

PROFESSIONAL CARERS

Keeping Service Users and Carers up to date on the latest news, information, events and initiatives.

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NEWSLETTER

We've missed you! September 2021 – Scotland Edition

We haven't sent a newsletter in a while as we've been busy ensuring that our teams and service users are kept safe in line with government guidance concerning the Pandemic. With advice changing regularly, you can imagine we've had our hands full! That said, its business as usual for the team at Professional Carers and we are always here for you. Our contact details can be found at the rear of this newsletter should you need us ☺



COVID19 Update - Scotland has now moved out of the levels system. Everyone should however continue to act carefully and remain cautious.

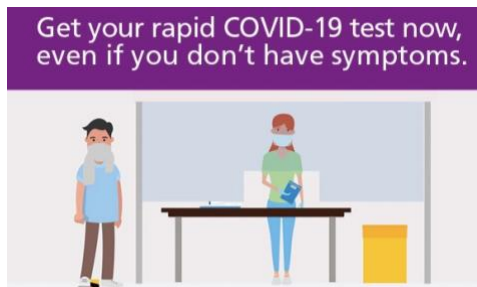
Most of the restrictions on what you can and cannot do have been lifted, and all places and businesses can open. There are no limits on the numbers who can attend weddings, funerals and places of worship. But remember that COVID-19 hasn't gone away, so there are still some rules and things you can do to avoid getting the virus and stop it spreading.

There are still some rules covering things like, wearing face coverings, providing your contact details when you go to places like pubs, cafes and restaurants AND international travel.

To help reduce the risk of spreading COVID-19 you should continue to wash your hands or use hand sanitiser regularly, clean surfaces regularly and cover your mouth and nose with a tissue or your elbow when you cough or sneeze.

UPDATED AUGUST 26TH - Fully vaccinated adults and all children will now also be able to avoid self-isolation if they are a close contact of someone with Covid-19, so long as they are symptomless and provide a negative PCR test.

Get fully vaccinated – it's shown to be safe and effective against the virus, including new variants. Remember also, be kind and considerate of others who may be feeling extremely nervous about the further lifting of restrictions. Continue social distancing by not unnecessarily being in crowded areas and continue to follow advice and guidance. Keep getting tested – everyone should undertake twice weekly rapid symptom free testing using Lateral Flow Tests (LFT). These can often be collected from pharmacies, or by post by using the link www.nhs.inform.scot.



OUR STAFF WILL CONTINUE TO WEAR PERSONAL PROTECTIVE EQUIPMENT TO PROTECT YOU!

Guidance concerning the use of personal protective equipment hasn't changed for our care teams. We have briefed them all and they should continue to wear gloves, aprons and facemasks, especially when supporting with personal care. In some circumstances you may also see our staff wearing full face visors, this is only usually if care is being delivered to somebody who has tested positive for COVID19, or if they are shielding or high risk.



If you see any of our staff not wearing personal protective equipment, please alert us in the office so we can address this. We all have the responsibility to protect each other, so there are no excuses!

SEND US YOUR SMILES

#sendusyoursmiles

The Health and Social Care Industry across the country is struggling to recruit and attract new carers into Caring roles. You might be wondering why, as we all know how rewarding and satisfying a job in social care can be!! This is why we have been running a number of initiatives to help raise the importance of Care Work in the local community. WE THEREFORE NEED YOUR HELP!!

We have been asking our staff to share photographs of them completing their duties, and why not, everyone loves a good selfie!! Take part and show us how important your Carer is, by sending us your smiles with them.



Covid Vaccinations Information

NHS Lothian are running drop in COVID vaccination clinics in Edinburgh for anyone over 18 for your first dose, or second dose after 8 weeks.

The clinics are available in a range of locations, no appointment is necessary and they can deliver both first and second vaccine doses (as long as you received your first injection of the COVID-19 vaccine at least eight weeks before). You do not need to be registered with a GP to come to a drop-in clinic. People will be seen on a first come first served basis SO ACT NOW. More clinics are being added all the time so be sure to [check the NHS Lothian website](#) for the latest information.

Top tips to improve your mental wellbeing

We all need good mental health and wellbeing – it's essential to living happy and healthy lives and can help us sleep better, feel better, do the things we want to do and have more positive relationships. It can also help us deal with difficult times in the future.

Try the NHS quick [Mind Plan quiz](#) to get personalised suggestions now, or find other tips, advice and support to help boost your mental wellbeing. Just search for NHS Mental Health Support online for more advice.

Thank You for Your Understanding

We wanted to take this opportunity to thank all our service users for your understanding whilst we have dealt with the Coronavirus Pandemic. This has resulted in some service disruption including [at times] later than usual calls and changes to your normal care staff. Unfortunately, we are unable to control the times when our staff are having to isolate due to COVID19. We always do our very best to accommodate your wishes and needs. The last 12 -18 months have been particularly challenging and we are proud of the commitment, hard work and dedication to keep you safe! It is great that we can start to return to some normality. Remember, we are not quite out of the woodwork yet, but things are slowly getting better. Once again thank you for your patience, as always the team are on hand to assist you if you have a concern you wish to raise. Many thanks. Diane Miller– Registered Manager

Did You Know ...



Each week every single one of our staff complete a weekly PCR COVID19 test to check that they are safe to attend your address. This allows us to control the spread of COVID and to protect you and your loved ones 😊

Well Done Lauren!!

Lauren recently won Team Member of the Month [for July] and was nominated for the following reasons...“For working so hard and being a great team player. She always provides excellent standards of care and makes our Service Users smile and laugh!! We have received great feedback from the people you care for think you deserve the recognition! Congratulations”



OUR SERVICE USER SURVEY IS NOW AVAILABLE FOR DOWNLOAD!!

In the Summer months we wrote to you all and asked for your views on our service. Well great news, the results have now been produced and you can view the report by visiting www.professional-carers.co.uk and clicking on our downloads page! It is important you view this feedback and see what we are doing in response to this.



Need to contact a member of the team, telephone us as normal on 0131 319 1968. Alternatively, send us an email to info@professional-carers.co.uk or chat to us via social media! We are always here for you to help! 😊