

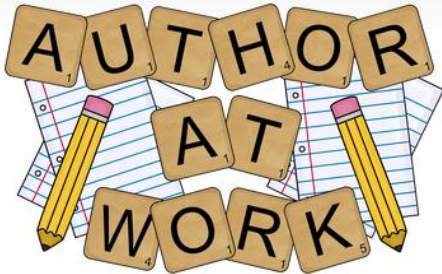
TUCARE CARER



TUcare

NEWSLETTER

APRIL 2023



A CARERS COLUMN

We would like the carers to be more involved in the Newsletter and so we are opening up the floor to you. We would like carers to write into us and tell us about anything they like. I don't know about you but I have always said one day if I ever retire I am going to write a book (we all know I will never retire so unlikely this will happen). But we want to give you the opportunity to write your story, introduce us to a new side of you, do you have a strange hobby, are you a budding artist or the next Charlie Dimmock, have you achieved something your proud of or do you just want to tell us why you work for Tucare. If you would like to take part please send in your article to jo.doxford@tucare.co.uk

I cannot wait to read what you all have to offer.

KCR STARS OF APRIL

I personally have loved reading the nominations for the KCR stars. I truly believe we have seen more positive carers over the last few months and I feel that is because they are visually seeing the recognition for all their hard work.

Please remember to let us know if you feel a carer goes above and beyond to be **Kind**, ensure our customers and other carers feel **Comfortable** and are being **Respectful** again to all customers and carers. To nominate a carer for a **KCR Star** please email your nomination and reason for your nomination to bromley@tucare.co.uk or you can call the office and speak to a member of the team.

This Months nominations are:

Nikki Clayton, Gill Reason, Karen Felton, Karen Ballard, Laura Haskell, Lauren Heard, Natasha Mitchem, Laureen Danquah, Sophie Palmer and Kris De'vere.

Well done all, keep up the good work!!!

FUNDRAISING FOR STAND UP TO CANCER

Yes that's right it was a month ago that our very own Susie started her challenge of walking 60 miles in April for Stand Up To Cancer. Susie has done amazingly well and we are all very proud of her she has walked over 80 Miles and has raised over £100 for such a good cause, Well Done Susie. It's not too late to donate for more information on Susie's good cause and how to donate:

<https://fundraise.cancerresearchuk.org/page/susannas-su2c-dog-walking-giving-page-1>



DEMENTIA ACTION WEEK 15-21 MAY 2023

This Year the Alzheimer's Society are focusing on the importance of early diagnosis. They want everyone to know the signs of Dementia so symptoms can be picked up earlier, we all know a diagnosis can be daunting and we know some people can think "oh I think its better not to know" but we are asking all carers to read through the [symptoms checklist](#) as if we pick up on the early signs in our customers we can hopefully improve the diagnosis experience and help end the misconception that memory loss is just a part of getting old, this is an illness that just like other illnesses should not be ignored early treatment is key.

We have had a few carers ask if they can take part in Dementia action week and we have agreed that they can wear Denim for Dementia for the week.

If anyone else is doing anything else to raise awareness please do let us know we would love to feature it in the newsletter.

MENTAL HEALTH AWARENESS WEEK 15-21 MAY 2023

Mental Health Awareness Week is an ideal time for us all to think about mental health, tackle stigma and find out how we can create a society that prevents mental health from developing and protect our overall mental well-being.

We all experience anxiety but sometimes it can get out of control and become a mental health problem. However, there are things we can do to manage feelings of anxiety and stop them becoming overwhelming. For example, breathing exercises, physical activity, speaking to a trusted friend, or keeping a diary.

This Mental Health Awareness Week we're encouraging everyone to get involved by sharing their experiences of anxiety and the things that help with the hashtag #ToHelpMyAnxiety. We hope you will take part and help to normalise conversations about anxiety and mental health. We are encouraging all staff to get involved on Wear it Green Day on **Thursday 18th May** by wearing green accessories with your uniform.

If you are struggling with your Mental Health, please do not struggle alone come and speak to a member of the team in the office; we are always here to help.