

October 2023

CARE & WELLBEING



Welcome to our October 2023 Newsletter

A season as great as springtime is better late than never, we thought it would never come, but it finally seems spring has sprung! With blossom on the trees, daffodils and tulips all around, rivers flowing, daisies flowering and lambs a-leaping. Our April Newsletter will be capturing the highlights of the last quarter January, February and March.

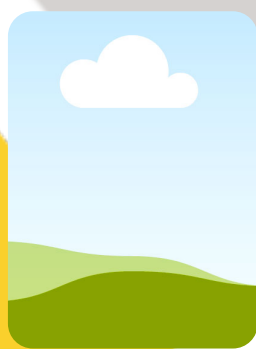
WELLBEING ASSISTANT WEEK

On the **9th March**, Hereford woke up to the sight of a white cold blanket covering the streets, roads and cars, whilst it didn't beat the **Beast from the East** in 2018, it still had our Wellbeing Assistants doing their best to still ensure our Clients still received much needed care.

Our staff also sent in pictures of their children, pets and even themselves playing in the snow and building snowmen.

FUNDRAISING

As you will have seen on Friday 17th March 2023 we held a Bike-a-Thon in the office, to raise money for **Comic Relief**. This charity funds help to support people struggling with the cost-of-living crisis and tackle issues such as homelessness, mental health problems, and food poverty here in the UK and around the world. Here at Katherine Harriet, we raised an amazing **£672.64**. Thank you to all who donated.



AS ONE DOOR CLOSSES....

In February we wished one of our Wellbeing Assistants, Paul Smith a happy retirement. We hope that Paul enjoys spending more time with his wife and children.

We hope Paul still pops in for a cup of tea and a chat.



... ANOTHER OPENS



Also in February we welcomed Michaela into the Office as our **Scheduling Officer**. Michaela has plenty of years experience in the Care sector completing Client and Staff Schedules.

If you haven't spoken to Michaela please call the Office and say hello or to speak about your scheduling needs.



Pictured left to right: Jess (Office Manager), Paul (WBA) Lucy (Staff Engagement Manager)

WELLBEING ASISSTANT WEEK

During the week of **17th July 2023 - 23rd July 2023**, here at Katherine Harriet, we celebrated our staff. We posted a thank you on our social media platforms, highlighting the variety of backgrounds our staff came from, and celebrated the lovely words you sent into the office about our staff, thank you for contributing and celebrating our staff with us.

see below a selection of our fantastic staff being celebrated.



WHATS ON 2023

We have lots of exciting events for the first few months of the year in 2023 - if there is any that you are interested in attending please let the office know:

Friday 12th May - Lunch and walk around Kenchester Water Gardens, Church Road, Lyde, HR1 3AB

Tuesday 13th June - Outing to Hampton Court Castle, Hope Under Dinmore, HR6 0PN

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

OFFER JUST FOR YOU

Did you know that Katherine Harriet also offers Cleaning, Shopping and Companionship calls?

We have an offer for our existing Clients to try our Cleaning, Shopping and Companionship services between 14.00pm - 16.00pm for 6 weeks at a discounted rate. If you would like to book these in, please contact the office and speak to the team.

PUZZLE TIME

N	L	M	F	N	U	B	O	C	A	F	E	V	F	D
U	J	S	M	B	O	T	L	L	U	E	Y	C	K	Y
O	A	V	C	P	O	E	B	N	N	D	A	V	B	G
T	F	S	N	S	H	S	I	B	B	U	R	S	B	D
S	K	F	M	I	T	V	J	R	S	H	G	N	G	G
J	I	R	E	P	E	T	J	E	K	W	I	K	G	Y
U	L	A	S	R	W	H	E	E	L	P	K	B	E	F
N	L	M	S	U	E	G	B	N	M	C	B	O	T	Y
G	H	E	A	T	U	I	A	W	O	P	R	P	C	H
R	W	W	G	F	S	L	R	L	L	B	I	I	T	T
A	L	O	E	T	S	I	N	R	E	U	H	I	C	V
R	K	R	A	P	I	W	A	J	A	L	G	S	N	E
P	W	K	N	A	B	N	K	M	O	C	C	E	B	F
I	M	J	G	J	W	U	R	A	F	W	D	V	K	K
B	M	K	F	A	D	F	E	I	L	E	B	P	F	A

LIGHT
BELIEF
CIRCLE
MESSAGE
RUBBISH

PARK
CARRIER
FRAMEWORK
OFFER
UNIVERSE

BANK
CAUSE
ISSUE
REFUGEE
WHEEL



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.