Nov 2026 Newsletter

Right at Home
Care for a life you love

Winter is Coming – Let's Stay Warm and Well!

As the days get shorter and temperatures begin to drop, it's time to get ready for the colder months ahead. Winter can be a lovely time of year, but chilly weather, icy pavements and darker evenings can bring extra challenges, particularly for older people.

With a little preparation, there are plenty of simple ways to stay warm, comfortable and safe.



Staying warm and cosy indoors

- **Keep the warmth in:** Close curtains as it gets dark and keep doors closed to help retain heat.
- **Dress in layers:** Wear several thin layers, along with warm socks and slippers.
- **Enjoy warm meals and drinks:** Soups, stews and hot drinks are great for warming up. Remember to stay hydrated too!
- **Keep moving:** Gentle indoor activities, such as walking around the house or simple stretches, can help keep you warm.
- **Check your heating:** Make sure it's working properly and set to a comfortable temperature.

Staying safe when going out

- **Wrap up warm:** Don't forget your coat, scarf, gloves and hat.
- **Wear suitable footwear:** Choose shoes or boots with good grip to help prevent slips.
- **Take your time:** Be extra careful on wet, slippery or icy paths.
- **Plan ahead:** Check the weather forecast and daylight hours before heading out. Avoid going out in icy conditions where possible.

A little preparation can make a big difference. Stay warm, look after yourself and remember to check in on family, friends and neighbours this winter.

Wishing everyone a warm and safe winter! 💙

01249 569569
www.rightathome.co.uk/central-wiltshire

🌟 Celebrating Jack's Great British Franchisee Award Win! 🌟



We have some exciting news to share! Our Managing Director, Jack Miller, has been named a winner at the Great British Franchisee Awards 2026, recognising his dedication, leadership and commitment to delivering quality care in our local community.

This is a fantastic achievement and a proud moment for everyone at Right at Home Central Wiltshire. Running a homecare business is very much a team effort, and this award also reflects the hard work and dedication of our wonderful office team and Carers, who make a difference to our Clients every day.

Commenting on the award, Jack said: *"I'm incredibly proud to receive this recognition, which reflects our team's dedication and the difference they make to our Clients and families every day.*

"Homecare is about people, relationships and trust. I'm proud of what we've built together, helping Clients live independently and making a positive difference in our community. This award inspires us to keep improving and reaching more people who need our support."

A huge congratulations to Jack on this well-deserved recognition! We're all very proud and look forward to what lies ahead. 🎉

November Exercise Challenge: Breathing & Relaxation

🍁 **Let's take a gentle moment for ourselves this November** 🍁

As the year gets busier, taking a few minutes to pause, breathe and relax can help us feel calmer and more refreshed. 🧦

✨ **Your Goal**: Spend 5 minutes each day practising slow, deep breathing.

💡 **Exercise idea:** Breathe in gently through your nose for 4 counts, hold for 4, then slowly breathe out through your mouth for 6 counts. Repeat at a comfortable pace.

Every small movement helps support your wellbeing and independence.



Mental Health & Wellbeing Workshop – Looking After Ourselves Matters Too 💙

We recently welcomed Aiden from ReThink Mental Illness for a Bitesize Wellbeing in the Workplace workshop, focusing on mental health, managing stress and looking after our own wellbeing.



Working in homecare can be incredibly rewarding, but it can also be emotionally demanding. We believe it's just as important to take care of our Carers as it is to support the people they look after. The session gave our team a valuable opportunity to recognise signs of stress, explore healthy ways to manage pressure and learn practical strategies to build resilience.

A big thank you to Aiden and ReThink Mental Illness for helping us make our team's wellbeing a priority!

Falls Prevention Workshop with E Wooden & Son Funeral Directors

Our team recently visited E Wooden & Son Funeral Directors to deliver a workshop for their staff, focusing on falls prevention and how homecare can help older people remain safe and independent at home.



We shared practical advice on recognising potential falls risks, simple ways to help prevent falls and the role of homecare in supporting older people with their daily routines, mobility and confidence.

It was a lovely opportunity to share our knowledge, exchange ideas and connect with another local organisation.

A big thank you to the team at E Wooden & Son for welcoming us!

Come and Join Us for a Christmas Get-Together! 🎄

It's nearly time to get into the Christmas spirit! We'd love you to join us for a festive afternoon at our office on **10 December, from 2:30pm to 4pm**. We'll have some Christmas crafts, a bit of friendly bingo, tasty treats, warm drinks and plenty of time for a good chat. It would be lovely to see some familiar faces and welcome new ones too!

If you'd like to join us, please give our office a call on **01249 569569** or email to **enquiries@rightathomecentralwilts.co.uk** to let us know.

We hope to see you there! 🎅

OUR PEOPLE CORNER

🏆 Celebrating Our Quarterly Carer Award Winner!

A big congratulations to our latest Quarterly Carer Award winner! 💙 This award recognises the dedication, kindness and hard work shown every day in supporting our Clients. Thank you for going the extra mile, bringing a positive attitude to your role and making such a difference to the lives of those you care for. We're very lucky to have you as part of our team!









🎥 Welcome to the Team, Tom!

We're delighted to welcome **Tom**, our new Videographer, to Right at Home Central Wiltshire! Tom will be helping us capture the special moments, stories and people that make our team and community so wonderful. From sharing the experiences of our Clients and Carers to showcasing what we do, we're looking forward to seeing his creativity bring our stories to life. **Welcome aboard, Tom!** 💙

A Warm Welcome to our New Members 🌟

A big welcome to all the new Carers who have recently joined Right at Home Central Wiltshire!

We're so pleased to have you as part of our growing team. Starting a new role is always an exciting step, and we hope you're settling in well and enjoying getting to know your colleagues and Clients.

Thank you for choosing to be part of us & for bringing your time, kindness and commitment to supporting people in our local community. We wish you all the very best as you begin your journey with us!



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