

## Making the Most of the Sunshine - Safely

We've been enjoying some beautiful sunny days recently, and it's been lovely to see people out making the most of the warm weather. Whether it's a stroll in the park, relaxing in the garden, or simply soaking up the sun, it's a great time to make the most of summer.

That said, hot weather can sometimes catch us off guard. Prolonged heat can lead to dehydration, tiredness, and discomfort - especially for those who may be more vulnerable or have health conditions. So while we make the most of the sunshine, it's important to stay safe and comfortable too.



### Top Tips for Staying Safe in Hot Weather:

#### At Home:

- ✓ Keep curtains or blinds closed during the hottest part of the day
- ✓ Use fans or open windows for ventilation
- ✓ Drink plenty of fluids, even if you don't feel thirsty
- ✓ Avoid using the oven or hob during peak heat

#### When Going Out:

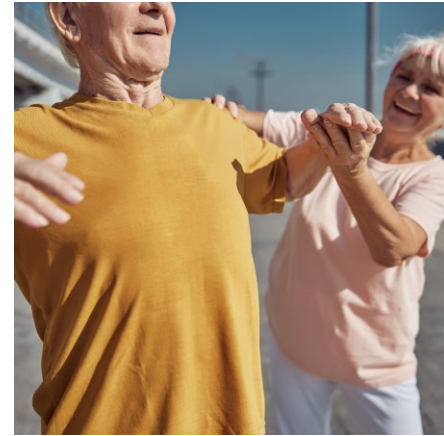
- ✓ Go out early in the morning or later in the evening
- ✓ Wear loose, light-coloured clothing and a wide-brimmed hat
- ✓ Apply sunscreen and carry a water bottle
- ✓ Rest in shaded or cool areas regularly


Stay safe, stay cool, and enjoy the sunshine responsibly!

## Stronger Every Month: June Shoulders & July Steps!




In June, our clients took on the shoulder movement challenge - lifting arms up and down 10–15 times, twice daily, to help maintain flexibility, support posture, and reduce stiffness. A big thank you to our CareGivers for their encouragement!



This July, we're stepping outside with an **Outdoor Walking Challenge** - a great way to enjoy the sunshine and feel energised!



 **Goal: Walk 5–10 minutes outdoors, 1–2 times a day**

### Benefits:

-  Boosts heart health and mood
-  Supports energy and mobility
-  Fresh air = fresh mindset!

 **Tips:** Choose safe, quiet paths and stay hydrated! 

## COMMUNITY INVOLVEMENT

### Big Green Picnic – A Joyful Afternoon in the Park

On Thursday 19<sup>th</sup> June, we were thrilled to welcome Clients, CareGivers, families, and friends to John Coles Park for our dementia-friendly Big Green Picnic – part of the nationwide initiative by Dementia Adventure, supported locally by Right at Home Chippenham.

It was a heartwarming afternoon filled with sunshine, laughter, and connection. Guests enjoyed memory games, gentle exercises, storytelling, and a peaceful walk around the park. Music, plants, and shared moments made it truly special.





## COMMUNITY INVOLVEMENT

### Empowering Independence – Falls Prevention at Wadswick Green!

Our team, Caroline and Crystal led a Falls Prevention Coffee Morning at Wadswick Green by Rangeford Villages. With great turnout, they shared practical tips, expert insights, and live demonstrations to help reduce the risk of falls at home, especially in high-risk areas like the bathroom. Small adjustments and simple tools can make a big difference in safety and independence at home.



Thanks to everyone who joined and to Wadswick Green for the warm welcome!

### Celebrating Community at the Chippenham Food & Drink Festival

Right at Home Chippenham proudly made its festival debut at the Chippenham Food & Drink Festival, a vibrant three-day celebration of local flavours and community spirit on 27<sup>th</sup> – 29<sup>th</sup> June 2025 at Monkton Park.

Our booth welcomed visitors with friendly smiles, information about our homecare services, and a **popular lucky dip raising funds for Age UK Wiltshire.**



Managing Director Jack Miller said, “The festival was a wonderful chance to connect with our community in a joyful setting, showing care extends beyond the home.”

*Thanks to everyone who joined us, supported Age UK Wiltshire, and made the event unforgettable!*

## UPCOMING EVENTS

- **16 Aug (Sat), 12-4pm**  
Summer at the Base, Wiltshire Air Ambulance
- **30-31 Aug (Sat-Sun)**  
Melksham Food & River Festival

01249 569569

[www.rightathome.co.uk/chippenham](http://www.rightathome.co.uk/chippenham)

# OUR PEOPLE CORNER



## Appreciation – Going Extra Mile



We’re so proud of our five amazing team members who have truly gone the extra mile. From offering emotional support during difficult times to helping clients stay connected with their faith and community, or even lending a hand with a flat tyre, each act, big or small, reflects their compassion, dedication, and heart. Their efforts remind us that care is not just about tasks, but about connection, kindness, and making a real difference in people’s lives every day.

## Exciting News: Amy Smith Becomes Our New Care Coordinator



We’re delighted to share that our lovely **Amy Smith** has taken on a new role as **Care Coordinator** at Right at Home Chippenham. Many of you will recognise Amy from her previous role as Client Care Manager, where she built strong relationships and developed in-depth knowledge of our Clients and Care Assistants. With her frontline experience, compassionate approach, and excellent coordination skills, Amy is perfectly placed to ensure our care is well-matched, responsive, and delivered with the highest standards of support.

## Welcoming Our New Care Assistants

We’re excited to welcome five new Care Assistants to the Right at Home Chippenham team! After completing their training and initial shadowing, they’re ready to deliver compassionate, high-quality care. With a passion for helping others, they’re eager to make a positive difference in our community.



We’re excited to have them on board & look forward to seeing positive impact they’ll make.

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