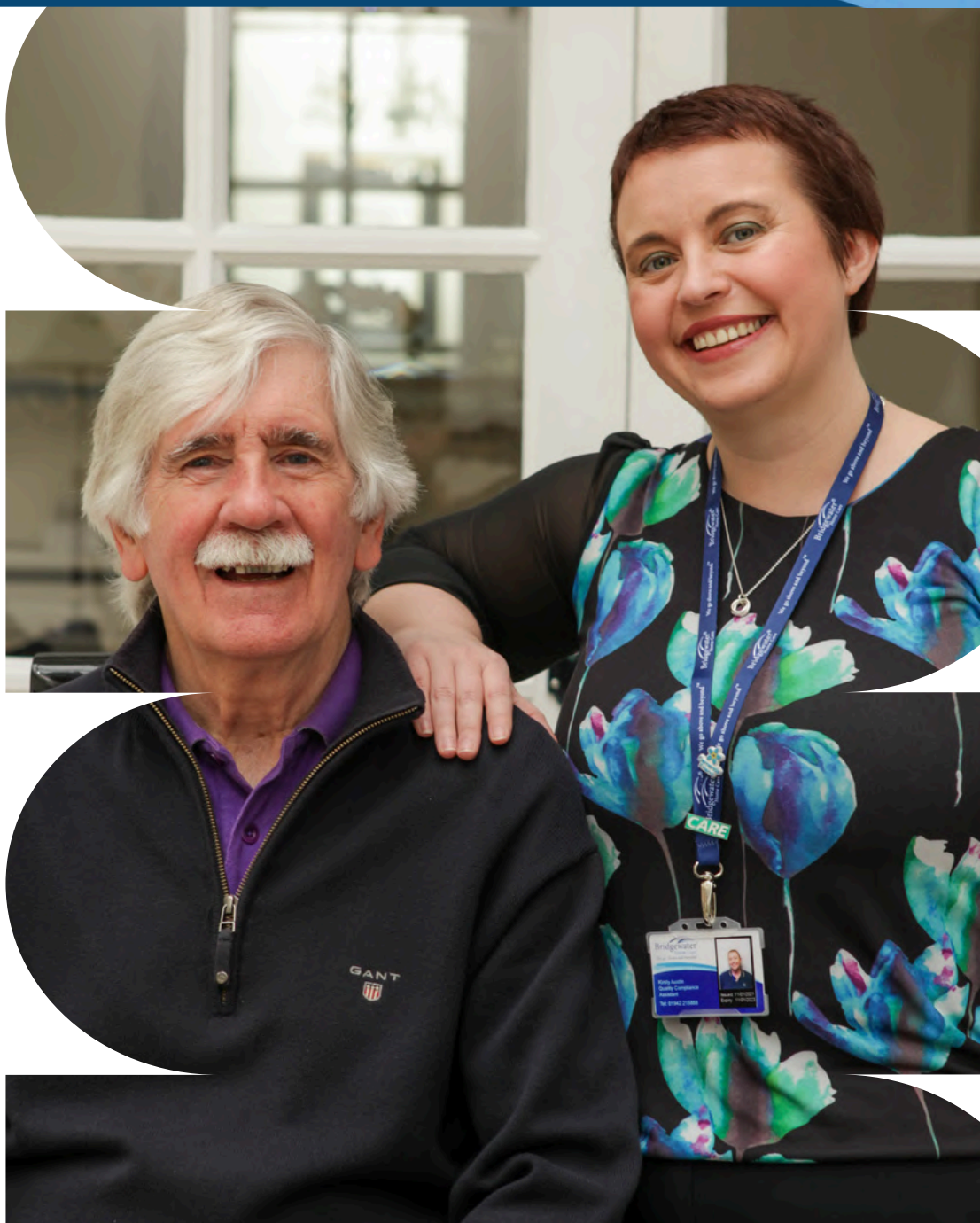


SUMMER 2024 NEWSLETTER





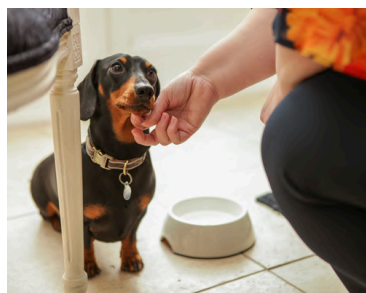
- **Companionship Services**
- **Home Help & Light Housekeeping**
- **Support with shopping**
- **Accompany to appointments, family visits, social activities**
- **Personal Care**
- **Alzheimer's and Dementia Care**
- **Overnight Care**
- **Respite Care**
- **Live-in Care**
- **End of Life Care**
- **Continuing Health Care**



Specialist Care

- **Acquired Brain Injury (ABI) Care**
- **Cancer Care and Support**
- **Diabetic Care**
- **Progressive supranuclear palsy (PSP)**
- **Multiple Sclerosis (MS) Care**
- **Neurological Conditions**
- **Parkinson's Disease Care**
- **Physical Disabilities Care**
- **Reablement Support**
- **Stroke Care**
- **PEG Feed**
- **Stoma Care**

and many more ...



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Large Family Business of the Year

Bridgewater Home Care Halton has been honoured with the prestigious "Large Family Business of the Year" award at the Halton Business Awards, organized by the Halton Chamber of Commerce. This remarkable achievement is a testament to the hard work, dedication, and compassion of the entire team, as well as the unwavering support of the wonderful families they serve.



Start-up Business of the Year (Finalist)

In addition to their remarkable win, Bridgewater Home Care Halton was proud to be a finalist in the "Start-Up Business of the Year" category. This recognition highlights their rapid growth and the significant impact they've made in the community since their inception. Being acknowledged as a finalist underscores their commitment to excellence and innovation in the home care industry, setting a solid foundation for continued success and service in Halton.

Best Specialised Care Services MD 2024

Shehan Fernando, the Managing Director, has been honoured with the prestigious title of "Best Specialised Care Services MD 2024 (Cheshire)" by SME News. This recognition highlights Shehan's exceptional leadership, dedication, and innovation in the specialised care services sector, further solidifying Bridgewater Home Care Halton's commitment to excellence and compassionate care in the community.



Macmillan Support and Information workshop

In January, the Care Manager, Managing Director, and several senior care specialists attended a Macmillan Support and Information workshop hosted by the Macmillan Delamere Centre. The workshop provided valuable insights into enhancing the support offered to individuals living with cancer within the community. Through this experience, the team gained a deeper understanding of how to better meet the needs of cancer patients and their families, further strengthening their commitment to delivering compassionate and comprehensive care.



Annual Integrated Care Symposium

Care Manager Lyndsey and QCA Abi recently represented their team at the inaugural Annual Integrated Care Symposium, held at Liverpool John Moores University. During the event, they engaged in meaningful discussions on the importance of research in driving change and fostering collaboration within the healthcare sector. Their participation highlighted the critical role that evidence-based practices play in shaping the future of integrated care.

The Northern Women in Leadership Conference 2024

Managing Director Vindya attended "The Northern Women in Leadership Conference 2024" in Manchester, an event that truly exceeded expectations. The energy in the room was electric, filled with powerful conversations and inspiring insights. It was an honour for her to share the space with such remarkable individuals, all united by a common goal of empowerment and leadership.



'Top 20 Home Care Providers in the North West' award by homecare.co.uk!



THIS IS TO CERTIFY THAT
Bridgewater Home Care (Halton)

HAS BEEN RECOGNISED AS A
Top 20 Rated
Home Care Provider in
North West England

homecare.co.uk

A Remarkable Achievement in Under Two Years

Achieving this kind of recognition in just under two years of trading is truly remarkable. This accolade is a testament to the hard work, dedication, and unwavering commitment of their incredible team of Care Specialists and office staff. Every day, they go above and beyond to ensure that their clients receive the highest standards of care. Their efforts have made this achievement possible, and Bridgewater Home Care Halton couldn't be prouder!

Bridgewater Home Care Halton would also like to express sincere gratitude to their clients and their families for their continued support and kind words over the years.

The trust and feedback from clients have been invaluable in helping them reach this milestone. Bridgewater Home Care Halton is honoured to serve their community and looks forward to continuing to provide the best possible care.

This achievement motivates Bridgewater Home Care Halton to aim even higher and continue setting new standards in home care. With their dedicated team and the support of their clients, they are confident in reaching new heights and delivering outstanding care.

"My job doesn't feel like a job. I feel like I am going to visit a friend which is great!"

Janet M. - Field QCA





Bridgewater Home Care Halton rewarded staff members who have reached their employment milestones. Reaching a one-year milestone in any job is a noteworthy achievement, and at Bridgewater Home Care Halton, it's a testament to the passion and dedication the staff bring to their roles every single day. The organization is incredibly proud of each team member for their contributions and wanted to take this opportunity to express heartfelt gratitude.

The staff work tirelessly to ensure that clients receive the highest standard of care. Whether through offering companionship, assisting with daily tasks, or providing specialized care, their efforts make a profound difference in the lives of those served. This commitment to excellence has earned Bridgewater Home Care Halton a reputation as a trusted provider in the community.

While celebrating those who have completed one year, the company is also excited to acknowledge that several team members are now nearing their two-year anniversaries. Their continued dedication and passion for caregiving inspire the entire team. These individuals have shown incredible commitment and have become integral parts of the Bridgewater family.



The company remains committed to supporting the staff in every possible way. Understanding that the team's well-being is crucial to delivering the high-quality care clients deserve, Bridgewater Home Care Halton will continue to invest in training, development, and initiatives that foster a positive and supportive work environment.

**Thank You and
Congratulations, Team!**

"While working for Bridgewater Home Care I have received great support and flexibility alongside my degree. The team are such a pleasure to work with and I look forward to continue my journey with them!"

Cassie W. - Care Specialist

DEMENTIA

What is Dementia?

Dementia is an umbrella term for a range of progressive conditions that affect the brain. Each type of dementia stops a person's brain cells (neurones) working properly in specific areas, affecting their ability to remember, think and speak.

Doctors typically use the word "Dementia" to describe common symptoms such as memory loss, confusion, and problems with speech and understanding that get worse over time.

Common signs and symptoms

Memory problems

- Increasing forgetfulness
- Difficulty retaining new information
- Getting lost in places that used to be familiar
- Struggling with names
- Misplacing things frequently

Cognitive ability

- difficulty understanding time and place, eg getting up in the middle of the night to go to work, even if they're retired
- difficulty with choosing what to buy and paying when shopping
- struggling with decision-making and reasoning
- loss of interest in activities they used to enjoy
- restlessness, eg pacing, fidgeting and trying to leave the house

Communication

- struggling to find the right words
- repeating themselves often
- difficulty making and following conversation
- difficulty reading and writing
- becoming quieter and more withdrawn
- loss of interest in socialising
- loss of confidence
- changes in personality and behaviour
- mood swings, anxiety and depression

Risk factors

While age is the biggest factor in developing dementia, there are 12 'modifiable risks' – in other words, risks that could potentially be reduced through people's lifestyle choices. These are:

- physical inactivity
- smoking
- high alcohol intake
- air pollution
- head injury
- social isolation
- lower levels of education
- obesity
- hypertension (high blood pressure)
- diabetes
- depression
- hearing impairment

Types of Dementia

There are over 200 subtypes of dementia. Each type stops a person's brain cells (neurones) working properly in specific areas, affecting their ability to remember, think and speak.

- Alzheimer's disease
- Vascular dementia
- Lewy body dementia
- Frontotemporal dementia
- Mixed dementia

Get help



www.dementiauk.org



020 8036 5400



info@dementiauk.org



Apple Muffin

Ingredients

- 2 cups all-purpose flour
- ¼ cup white sugar
- 2 teaspoons baking powder
- ½ teaspoon ground cinnamon
- ½ teaspoon salt
- 1 cup milk
- 1 large egg, beaten
- ¼ cup butter, melted
- 1 cup apple - peeled, cored, and chopped

Glaze (optional)

- ¾ cup confectioners' sugar
- 2 to 3 teaspoons milk
- 1 teaspoon butter, melted
- 1/8 teaspoon vanilla extract
- Dash salt

- Preheat the oven to 200 degrees C. Lightly grease 12 muffin cups or line with paper muffin liners.
- Stir together flour, sugar, baking powder, cinnamon, and salt. Stir together milk, egg, and butter in a separate bowl. Stir egg mixture into flour mixture just until combined. Fold in chopped apples. Spoon batter into prepared muffin cups.
- Bake in the preheated oven until a toothpick inserted into centre of muffins comes out clean, 20 minutes.



"I have met the most amazing people whether they are Care Specialists or clients. No matter what kind of support I need, I know the company is always there to support me and everyone else."

Danielle H. - Senior Care Specialist / On-call Supervisor

"A company that I have seen, goes the extra mile for their clients, are not afraid to take on any challenge to ensure improvement and also, shows true value toward their workforce."

Michelle C. - Care Specialist

"I have been truly impressed by the supportive and collaborative environment that Bridgewater Homecare fosters"

Thimira B. - Senior Care Specialist



WORDSEARCH

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

Herbs & Spices

THYME
PARSLEY
TURMERIC
DILL
CHIVES
FENNEL
GARLIC
SAGE
OREGANO
CINNAMON

SAFFRON
CARDAMOM
ROSEMARY
TARRAGON
GINGER
CUMIN
BASIL
NUTMEG
MINT
LEMONGRASS



SUDOKU

The goal is to fill a 9 × 9 grid with digits so that each column, each row, and each of the nine 3 × 3 subgrids that compose the grid contains all of the digits from 1 to 9.

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



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Healthcare plan



Career Progression



Staff Discounts



Competitive Salary



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