

# Choices Healthcare Ipswich Quarterly Newsletter



Welcome to Choices Healthcare Limited, a professional provider of highly personalized care services for those who need it the most. First of all, we would like to thank you for finding time to read our very first Choices newsletter, and look forward to publishing new ones every month to keep you updated on everything going on in the branch and the care industry.

We will aim to include updates of the caring industry and use this opportunity to share important advice on how to stay safe during the Covid-19 pandemic. Especially in the care setting.

## Events this month:

**Mental Health Awareness Week 20<sup>th</sup>-27<sup>th</sup> May** – We have celebrated by spreading awareness about mental health across our social media accounts. We have also used resources to inform others about things they can do to help others who suffer with mental health issues. These Involved: **Expressing concern and saying you can help, Reassuring the person, Offer time to listen, Be patient, Do not force it and most importantly, look after yourself.**



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## Meet the team!

**Ade Aodukoya**  
Director

**Judith Lahani**  
Director

**Sug Clear**  
Care Manager

**Natalee Ripper**  
Care Co-Ordinator

**Roksana Sucholewska**  
Admin/Receptionist

**Week 8<sup>th</sup> – 14<sup>th</sup> June was National Carers Week** recognized all the hard working carers out there. There are currently 6.5 million people in the UK who take care of a relative who is in need, yet they do not officially identify as a carer. Choices Healthcare has added their voice to the Carers Week official organization ‘wall of voices’ and encouraged our carers to do so to help all the carers get the recognition they deserve! There have been 3,465 voices added.



Get involved with Carers Week 8-14 June 2020

carersweek.org

## 16<sup>th</sup> June 2020 World Elder Abuse Day -

Brought attention towards the violence against vulnerable people. The lockdown and increased risk of getting exposed to the virus is causing suffering for the elderly. This is because abuse is not only perceived as physical violence. It can also be projected through poverty, isolation and discrimination due to their age.



## Choices Healthcare has joined new social media recently.

If you haven't done so, follow us on Instagram [@choices\\_healthcare\\_ipswich](#) for useful resources on staying safe during Covid19 pandemic, updated from the government, World Health Organization and NHS.

## You gave us your feedback, and we took it on board!

Following last month's agenda, we have received some very useful feedback from our carers in regard to the PPE which we provide. We had suggestions that face masks with elastic going behind the ears would be better than the tie-on face masks. Our plan of action was to order these the same week to provide our staff with the most suitable equipment.