

Step Into Spring: Celebrating Mental Health Awareness Week

This May, we are focusing on the powerful connection between a healthy body and a happy mind. With **National Walking Month** in full swing and **Mental Health Awareness Week (11–17 May)** approaching, there has never been a better time to embrace the outdoors.

This year's theme is **"Take Action."** It's all about small, practical steps that make a big difference to our wellbeing. We are specifically championing the **"Move in 15 Challenge"** - just 15 minutes of daily movement can significantly boost your mood and energy levels. 💙



✨ **Our May Movement Goal** We encourage our clients, families, and team to enjoy the fresh air with a simple goal: **Aim for a 5–10 minute walk outdoors, 1–2 times a day.**

💡 **Tips for a Safe Stroll:**

- ✓ **Pick Your Path:** Choose flat, quiet, and familiar routes.
- ✓ **Pace Yourself:** Take as many breaks as you need; it's about the fresh air, not the speed!
- ✓ **Keep Hydrated:** Even in mild weather, remember to sip water throughout the day.

♥ **Wear It Green Day – Thursday 14 May** To show our collective support for mental health, we invite everyone to join us for **Wear It Green Day** on **14 May**. Whether it's a scarf, a jumper, or even just a green ribbon, let's go green together!

**Let's take these small steps toward better health,
one stroll at a time.**

We've delighted to share some lovely client feedback with you

Review from G J (Client / Service User) published on 30 April 2026

Submitted via Website • [Report](#)

Overall Experience ★★★★★

I've had the team come visit me for a while now, everyone is lovely and always happy to help they always care and go the extra mile for me, the team support me to be able to look after my dog independently, this is a great help for me. I look forward to the team coming to visit me, I would definitely recommend the company to others

Staff ★★★★★
Care / Support ★★★★★
Management ★★★★★
Treated with Dignity ★★★★★
Value for Money ★★★★★

Review from P P (Husband of Client) published on 16 February 2026

Submitted via Website • [Report](#)

Overall Experience ★★★★★

Staff that have come to care for my wife have all been very nice, understanding and very genuine. I'm happy with the care that has been provided to my wife and I. It's nice to see such happy and helpful staff. I would definitely recommend this company to others.

Staff ★★★★★
Care / Support ★★★★★
Management ★★★★★
Treated with Dignity ★★★★★
Value for Money ★★★★★

COMMUNITY ENGAGEMENT

Spreading Joy: Our Community Bingo Tour Highlights!

Our wonderful volunteer team had a fantastic April, traveling across the region to bring a bit of "Full House" excitement to our local community. We were delighted to host lively Bingo sessions at the Chippenham Day Centre, Shackleton Place in Devizes, and with the Movement for Parkinson's group in Pewsham.

These visits are a highlight for our team, but the real magic is seeing the impact on the older adults who join us. Beyond the game itself, these afternoons provide a vital space for connection, laughter, and friendship. Seeing everyone engaged and chatting is a powerful reminder of how simple activities can help reduce loneliness and boost wellbeing.

A huge thank you to everyone who welcomed us so warmly. It was a joy to share these moments with you, and we are already looking forward to our next community visit! ❤️



Empowering Our Community: Health & Safety Workshops

We recently hosted vital community workshops at **Monkton Park Golf Course in Chippenham** and **Raleigh Court in Trowbridge**, focusing on falls prevention, CPR demonstrations, and the benefits of homecare. It was wonderful to see so many local residents engaging with these life-saving skills. Supporting our community is at the heart of what we do, and providing the tools to help people stay safe, confident, and independent in their own homes is truly rewarding.



Inspiring the Next Generation: Wiltshire College Career Fair

Our team had a fantastic time at the **Wiltshire College Lacock campus**, meeting bright, local students at their annual Career Fair. We loved sharing the rewarding reality of a career in the care industry and discussing the specialist training and support we provide to our "family-feel" team. It's a privilege to inspire the next generation of carers and show how a career in care can offer both professional growth and the chance to make a heart-felt difference.



UPCOMING EVENTS

14 May (Thurs)

Wear It Green – Mental Health Awareness Week

19 May (Tue), 10am | 1pm | 3pm, in our office

Caring with Confidence Grief Workshop

21 May (Thurs), 1:15pm

Bingo Event at Calne Leisure Centre

27 May (Wed), 2pm

Talk at Chippenham Carers Group, Beyond Dementia at Angel Hotel

1 Jun (Mon), 12:30pm

Workshop: Fall prevention & homecare at Rainbow Day Centre, Melksham

OUR PEOPLE CORNER

Celebrating Excellence: Our Quarterly Award Winners! 🏆

A huge congratulations to our three remarkable Quarterly Carer Award winners! Your unwavering dedication, compassion, and commitment to our high standards of care truly set you apart. You consistently go above and beyond to enrich the lives of our clients, and we are incredibly proud to work alongside you. Thank you for your hard work and for the kindness you bring to our community every single day!



A Warm Welcome to Our Newest Recruits!

Our team is growing! We are delighted to welcome our newest Care Assistants, who have all made an impressive start to their journey with us. energy supporting our local community!

Having completed their initial training and gained hands-on experience during their shadowing period, they are now officially joining our client visits. We are thrilled to have their passion and energy supporting our local community!



Right at Home Central Wiltshire

01249 569569

enquiries@rightathomecentralwilts.co.uk

www.rightathome.co.uk/central-wiltshire



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our Brochure