

Spring is Here – Let's Step Outside!



As the days grow longer and the weather warms up, spring brings the perfect opportunity to enjoy the outdoors. After the cold winter months, even a short outing can brighten your mood and improve your well-being. Whether it's having a coffee at a nearby café, attending Sunday service at church, taking a walk with your dogs, or tending to your garden, small activities can make a big difference in your daily life.

With the support of our CareGivers, you can safely enjoy these moments. A short walk in the fresh air, a visit to the local park, or simply sitting outside with a book can help boost your energy and lift your spirits. Engaging in light activities, such as watering plants, feeding the birds, or

doing simple stretches, keeps you active and promotes better circulation.

Spending time outside isn't just enjoyable—it also has health benefits. Sunlight helps with vitamin D absorption, which is essential for strong bones and a healthy immune system. Social interactions, whether with our CareGivers or your loved ones, can reduce feelings of loneliness and improve mental well-being.

Why not join the activities offered **by Age UK Wiltshire**? Enjoy Tai Chi, Kurling, Bowling, Quoits, Quizzes, and Games, plus plenty of time to chat over refreshments. First session free (2–4 pm)!

More details here:

<https://www.ageuk.org.uk/wiltshire/activities-and-events/fitness-and-friendship/fitness-friendship-chippenham/>

- Chippenham: 9 & 23 Apr (Wed)
- Calne: 17 Apr (Thur)
- Devizes: 16 & 30 Apr (Wed)
- Melksham: 17 Apr (Thur)
- Trowbridge: 15 & 29 Apr (Tue)



Remember to dress appropriately for the weather, stay hydrated, and use mobility aids if needed. With a little support, you can make the most of this beautiful season! **Let's step outside and enjoy the fresh start that spring brings.**

March Exercise Challenge: Celebrating Our Clients' Achievements


In March, our clients took on the **Arm Raising and Circles challenge**, focusing on improving mobility and flexibility. With encouragement from our dedicated CareGivers, many clients showed incredible effort, making steady progress each day. Their determination and enthusiasm were truly inspiring!

Achievement in March Challenge

- ✓ Some clients did brilliantly, joining the exercise challenge every day.
- ✓ A few took part in both Feb & Mar – two full months of commitment.
- ✓ They're now excited for the April challenge.

Now, we're stepping into April's Challenge: Gentle Step Climbing

 Goal: Step up & down on a small, stable step 10-15 times, 2-3 times a day

 Impact: Regular step exercises strengthen the legs and improve balance, which helps with walking and standing.

Let's keep moving, stay active, and celebrate every small victory. Together, we make each step count!



COMMUNITY INVOLVEMENT

Mission Accomplished! Walk All Over Cancer with Caroline!

Caroline has smashed her goal! This March, she has walked 10,000 steps every single day, led to a total of 316,000+ steps, covering an incredible 173 miles and raising £150 for Cancer Research UK!

Every step she took and every donation made helps fund groundbreaking research, early diagnosis, and better treatments for those affected by cancer.

A huge THANK YOU to everyone who supported her journey—you've helped make a real difference!



COMMUNITY INVOLVEMENT

Inspiring the Next Generation of Care Leaders!

We were honoured to host Kingsbury Green Academy Year 9 students for an insightful Work Experience Day on 13th March! 16 students interested in social care gained hands-on experience in care planning, CPR, fall prevention, and more. Led by our team, Caroline and Amy Purps, they explored real-world tasks like developing care plans and preparing for client reviews.

The students' passion for helping others and pursuing careers in healthcare was truly inspiring!

We're excited to support them on their journey toward becoming future leaders in care.



UPCOMING EVENTS

- **8th April (Tues), 11am**

Brunch & Basics: Cooking Made Easy – Join us to learn to cook perfect eggs and more, get tips on using kitchen gadgets and enjoy a delicious brunch while you learn!

- **16th April (Wed), 2-4pm**

Easter Party - Join us for a fun-filled Easter with us! Enjoy sweet treats, festive activities, and great company as we celebrate the season together.



OUR PEOPLE CORNER

Celebrating Our Outstanding CareGivers: Right at Home's Quarterly Carer Awards

At Right at Home Chippenham, our incredible CareGivers complete lots of care visits each month, offering vital support with compassion and professionalism. To celebrate their dedication, we proudly host our Quarterly Carer Awards — recognising those who go above and beyond for our clients and team.

This quarter, we're thrilled to honour three exceptional CareGivers who truly embody our core values.



OUR PEOPLE CORNER

Appreciation – Going the Extra Mile

A huge thank you to Natasha for her exceptional attention to detail in managing clients’ medication. Her accuracy and diligence ensure clients receive the right support, giving them and their families peace of mind.

We also want to appreciate Melissa, who went above and beyond to help a colleague in need. When faced with car trouble, she stepped up without hesitation, making sure they got the assistance required.

Natasha and Melissa, your dedication and willingness to go the extra mile truly make a difference—thank you for all that you do!



Welcome to the Team – Including a Special Newcomer!

We’re delighted to welcome our new CareGiver, Caroline Brennen, to the team! She has successfully completed our comprehensive three-day training, gained hands-on experience through shadowing, and is now ready to make a difference!

Also joining us is Gerry, our newest (and quietest!) team member. As our training dummy, Gerry will be helping us demonstrate personal care techniques, ensuring our CareGivers are always learning and improving. He may not say much, but he’s already an important part of our training sessions!

