

TUCARE CARER

NEWSLETTER



TUcare

JANUARY 2023

WELCOME TO OUR FIRST EDITION OF THE TUCARE TIMES.

We have decided to introduce monthly newsletters one for our customers and one for staff. We would like this to be a joint publication and would love to hear from you all with items you may wish to include or you would like us to write about.

NATIONAL APPRENTICESHIP WEEK

National Apprenticeship Week will be celebrated from **6th – 12th of February 2023**. The theme for this year is 'Skills for Life'. We have arranged with E-Training to do a sign up for national apprenticeship week we will have forms in the office ready for carers to complete for them to sign up to Level 2/3/4's you can pop in at anytime for more information.



THE STANDARD YOU WALK PAST IS THE STANDARD YOU ACCEPT!!!



IT'S NEVER TOO LATE TO GET VACCINATED FOR COVID-19 AND FLU!

You can book appointments via the National Booking Service and visit the NHS website to find your nearest pharmacy offering free flu jabs.

There is more we can all do to protect our health as the weather changes. The Stay Well this Winter leaflet for 2022/23 is also available to download. This helpful resource provides health information and guidance on how to stay well over the winter months.

<https://campaignresources.ph.e.gov.uk/resources/campaigns/97-stay-well-this-winter/resources/6516>

Cheeky Cuppa

We have always said that we would like the carers to feel they can come to the office and tell us anything. We know sometimes coming in for formal supervisions or appraisals can be off putting so we would like to remind you that our door is always open, even if you only have a 30 min gap the kettle is here and you are all welcome to pop in for a cuppa and a chat (we might even have some biscuits).

FUNDRAISING

We would like carers to let us know if they are fundraising for any charities such as the Glow Walk for Alzheimer's that is coming up. We would be happy to share your fundraising page and make a donation.

CARER SHOUT OUTS- KCR Stars

We would like to start a new positive feedback system. Looking at what is important to our customers we are specifically looking at **Kindness Comfort** and **Respect**. We are asking carers and customers to let us know if 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.

