



2021 Summer Newsletter

Welcome to the Summer edition of our bulletin. Despite the huge impact of COVID-19 continues to have on our daily lives there has never been a dull moment at Tailor Maid Home Care. 2021 has seen lockdown restrictions changing on a weekly basis, and we have been proactive in our response to provide the best care for our clients and their families. We have been particularly pleased by the response to CAPA (Care about Physical Activity), which have been ramped up to promote physical and mental wellbeing.

As part of our improvement strategy this year, we are working in partnership with Eat Well Age Well, a charity set up to help tackle malnutrition in older people living at home in Scotland. A small group of our clients volunteered to pilot the study, which focused on their eating and drinking and monitored their weight over a period of time. Our carers have provided valuable feedback and we have shared best practices across our team. The results so far have been really promising with our clients demonstrating marked weight gain, improved moods and increases in daily exercise. Our plan is to roll out this programme to other clients who have been identified as high risk with malnutrition and dehydration in the coming months - stay tuned and please reach out if you are interested!

Let's make every mouthful count!

Another recent development has been the introduction of Care Planner and Birdie technology to the business. We have invested in new software which allows us to match carers with clients more easily on our rota system. Moreover we are now able to log all our care information digitally which has given us the ability to monitor more closely the health and wellbeing of our clients in real time. Sharing the information with the client care circle has provided families with peace of mind in knowing that their loved ones are happy and healthy!

As lockdown eases further we will look at how we can best support the transition back to normality, especially for our most vulnerable clients. Hopefully it won't be long before that happens. We are looking forward to it, that's for sure!

Stay Home & Stay Safe,

Jennifer and Shirley x

Carer Spotlight

Ann Ritchie has had a dramatic couple of weeks as she announced the special news that she had become a Grandmother in April! She was over the moon with the arrival of her grandson Tommy. Ann is looking forward to babysitting her new grandson, in addition to looking after dog Duke who is recovering from a hip operation. Congratulations Ann - take it easy!



Ann Joined Tailor Maid in 2020 having worked in the care sector for several years. She is SVQ qualified and has bags of experience and knowledge. She has adapted to her new role as a Senior Carer and really thrives in improving the lives of her clients. Ann is a huge proponent of CAPA and enjoys taking her clients out walking or completing jigsaws and other stimulating activities. Promoting independence is vital to remaining in your own home and Ann works with her clients in partnerships to help make the bed, clear away dishes and prepare nutritious meals with her.

Let's all keep active and moving! All the Tailor Maid Team knows the importance of keeping active and this is embedded in our care packages.

Charity Spotlight

Our team member, Clare Hickey is passionate about fundraising and participates in various charity events throughout the year. This time her choice was a little different. She maintains great relationships with her clients - even cutting their hair during lockdown! When she found out that some of her clients had been affected by a stroke, she chose to raise funds for Chest, Heart and Stroke Scotland by trekking from Glencoe through the Devils Staircase to the foot of Ben Nevis in Fort William. It's a 26-mile trek and Claire and her friends hope to complete it in 12 hours.

One in five people in Scotland struggle with a chest, heart, or stroke condition. At the time of writing Claire has already raised a massive £340 through her JustGiving page. If you would like to donate and encourage Claire to achieve her goal you can donate using the link below, or alternatively send us cheque payable to Chest, Heart and Stroke Scotland. We wish Claire all the best for 3rd July.

<https://www.justgiving.com/fundraising/claire-hickey26>



Let's make every move count!

Best Practice in Dementia Awards

Our ongoing training in Dementia has seen the team develop existing skills and improve their care with people with dementia. We are pleased to say that we have four new graduate Dementia Specialists on our team. Brenda, Sheila, Colette and Gail recently earned their certificates since completing their University of Stirling 'Best Practice in Dementia Care' course over the past 6 months. The ladies can now wear a "Dementia Specialist" badge with pride. Well done!



We Are All Vaccinated!

We are delighted to announce that all our staff have been vaccinated with both doses of the vaccine. We will continue to safeguard your health and wellbeing by continuing to use relevant PPE and maintain high standards of infection control until advised otherwise.



Mental Health & Connecting With Nature



Our relationship with nature and how much we think about and appreciate our natural surroundings is a critical factor in supporting our mental health and prevention of stress.

The latest research from the Mental Health Foundation notes that spending time outdoors has been one of the key factors enabling people to cope with the stress of the COVID-19 Pandemic. Most people find that visiting green places helps them to relax. If we are connected with nature we are usually happier in life and feel our lives are more worthwhile.

We have so many beautiful green spaces on our doorstep and the weather is looking up as we head into the summer months. If it's raining, make use of your own back garden or even improvise with indoor succulent plants or window boxes. Listening to birdsong or planting bulbs in the garden helps connect us with nature. Often people with a disability or health condition can face barriers to natural spaces as they are not equipped with accessible routes. However, our Tailor Maid Team will go the extra mile to give you a taste of the outdoors. Be it a visit to the shops, garden centre, local museums, a trip to Troon beach or a wander around local parks. If you have somewhere specific in mind, ask our team and we will make the arrangements!

Sunflower Challenge Cup

In June we will be issuing sunflower plants for our clients to grow and cherish at home. Our carers will support in watering them and can help report if desired.

Two of our fabulous Carers, Sonya and Janice have very kindly grown the sunflower plants from seed and potted them up in their greenhouses at home to give them a good start. In a few months' time we will ask them to come along and measure the height of your sunflower. You'll have the chance to win our annual Challenge Cup for the tallest Sunflower, as well as a goodie bag.

We would like to thank the Morrison's in Giffnock for donating the seeds and starter packs and also to Jennifer and Shirley's father Bobby who patiently attended the sunflower seedlings too.

Good luck everyone!



Let's Make today Count!