

# CONSTANTIA CARE

## Newsletter

### Emergency Call Rota NOVEMBER

26/10/20 - 02/11/20 - Sammie  
 02/11/20 - 09/11/20 - Molly  
 09/11/20 - 16/11/20 - Bonnie  
 16/11/20 - 23/11/20 - Helen

### 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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Southgate, London, N11 1NP

w. [constantiacare.co.uk](http://constantiacare.co.uk)

### GREAT BRITISH CARE AWARDS

We are so proud that four of our staff members were shortlisted as finalists across SIX categories at the The GBCA London Awards. Interviews took place for each of them for each of their categories earlier this week and we wish them all so much luck. The results won't be announced until 10th April - so we have quite some time to keep the champagne of ice ahead of any potential celebrations!



**Morag Collier**

The Care Employer Award  
 The Home Care Registered  
 Manager Award



**Claire Morgan**

'Putting People First' /  
 Personalisation Award



**Ellie Edwards**

The Frontline Leaders Award  
 The Dignity in Care Award



**Sinead Brooks**

The Care Assessor/Care  
 Planner Award

# REMEMBRANCE SUNDAY

Remembrance honours those who serve to defend our democratic freedoms and way of life. We unite across faiths, cultures and backgrounds to remember the service and sacrifice of the Armed Forces community from Britain and the Commonwealth.

In 2020 we pay tribute to the men and women of the Second World War generation, and to those of today's, who have served and sacrificed to defend our nation. We remember the collaboration of the Commonwealth and Allied nations who stood shoulder to shoulder then to secure our freedom and the communities coming together today to protect us all.



Every poppy makes a difference to the lives of our Armed Forces community. Like so many things this year, the Poppy Appeal has had to adapt to the threat of Covid-19. We're calling on the public to support us like never before, because every poppy counts. With some people unable to leave their homes as they normally would to find a poppy, and with many of the charity's collectors unable to carry out face to face collections, we've unveiled a range of new ways for people to show their support remotely. From donating for poppies through the post for your neighbours and local community, displaying a poppy in your window, donating online or undertaking a virtual Poppy run, there are many ways to support the Poppy Appeal from home in line with Covid-19 restrictions.

**CLICK BELOW TO VISIT THE POPPY SHOP WHERE YOU WILL FIND A VARIETY OF BEAUTIFUL PIN BADGES, BROOCHES, FOOTBALL PINS ETC**



The poppy is a symbol of Remembrance and hope, including hope for a positive future and peaceful world. They are a show of support for the Armed Forces community, those currently serving, ex-serving personnel and their families; and a symbol of Remembrance for all those who have fallen in conflict.

John McCrae wrote the poem 'In Flanders Fields' which inspired the use of the poppy as a symbol of Remembrance. In the spring of 1915, shortly after losing a friend in Ypres, a Canadian doctor, Lieutenant Colonel John McCrae wrote his now famous poem after seeing poppies growing in battle-scarred fields.

## In Flanders Fields

The poem by John McCrae

In Flanders' fields the poppies blow  
Between the crosses, row on row,  
That mark our place: and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders' fields.

Take up our quarrel with the foe;  
To you from failing hands we throw  
The torch; be yours to hold it high,  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders' Fields.

### HOW TO USE A MASK

**Masks alone will not protect you from Covid-19.**

Remember to sanitize your hands and practice social distancing.



SOURCE: WORLD HEALTH ORGANIZATION



Wishing our brilliant administrator, Rosheen, a very Happy Birthday from 29th October. We wish you all the best celebrating tonight and this weekend with friends and family (within the rule of 6!)

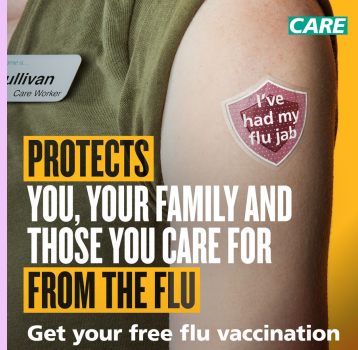






# PPE

Please make sure that you message Ashling by Wednesday if you require any PPE. Thank you.



## The Fascinating History of Halloween And How the Fall Holiday Originated

Supermarket shelves are buckling under pumpkins and Google histories are starting to become clogged with fancy dress inspiration searches. There can only be one reason: Halloween, the spooky celebration observed every year on October 31, is nearly here. Most commonly known as Halloween or Hallowe'en (a contraction of All Hallows' Evening), the spooky festival, which takes place at the end of this month, is also referred to as Allhalloween, All Hallows' Eve, or All Saints' Eve. It is the eve of the Western Christian feast of All Hallows' Day, – also known as All Saints' Day. In recent years there have been complaints about the 'Americanised' event dominating British streets as October comes to an end, with some questioning why we even celebrate Halloween in the UK - however the tradition originally began on this side of the pond. But how did it evolve into the costume competition it is today?



The Americanised Halloween that we experience today actually originated in the Celtic fringes of Britain, and was adapted over the decades by Christian traditions, immigrants' conventions and an insatiable desire for sweets. The origin of the festival is disputed, and there are both pagan and Christian practices that have evolved into what Halloween is like today. Some believe it originates from the Celtic pagan festival of Samhain, meaning 'Summer's End' which celebrated the end of the harvest season. The origins of trick or treating and dressing up were in the 16th century in Ireland, Scotland and Wales where people went door-to-door in costume asking for food in exchange for a poem or song.

Celts dressed up in white with blackened faces during the festival of Samhain to trick the evil spirits that they believed would be roaming the earth before All Saints' Day on November 1st.

By the 11th century, this had been adapted by the Church into a tradition called 'souling', which is seen as being the origin of trick-or-treating. Children go door-to-door, asking for soul cakes in exchange for praying for the souls of friends and relatives. They went dressed up as angels, demons or saints. The soul cakes were sweet, with a cross marked on top and when eaten they represented a soul being freed from purgatory.

In the 19th century, souling gave way to guising or mumming, when children would offer songs, poetry and jokes - instead of prayer - in exchange for fruit or money. The phrase trick-or-treat was first used in America in 1927, with the traditions brought over to America by immigrants. Guising gave way to threatening pranks in exchange for sweets.

The carving of pumpkins originates from the Samhain festival, when Gaels would carve turnips to ward off spirits and stop fairies from settling in houses.

A theory that explains the Americanised name Jack O'Lantern came from the folkloric story of Stingy Jack, who fooled the devil into buying him a drink. He was not let into heaven or hell - and when he died, the devil threw him a burning ember which he kept in a turnip.

The influx of Irish immigrants in the 1840s to North America could not find any turnips to carve, as was tradition, so they used the more readily available pumpkin into which they carved scary faces.

By the 1920s pumpkin carving was widespread across America, and Halloween was a big holiday with dressing up and trick-or-treating.

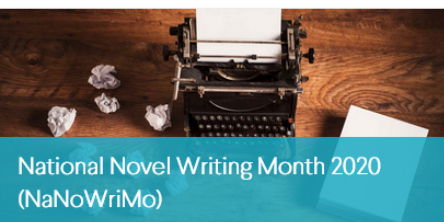




**November 1st**  
Every year on 1st November, vegans around the world celebrate and champion for their vegan lifestyle. According to many acclaimed vegans, the lifestyle is beneficial for the health of the human beings, not to mention that it fosters environmental protection as well as the lives of animals.



**November 1st - 30th**  
Take the Veg Pledge  
Challenge yourself to go vegetarian for the month of November to raise money for Cancer Research UK.



**November 1st - 30th**  
National Novel Writing Month, also known as NaNoWriMo is a month-long creative writing challenge that takes place every November. During the month participants from all over the world are challenged to write a 50,000 word first draft of a novel.



**November 1st - 30th**  
Raising pancreatic cancer awareness can be done as an individual or group all year long, but it is especially important during Pancreatic Cancer Awareness Month in November.



**November 1st - 30th**  
As part of National COPD Awareness Month, the COPD Learn More Breathe Better campaign encourages Breathe Better Network members and all those interested in raising COPD awareness to host events, lead discussions, and conduct other outreach to help people across the country.



**November 1st - 30th**  
Lung cancer awareness month takes place every November in the UK. The aim of the campaign is to encourage people displaying the common symptoms of lung cancer, such as a persistent cough, breathlessness or unexplained weight-loss, to visit their GP.

## Carer of the Month: Consuelo Gomez

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.



## BONFIRE NIGHT: WHAT IS THE STORY BEHIND IT?

People all over the UK will be lighting bonfires and enjoying fireworks. This is to celebrate Bonfire Night. While it might just seem like a great opportunity to have some fun with friends and family, there is actually a historical reason why we do this. So where did it all come from?

On **5 November**, people across the UK celebrate Bonfire Night with fireworks, bonfires, sparklers and toffee apples. Some might have small fireworks parties in their back gardens, while towns and villages may put on organised displays in public parks. The reason we do it is because it's the anniversary of an attempt to blow up the Houses of Parliament. This was called the Gunpowder Plot. When we light bonfires to remember this event, traditionally there will be a dummy man on the top of them. He is called the 'Guy' and is a kind of doll that represents a man who was part of the plot, called Guy Fawkes.

Guy (Guido) Fawkes was part of the Gunpowder plot in 1605. He wanted to blow up King James I and his government. This was because of religion. England was a Protestant country and the plotters were Catholic. They wanted England to be Catholic again, which they thought they could do if they killed King James I and his ministers. So, Fawkes and his group put 36 barrels of gunpowder in cellars underneath the Houses of Parliament in London, ready to set off a massive explosion.

However, one member of Fawkes' group sent a letter to his friend who worked in Parliament, warning him to stay away on 5 November. The King's supporters got hold of the letter and the plot was rumbled! Guards broke into the cellars where the gunpowder plotters were waiting. They were arrested and executed.





# *POLICY OF THE MONTH*

## *ADULT SAFEGUARDING*

### **SUMMARY:**

**Definition of an Adult at Risk** An adult at risk of abuse or neglect is defined as someone who has needs for care and support, who is experiencing, or at risk of, abuse or neglect and as a result of their care needs - is unable to protect themselves.

Throughout this policy the distinction between adult with the capacity to make decisions and adults lacking capacity is emphasised. Adults who have capacity retain the right to make their own decisions and to direct their own lives. Adults lacking capacity to make decisions, though they retain the right to be involved in decision-making as far as possible nevertheless require decisions to be made on their own behalf and the overall approach shifts to promoting their best interests.

The judgement that an adult is at risk should not be confused with a decision about their capacity.

They are distinct questions although a lack of capacity will, ordinarily, contribute to an adult being at risk.

### **The Six Principles that underpin all Adult Safeguarding:**

**Empowerment** – People being supported and encouraged to make their own decision and informed consent. “I am asked what I want from the safeguarding process and these directly inform what happens”

**Prevention** – It is better to take action before harm occurs. “I receive clear and simple information about what abuse is, how to recognise the signs and what I can do to seek help.”

**Proportionality** – The least intrusive response appropriate to the risk presented “I am sure that the professionals will work in my interest, as I see them, they will only get involved as much as needed.”

**Protection** – Support and representation for those in greatest need. “I get help and support to report abuse and neglect. I get help so that I am able to take part in the safeguarding process to the extent to which I want.

**Partnership** – Local solutions through services working with their communities have a part to play in preventing, detecting and reporting neglect and abuse. “I know that staff treat any personal or sensitive information in confidence, only sharing what is helpful and necessary. I am confident that professionals will work together and with me to get the best result for me.”

**Accountability** – Accountability and transparency in delivering safeguarding. “I understand the role of everyone involved in my life and so do they.” These principles apply to all sectors and settings including care and support services, further education colleges, commissioning, regulation and provision of health care services, social work, healthcare welfare benefits housing wider local authority function and the criminal justice system.

The principles should inform the ways in which professionals and other staff work with adults. They can also help SABs and other organisation more widely, by using them to examine and improve their local arrangements. In addition to these principles the Act seeks to broaden a community approach to establishing their safeguarding arrangements. It is vital that all organisations recognise that adult safeguarding arrangements are there to protect individuals. We all have different preferences, histories, circumstances and lifestyles so it is unhelpful to prescribe a process that must be followed whenever a concern is raised; and the case study below helps illustrate this.