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Introduction

Welcome

I founded Carefound Home Care 10 years ago with a very simple mission to maximise the well-being of older people and their families.

I am so proud that we have gone on to become a leader in providing outstanding home care in the UK, made possible by the fantastic people we employ across Yorkshire, Cheshire and Nottinghamshire. We're also growing - we have local branches in Harrogate, Wilmslow and West Bridgford, and our new branch in York is due to open soon.

It is with great pleasure that I welcome you to the first ever edition of our new magazine - CarefoundLife! Whether you are a client, a family member, a health professional or a member of our team, I hope you enjoy reading it and that it helps us keep you updated with things going on across our service.

As ever, our local teams are here to support you at all times, so should you have any questions please do not hesitate to contact us.

Oliver Stirk
Managing Director





West Bridgford rated Outstanding

We are incredibly proud that Carefound Home Care in West Bridgford has been awarded the highly coveted ‘Outstanding’ rating by the Care Quality Commission (CQC).

CQC inspectors found that the service “was exceptionally well managed” and “staff cared for people in a way that exceeded expectations”. Inspectors also highlighted that there were “high levels of staff satisfaction” and “all felt they could build a meaningful career” with the company being “the best they had ever worked for.”

Jade Farnsworth, Registered Branch Manager for Carefound Home Care in West Bridgford, commented:

“Receiving an Outstanding CQC rating at our first inspection has been amazing. As a team we could not be happier.”

“The care and commitment of our West Bridgford team has been truly recognised in the published report and I’m so proud of each and every one of my colleagues, especially



given the challenges of launching our service during the pandemic.”

“It was quoted in the report that “people were at the heart of the service”, which for us not only includes our clients, but also their wider families and our incredible staff.”

This achievement makes Carefound Home Care unique in the UK with all of our branches rated Outstanding by the CQC and is testament to the brilliant people we employ across our teams and their compassion, hard work and dedication.



Corinne in Wilmslow is our PLATO award winner

Congratulations to Corinne Worswick who is the latest winner of our prestigious P.L.A.T.O award.

The award involves staff from the whole company voting on the best examples of colleagues demonstrating our company values - Personalised, Local, Accountable, Together and Outstanding. It happens every 3 months, with the winner not only receiving public recognition but also £100 in gift vouchers.

Corinne is a care assistant at Carefound Home Care in Wilmslow and was voted the winner by her colleagues for identifying 'soft signs' of deterioration in her client, quickly contacting her care management team, the GP and the family, and then providing emergency sleepover care until the family could return from London.

Corinne was delighted with her award, saying:

“When I got the call from my manager to say I had won the P.L.A.T.O award I thought she was joking. I’ve never won anything at work before and I felt so proud that my colleagues had voted for me.”

“Being a care assistant is so rewarding and it’s a privilege to look after our clients who need us so much. For me it’s all part of my job to fulfil any responsibilities that come with keeping my clients safe and working towards our company values.”

Officially a Top 20 home care group



Carefound Home Care has won the award for being one of the Top 20 home care groups in the UK.

There are 678 home care groups and 10,641 home care providers in the UK of which Carefound Home Care has been named in the Top 20 on the leading home care reviews site www.homecare.co.uk.

The homecare.co.uk award is based on reviews from the people we care for, plus their friends and relatives.

Amanda Hopkins, reviews manager of homecare.co.uk, said:

“Carefound Home Care has proved that it provides a high standard of care and we’d like to congratulate it on being a top home care group! It is a huge achievement to be named as one of the Top 20 home care groups in the UK.”

This award is especially welcomed because it is based on actual reviews from our clients and their friends and family. It’s yet another example of the incredible work our carers and care management teams do to change the lives of our clients and their families every day.

Workversarys

We’re so proud to congratulate our colleagues who have recently achieved their Carefound Home Care ‘workversarys’:



Carla Hainsworth,
Harrogate branch
10 years



Claire Spence,
Central support team
10 years



Our Managing Director in the Home Care Power List 2022

The Home Care Power List is an annual list showcasing the home care sector's most influential leaders who are demonstrating innovation and excellence. The list is run by the leading social care publication, Home Care Insight.

Our Managing Director, Oliver Stirk, has been named in the Business Executives category which pays tribute to the figureheads of some of the most prominent home care providers in the country.

Commenting on this, Oliver pointed out that:

“Now is the time for the home care industry to step forward and find solutions to pressures on our health and social care system and so it's great to be named amongst others seeking to lead the way in improving and developing home care in the UK.”

Meet Natalie, our new Training Manager



At Carefound Home Care we are always looking to drive improvements across our service. As part of this commitment we are delighted to welcome Natalie Perera as our new Regional Training Manager.

Natalie brings a wealth of experience in the care and educational sectors and will help ensure we provide the best training and support to all of our staff.

Commenting on her new role, Natalie said:

“I am very pleased and privileged to be a part of the Carefound Home Care family. Going forward I hope to further enhance and upskill our fantastic care teams thus raising quality even further. Knowing is not enough; we must apply! Willing is not enough; we must do!”



Ivana Weeden,
Harrogate branch
10 years



Shinga Chitsa,
Live-in care team
5 years



Georgia Robson,
Harrogate branch
5 years

We're recruiting!

We are looking for fantastic people to join us as a care assistant or live-in carer. If you know someone who wants to change lives and grow their career, we'd love to hear from them.

Nottingham Memory Walk at Wollaton Park

Along with over 1,200 people, Carefound Home Care in West Bridgford thoroughly enjoyed completing the recent Nottingham Memory Walk.



The event is part of a series of walks across the country bringing people who have been affected by dementia together and raising funds and awareness for Alzheimer's Society.

Shelley Taylor, Recruitment & Community Manager at Carefound Home Care in West Bridgford, said:

"It was an absolute pleasure to walk with so many people whose lives have been touched or affected by dementia and who were supporting such an invaluable and worthy charity."

"It was also fantastic to listen to the inspirational speech made by Bafta-winning actor, Vicky McClure, whose 'nana' lived with dementia. The atmosphere was fabulous, we even happily sang alongside the Dementia Choir!"

"We're delighted at Carefound Home Care to have raised over £200 for Alzheimer's Society and we're hugely grateful to those who have donated to this worthy cause."



Judith King, Head of Services for Alzheimer's Society in Nottinghamshire, said:

"We are in awe of our incredible supporters like the team at the West Bridgford branch of Carefound Home Care who went above and beyond to raise vital funds and awareness for local people living with dementia."

"It was extremely moving to see so many people come together to honour or remember their loved ones. Every step taken will help us provide a lifeline of support for as many people affected by dementia as possible."



Supporting Dementia Forward in Yorkshire

Carol Sherwood, Regional Recruitment & Community Manager at our Harrogate branch, was delighted to host and provide cakes to Dementia Forward's recent coffee morning in Burton Leonard, a picturesque village between Ripon and Harrogate in Yorkshire.

Dementia Forward is a local charity supporting older people living with dementia and their families across York and North Yorkshire. Their amazing local volunteers provide a full program of activities including singing, gardening, arts and crafts and their coffee morning on the 2nd Friday of each month.

Boost your immunity with autumn vaccinations

You will likely be aware that all adults over the age of 65 and immunosuppressed people can now book their COVID-19 booster vaccine and flu vaccine with the NHS.

If you haven't been invited for your vaccines by the NHS, you can access these

using the National Booking Service or by visiting a walk-in clinic advertised online.

Should you require any support with booking or attending your vaccines, please do not hesitate to speak with your carer or contact your local care management team who will be very happy to help.





Learn about live-in care

We are here to support you through making decisions about care for you and your loved ones. Live-in care can be a great option to help you continue to enjoy the comforts of your own home.

What is live-in care?

Live-in care gives you round-the-clock care in your own home from a professionally trained carer who is on hand to help you live safely and happily at home whilst improving your health and well-being outcomes.

What's included in live-in care?

Live-in care embraces a wide range of support from companionship, cooking, cleaning through to personal care, medication management or more complex support for specialist conditions such as dementia care, Parkinson's care or post stroke care.

Who can benefit from live-in care?

You may feel you would benefit from companionship and some help with daily activities, or you have experienced a change in your health or mobility, or you are living with a complex health condition, or even be struggling to support a spouse or older relative in the way you would

like. 24-hour live-in care is quite simply for anybody who wishes to remain in the comfort of their own home with the undivided attention of a single carer. Some examples of when families may use live-in care include:



- Currently receiving hourly home care
- Live-in care for couples
- Specialist care needs
- Hospital discharge
- Falls prevention
- Returning home from a care home or nursing home

Benefits of live-in care vs. a care home

- Remain in the comfort of your own home
- Continue to enjoy the surroundings and lifestyle with which you are familiar
- One-to-one care is provided by the same carer enabling you to build a trusted relationship
- Care can be uniquely tailored to the needs of your family
- Keep up your same interests and hobbies and continue to be part of your local community
- If you have a pet your live-in carer will help you continue to care for it
- Costs similar to that of a care home and is more cost effective for couples

For more information about live-in care you can visit www.carefound.co.uk or call your local care management team.

Slow cooker cranberry apple cider

While you take in the fresh golden air, why not try this non-alcoholic cranberry apple cider?



You will need:

- 1 litre apple juice, pure, unsweetened
- 450 ml orange juice, pure, unsweetened
- 1 litre cranberry juice, unsweetened
- 1/2 cup sugar, honey, or other sweetener (to taste)
- 3 cinnamon sticks, whole
- 1/8 tsp ground clove

What you do:

- Place all the ingredients into a slow cooker and stir.
- Cook for at least 3–4 hours on a low setting or until hot.
- Keep warm for as long as needed on the low or warm setting.
- Leftovers refrigerate wonderfully and reheat well!

Cow anagram

Anagrams are udderly great fun! Can you solve these Dairy themed anagrams from Lakeland Dairies? Or why not create your own? Check the answers below.



1. SREFMAR
2. NKLMIGI
3. AYFDRRAM
4. ACMER
5. TROUHG Y
6. RADEHDC
7. ESHESCE
8. WIASCORDY
9. LETACT
10. ORTCART
11. DOKADPC
12. SAWEMOD
13. URNCH
14. ZAGRE
15. DREDU

- ANSWERS:
1. Farmers
 2. Milkling
 3. Farmyard
 4. Cream
 5. Yogurt

6. Cheddar
7. Cheese
8. Dairycows
9. Cattle
10. Tractor

11. Paddock
12. Meadows
13. Churn
14. Graze
15. Udder

Quiz time

1. What is traditionally called the “The 19th hole” on a golf course?
2. How many men is the “grand old Duke of York” said to have had?
3. What is Uri Geller famous for?
4. Who or what is The Old Lady of Threadneedle Street?
5. Which Olympic competition begins with saying “En garde”?
6. In American government, what do the letters CIA stand for?
7. Who was called the Lady of the Lamp?
8. In the Bible, to whom did God give the 10 commandments?
9. Who first broadcast “A Letter to America” in 1946?
10. In British government, what do the letters MoD stand for?
11. What does the Queen traditionally give out on the Thursday before Easter?
12. According to the proverb, what should you not wash in public?
13. Who wrote the novel 20,000 Leagues Under the Sea?
14. What did East Pakistan change its name to in 1971?
15. How many pounds in money is a “monkey”?
16. Which is the world’s highest mountain?
17. In the Beatrix Potter book, what kind of animal is Jeremy Fisher?
18. What is Majorca?
19. Who wrote the opera The Marriage of Figaro?
20. What did Peter Piper supposedly pick?

ANSWERS:

1. The bar	11. Maundy	Everest	17. A frog	money
2. 10,000	Agency	12. Your dirty	18. A Spanish	island
3. Bending	7. Florence	13. Jules Verne	19. Mozart	pickled pepper
4. The Bank of	8. Moses	14. Bangladesh	20. A peck of	
5. Fencing	9. Alistair Cooke	15. 500	16. Mount	
6. Central	10. Ministry of			
	Defence			

Carefound
Home Care

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