PREMIER COMMUNITY CARE NEWSLETTER

Issue No. 4 9th July 2024

# SUMMER NEWSLETTER

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| PLEASE JOIN US IN WISHING MANY HAPPY RETURNS TO PEOPLE CELEBRATING THEIR BIRTHDAY THIS WEEKKatherine WrightKerstein Cummings Celebrating her 50th Birthday  |
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| Proud to Care, die Initiative für den Imagewandel in der Pflege wird ... |

We really hope you have all had a good week and are ready and raring to go for the coming week.

## CARER AWARENESS

As the summer months come in, we are all busy with work and families, even with the lighter nights sometimes it still feels like there are not enough hours in the day. We would like to take this opportunity to thank you all for everything that you do, especially in the hotter months. Please do not hesitate to contact the office regarding any issues you might be having or if you would prefer to speak to someone in person then come along to one of our carer’s monthly meetings.

### YEARS OF SERVICE

Please join us in thanking the carers below for hitting a milestone in their years of service:

 Maria Bendana 9 Years of Service

Elizabeth Rawson 12 Years of Service

### Our clients are at the centre of everything we do

We, at Premier Community Care, are proud to serve our clients in the community and we appreciate and respect every individual. We endeavor to resolve any issues promptly and effectively with an emphasis on continuous improvements. Our monthly quality assurance telephone call checks are a great way for Premier Community Care to find out what we can improve on and what we are doing well. Below is an example of a recent compliment we received from one of our clients.

” To everyone at Premier Care thank you for all the care I’ve received”

**PASSING THE TIME DURING RAINY DAYS**

The sunny days make us all want to be outside, but living in Britain means we do not have a beautiful sunny day everyday so below is listed some fun activities that can be conducted inside and outside:

Puzzles, board games and card games.

Reading or writing a journal or even a short story.

Arts and crafts or knitting and crocheting

Chair exercises.

Indoor gardening.

Learning a new instrument or a new language.

Taking virtual tours online.

Filling your time with activities that you are interested in is proven to lower stress levels, improves sleeping patterns, enhances your well-being, improves your strength and flexibility, reduces cognitive decline and is good for your heart.



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