

JULY 2021

CARE & WELLBEING



We hope this newsletter finds you all well. As we have entered into the Summer months its refreshing to see the rules of lockdown slowly but surely easing. The weather is starting to pick up and we are enjoying some warm, dry days in-between the rain!

One of the more obvious health issues that can arise during hot weather is dehydration but it's still vitally important to counteract. Drinking plenty of water is so important. Eating lots of fresh fruit will help too, as it has high water content. With all of the above being said, remember to actually enjoy the good weather while it lasts! Hopefully we will see you at some of our events in the Summer.

Best wishes - KH Team

CAKE SALE FOR ALZHEIMERS CHARITY

Here in the Katherine Harriet office we held a "Make it or Fake it" Cupcake Day on Thursday 17th June 2021 to raise money for the Alzheimer's Society. Alzheimer's Society is a United Kingdom Care and Research Charity for people with dementia and their carers.

THANK YOU to those that visited us on the day, donated or made cakes. It was lovely to see so many faces and we were delighted to raise an excellent £205.00 for the Charity.



SAY HELLO

Miche, our Wellbeing Assistant has been busy the last few months supporting the Administration Team on Reception on a Monday. Gaining valuable Administration experience and enhancing her knowledge.



THOUGHT PROVOKING

One of our lovely Wellbeing Assistant's, Kim Bereza visited the Knife Angel this month situated by the Cathedral in Hereford from the 14th of June until the 12th of July 2021.

The Knife Angel is a stunning 27ft, 3.5 ton, sculpture of an angel made out of 100,000 confiscated knives received from 43 Police Forces across the UK.

We hope you managed to catch a glimpse of this wonderful sight, stunning, yet sad.



BRIGHT & EARLY

Wake up early and tackle the day, before the day tackles you! One of our clients, the lovely David, up at 6.30am ready for a day of woodwork and creating.

His wood work skills are extremely impressive and it is wonderful to see him enjoying this so very much.





FIRST AID TRAINING

it really is GREAT to be back in the classroom!
Here are some of our team having their refresher First Aid training with Mark, Hereford First Aid.



CLIENT DAYS OUT

On the 15th of July 2021 we enjoyed a wonderful day out at Kenchester Water Gardens. A lovely day enjoying the wonderful gardens and scenery and a delightful stop at the cafe for tea, cakes and much more. We are planning another event in September - please contact us to find out more.

CAN YOU HELP?

A Client of ours has added 5 new birds to his home. Three females and two males. Can you help him think of any names for these lovely birds. If you can, please email us on:
info@katherineharriet.care



AWARDS

Our way of saying 'Thanks'

Left to Right: Claire Jones, Employee of the Month - Congratulations Claire

Kim Miles, receiving 5 Years Service Award. Thank you Kim for all your hard work and dedication to Katherine Harriet.

Shelly Bedford, Mentor of the Month - Well done Shelly. What a lovely bunch!

TIME FOR A BRAIN TEASER

3		5	4		2		6	
4	9		7	6		1		8
6			1		3	2	4	5
		3	9			5	8	
9	6			5	8	7		3
	8	1	3		4		9	2
	5		6		1	4		
2			5	4	9		7	
1	4	9			7	3		6

GETTING BACK TO A LITTLE NORMALITY

We really have missed the little things over the last 18 months. There is nothing we enjoy more than celebrating with our Clients and their families. Here is the lovely Linda celebrating her birthday with our Mentor, Amy, and a very delicious lunch / afternoon tea! It doesn't get much better.



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8	5	7	6	3	1	4	2
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9	6	4	2	5	8	7	1
7	2	3	9	1	6	5	8
6	7	8	1	8	3	2	4
4	6	2	7	6	5	1	3
3	1	5	4	8	2	6	7