

Falls Prevention Week: Helping Older People Stay Safe at Home

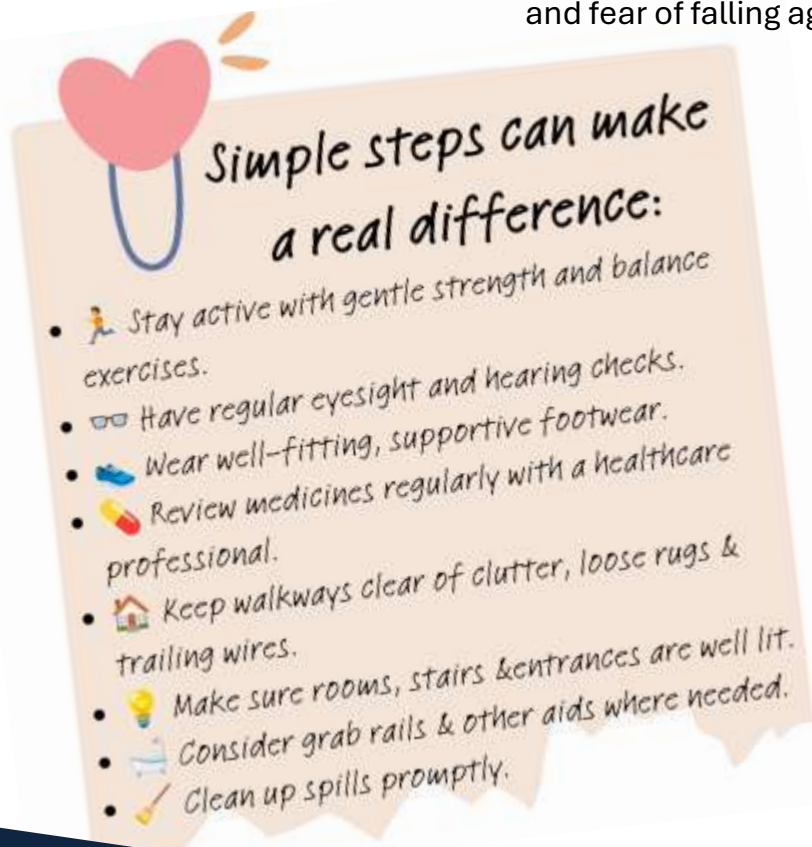
Falls Prevention Week takes place from 21-25 September, highlighting the importance of preventing falls & helping older people remain safe, confident and independent at home.

Falls are not an inevitable part of ageing. However, around **30% of people aged 65 and over living at home experience a fall each year**, rising to around **50% of people aged 80 and over**. Falls are also the largest cause of emergency hospital admissions for older people, with falls and fractures accounting for more than **4 million hospital bed days each year** in England.

**Source: NHS England, "Nationwide roll-out of artificial intelligence tool that predicts falls and viruses" (2025)



A fall can have a lasting impact, from injuries and reduced mobility to loss of confidence and fear of falling again.



For families, having someone check in on a loved one regularly can provide an extra layer of reassurance.

A friendly daily visit can help spot potential hazards, provide practical support and give families peace of mind that their loved one is safe and well.

Prevention is not about restricting independence - it's about helping people stay **safe, confident and independent at home for longer.**

We've delighted to share some lovely Client Feedback with you



Review from Hilary B (Client / Service User) published on 31 July 2026

Submitted via Postal Card • [Report](#)

Overall Experience ★★★★★

The move across came as a complete surprise to me. Having had a good relationship with previous carers. Right at Home have surpassed this. Attention to detail very good. Always good conversation and interest in family as well as me. Can't praise them enough.

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

Review from Natasha P (Client / Service User) published on 14 July 2026

Submitted via Website • [Report](#)

Overall Experience ★★★★★

My carers are spot on x there helpful , efficient , lovely and caring. There sensitive towards my needs . I look forward to my regular carers coming. There usually on time and always greet me with a smile. 10 out of 10 for Right at-home care provider.

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

Review from A B (Client / Service User) published on 29 May 2026

Submitted via Postal Card • [Report](#)

Overall Experience ★★★★★

You have been my carers for 1 year plus and I am satisfied with the service I receive. The carers are all respectful and kind to me, and we have good chats about life. I feel happy with them. I would recommend this company for anyone looking for care. Always respectful to my husband as well. They do their work always with respect to me.

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

September Exercise Challenge: Hand & Grip Strength 🍁

Small hand movements can make a big difference in maintaining independence and confidence in everyday tasks 🖐️🍁

🌟 **Your Goal:** Do hand and grip exercises 2–3 times a day, with 10–15 repetitions each time.

💡 **Exercise idea:** Squeeze a stress ball or rolled towel for 5 seconds, then release.

➡️ Stronger hands support independence with daily tasks like holding objects and opening jars.

Every small movement helps support your wellbeing and independence.



🔥 Caroline is taking on a Firewalk for Dementia Adventure! 💙



On 15 September, Our Operations Manager, Caroline Evans will be stepping out of her comfort zone and walking barefoot across burning-hot coals to challenge her mindset, face her fears and raise money for Dementia Adventure.

We're incredibly proud of Caroline for taking on this challenge and supporting a charity that shares our belief that people living with dementia can continue to enjoy new experiences, make memories and stay connected. 💙



Scan here to donate



👤 Please support Caroline and help her reach her fundraising target

A Wonderful day at Summer at Base!

A big thank you to everyone who joined us at Summer at Base, hosted by Wiltshire+Bath Air Ambulance. What a lovely afternoon of sunshine, family fun and community spirit!

It was great to see so many people stopping by our stand to chat with our team, find out more about homecare & careers in care, and have a go at our Lucky Dip! 🎁

We also brought along our special team member, Gerry – our training dummy, who certainly attracted plenty of attention! 😊



UPCOMING EVENTS

10 Sept (Thurs), 1:30-2:30pm

Bingo at Chippenham Day Centre

14 Sept (Mon), 12:45-1:45pm

Workshop (Dementia Care, CPR & homecare) at Rainbow Day Centre, Melksham

15 Sept (Tue), 2-3:30pm

Workshop (Falls prevention, CPR & homecare) at Jubilee Centre, Marlborough

26 Sept (Sat), 10am-3pm

Health & Wellbeing Event, Olympiad Leisure Centre, Chippenham 💙

01249 569569

www.rightathome.co.uk/central-wiltshire

OUR PEOPLE CORNER



Celebrating 6 Years with Gail!

This month, we're celebrating **six wonderful years** with our amazing Care Assistant, Gail! 🎉

Gail has been part of the Right at Home journey from the very beginning, bringing her kindness, warmth and genuine care to everything she does. She is loved by our Clients and always ready to support her colleagues too.

Thank you, Gail, for six fantastic years of dedication, care and countless smiles. We're so lucky to have you as part of our Right at Home family! 💙



A Warm Welcome to Louise R – Office Administrator

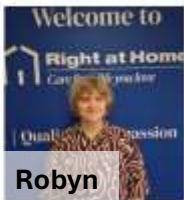
Please join us in welcoming **Louise**, our new Office Administrator! 🎉 Louise is one of the friendly faces you'll meet in our office and will be supporting the team with day-to-day administration. She is looking forward to meeting Clients, families and Care Assistants, gaining new experiences and becoming part of the Right at Home family!

Meet Our New Care Team Members 🌟

We're delighted to welcome some new faces to the Right at Home Central Wiltshire team!

Over the past few weeks, they have completed their training, gained valuable experience by shadowing our experienced Carers and started meeting the Clients they will be supporting.

It's lovely to see them taking their first steps into their new roles, and we're excited to watch them grow in confidence, build their skills and become an important part of our Care Team.



Welcome to the team — we're so pleased to have you with us! 💙

Right at Home Central Wiltshire

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www.rightathome.co.uk/central-wiltshire



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