

# TUCARE CARER



TUcare

## NEWSLETTER

JUNE 2023

### DAYS OUT FOR THE FAMILY

I think it is safe to say that everyone is feeling the strain of the cost of living so we have looked into discounted days out that some of our carers may be entitled to. I know these are usually aimed at families with children but I think this one can be suitable for adults and children alike.

If you are in receipt of tax credits or universal credit you could be eligible for discounted tickets to London Zoo. For anyone interested I have put the link below:

[Buy Tickets \(seetickets.com\)](https://www.seetickets.com)

## LONDON ZOO

a ZSL conservation zoo

### KCR STARS OF JUNE

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](mailto:bromley@tucare.co.uk) or you can call the office and speak to a member of the team.

This Months nominations are:

Laureen D, Valerie B,  
Amanda L, Kris D, Gill R.

### BLUE LIGHT WEEKEND

Think Black Friday just for you... the Blue Light community!

You can enjoy exclusive savings on your favourite brands, enter incredible competitions with amazing prizes, or stock up on essentials, just in time for summer!

#### **How does it work?**

From 10am on Friday 30th June to 7pm on Monday 3rd July, the four day sale event will play host to over 80 exclusive offers, with enhanced savings on everything from clothing, holidays, BBQ essentials, days out, accessories and even air fryers! For full details see the link below:

[Blue Light Card News](#)



KCR  
STAR



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## **KEEPING COOL THIS SUMMER**

This Summer has started off with some very hot weather and it looks like the rest of the summer could follow suit, so we have researched some of the best ways for you and your customers to stay cool and safe at home in high temperatures:

- Keep Blind and curtains closed, also keeping your windows closed in extreme heat will keep the heat out (opening a window will let the hot air in)
- A cool bath or shower, or a damp cloth or a splash of water on the back of your neck can be better at cooling you down than a fan.
- Most medication should be kept below 25°C – so it might be best to keep it in the fridge when it's really hot, please check with your pharmacy if you are concerned about storage of medication in hot weather.
- Check your skin every few months and keep an eye on any moles. If you notice any changes to their colour or shape, or if they bleed, don't hesitate to go and talk to your doctor.
- Drink plenty of water to avoid getting dehydrated, but avoid alcohol as it can dehydrate you.
- Keep eating even if you're not feeling too hungry. Try to eat more food that's cold and has a lot of water in it, like fruit or salad.

If it's going to be particularly hot and you think you might struggle, Please ask for help, we all need that little extra hand when its hot.

