

FeelCare News

Welcome to FeelCare's quarterly newsletter third edition



What do you think of our newsletter? Send in your comments by emailing - cenriquez@feelcareuk.org

Some of what's inside...

- H.A.L.T, are you taking care of yourself?

if you're feeling sluggish and not quite yourself this is the self care article for you.

- We are recruiting, get in touch.

- Can great care become friendship too?

- How to stay cool and hydrated on hot summer days.

FeelCare are recruiting for care team members

We are looking for experienced care workers to provide support to our clients in North and Central London.

You would be playing a pivotal role in providing excellent support and care for clients and your daily tasks as a carer will include assisting clients with their personal care, medications, daily activities to lead a fulfilled and happy life.

Minimum requirements to work with FeelCare:

- You must have the right to work within the UK
- You must have a good standard of English and be able to communicate effectively
- A warm, compassionate and personable nature with the ability to work with patience and understanding.

If you would like to apply please give our friendly office team a call on 020 7034 7112 or you can email info@feelcareuk.org

When you are caring for others, it's important you H.A.L.T and take a moment for yourself.

It is important that you take care of your own health, even if you are busy looking after someone else's. Being healthy is not only important for you, but it also helps the person you are caring for too.

The acronym **H.A.L.T**, is basically a tool to help you remember to action self care, one thing most of us carers have never done well for ourselves.

Are you Hungry?

When did you last eat? Finding something nutritious to snack on when you're busy taking care of someone else can be tricky. Why not prepare some finger foods that can be easily accessed even if you are busy doing other things. Some of our personal favourites are home-made oat biscuits, carrots and hummus, apples and bananas. Keeping your energy levels up and ensuring your body is always adequately nourished not only prevents illness but it can help you maintain good mental health too.

Are you Angry?

Being happy all the time isn't a realistic life goal in our opinion. Life in all its beauty brings a wealth of emotions and anger is one of them. If you have things going on in your own life and you feel inheritable of angry there are places to go and support groups to call, you're never alone. Always ask yourself, what are you dealing with right now that is stressful? Anger or any negative emotion is normally triggered by fear. Take a look at what

personal things you need to feel more balanced with to be the best you. Being a carer can be emotionally and physically hard work so it's important to take stock of what in your life needs to be changed to make you feel more balanced and peaceful. We love the information offered on the [Carers UK website](http://CarersUK.com), take a look at some take a break ideas and self care advice.

Are you Lonely?

If the majority of your clients are housebound and you're getting in too late to see your own friends and family, one it might time to readdress your hours to suit your personal needs and two, there maybe ways of incorporating connecting with other into your clients home. Perhaps your client would like to invite a friend or a community member over for lunch and you could help host? Or maybe a beautician could be booked for a hand massage? Try to think of ways to involve others into your daily routines to avoid loneliness and boredom.

Are you Tired?

Have you been getting enough rest and giving your body what it needs? Exercise and stretching? When you take on the responsibility of someone else's care this is physically and mentally a lot to take on so it's vital you take enough rest. Think about what makes you energised and relaxed and ensure you make time for that.



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long term sense
support LOVE UNCONDITIONAL nurture
time activity mobility dignity family THERAPY
inclusion community



Can great care become a friendship too?

When FeelCare client Mrs Danelle and her carer Fe first met they had no idea how much their friendship would blossom. The ladies tell us what their secret is to achieving this whilst still maintaining professional boundaries.

Mrs Danelle, how did you feel about calling a home care agency for your support needs?

It wasn't actually my first time calling for help, FeelCare was the second agency I approached. When I first enrolled with a home care another agency I wasn't happy with the continuity and quality of care being provided. Which is why a friend recommended I try calling FeelCare. When I rang I spoke with Christine the owner who made me feel happy immediately. She was very sweet, professional and kind, we got on so well. She understood what I was looking for.

Were you introduced to Fe prior to her coming into your home for her first care visit?

Oh yes. Christine and Fe came to see me, explained what the agency did, who they are and they still do this regularly. Every three months the agency calls or visits to check how I am getting on and how Fe is too. As things can change it's a great chance to air any concerns if you have them but the companionship, and great sense of humour I share with Fe I never need to do this.

If you don't mind me asking ladies, what were your first impressions of each other?

Fe: Mrs Danelle is a quiet lady, very approachable and polite, I instantly liked her and could feel that we would get on.

Mrs Danielle – I liked Fe from the start, but it takes a few days to really get to know each other and make sure we are both happy. But the laughter was there, and helped us very quickly form a bond. She seemed to know how she could best help me with respect and professionalism, I never once felt embarrassed or worried to receive care.

How long have you been supporting Mrs Danelle Fe?

Fe - I started in April three years ago and I visit Mrs Danelle six mornings a week.

Do you think building friendship helps to provide better care?

Mrs Danelle: Yes, definitely. Friendship came naturally for us, FeelCare found a good match for me personally wise. Fe's continuity, professionalism and laughter make me feel safe and happy to be in her company.

Having developed a friendship how do you retain a professional boundaries?

Mrs Danelle: This is very important. I always feel Fe is very professional and respectful. Although we laugh and share some stories if we feel comfortable to, Fe never oversteps the unspoken-

boundaries, we never get too personal.

Fe: Absolutely, I agree. I love being in Mrs Danelle's company but I never forget my professional role and what I am here to do.

What are some of your favourite things to do together?

Mrs Danelle: We're very lucky that we have some lovely green spaces close by in Hampstead Heath, we go outside with the wheelchair when we can for a nice cup of coffee or some lunch. We like to watch the world go by and see other people going about their day.

What would your advice be to someone receiving care in their own home for the first time?

Mrs Danelle: Give it time, take things slowly if you can. You need to get used to each other in order to build a genuine relationship but as for choosing care provider try someone a friend recommends, that's how I found FeelCare.



How to stay cool and hydrated on hot summer days

There are a few simple things we can do to look after ourselves and others to stay healthy and happy during the warmer months.

Turn off the lights in your home.

Light bulbs produce heat when they are switched on, to keep temperatures down only use your lights when absolutely necessary. You can also unplug any lamps or electronic devices that you aren't using. Sometimes, even electronics in standby mode can be warm because they're drawing electricity from the outlet.

Keep your windows closed during the day.

While it may seem counterproductive, having the windows open lets the hot air from outside into the home. As soon as the sun comes up, close and lock the windows to keep the cooler air trapped in your home. If your windows don't lock or you feel some air leaking in when you close them, consider placing a towel along the sash where the window opens to block the air.

Block the windows with sun shades or curtains.

Hang up blackout curtains or place a car sun shade in the window during the day. As soon as the sun is up, close the curtains completely or unroll the sunshade to keep the sunshine from heating your home. Car sun shades normally have a shiny backing material that reflects the sun and work well for smaller windows. Blackout curtains absorb the sunlight and tend to work well for larger windows.

Open your windows and use fans to amplify a breeze at night.

Once the sun goes down, set up a large fan in front of an open window to blow cooler air into the room. If you have a ceiling fan, turn it on to circulate the air throughout the room. If it's an extremely warm night, spritz yourself with cold water from a water bottle and stand in front of the fan before going to sleep. This can cool down your body temperature immensely and help you get to sleep.

Do indoor activities during the hottest part of the day.

From 10 a.m. - 4 p.m., the temperatures outside can be sweltering. To keep cool and avoid the harsh sun, stay indoors or go to a location that has air conditioning if you don't have it at your home. For example, if you want a low-cost activity, you can plan to study at the library, or go for a walk in the mall. If you want a fun activity to do with friends you can plan to have lunch with friends in a restaurant, go to a museum, or see a movie.

Wear lightweight and light-colored clothing to keep your body cool.

Lightweight clothes in a lighter colour, like white, pale blue, light tan, light pink, and pale yellow, are the best choice when you're trying to keep cool. If you're at the beach or at home, you can wear less clothing, like tank tops and shorts or a bathing suit. If you're running errands or going to work,

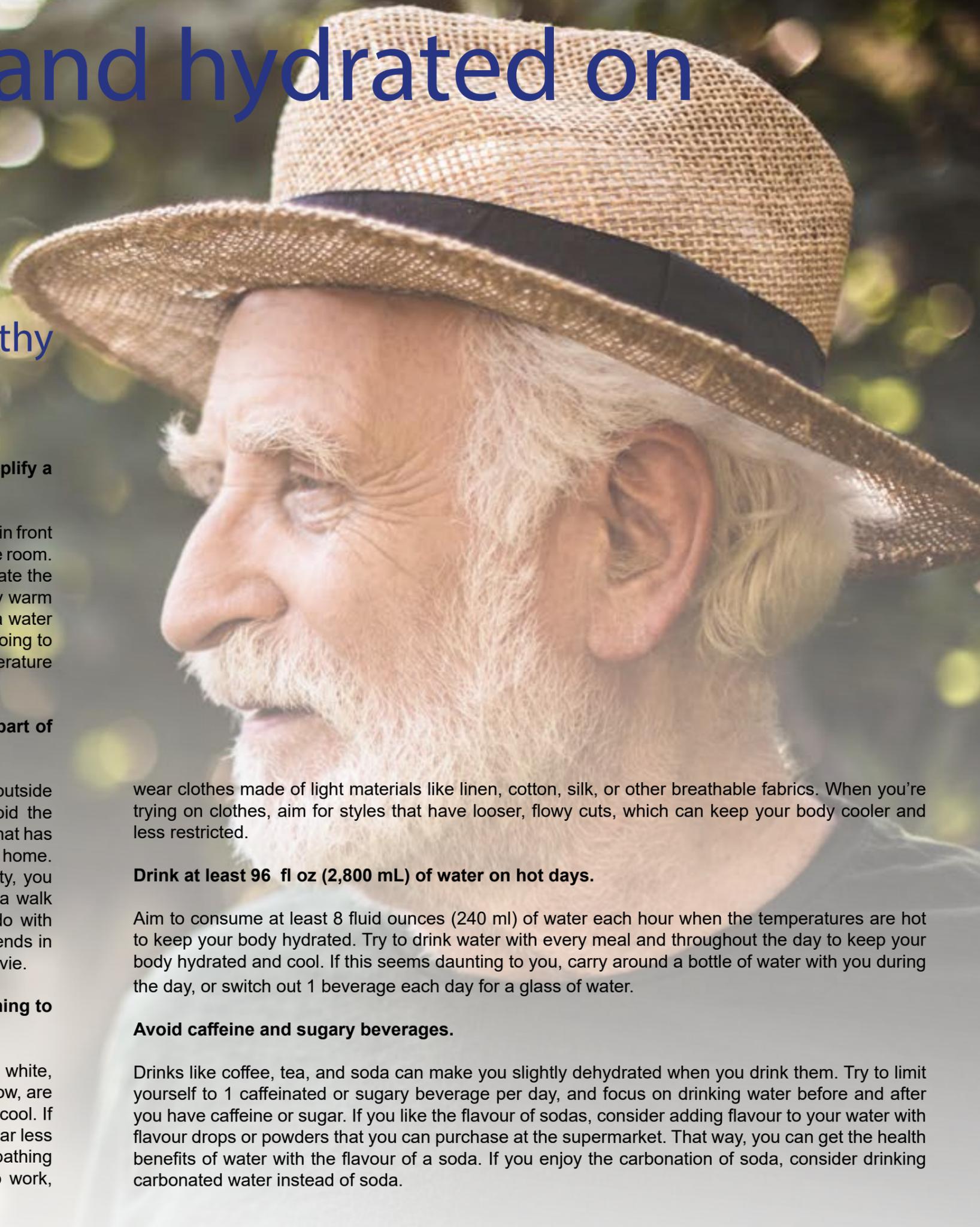
wear clothes made of light materials like linen, cotton, silk, or other breathable fabrics. When you're trying on clothes, aim for styles that have looser, flowy cuts, which can keep your body cooler and less restricted.

Drink at least 96 fl oz (2,800 mL) of water on hot days.

Aim to consume at least 8 fluid ounces (240 ml) of water each hour when the temperatures are hot to keep your body hydrated. Try to drink water with every meal and throughout the day to keep your body hydrated and cool. If this seems daunting to you, carry around a bottle of water with you during the day, or switch out 1 beverage each day for a glass of water.

Avoid caffeine and sugary beverages.

Drinks like coffee, tea, and soda can make you slightly dehydrated when you drink them. Try to limit yourself to 1 caffeinated or sugary beverage per day, and focus on drinking water before and after you have caffeine or sugar. If you like the flavour of sodas, consider adding flavour to your water with flavour drops or powders that you can purchase at the supermarket. That way, you can get the health benefits of water with the flavour of a soda. If you enjoy the carbonation of soda, consider drinking carbonated water instead of soda.





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Our mission is to enable you to live your life to the fullest
and to be in the comfort and familiarity of your own home