

# SPRING 2025 NEWSLETTER







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## Lifestyle support

Lifestyle support care helps individuals maintain independence by assisting with daily tasks such as shopping, and attending appointments. It ensures a comfortable and organised home environment while promoting well-being. This service supports those needing extra help to enjoy a more active, stress-free, and fulfilling lifestyle.

## Companionship

Companionship care provides emotional support and social interaction for individuals who may feel lonely or isolated. It includes engaging conversations, activities, outings, and assistance with light household tasks. This service promotes well-being, reduces loneliness, and helps individuals maintain independence while enjoying a more fulfilling and connected daily life.



## Home Help

offers practical support with everyday tasks to help individuals live comfortably and independently in their own homes. It includes assistance with cleaning, laundry, meal preparation, and other household chores. This service is ideal for those who need a little extra help managing their home, promoting a safe, tidy, and well-organised living environment.







## Macmillan Coffee Afternoon!



We are incredibly grateful to everyone who joined us for our Macmillan Coffee Afternoon. Thanks to your generosity, we raised over £130 for Macmillan Cancer Support! Every cup of coffee and slice of cake contributed to making a real difference.

A special appreciation goes to rijo42 Coffee for their fantastic collaboration and for providing exceptional coffee, which added to the event's success. The generosity and support of all those involved contributed to an essential cause, demonstrating the power of community in making a difference.





## **Bringing Wellness to Cancer Patients: Our Partnership with Macmillan Delamere Centre**

At Bridgewater Home Care, we believe in holistic care that supports physical, mental, and emotional well-being. That's why we are proud to announce our partnership with the Macmillan Delamere Centre to fund a series of yoga classes for cancer patients.

### **Why Yoga?**

Yoga is a powerful tool for improving flexibility, reducing stress, and enhancing overall well-being. For cancer patients, it can help alleviate fatigue, pain, and anxiety while fostering a sense of peace. These classes, led by experienced instructors, provide a safe space for patients to reconnect with their bodies and find moments of calm.

This initiative is close to our hearts, and we are honoured to support such a meaningful cause. We look forward to continuing our work with the Macmillan team to enhance the lives of those in need.



## **Inspiring the Next Generation: Work Placement at Bridgewater**



We had the pleasure of hosting Vinudi, a student from Carmel College, for a work placement experience. She gained insights into both hands-on care and the operational aspects of home care, giving her a comprehensive view of the sector.

We love supporting young people who are passionate about making a difference, and we wish Vinudi all the best in her future career!





## Easter Staff Meeting – A Celebration of Team Spirit

This Easter, we gathered for a special staff meeting that was as much about celebration as it was about reflection. It was wonderful to see so many friendly faces come together, sharing ideas, laughter, and a real sense of community.

Alongside the usual business updates and plans for the months ahead, we took the time to recognise the hard work and dedication of our team.



We also added a bit of Easter fun, with some surprise treats and a light-hearted Easter quiz that brought out everyone's competitive side! Moments like these remind us that our strength lies not just in the work we do, but in the supportive, positive culture we continue to build together.







## A Big Thank You to Our Team for Braving the Winter Weather



We extend our heartfelt thanks to our dedicated staff who braved the severe weather conditions to ensure that our most vulnerable clients continued to receive exceptional care.

We also appreciate the understanding and kindness of our clients and their families, who worked with us to reschedule visits when needed. Your cooperation highlights the true spirit of teamwork and care.



## Judging Excellence: Bridgewater's Managing Director Selected for HCA Home Care Awards Panel 2025

We are thrilled to announce that our Managing Director, Vindya, has been selected as a judge for the HCA Home Care Awards 2025! Her extensive experience and dedication to outstanding care make her a perfect fit for recognising excellence in the industry.

Congratulations, Vindya. We are proud to see you championing quality home care on a national stage!



## Reflecting on a Festive Season of Dedication and Care



As we welcome spring, we reflect on the incredible efforts of our team during the festive season. December was filled with warmth and kindness, thanks to our dedicated Care Specialists and office staff.

From wrapping gifts and writing heartfelt Christmas cards to baking treats and spreading joy through Secret Santa surprises, our Care Specialists went above and beyond to make the season special for those we support. Behind the scenes, our office staff worked tirelessly to ensure seamless operations, providing the essential support that keeps our services running smoothly.





## What is Live-In Care?

Live-in care offers 24/7 support from a dedicated care specialist who lives in the client's home. It's ideal for those needing consistent care while staying in familiar surroundings, providing help with daily tasks, personal care, medication, and complex health needs.

## The Key Benefits of Live-In Care

### Comfort and Familiarity

Live-in care allows individuals to remain in their own home, surrounded by cherished belongings and memories. This stability can be particularly beneficial for those living with dementia or other cognitive conditions.

### Personalised One-to-One Support

Each client receives dedicated, continuous care tailored to their unique preferences, routines, and health needs, something that's hard to achieve in a busy care home setting.



### Independence and Quality of Life

Individuals keep control over their day-to-day choices, what they eat, when they get up, and how they spend their time, leading to better emotional and mental wellbeing.

### Financial Flexibility Through Equity Release

Homeowners can use equity release to access funds from their property without needing to sell or move, making it easier to fund live-in care while staying at home.



### **No Need to Relocate**

Avoid the upheaval of moving into residential care. With live-in care, all support is delivered at home, preserving routine and comfort.

### **Peace of Mind for Families**

Family members can relax knowing their loved one is receiving 24/7 care, companionship, and professional support in a safe, secure environment.



### **Specialist Care for Complex Needs**

Live-in carers are trained to manage various medical conditions such as Parkinson's, multiple sclerosis, and post-surgery recovery, ensuring proper support is always at hand.

### **Tax-Free Funds for Care Costs**

Any money released through equity release is tax-free, meaning more of it can go directly towards care, with no hidden deductions.

## **Is Live-In Care the Right Choice?**

Live-in care is an excellent option for those who require dedicated support but wish to remain at home. It offers flexibility, dignity, and companionship while promoting a higher quality of life.

If you or a loved one are considering live-in care, our team at Bridgewater Home Care Halton is here to help. We offer a compassionate and professional service tailored to individual needs. Get in touch with us today to explore how live-in care can provide the support you need while preserving the comforts of home.

For more information, visit our website or call us for a friendly chat with our care specialists.



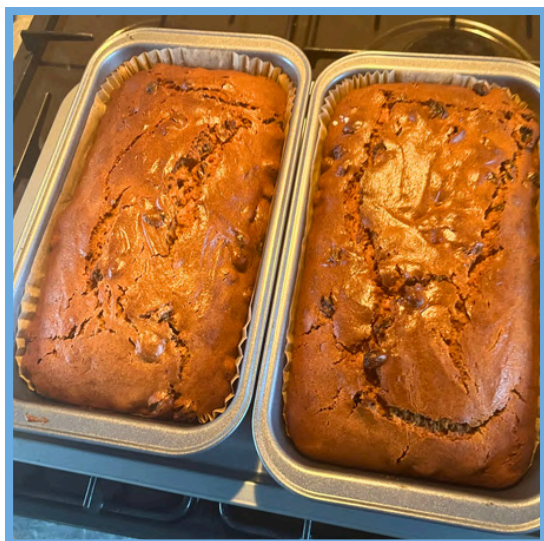


## What you need

- 1 cup of sugar
- 1 cup of mixed fruit
- 1 cup of milk
- 100g of margarine
- 1 egg - beaten
- 2 cups of self-raising flour



1. Add milk, sugar, mixed fruit and margarine to a saucepan.
2. Bring to the boil and stir for three minutes.
3. Leave to cool.
4. Once cooled, gradually add the egg and flour until all the ingredients are combined.
5. Pour the mixture into a greased loaf tin.
6. Preheat the oven to Gas Mark 3 / 165 °C.
7. Place the tin on the bottom shelf for 1.5 hours.
8. Test the cake with a skewer, if it comes out clean, the cake is cooked.
9. Enjoy!





## Across

- [2] In the mid 1800's people believed buying new clothes to wear on Easter would bring them \_\_\_\_\_
- [4] This culture introduced the concept of the Easter Bunny to the U.S.
- [5] The place where egg decorating originated
- [7] Easter is a \_\_\_\_\_ feast, set according to the phases of the moon.
- [9] The part of the chocolate bunny people usually bite off first
- [11] The world's largest chocolate egg was made in \_\_\_\_\_
- [15] How many States consider Good Friday an actual holiday?
- [16] The flower that symbolizes Jesus' resurrection
- [17] Easter is the \_\_\_\_\_ biggest candy consuming holiday

## Down

- [1] Jesus wore a \_\_\_\_\_ cloak when he went to the cross
- [3] \_\_\_\_\_ will consume approximately 16 million jelly beans on Easter
- [6] Easter Bunnies are a symbol of
- [8] President \_\_\_\_\_ began The White House Easter Egg Roll with his wife in 1878
- [10] The colour Easter eggs were originally dyed
- [12] Easter is observed on the first Sunday after the first \_\_\_\_\_ moon, following
- [13] The colour of the original Marshmallow Peeps
- [14] Easter eggs were originally dyed to represent the \_\_\_\_\_ of Christ

Movable  
Luck  
Rebirth  
Full  
Red  
Blood  
German  
Second  
Purple

Lily  
Ears  
Americans  
Ukraine  
Twelve  
Hayes  
Italy  
Yellow

EGG HUNT





# WE ARE HIRING!



**Paid mileage & Travel Time**



**Competitive Salary**



**Career Progression**



**Paid Holiday**



**Healthcare Cover**



**Ethical management**



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