

THE BRIDGEWATER BULLETIN

Summer- Issue 3

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WELCOME TO THE BRIDGEWATER HOME CARE NEWSLETTER

Quarterly updates, news and events.

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A NOTE FROM PHIL ECKERSLEY

Founder and Managing Director of
Bridgewater Home Care



Welcome to our newsletter! I would like to take this opportunity to introduce ourselves, and what you can expect from us as a local provider of relationship-focussed care and support, at home.

The Bridgewater story began after personal experiences of care for our own family. It was through this difficult time that we experienced numerous challenges that we did not expect. Like you, we don't think that this process should have been difficult and we soon realised that it was up to us to provide a solution.

It was from this moment that Bridgewater Home Care was established, with quality, reliability, and trust at the forefront of everything we do to this day.

A warm welcome to Bridgewater Home Care

Bridgewater Home Care is an award-winning specialist of non-medical care at home, providing older people and vulnerable adults with a better quality of life and the highest quality of care.

We are passionate about encouraging independence and believe that people should have the option to remain at home where they are at their happiest and most comfortable, for as long as possible. Through our brand values of Quality, Reliability and Trust we aim to exceed expectations and afford families the opportunity to receive the care they so very much deserve.

Our clients and Care Specialists are at the forefront of everything we do; they become our extended Bridgewater Family.

Companionship | Home Help & Housekeeping | Personal Care
Dementia Care | Respite Care | Live-in Care | Specialist Care



"It is clear to me that Bridgewater Home Care are superior to other agencies I have dealt with."

- Social Worker

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Spotlight On...

Respite Care

Respite care is designed to give family members with caring responsibilities a well-earned break and some time back for themselves. It uses an external care provider to replace existing family arrangements, on a short or medium term basis.

Caring for a loved one is a huge task and can often be very demanding. Usually a family member carries out a caring role alongside their own day-to-day responsibilities, such as working, looking after the family and taking care of the household.

Respite care can be invaluable to older people – it offers an opportunity to create relationships with new people and develop a relationship with a companion, who will often feel like an extended family member.

Our respite care is a highly personalised care service provided by our fully trained Care Specialists who can support a loved one with simple companionship, help around the home, assistance with personal care or support complex conditions. We take time to get to know you and your loved one so that we can focus on keeping routines consistent and provide the most appropriate care to suit the individual.



Our Respite Care can include:

Companionship

Personal Care

Specialist Care

Pet-friendly Care

Medication Assistance

Maintaining a daily routine

Chaperoning to appointments

...and much more

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HomeCare.co.uk Awards Success!

We are delighted to announce that Bridgewater Home Care has been awarded a Top 20 Home Care Provider award with [homecare.co.uk](https://www.homecare.co.uk) for the 4th year running!

Homecare.co.uk are a leading independent directory and review site for home care services in the UK. This prestigious award is based on recent reviews and ratings from our clients and their families.



We want to say a huge thank you to our dedicated team of Care Specialists, Co-ordinators, Management and all those behind the scenes for their hard work and commitment to providing exceptional care. And thank you to our clients and families for your continued support and for making this achievement possible.

"We have been delighted with the high level of care my mother-in-law has received from Bridgewater Home Care. The carers have always been understanding, sensitive and professional demonstrating a very high level of conduct and competence. Our regular carer has always arrived on time and displayed a cheerfulness which has lifted all our spirits."



A Double Win - HomeCare.co.uk Awards Success!

We are also pleased to share that Bridgewater Home Care Wigan has been awarded a Top 20 Home Care Provider North West award for 2024!

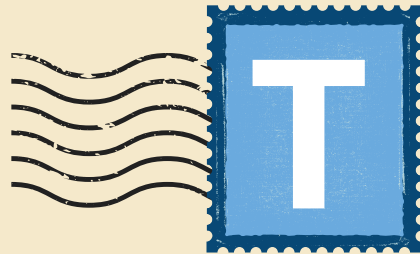
Bridgewater Home Care Wigan has held the title of a Top 20 provider for four years running, going up against some stiff competition all across the North West.

Join us in congratulating all the team at Bridgewater Home Care Wigan on such a wonderful achievement!

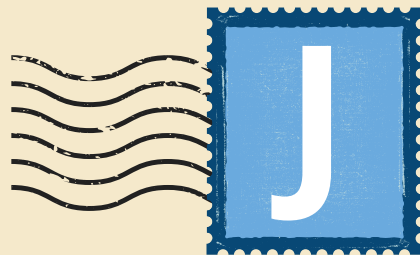
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Postcards from Bridgewater Home Care Warrington!



Client Teddy enjoyed
tea out with Care
Specialist Suki,
finishing the day off
with a hot chocolate!



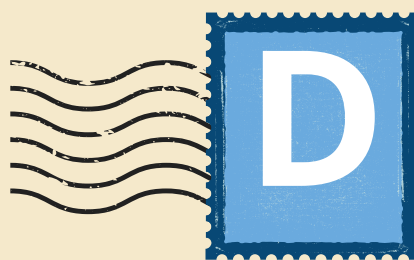
Jim attended the garden
centre with Care
Specialist, Donna. They
got some lovely flowers
and stopped for a
coffee and cake!

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Postcards from Bridgewater Home Care Warrington!



Client Poul attended a lovely afternoon tea at Grappenhall Heys Walled Garden with Care Specialist, Cheryl.



Client Dorothy visited the ducks with Care Specialist Donna, & also went out for a coffee trip with Care Specialist Kelly.

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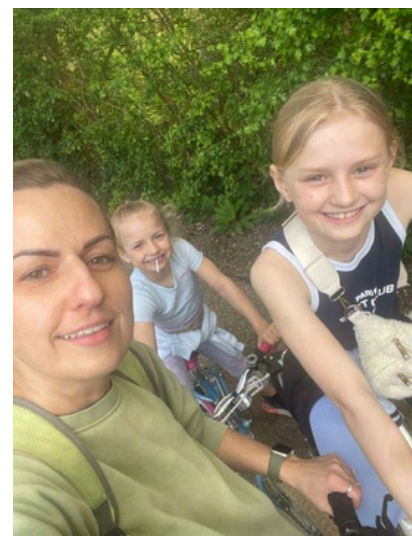
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5k A Day in May Challenge

Throughout the month of May our team geared up to complete the annual 5k a Day in May challenge, raising money for charity 'Cash for Kids'. They ran, walked, swam, cycled, and moved their way to completing a total of 5 kilometres each day throughout May, smashing their target by raising a total of **£160** for the charity!

Cash for Kids helps support children and young people affected by poverty and neglect across the UK. Their mission is to improve the lives of disadvantaged children in our local communities, helping them to achieve their potential.

Well done to all our team! It was wonderful to see so many get involved for such a worthy cause, and support one another to keep fit and active!



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Easy Recycling at Home

Here are some easy recycling ideas that can fit into your daily routines at home.

- ✓ Recycle glass jars and containers to make candle holders or votives.
- ✓ Remember the big three: empty, clean and dry.
- ✓ Keep your recycling bin clean and consider lining it with a recycling bag.
- ✓ Use recycled products such as eco-friendly bin bags.
- ✓ Flatten cardboard boxes and plastic bottles to save space in your bin.
- ✓ Recycle not only newspapers, but also wrapping paper, envelopes, birthday cards.
- ✓ Start "precycling," or reducing the amount of recyclables that your household creates.
- ✓ Composting: Composting organic waste (like food scraps and yard trimmings) reduces landfill waste and enriches soil.
- ✓ Donate or Sell: Instead of discarding usable items, donate or sell them. This extends their lifespan and reduces waste.

Tech Top-Tips

Here are our top tips for those less tech-savvy on getting use to your devices at home!



1

Learn the basics first: how to make a call, how to send a text message, and how to use the camera.

2

Stay connected to family and friends using video calls through 'Zoom', 'Skype' or 'FaceTime'.

3

Never give out personal details over the phone or online. If in doubt, hang up and ask someone you trust to help you.

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Summer recipe

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Flapjacks

Method

STEP 1

- Preheat oven to 180°C (fan)

STEP 2

- Line a grease proof tray with baking paper

STEP 3

- Warm the butter and syrup together over a low heat

STEP 4

- Combine all the dry ingredients together in a bowl, then slowly add the butter and syrup and mix for 4-5 minutes

STEP 5

- Transfer into the baking tray and press down firmly
- Bake for 3-5 minutes, or until golden brown

STEP 6

- Leave to cool, slice and enjoy!

Ingredients

- 200ml Maple Syrup (slightly warm)
- 625g Softened butter
- 1.25kg Oats
- 625g Sugar
- 300g Mixed seeds, nuts or dried fruit (can use chocolate chips if you prefer!)

Total cooking time:

Prep: 10 mins

Cook: 5 mins

Serves: 10

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10 Meet your Bridgewater Home Care team!



Shaneil Gaskell
Wigan Registered
Manager



Rebecca Crawshaw
Warrington Registered
Manager



Wigan Office:

1 Beecham Court
Wigan
WN3 6PR

Tel: 01942 215 888

Warrington Office:

Portal Business Centre
Dallam Court
Dallam Lane
Warrington
WA2 7LT

Tel: 01925 245 460

Please leave a
review for your
local office!

scan me!

Wigan



Warrington



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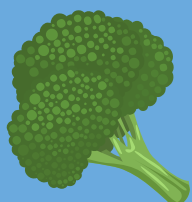
Preparing for Summer

Alan's Gardening Tips

For all you keen and budding gardeners, Alan (client of Bridgewater Home Care Wigan), has some wonderful gardening tips for the summer months.



Here are some great fall crops to transplant during the summer months, that thrive in cooler temperatures during the Autumn:



- Broccoli
- Brussel Sprouts
- Cauliflower
- Chinese Cabbage
- Kale
- Swiss Chard
- Turnips



They're packed with nutrients too, making them a healthy addition to your meals! Thank you Alan for the great tips!

Keeping Cool in Summer Weather



Stay Hydrated - drink plenty of water throughout the day, avoid caffeine and alcohol where possible.



Wear light clothing - opt for lightweight, loose-fitting, light coloured clothing to stay cool.

Limit outdoor activity - avoid strenuous activities and stay indoors during the hottest part of the day.

Have a cool shower or bath - enjoy a cool shower or bath in the evening to help cool down for bedtime.

Keep curtains and blinds closed - Keeping the blinds closed during the day helps reduce indoor temperature.

Stay informed - Keep track of the weather forecast and be aware of heat-related illnesses such as heatstroke.

Recruiting now!



Scan to apply!

Refer a friend to join the Bridgewater Family!



Don't forget about our 'Refer a friend' scheme!

If you know someone who would be a good fit, why not refer a friend to join Bridgewater Home Care and receive a monetary bonus!*

If your referee joins the team you will receive £100!

There is no limit on how many times you can refer someone so get in touch today!

*Successful candidate must work for Bridgewater for a minimum 6 months before bonus is distributed.

To apply online, follow this link: <https://u0v1xbf23gz.typeform.com/bridgewaterjob>

*follow
us...*



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@bridgewater_hc



@bridgewaterhomecarewigan

@bridgewaterhomecarewarrington

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