

JULY 2023

CARE & WELLBEING



Ah, Summertime—when the sun shines into long days of barbecue and bathing suits, ice creams and paddling pools. A world in which laziness finds respectability. A time to rummage for that old tennis racket and fill the fridge with strawberries and cream. Looks like its going to be another hot one!

Our July Newsletter will be capturing the highlights of the last quarter April, May and June.

IT'S GETTING HOT AROUND HERE

June 2023 may have been the hottest June on a longer record, going back to the late 1800s. June 2023 was more than 2.5 degrees Fahrenheit hotter than average global temperatures in June in the late 1800s.



EASTER CAME AND WENT

In April, our infamous Easter Bunny visited the office and made a special delivery to our Wellbeing Assistants. We hope you had a chocolate filled Easter and enjoyed the extra long bank holiday.

JUMPING FOR CHARITY

In June, one of our brave Wellbeing Assistants, Leeann Probert, took to the sky and jumped 10,000ft out of a plane for St.Michael's Hospice. Leeann raised over a whopping £1,300.00!



Pictured above: Leeann Probert after falling from the sky



Pictured above: Lyn Gummer, Mentor

WEDDING BELLS ARE RINGING

This quarter, two of our Wellbeing Assistants attended weddings to support our clients. This service allowed the Bride, Groom and their families to be able to relax on their big day, whilst knowing their loved ones were safely looked after by our staff.

THE KING WAS CROWNED

On Saturday the 6th May 2023, the world watched through the TV, they held parties in the street, hung flags up in their gardens and got together to celebrate the crowning of our new King... King Charles III. We hope you enjoyed the crowning, however you chose to celebrate.



THE BIG REVEAL 2023



On Monday, the 19th June 2023, after a long 3 years, our staff joined the rest of the world in removing their masks and revealing their lovely smiles. It has been a long 3 years and you have all done an amazing job at keeping both yourselves and our staff safe. See some of our lovely staff members and clients celebrating the day with selfies.



WHATS ON 2023

We have lots of exciting events for the summer months - if there is any that you are interested in attending please let the office know:

Tuesday 20th July - Queenswood Country Park and Arboretum, Dinmore Hill, HR6 0PY

Friday 25th August - Lunch and walk around Kenchester Water Gardens, Church Road, Lyde, HR1 3AB

Call Becky or Jay to organise by contacting the office on 01432 483083

FASHION FOR CHARITY

On the 25th April 2023 Katherine Harriet held a Fashion Show at The Green Dragon, to raise funds for Rosie Powell, a former employee and friend of KH, who was sadly diagnosed with end of life cancer.

Local business joined us and we raised an amazing **£7,000**. Thank you to all who donated.

PUZZLE TIME

Tennis

Across

- The point that follows a deuce score.
- The stroke used to return balls hit to the right side of a right-handed player
- A shot hit very high over the net.
- You hit the ball before it bounces on your side.
- The court's back line that runs parallel to the net.
- The stroke used to return balls hit to the left side of a right-handed player.
- A shot that is hit diagonally into the opponent's court.
- Forward rotation of the ball caused by hitting.
- A system in traditional tennis used to decide a set when the score is tied, 6-all.
- A served ball that does not land in the proper service box.
- When you win a game during which your opponent was serving.

Down

- A shot that imparts backspin on the ball.
- A game won by the player/team receiving serve.
- Whenever the ball bounces on your side before you hit it.
- Another expression for backspin.
- A series of good hits made successfully by players.

- A serve touches the net and still lands in the service box.
- An expression that is used when the actual score is 40-40.
- When you win your service game.
- To hit a ball in doubles at the net that would normally have been played by one's partner.
- A hard overhead shot.
- A serve that lands inside the lines and is untouched by the opponent.



Pictured left to right: Lucy W, Lyn G, Hattie H, Amy E, Jay W, Claire J



Pictured left to right: Luke (Rosie's brother), Becky Tilby, James (Rosie's brother)

WE WANT TO HEAR FROM YOU

In the next addition of our Newsletter, we would love to publish some of your stories and memories of Hereford. Do you have any old photos of Hereford? Would you mind if we took a copy and returned these to you? Please contact the office or give this to your Wellbeing Assistant. We will safely return the pictures to you after.