

The Importance of Dementia Care Dementia Action Week: 19th – 25th May

Dementia is an umbrella term for a range of symptoms that affect memory, thinking, communication, and daily activities. It is caused by physical damage to the brain through disease or injury and can lead to significant changes in behaviour and personality.

With **Dementia Action Week** taking place on 19-25 May, we are highlighting the importance of early support and awareness. Lifestyle choices play a powerful role in managing risk. Did you know that eating a **brain-friendly diet** rich in omega-3 fatty acids, antioxidants, and vitamins, like fish, berries, and leafy greens, can help reduce the risk and slow progression? Likewise, **regular physical activity**, even just once or twice a week, has been shown to lower the risk of mild dementia by 25%.



At Right at Home Chippenham, we actively encourage our Clients to stay active with **monthly exercise challenges** designed to support cognitive function and promote well-being.

Caring for someone with dementia is both rewarding and demanding. It's vital that family carers also take time for themselves, eating well, resting, staying connected, and enjoying life.

To support unpaid carers and people in need, we are hosting **Dementia Care Workshops on the 4th Thursday of each month**, starting **22nd May**. Join us for practical advice, CPR awareness, and guidance on homecare services. You are not alone.

Seats are limited, so book early!
Call or email to us to reserve your seats

**Or Scan here to
book your seats**

SCAN ME



01249 569569

www.rightathome.co.uk/chippenham



Step by Step: Celebrating Strength & Progress in April

In April, our clients embraced a **gentle step climbing challenge** aimed at improving lower body strength, stability, and mobility. The goal was simple yet impactful: step up and down on a small, stable step 10–15 times, 2–3 times a day. This daily routine has helped strengthen legs, improve balance, and support everyday activities like walking and standing. A huge thank you to our dedicated CareGivers for encouraging and supporting clients throughout. Many clients completed the challenge every day and are excited for what's next.



**Now, we're stepping
into May's Challenge:
Chair Squats
(with support)**



 **Goal:** Perform 5-10 seated squats, 2-3 times a day
 **Impact:** Chair squats help maintain or improve leg strength, essential for tasks like standing up from a seated position or getting in and out of chairs

**A great way to build leg strength for easier standing and improved independence.
Let's keep moving forward together!**

Creativity That Connects: Celebrating Our Talented Client

We're incredibly grateful to one of our wonderfully creative clients who shared her beautiful handmade crafts with us. Her artistic talent and warm spirit have truly brightened our office. Her work is now proudly displayed, bringing colour and smiles to everyone who visits. It's a joy to see her back doing what she loves, and her creativity reminds us how powerful art can be for self-expression, connection, and confidence.

**Thank you for inspiring us all! We
can't wait to see what you make next!**



COMMUNITY INVOLVEMENT

Together for Easter: A Celebration of Joy and Connection

Our **Easter Party** at Right at Home Chippenham was a heartwarming celebration of community, creativity, and connection. Clients, CareGivers, families, and our team filled the office with laughter, colourful crafts, and springtime cheer. From making Easter cards and bunny headbands to enjoying delicious cupcakes (thanks, Hannah!), the atmosphere was full of joy. The Easter egg hunt brought excitement for the children, while the “Guess the Number of Eggs” game sparked friendly competition. A big well done to **Sara Clapp, our GPS Award winner!** Thank you to everyone who joined—your presence made the day truly special.

A Successful Step Forward: Highlights from Our Open Day: Exploring Rewarding Careers in Care at Right at Home Chippenham



Our recent **Open Day** was a brilliant opportunity for attendees to explore what it means to be a CareGiver. We shared the heart of our mission - supporting people to live independently - and gave insight into the rewarding nature of care work. Visitors enjoyed hands-on **demonstrations**, from moving and handling to medication support, and heard **inspiring career stories** from our team. With on-the-spot interviews, it was a day of real progress. A big thank you to everyone who attended and helped make the day warm, welcoming, and full of possibilities.



- **14 May (Wed), 1-2pm**

Mental Health Awareness Workshop – Join our workshop hosted by Wiltshire Council to learn practical tips, boost emotional well-being, & discover local support resources in a relaxed, supportive environment.

- **22 May (Thurs), 2-3:30pm**

Dementia Care Workshop – Offer practical advice, helpful strategies, and emotional support for families and carers supporting loved ones living with dementia.

01249 569569

www.rightathome.co.uk/chippenham

OUR PEOPLE CORNER

A Taste of Success: Celebrating Cooking Day at Right at Home Chippenham

Our Cooking Day was a fantastic celebration of teamwork, learning, and laughter. CareGivers came together to share recipes, sharpen kitchen skills, and enjoy a morning filled with sizzling pans, delicious food, and great conversation. It was a joyful reminder that strong connections are at the heart of great care.

Thank you to everyone who joined and helped make the day so memorable - and tasty!



New Faces, Same Heartfelt

We’re delighted to welcome a big team of our newest CareGivers (Picture below - left to right: 1st row: Heyley, Josephine, Gemma, Elizabeth; 2nd row, Prisca, Victoria) to the Right at Home Chippenham team! Compassionate and dedicated to making a real difference!

Their enthusiasm and commitment reflect our shared values of kindness, respect & dignity. We look forward to seeing them grow, connect, and thrive within our caring community.

Our new team members have successfully completed an intensive 3-day training programme, and ready to begin delivering exceptional care!



Heyley



Josephine



Gemma



Elizabeth



Prisca



Victoria



We’re excited to have them on board & look forward to seeing positive impact they’ll make.

