

Keeping Hearts Warm This Winter Homecare and Respite You Can Trust



As the days grow shorter and the air turns crisp, winter often brings a shift in mood, motivation, and routine, especially for older adults or those living alone. The colder months can make everyday tasks feel more challenging, and for families planning to travel over the festive season, ensuring a loved one remains supported, safe, and socially connected becomes even more important.

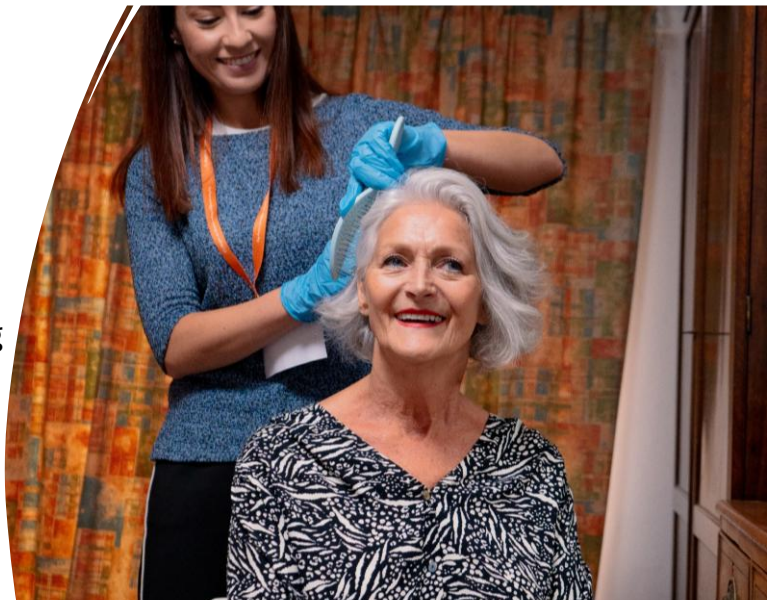
This season is a perfect time to think about whether a little extra help at home could **make life warmer, easier, and more enjoyable.**

Homecare isn't just about practical support, it's about **peace of mind, comfort, and companionship.** Whether you're looking for regular visits or temporary respite care while

you take a well-deserved holiday break, knowing someone is there can bring reassurance to everyone involved. We're here to support your loved ones with care that is personal, flexible, and kind, especially through the winter months when a friendly face and a helping hand can mean so much.

How we can help this winter:

- ✓ Warm & nourishing meal preparation
- ✓ Companionship & conversation, especially when mood may dip
- ✓ Support to enjoy fresh air – winter walks, outings, or Christmas shopping
- ✓ Respite care so primary carers can rest or travel with peace of mind
- ✓ Assistance with daily routines, medication reminders, & wellbeing checks



A little support can make winter feel brighter. If you'd like to explore care for a loved one, we're here to help with warmth, understanding, and a personal approach.

We're Becoming Right at Home Central Wiltshire!

We're pleased to announce that after six years of growth, we are expanding our service area and rebranding as Right at Home Central Wiltshire this December.

This change reflects our commitment to supporting even more people across Marlborough, Pewsey, Hungerford and nearby rural areas with high-quality, compassionate homecare. As needs in Central Wiltshire continue to grow, we're here to provide families with peace of mind, strengthen our local partnerships, and create more care opportunities within the community.

"Our new name reflects our growth and our promise to support more families with outstanding care. Being trusted by over 1,000 families is both an honour and a privilege, and we remain dedicated to delivering care that truly makes a difference." - Jack Miller, Managing Director



Thank you for being part of our journey. Here's to an exciting new chapter ahead.

Stronger Every Month: Small Movements, Big Benefits

A huge well done to everyone who joined our **November Breathing & Relaxation Challenge**. We saw wonderful benefits for both Clients and Carers.

December: Stretch & Relaxation Challenge!

This month, we're focusing on gentle **daily stretching** to ease tension, boost movement, and help us feel good from the inside out.



Your goal: Stretch for 5-10 mins a day, seated or standing.

Why it helps:

- ✓ Improves mobility
- ✓ Reduces stiffness
- ✓ Supports recovery and injury prevention

Try shoulder rolls, overhead stretches, or slow neck rotations - gentle, relaxed and at your own pace.

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EVENT HIGHLIGHT

Cooking Day: Fresh, Healthy & Simple Meals in 20 Minutes!

Meal preparation is a vital part of the support our Care Assistants provide every day, and our team came together for another brilliant **Cooking Day** on 2 Oct.

The session was hands-on, practical and packed with useful skills, from kitchen safety and time-saving tips to live cooking demonstrations and a fun teamwork challenge. Highlights included smart flavour-pairing ideas, clever kitchen hacks, delicious dish demos

(thank you Crystal and Hannah!), and a rapid 20-minute meal-planning task to put learning into practice. The day was all about building confidence, sharing skills, and supporting each other to prepare fresh, healthy meals for our Clients.



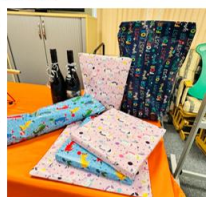
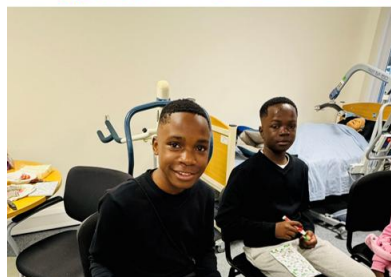
Thanks to everyone who joined with such enthusiasm!

Bingo, Fun & Family Time!

A huge thank you to all our amazing staff and their families who joined us for our **Office Housewarming Bingo Evening** on 22 October! It was wonderful to celebrate our office extension with laughter, friendly competition, and lots of prizes!

We're also excited to kickstart our **Volunteer Team** – a fantastic opportunity for our staff and families to get involved and make a real difference in our community.

Stay tuned for more info on how you can join!



UPCOMING EVENTS

11 Dec (Thurs), 2:30-4pm

Christmas Party in the Office

Join us for festive crafts, treats, music & plenty of holiday cheer

22 Jan (Thurs)

Wiltshire Council Careers Fair

Meet us there to chat about roles, training & careers in care

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OUR PEOPLE CORNER

Celebrating Excellent!

We are thrilled to share that our team has been selected as a **finalist in the Women Achieving Greatness in Social Care Awards 2025!**

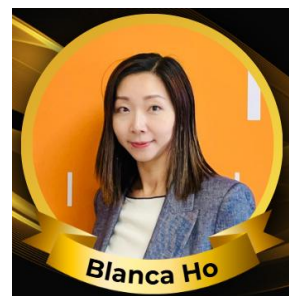


Amy Purps – Deputy Service Manager, Rising Star Award

Amy shines through her leadership, compassion, and unstoppable drive to support both Clients and staff - a true rising star in every sense.

Blanca Ho – Marketing Manager, Communications Guru Award

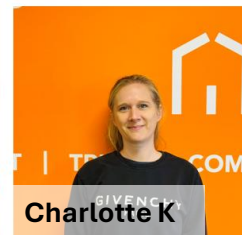
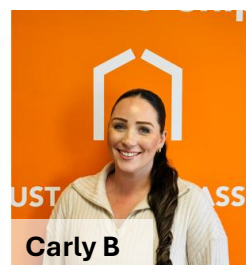
Blanca's creativity, clarity, and heartfelt storytelling continue to amplify our voice and connect us with the community in meaningful ways.



A huge congratulations to both finalists. We are incredibly proud of you! 🌟

Welcome to Our New Care Assistants – A Big Warm Hello!

A warm welcome to our newest Care Assistants! Through full training and shadowing, they're ready to deliver **compassionate, person-centred care**. Eager to make a difference, they bring dedication and heart to every visit, helping our Clients feel supported, valued, and cared for each day.



Thank you so much to **Amy Purps and Crystal** for delivering such supportive and dynamic training, and to our wonderful Care Assistants who shared their experience so openly during shadowing. Your guidance has made a meaningful impact, helping our new team members grow in confidence and step into their roles feeling supported and prepared to shine.

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our Brochure**