

# PROFESSIONAL CARERS

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

Inside this issue:

- ✓ Hot weather advice.
- ✓ In The Spotlight Interview
- ✓ WIRED Carer Support Service
- ✓ Lights, Camera, Action
- ✓ Jubilee Celebrations



## NEWSLETTER

Summer 2022 Edition

### Summers finally arrived....

Welcome to Professional Carers Summer edition newsletter! We hope you are enjoying the sunshine. As we type this the UK is seeing temperatures rise to over 30 degrees and in this edition we will be sharing some top tips to keep cool and safe, to beat the heat! We also introduce a new article called 'In The Spotlight', as well as sharing information about our recent Jubilee celebrations – enjoy with a cup of tea and relax – you deserve a 5 minute break ☺



#### BEAT THE HEAT AND FOLLOW OUT TOP TIPS



#### STAY OUT OF THE HEAT

- Keep out of the sun between 11am and 3pm.
- If you must go out in the heat, walk in the shade.
- Apply sunscreen and wear a hat and light scarf to protect yourself.
- Avoid extreme physical exercise.
- Wear light and loose-fitting cotton clothes.

#### COOL YOURSELF DOWN

- Drink plenty of cold drinks, avoid alcohol and caffeine.
- Eat cold food and take a cold bath or shower.
- Sprinkle water on your skin or clothes, which will make them damp.

#### KEEP YOUR ENVIRONMENT COOL

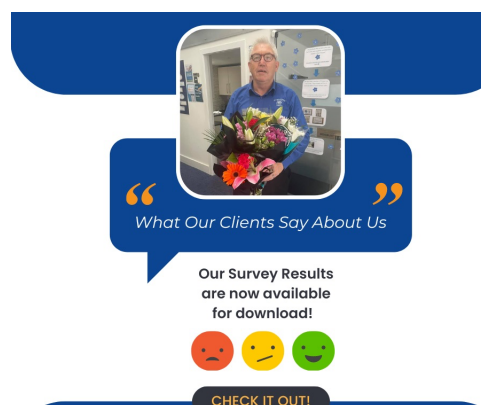
- Check the temperature of your house using a thermometer and sit in the coolest rooms.
- Keep windows exposed to the sun closed and perhaps close your curtains to create shady space.

- Turn off non-essential electrical equipment that may be creating heat.
- Keep indoor plants and bowls of water in the house, as this will cool the air through evaporation.
- Be wary of fans, they can cause excess dehydration.



#### LOOK OUT FOR OTHERS

- Keep an eye out for the elderly, ill or very young.
- Do not leave people or pets in cars.
- BE ALERT – Call for help if someone is unwell.
- If you or someone else feels dizzy, weak, anxious or have an intense headache, move to a cool place and drink some water or fruit juice.
- If you have painful muscular spasms, rest and drink oral rehydration tablets containing electrolytes.
- If cramps last more than an hour, seek medical assistance or consult a GP.



#### In the Spotlight

In our newest series of 'In The Spotlight' we will be interviewing members of our team so that you can learn about the people behind the scenes in Professional Carers that keep our services running.

1<sup>st</sup> up, Gary, our Director of Operations based in our Head Office. Gary's role is to oversee the daily operations of the business, supported by Carly, the Registered Manager and Co-Director of services who is in charge of care delivery.

#### 1] So Gary, how long have you worked in care and what roles have you completed.

*I have been working in the family business now for nearly 7 years. I originally started as Professional Carers Business Manager and now head up the team as one of the Company Directors, in charge of operations such as finance, marketing, recruitment, contracts and all things employee led.*

#### 2] What do you enjoy about your job role?

*I enjoy being able to make a difference. Whether that be improving how we deliver our services which in turn improve the quality of our care, to supporting our staff to make sure that they enjoy their employment at Professional Carers.*

**3] If you could do another job for just one day, what would it be and why?**

*Oh this is a hard one, I always fancied being a Paramedic, but sadly age crept up on me and I'm no longer the spring chicken I once thought I was!*

**4] If you had to eat one meal, every day for the rest of your life, what would it be?**

*McDonalds, all day long – unhealthy – yes – but tasty, most definitely!! Who doesn't like the golden M's!*

**5] If you were stuck on an island what three things would you bring?**

*A good book, some sun tan cream and some swimming shorts!! Pretty obvious really.*

**6] Tell us an interesting fact about you that nobody knows.**

*Some of you may not know that I was a Police Officer for 12 years, attaining the rank of Police Inspector. 2<sup>nd</sup> interesting fact, I once won 5 numbers plus the bonus ball on the national lottery! There is more to this story, so ask if you want to find out what happened haha.*



**7] Tell us three words to best describe you.**

*Perfectionist, over thinker, loyal.*

**8] What is the one thing you can't live without.**

*Hmm, another tricky one – I would have to say my phone, it's never out of my hand, which is very annoying I must say!*



**Do you live in Wirral and provide unpaid care for someone?  
Would you like to meet other unpaid carers in Wirral?**

If the answer is yes, why not come along to a  
**WIRED Carer Support Group.**

**St James Centre Carers Luncheon Club**

**Where:** St James Centre Cafe, St James Centre, 344 Laird Street, Birkenhead, CH41 7AL

**When:** 1<sup>st</sup> & 3<sup>rd</sup> Friday of the month 12-2pm

**More information:** Free tea and coffee and 50% of lunch at the St James Centre Cafe. This is a great opportunity to meet other carers and also enjoy a low cost lunch.

**Beechwood Carers Support Group**

**Where:** Beechwood Community Shop, Manor House, Beechwood Drive, CH42 7ZU

**When:** 2<sup>nd</sup> & 4<sup>th</sup> Thursday of the month 10-12pm

**More information:** Free tea and coffee and an opportunity to meet other carers.

**Wallasey Carers Support Group**

**Where:** Inspire Café, The Spire, Breck Road, Poulton, Wallasey, CH44 3BD

**When:** 2<sup>nd</sup> & 4<sup>th</sup> Thursday of the month 1-3pm

**More information:** Free tea and coffee and an opportunity to meet other carers.

**Noctorum Carers Support Group**

**Where:** Crea8ting Careers, Cloughton Childrens Centre, 17 Ridgeview Road, Prenton, CH43 9AB

**When:** 3<sup>rd</sup> Wednesday of the month 1-3pm

**More information:** Free tea and coffee and an opportunity to meet other carers.

**Bray Street Carers Support Group**

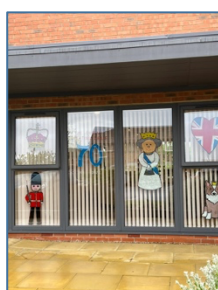
**Where:** Wirral Bridges, Cavendish Community Hub, Bray Street, Birkenhead, CH41 8BX

**When:** 4<sup>th</sup> Wednesday of the month 10-12pm

**More information:** Free tea and coffee and an opportunity to meet other carers.

**How to join any of the above groups:** Just turn up on the day, email [cws@wired.me.uk](mailto:cws@wired.me.uk) or call us on 0151 670 0777 to let us know that you will be coming or to find out more.

**LIGHTS, CAMERA, ACTION! – Did you know we recently invited a camera crew into Professional Carers HQ to interview our team. Care workers Laura, Stu, Angie and Lindsey, as well as members of our management team all took part in a series of videos to showcase our services, including a video describing a 'Day in the life of a Carer'. They even feature some of our wonderful service users. You can access the videos via our website, or simply search on youtube for 'Professional Carers'.**



**Jubilee Celebrations ...** We hope you all enjoyed the recent Queens Jubilee celebrations – we had a right 'royal' knees up with residents from our Extra Care Scheme St Oswalds, enjoying some afternoon tea and flag waving in the sun! A huge thank you to the team who organised this and of course Carer Lindsay, who spent some time decorating the windows! They truly looked fab ☺