugar
- 4 eggs
- 225g self-raising flour
- Finely grated zest 1 lemon

For the Drizzle Topping

- Juice 1.5 Lemons
- 85g Caster Sugar

Method

1. Heat oven to 180C/fan 160C/gas 4
2. Beat together 225g softened unsalted butter and 225g caster sugar until pale and creamy, then add 4 eggs, one at a time, slowly mixing through.
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.



SPICED CARROT & LENTIL SOUP

Ingredients

- 2 tsp cumin seeds
- pinch chilli flakes
- 2 tbsp olive oil
- 600g carrots, washed and coarsely grated (no need to peel)
- 140g split red lentils
- 1l hot vegetable stock (from a cube is fine)
- 125ml milk (to make it dairy-free, see 'try' below)
- plain yogurt and naan bread, to serve

Method

1. Heat a large saucepan and dry-fry 2 tsp cumin seeds and a pinch of chilli flakes for 1 min, or until they start to jump around the pan and release their aromas.
2. Scoop out about half with a spoon and set aside. Add 2 tbsp olive oil, 600g coarsely grated carrots, 140g split red lentils, 1l hot vegetable stock and 125ml milk to the pan and bring to the boil.
3. Simmer for 15 mins until the lentils have swollen and softened.
4. Whizz the soup with a stick blender or in a food processor until smooth (or leave it chunky if you prefer).
5. Season to taste and finish with a dollop of plain yogurt and a swish warmed naan breads.

Positive News

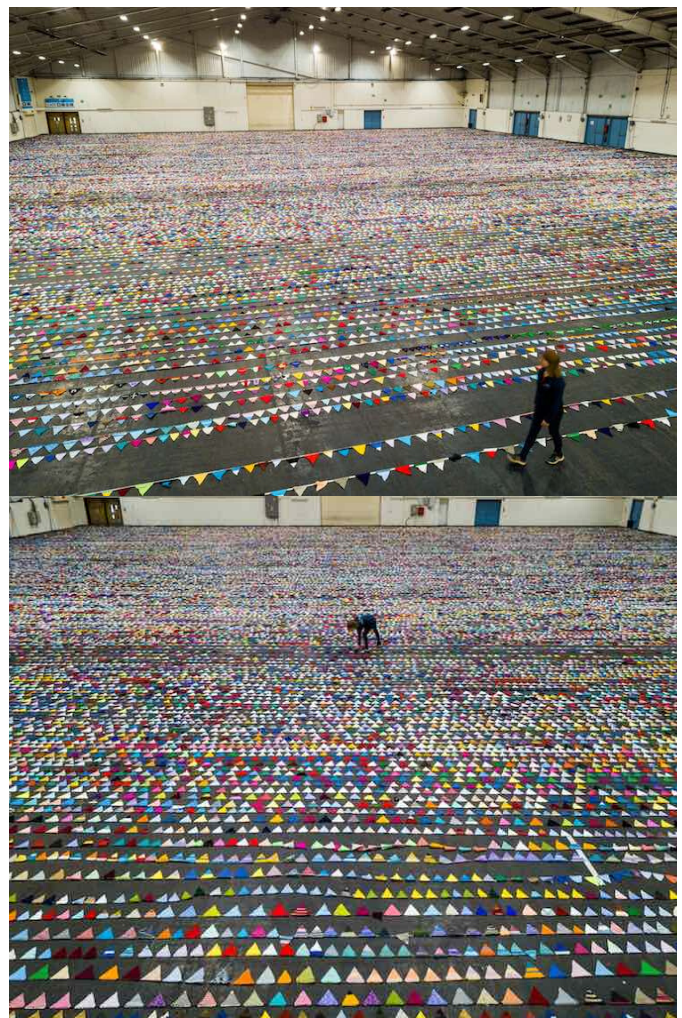
The people behind the UK's first fully offshore mussel farm want to encourage Brits to eat more shellfish, which they say is currently untapped food resource. When the UK's first fully offshore mussel farm reaches full capacity, it will exceed the yield of Scotland's entire mussel industry. The farm, which is three miles off the south Devon coast, will triple in size over the next two years. When complete, it will cover 15sq km with 900 lines of rope anchored to depths of up to 30m, producing more than 10,000 tonnes annually. Mussels naturally settle on longlines, feed on plankton and act as a carbon sink. "Mussels are one of the best ways to sequester carbon, which gets locked into their shells forever," explains Nicki Holmyard, co-founder of Offshore Shellfish. She believes they're a currently untapped food resource – rich in omega-3 and, she claims, farming offshore results in a higher meat content. The team at Offshore Shellfish put out special lines to collect juvenile mussels, known as 'spats'. The lines are thinned out onto suspended ropes so the mussels grow at the right density and don't compete for food. They can be harvested within a year.



Farms of the future: mussel farming given a new lifeline

Needleworkers and craft enthusiasts from all over the world have used their time in quarantine to help break the world record for the longest "bunting"—a form of decorative stringed flags popular in the UK. The record-breaking swath of bunting—which is depicted in these stunning aerial drone photos—is made of 79,001 flags stretching 9 miles long (14.27 kilometers). All of the knitted flags were submitted to the project by contributors from around the globe.

The bunting measures almost double the existing Guinness World Record, which was held by Upton House with 31,119 flags at 4.6 miles (7.5 kilometers) in length. The flags were brought together by staff at the Devon County Show, which was due to be held this week, but was cancelled due to the novel coronavirus outbreaks. The continuous line of bunting was laid out over two days with each pennant no more than two inches apart, covering the 4,590-square-meter floor space of Westpoint Area in Exeter, Devon.



For Fun

We would like to encourage everyone to send in your answers to last weeks Emoji Quiz - just write 1,2,3 etc and the answers next to them and then send in via a picture of ther answers or via an email.

Here is a compoletly new quiz for you to work on over the next week.

1	7 D in a W	
2	1066 B of H	
3	13 U F S	
4	5 R on the O F	
5	W F at 32 D F	
6	180 M S with 3 D	
7	6 W of H the E	
8	2468 W D W A	
9	1666 G F of L	
10	2 P in a P	
11	12 S of the Z	
12	29 D in F in a L Y	
13	10 C	
14	3 B M	
15	7 A W of the W	
16	1966 E W the W C	
17	180 D in a T	
18	23A, S G D	
19	14 D in a F	
20	64 S on a C B	
21	16 O in a P	
22	14 F, V D	
23	9 L of a C	
24	57 H V	
25	101 D	
26	3 W M	
27	1 H on a U	
28	1969 F M on the M	
29	S W and the 7 D	
30	52 C in a D	
31	10 D S	
32	1000 M in a L	
33	24 H in a D	
34	25D, C D	
35	100,000 C in a K	

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:

Felicity Abah Yahwenz



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.