

THE BRIDGEWATER BULLETIN

Issue 2

Bridgewater
Home Care
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WELCOME TO THE BRIDGEWATER HOME CARE NEWSLETTER

Quarterly updates, news and events.

Contact us:

53 Harborough Innovation Centre
Airfield Business Park
Market Harborough
LE16 7WB
01858 414 331

Harborough@bridgewaterhomecare.co.uk

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A note from Alex Bast-Boverhoff

Managing Director of
Bridgewater Home Care



Welcome to the second edition of the Bridgewater Bulletin.

Since the beginning of the year, I've been exploring further ways to engage with and assist our local community. I've had the opportunity to speak at the VASL monthly carers' wellbeing group and to organise and host our first Dementia Information Day in collaboration with Dementia Harborough and Dementia UK.

As a company, we've maintained our recruitment efforts to ensure that we can uphold the level and quality of support that we're known for. It has been wonderful to collaborate with and support our newest team members in recent months, all of whom have received excellent feedback from the clients and families they assist.

Regrettably, one of our clients passed away earlier this year after battling Mesothelioma cancer. In honour of his memory, all of our fundraising efforts this year will be directed towards Mesothelioma UK.



VASL Monthly Wellbeing



I had the pleasure of being invited to the VASL carers' wellbeing meeting in February, where I had the opportunity to talk about Bridgewater Home Care values and ethos. It also allowed me to open up around my own family experiences and the importance of respite for "unpaid carers" in order to maintain their own physical and mental wellbeing.

Who are VASL? VASL is a local charity based in Market Harborough, providing services and projects to improve the lives of people in our community. These include support for family carers, older people who are lonely and isolated, providing volunteer transport to get out and about, and activities and information to increase mental well-being. This is a volunteer-involving organisation and most of their work is delivered by trained volunteers.

Find out more about VASL: Call: 01858 433232 OR Email: admin@vasl.org.uk

A thank you note from VASL:

'It was lovely meeting Alex, and thank you for attending my carers wellbeing group offering the information on your service and most importantly recognising that carers do need a break'

Elaine Lavender - Carers Wellbeing Officer

Did you know?

Based on figures taken from Census records it is estimated that there are over 10 million unpaid carers currently in the UK. One in seven people in the workplace (UK) are juggling work and care.



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Dementia Information Day 3



On Tuesday 19th March, we held our first Dementia information day, allowing members of the local community to find out more about the support that is available to them.

Sarah an Admiral Nurse from Dementia UK was in attendance alongside founder member of Dementia Harborough Margret and their volunteers. We had a great turn out from the local community and from local professionals and charities such as representatives from the NHS Social prescribing teams and ICB, VASL and local area coordinators from the council.

'It's been great to be able to work with Sarah and Mark to able to hold this day for the community. It's highlighted the need for people to easily access information on what support is available to them in a single area and that people still want and enjoy a face to face conversation. I would like to personally thank everyone who helped the day become a success through promoting and turning up.'

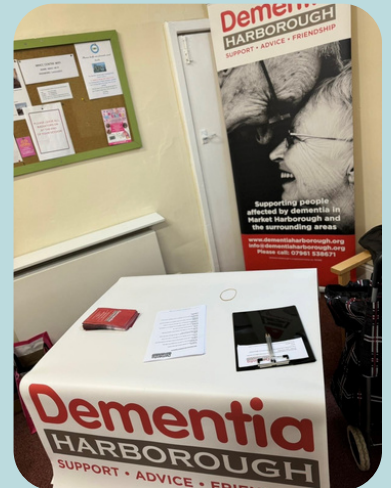
Alex Bast-Boverhoff - Managing Director - Bridgewater Home Care

Dementia Harborough provides support and friendship for people with dementia and their carers in Market Harborough and the surrounding area. We organise two events per month plus regular trips out to dementia friendly theatre productions and local sights. Everything we do is free for our members and funded by donations from local businesses, organisations and private individuals.

For more information, please visit our website www.dementiaharborough.org email us on info@dementiaharborough.org or call 07594 649566

'We really enjoyed working alongside Alex from Bridgewater Home Care and Sarah from the Dementia UK Admiral Nurse Service, to provide information to local people looking for some assistance. We have already had several enquiries as a result and hope to hear from even more people in the days ahead.. The Dementia Information Day was a great initiative from Alex and we look forward to being involved in similar future events.'

Mark Watts - Chair Dementia Harborough



Dementia UK is the specialist dementia nursing charity that is there for the whole family, working towards a day where no one has to face dementia alone.

Our specialist nurses, known as Admiral Nurses, provide life-changing advice and support, to anyone affected by dementia, whenever it is needed.

How we can support you:

Dementia helpline: 0800 888 6678

Market Harborough & Kibworth Admiral Nurse and Virtual clinics:

<https://www.dementiauk.org/information-and-support/>

'It was great to be part of this first 'Dementia Information Day' for the local community, we had a great turn out from members of the public and local health and social care staff wanting to find out more about dementia and local services available to support them. Some people actually traveled across the county for the event. Thank you to Bridgewater for arranging the day.'

Sarah Merrill - Admiral Nurse Dementia UK

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BRIDGEWATER EASTER WORD SEARCH

4



BRIDGEWATER
BLOSSOM
BUNNY
CHOCOLATE
DAFFODIL
EASTER EGG
EGG HUNT
SPRING
SURPRISE
TULIP



What our clients say

Bridgewater look after my 91 years old sister. They pay attention to details and especially her care needs, as she lives independently. They've instigated improvements since they became involved and nothing is too much trouble. My sister is one very happy lady.

Gordon - brother of client - February 2024



Over the last weeks, I have experienced a time which has been difficult, upsetting and frightening at times. Bridgewater Home Care have been my rock. They have cared for me and, more importantly, my partner Terry. They have gone out of their way to be kind, considerate and caring and at the same time safe, and understanding to the both of us.

I cannot fault the fact that they have always introduced themselves and their staff before coming to assist us in our home. We have appreciated this as it isn't easy to have strangers coming into your home. Their whole attitude to their vocation is exemplary. I wish them every success in their future caring career.

Brenda - wife of client - February 2024



Book your free consultation

Call us on **01858 414 331** to book your free consultation to find out more about our

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Home Help
Companionship

Respite
Dementia Care
Specialist / Complex

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