

OCTOBER 2025

THE BRIDGEWATER BULLETIN

Issue 7



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Home Care
We go above and beyond



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



The past few months have been an exciting time for us at Bridgewater.

We've continued our engagement within the local community at summer fairs fundraising for Dementia UK, supporting vital causes like Macmillan with our third Coffee Morning and we've loved seeing so many people come together to make a difference.

I'm thrilled to launch our new podcast, Building Bridges. This initiative provides more accessible ways to raise awareness of the support available in our local community and sparks meaningful conversations about later-life care, resources, and wellbeing. We hope it becomes a space where stories are shared and questions are answered.

Being able to focus on topics that aren't always easy to talk about, but are incredibly important, has been hugely rewarding. Through our events, discussions, and now with the Building Bridges podcast, we've seen how powerful it can be to have these conversations in ways that more people can relate to. Of course the walks around Harborough have been beautiful too.

It's always inspiring to see local businesses and charities willing to collaborate, helping us share information and support in ways that truly reach the community. Together, we're creating opportunities for people to engage, ask questions, and feel more confident about later-life care and support.



Building Bridges Podcast

We've launched our brand-new Building Bridges Podcast, where our Managing Director, Alex Bast-Boverhoff, connects with local businesses and charities to open up honest and informative conversations that matter to our community.

Each episode explores important topics such as dementia, future planning (including wills, probate, and LPAs), funeral planning, fitness at home, and the valuable support provided by local charities.

The podcast aims to ask and answer the questions people may not always know to ask, helping make vital information and advice more accessible to everyone.

Recorded across some of Harborough's most iconic locations, including Foxton Locks, Welland Park, and The Waterfront, the series offers a relaxed and engaging way to learn more about local services, community wellbeing, and the stories that bring us all together.

You can watch the latest episode of Bridgewater: Building Bridges on both **YouTube** and **Spotify**. Just search **"Bridgewater Building Bridges"**

"There's a wealth of local knowledge about later-life support, from businesses to charities, that often goes unnoticed. Building Bridges shines a light on these resources and encourages conversations that help people feel informed, connected, and confident about what the future may hold."



Alex Bast-Boverhoff
Managing Director Bridgewater Home Care



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MacMillian Coffee Morning

We hosted our third Macmillan Coffee Morning on Friday 26th October, alongside the Harborough Innovation Centre, following the success of previous years.

The event was a lovely way to bring colleagues and the local community together – enjoying great coffee, delicious cakes, and plenty of conversation, all in support of a fantastic cause. This year, we're proud to have raised over £275 for Macmillan Cancer Support.



Our Summer

Our Bridgewater Bear has been out and about again, making the most of the summer sunshine – sightseeing and even zip-lining through Market Harborough!

This year, we've continued our efforts to raise money and awareness for Dementia UK, collecting over £200 while attending fantastic local events including the Market Harborough Summer Fair, VE Day Fair, and the Blaston Show.

Winter Wellness

Winter can be a challenging time for many older adults. Shorter days, colder temperatures, and icy conditions can make it harder to get out and about, leading to isolation, loneliness, and even increased health risks. That's why support, companionship, and practical help at home are more important than ever during these months.

The Importance of Companionship

Loneliness is a serious issue among older adults, especially in winter. Regular social interaction even just a friendly chat over a cup of tea, can have a significant impact on mental wellbeing. Companionship helps older adults stay engaged, feel valued, and maintain emotional health, reducing the risk of depression and anxiety.

Practical Home Support Matters

Winter weather can make everyday tasks more difficult, home support becomes crucial. From help with shopping and meal preparation to assistance with medication or household chores, practical support allows older adults to maintain independence and safety in their own homes. This kind of help also gives families peace of mind, knowing their loved ones are cared for.

Keeping Health and Wellbeing a Priority

Winter can exacerbate existing health conditions, such as arthritis, heart disease, or respiratory issues. Regular visits from a caregiver or companion can ensure that older adults stay warm, hydrated, and active – while also keeping an eye out for any early signs of illness or difficulty.

Winter doesn't have to be a lonely or isolating season for older adults. With companionship, practical home support, and community connections, we can help ensure that older members of our communities stay safe, healthy, and engaged. Supporting older adults through the colder months isn't just about care – it's about connection and quality of life.

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BRIDGEWATER WINTER WORD SEARCH

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D B M I T T E N S N F G G P Q
 U M R W L A H O L I D A Y O I
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BRIDGEWATER

BLIZZARD

EVERGREEN

FROST

HIBERNATE

HOLIDAY

ICICLE

MITTEN

SLEIGH

SNOWFLAKE



What our clients say

The service provided by Bridgewater was excellent. They always treated our family member with care, kindness and respect. They considerably matched carers, and all carers took time to get to know her and listened to what she wanted and met her needs accordingly. The communication was excellent. I was always quickly informed if there was any concerns and they regularly checked in to ensure they were fulfilling our expectations. I do not live locally and it was a weight of my mind to know that the team were there. Our family member was reluctant to have carer support. The team really did get to know her as an individual and understand what would work for her. Their commitment and dedication meant she even surprised herself when she began to look forward to their visits. I would not hesitate to recommend if you are looking for a care provider.



Trish C - Friend of client

We were looking for short term care for my 92 year old father in our own home while we were away. While it is not the usual service provided by Bridgewater, they were more than happy to accommodate our needs. We had some home visits and assessments of our needs before we all agreed on the level of service to be supplied. The staff were all very personable and professional and they got to know my dad before the care, it gave us all the reassurances we needed. We were kept up to date while we were away and my dad was well cared for and got on really well with the carers. Everything went perfectly without any problems and we were all delighted with the service and the cost as well. I have no hesitation in recommending Bridgewater and will definitely be calling on them again in the future.



M V - Son of client

Book your free consultation

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

**Personal Care
Home Help
Companionship**

**Respite
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