

FEBRUARY 2022

CARE & WELLBEING

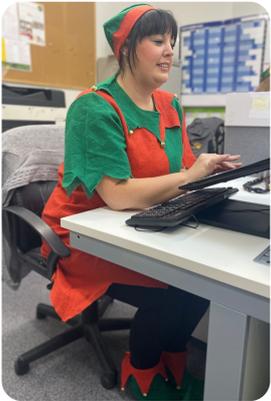


Welcome to 2022, and the first Newsletter of the year!

After what seemed the longest year of our lives we have finally said goodbye to 2021 and hello to a New Year. January is always a time for new beginnings and new goals for the year ahead.

We look forward to a more 'normal' 2022 and being able to get together with you all and our Staff. As the Vaccination Programme continues we are pleased to say many of our staff have now received their 3rd boosters and some are receiving their 4th boosters - Best wishes, KH Team

ALZHEIMERS SOCIETY



In December, we held Elf Day in aid of Alzheimer's Society, where we held a cake sale and a raffle to raise money, we raised an incredible £227.50 in total. Lyn Gummer (Mentor/WBA) arranged prizes from local businesses. We would like to say **THANK YOU** to Hey Honey, Cotto, Camperdown Lane, Chave and Jackson, Beehive Florist, Halo Leisure, Courtyard Hereford, Lov Leaf, Body Shop, No 10 Team Room, Ascaris Cafe and many more. We are honoured to be supported by such a great community in Hereford. and for such a great cause.

(Pictured: Jade Nicholls - Chief Elf).

NEW YEAR, NEW YOU?

January has come around once more, which means it is time to make those resolutions for self improvement, have you got a New Years resolution and how are you getting on?

A survey in the UK has shown the top 10 resolutions made for 2022;

- 1 - Lose weight
- 2 - Eat healthier
- 3 - Get fitter and exercise more
- 4 - Spend more time with family and friends
- 5 - Take care of their mental health
- 6 - Save more money
- 7 - Travel more
- 8 - Take up a new hobby
- 9 - Be more environmentally friendly
- 10 - Look for a new career



Christmas at KH - windows full of stars and glitter!

GOLDEN GLOVE AWARDS 2021

In **December 2021**, we decided to hold our Annual Awards ceremony virtually, this is to celebrate all the hard work that our Wellbeing Assistants have put in over the year.

We would like to send a massive thank you to all of you who voted and took part, but more importantly a **huge thank you** to our amazing team for all the hard work they have put into the year.

Best Newcomer - Joel Calder

Best Mentor - Michelle Hellyer

Best Night - Lyn Gummer

Best Team Player - Claire Jones

Best service - Liz Jones

Best Above and Beyond - Leeann Probert

Best Made a Difference - Amy Evans

ABCD Award of the year - Dianne Gammond



CHRISTMAS CRAFT DAY

On **December 16th 2021** we held a Christmas Crafts day for our Clients, we had a wonderful time getting festive and crafty, thank you to all who participated, we hope you enjoyed it as much as we did!
(Pictured; WBA Emma Preece)



MEET OUR MENTORS

Our **Mentors** are a team of dedicated and experienced Senior Wellbeing Assistants that are always willing to help and able to train and assist wherever and whenever they are needed.

Our mentors are:

Lyn Gummer, Sandra Preece, Helen Missenden, Michelle Hellyer, Shelly Bedford, Amy Evans, Joel Calder, Claire Jones, Neave Baynham and Sharon Box.

2022 EVENTS

We have many exciting events coming up through 2022, take a look below and if you are interested to join in, please let us know!

April 12th - Easter crafts day at Manic Ceramic

May 24th - Spring Lunch at The Bell Inn, Tillington 12:00pm

June 2nd - Trooping of the colours party at Whitecross Scout Hut

PUZZLE TIME

HELLO Spring

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

NEW ADDITIONS TO KH

On **December 1st 2021**, Katherine Harriet welcomed baby Noah Thomas into the world, weighing 7lbs 8oz. Huge congratulations to our WBA's **Rachel Sabel**.

And on January 21st 2022, the Katherine Harriet family also welcomed baby Harley William Hughes, weighing 8lbs 10oz. Congratulations to **Gareth Hughes**.



LONG SERVICE AWARDS

A **SPECIAL THANK YOU** to some of our Wellbeing Assistants who all celebrated their 5 year Service Awards. Thank you for all of your hard work and dedication during this time.

(Pictured: Sandra Preece)

