

# AUGUST 2024

## MONTHLY NEWSLETTER



## Right at Home Mid Hampshire

Delivering the highest quality support which maintains the independence, dignity and wellbeing of our Clients.

### A WORD FROM SHANNON HAINES (REGISTERED MANAGER)

As we step into the vibrant month of September, we at **Right at Home Mid Hampshire** want to express our sincere gratitude for your unwavering support and trust. Your continued partnership has been instrumental in our ability to provide exceptional care services to our clients. This month, we're dedicating our efforts to ensuring that our clients not only receive the highest quality care but also maintain strong connections within their community. We believe that ensuring a sense of belonging is just as important as providing physical assistance.





# LATEST NEWS

WHAT'S BEEN GOING ON?

## RIGHT AT HOME MID HAMPSHIRE SUNFLOWER COMPETITION WINNERS ANNOUNCED

### CELEBRATING THE BLOOMING SUCCESS OF OUR SUNFLOWER COMPETITION

Our Sunflower Competition has officially drawn to a close, and we couldn't be more thrilled to announce the incredible winners! Congratulations to all who participated; the flowers and photos submitted were truly breathtaking and showcased the talent and green thumbs within our community. We are absolutely delighted to share that our clients have taken home the top honours in three fantastic categories: Best Photo, Tallest Sunflower, and Best Flower Head!



## MOBILITY DIFFICULTY WALKING FOOTBALL

### WALKING FOOTBALL FOR PARKINSON'S, STROKE RECOVERY AND OTHER MOBILITY DIFFICULTIES

We recently attended the launch of a new walking football group run by Eastleigh Walking Football Club, designed specifically for people with mobility challenges. It was a fantastic day, filled with positive energy and camaraderie. We're excited to share that one of our clients now regularly attends these sessions, finding both enjoyment and community in the experience. We're proud to support initiatives like this that promote health, well-being, and inclusion.



# UPCOMING DAYS AND EVENTS

## »»» PARIS 2024 PARALYMPICS (SEPTEMBER ONGOING)

The 2024 Paralympics have just begun, and we encourage everyone to show their support for these incredible athletes. The Paralympics highlight the power of determination, resilience, and the human spirit. Whether watching the events, sharing stories, or simply spreading awareness, your support can make a difference. Let's celebrate the achievements of these inspiring competitors and champion the importance of inclusivity and opportunity for all.

## »»» EMERGENCY SERVICES DAY (SEPTEMBER 9TH)

Emergency Services Day on September 9th is a meaningful opportunity to honour and appreciate the vital role that emergency services play in the lives of our clients and the broader community. These dedicated professionals provide essential support, ensuring safety, health, and peace of mind for everyone, especially those who are most vulnerable. Whether it's responding to medical emergencies, offering crucial assistance during challenging times, or simply being a reassuring presence, their work is truly invaluable. Let's take this moment to recognise and express our deep gratitude to our emergency service heroes for their unwavering commitment and the positive impact they make in our lives every single day.

## »»» WORLD ALZHEIMER'S DAY (SEPTEMBER 21ST)

World Alzheimer's Day on September 21st is a crucial moment for us all to raise awareness and show support for those affected by Alzheimer's disease and other forms of dementia. This day is an opportunity to deepen our understanding of the challenges faced by those living with the condition, as well as their families and caregivers. At Right at Home Mid Hampshire, we are dedicated to providing compassionate care and support to those impacted by Alzheimer's, and we recognise the importance of ongoing education, early detection, and community involvement in improving the quality of life for everyone affected.

*Get Involved!*



# OUR LUNCH CLUB

## >>> COME AND SAY HELLO

Join us for a selection of sandwiches and cakes, tea and coffee, music and good company. To book a space please call us on - **023 80 009 595**. Please ask us if you need assistance getting here and we can get a carer to accompany you!

## OUR UPCOMING LUNCH CLUB DATES:

**TUESDAY 3RD SEPTEMBER @ 10:00AM**

**JUBILEE HALL, SHORE LANE, SO32 1ED**



*Congratulations to our*

## CAREGIVER OF THE MONTH

**JANETTE LOWE**

Janette's dedication, compassion, and unwavering support for our clients have made a truly positive impact on their life. Her ability to create a warm and welcoming environment, combined with your exceptional care, has made a significant difference. We are so grateful for your hard work and commitment. Thank you for everything you do.

# AUGUST PUZZLE

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This month our puzzle is a Sudoku. Let us know how you get on!

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|   |   |   | 4 |   | 3 | 6 | 7 |   |
|   |   | 5 |   |   | 7 |   |   |   |
|   | 9 |   |   |   |   | 4 |   |   |
| 1 |   |   |   |   |   | 9 |   | 3 |
|   | 3 | 2 |   |   |   |   | 5 | 8 |
|   | 1 |   | 5 | 2 |   |   | 9 | 7 |
|   | 5 |   |   |   | 9 | 8 |   |   |
|   |   |   |   | 8 | 6 | 2 |   |   |

## UNTIL NEXT TIME...

As we say goodbye to summer and welcome autumn, we at Right at Home Mid Hampshire want to express our gratitude to our incredible team of caregivers. Their dedication and compassion continue to make a positive impact on the lives of our clients. We're excited about the upcoming season and the opportunities it brings to connect with our community. Thank you for your continued support.