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THE BRIDGEWATER BULLETIN



Issue 4

Bridgewater
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WELCOME TO THE BRIDGEWATER HOME CARE NEWSLETTER

Quarterly updates, news and events.

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Regulated by



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A note from Alex Bast-Boverhoff

Managing Director of
Bridgewater Home Care



Welcome to the fourth edition of the Bridgewater Bulletin.

Since our last edition of the Bridgewater Bulletin, we've been shortlisted as finalists for various awards including "East Midlands start up for the year", "Specialist Home Care Provider of the year - East Midlands", "Executive of the year" and "Innovator in Care". Being shortlisted as finalists for these awards, continues to show the difference and quality of care being provided.

Over the summer we have been back to our local summer fairs, raising money this year on behalf of Mesothelioma, following the passing of one of our clients earlier this year. We've been delighted in hosting a MacMillan Coffee morning alongside the Harborough Innovation Centre for the second year running.

At our latest team meeting, we had the pleasure of Amy Kerti of "Empátia Specialist Dementia Coaching". Exploring the impact of brain changes in dementia on all aspects of the person with dementia and their family's life.



Insights into dementia

We've recently had the pleasure of Amy Kerti of "Empátia Specialist Dementia Coaching", speak at our latest team meeting.

Exploring the impact of brain changes in dementia on all aspects of the person living with dementia and their family's life. Whilst looking into skills and management strategies for our Care Specialists when supporting people living with dementia and how to support their families.

With an increasing ageing population and the number of people living with dementia in the UK set to reach 1.4 million by 2040, it's essential we continue to evolve our skills and knowledge ensuring we continue providing the highest level of support to our clients and their loved ones. With Amy's background as a dementia specialist nurse, also recognised for her work in UK-wide dementia service development and educating professionals and students, it's not only allowed the team to refresh but also enhance their knowledge.

Who are Empátia Specialist Dementia Coaching?

Empátia supports people with the early symptoms of dementia, family carers of people living with dementia and the wider family through dementia-specific therapeutic approaches to help families build resilience to sustain their quality of life and stay together as a family for longer

Find out more: Either visit our website www.empatiadementia.org or contact us by email contact@empatiadementia.org to self-refer.

"Thank you, Bridgewater, for inviting me to speak about dementia. I admire the service values and the team's passion and commitment to enhancing their practice. I look forward to us working together in future"

Amy Kerti
Empatia Specialsit Dementia Coaching



Did you know?!

The human brain is made up of more than 80 billion brain cells.

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Macmillian Coffee Morning

We hosted our second Macmillian Coffee morning on Friday 4th October, alongside the Harborough Innovation Centre following the success of last year.

Not only do we find the coffee morning a great way to raise awareness and money for a great cause, it's also a chance for people to take time out of their day and

This year we raised over **£250** for Macmillian cancer support.

Did you know?

On average someone is diagnosed with cancer at least every 90 seconds in the UK.

Source: Macmillian.org.uk



Local Summer fairs

Our Bridgewater Bear has been back, over the summer enjoying the weather and the sights! They've also been raising money on behalf of Mesothelioma, in memory of one of our clients who passed earlier this year.

Mesothelioma is most commonly caused due to prolonged exposure to asbestos fibers, which, when inhaled or ingested, can become lodged in the lining of the lungs, abdomen, or heart, leading to severe inflammation and cellular damage over time

Raising over **£150**, whilst attending the Market Harborough Summer fair, Lubenham Scarecrow Festival and Fleckney Festival.



Award winning care

Following our success of being awarded the Top 20 Homecare providers in the East Midlands, we've been shortlisted as finalists in for; "East Midlands start up for the year", "Specialist Home Care Provider of the year - East Midlands", "Executive of the year" and "Innovator in Care".

This recognition continues to validate the support our Care Specialists provide not only to our clients, but their families isn't going unnoticed.



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Spotlight On...

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Companionship

At Bridgewater Home Care we understand the importance of companionship for older people and vulnerable adults, in particular the importance of providing mental and physical stimulation.

With families often unable to spend as much time as they would like with their elderly relatives it is vital, now more than ever, that we ensure our loved ones have someone to talk to, interact with, and someone who can relate to them and reminisce about old times; helping to re-engage them in today's world.

In recent years an increasing number of older people have described themselves as being 'lonely'; as a relationship focused home care provider it is our mission to combat this.

Through matching the personalities of every one of our clients with a dedicated Care Specialist it naturally encourages a supportive, trustworthy, friendly relationship and bond to develop; this being the core of our Companionship service.

We provide a variety of Companionship focused care, offering clients a stimulating and enjoyable visit, focused on improving both physical and mental well-being and enhancing quality of life. We can assist your loved one in a variety of activities both in the home and out in the community, such as social interaction in the community, escorting to events and appointments and taking part in hobbies and interests.



Our Companionship services focus on:

Social interaction in the community

Support with using transport

Engagement in hobbies

Food preparation and cooking

Emotional support

Help with everyday tasks

A friend to listen and to talk to

...and much more

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Autumn recipe

Warming Hot Pot

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Method

STEP 1

- Heat half of the oil in a deep ovenproof frying pan and fry the pork pieces over a medium high heat in batches until seared all over. Once all the pork is seared, transfer to a plate and set aside.

STEP 2

- Add another 1 tbsp oil to the pan with a little butter and fry half the leeks with a pinch of salt for 10 mins until tender. Add the garlic, fry for a minute, then stir in the flour.

STEP 3

- Pour in the cider, a little at a time, stirring to pick up any bits stuck to the bottom of the pan and to combine everything. Add the stock, bay leaves and seared pork, then simmer, half-covered with a lid for 1-1½ hrs until the meat is just tender (it will later cook to the point of falling apart in the oven). Can be prepared a day ahead.

STEP 4

- Heat the oven to 200C/180C fan/gas 6. Simmer uncovered for a few minutes to reduce the sauce, if you need to – it shouldn't be too liquid or the potatoes will sink into the sauce. Stir in the parsley, chopped sage, remaining leeks, and the cream, then season well.

STEP 5

- Alternate layers of potato and sweet potato in circles over the pie, or randomly, if you prefer. Dot the cubed butter over the top and bake for 1-1½ hrs until the potato is tender. Nestle in the whole sage leaves, brushed in a little oil, for the last 10 mins. Leave to rest for 10 mins before serving.

Ingredients

14 tsp olive oil
1kf diced pork shoulder
20g butter, cubed
4 leeks, trimmed and sliced
4 garlic cloves, crushed
3 tbsp plain flour
500ml dry cider
400ml chicken stock
2 bay leaves
1/2 bunch of parsley, chopped
handful of sage leaves
200ml single cream
400g potatoes, peeled & sliced
400g sweet potatoes, peeled & sliced

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BRIDGEWATER AUTUMN WORD SEARCH

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



BRIDGEWATER
AUTUMN
BONFIRE
FALL
FIREWORK
HALLOWEEN
HARVEST
PUMPKIN
SCARECROW
SPOOKY

What our clients say



John Wilson - Husband of Client



Maureen Lambert - Daughter of Client



Jo Corlett - Wife of Client



Neil Futers - Son of Client



Gordon MacDonald - Brother of Client



Lucy Worral - Daughter of Client



R.P - Client



Aubrey Stevenson - Husband of Client



Brenda Hemp- Wife of Client



Sarah Graham - Daughter in Law of Client



K.B - Daughter of Client



M.G - Wife of Client

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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