

## Spring is on the Way Let's Step Outside and Feel the Sunshine

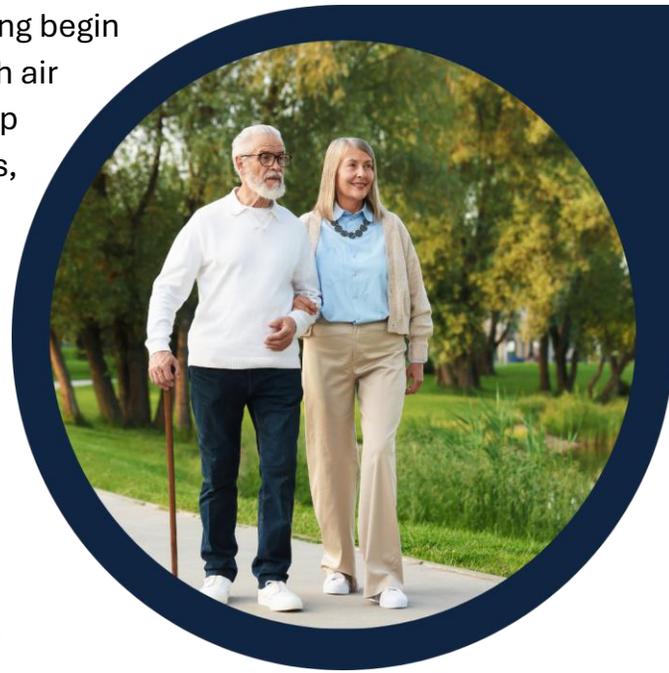
As the days grow longer & the first signs of spring begin to appear, it's a lovely time to enjoy a little fresh air after the colder winter months. Even a short trip outdoors can lift our mood, boost energy levels, and bring a welcome change of scenery.

Spring doesn't have to mean big plans - the simplest outings bring the greatest joy.

### Gentle Ways to Enjoy the Season

- ✓ A short walk in the local park
- ✓ Sitting in the garden with a warm drink
- ✓ Visiting a favourite café
- ✓ Attending a local club or community group
- ✓ Browsing the shops or garden centre

Getting out and about can **help improve wellbeing, encourage social connection**, and restore a sense of routine and independence.



### How We Can Support You

If getting out feels a little daunting, we're here to help in a calm and supportive way:

- Friendly companionship for walks or outings
- Assistance with mobility & transport
- Support to attend social groups or appointments
- A few hours of respite for family carers

Whether it's enjoying a cup of tea in town or simply sitting outside to feel the sunshine, **small steps can make a big difference.**

If you'd like to explore ways to make the most of the brighter days ahead, our team is always happy to chat. **Let's welcome spring together.** 



## March Exercise Challenge: Arm Circles & Raises

Spring is on the way – a perfect time to loosen up, stretch out, and get moving 🌱💪

🌟 **Your Goal:** Perform arm circles and gentle raises for 5 minutes, 2–3 times a day to reduce stiffness and support everyday activities like reaching and lifting.

💡 **Exercise idea:** Slowly raise your arms overhead, hold for 5 seconds, then gently lower. Repeat 10 times, moving within your comfort zone.

➔ **Small, regular movements can make a big difference to flexibility and independence.**



## Inspiring Futures at Kingsbury Green Academy Career Fair



On 5<sup>th</sup> February, we represented the care sector at the **Kingsbury Green Academy Career Fair** in Calne. They spoke with students about career paths, progression opportunities, and what it's really like to work in a sector that **makes a positive difference to people's lives.**

The students were curious, enthusiastic, and asked lots of thoughtful questions about future careers. It was wonderful to see their interest and energy as they explored their options.

### Liam Collins, Assistant Head Teacher & Head of Sixth Form

“ I'd like to thank all the employers/organisations that gave up their time to support us. Our careers fair is such an important event and gives our pupils (from all year groups) the chance to find out more about local businesses, educators, and organisations. Our young people came away really inspired and excited. ”

**Thank you to the school staff for inviting us.** We truly enjoyed meeting the next generation of potential leaders and helping inspire young people to consider a meaningful career where they can make an impact.

# Bingo, Big Smiles & a Wonderful Community Morning

We had a fantastic time at the Bingo Event at Chippenham Day Centre! 🎰 ❤️ The event was filled with laughter, friendly competition, and lots of happy moments shared together.

It was heart-warming to see everyone enjoying the game, chatting with friends, and celebrating the excitement of each win. A big thank you to Chippenham Day Centre for hosting us and for the warm welcome.

This was the first event delivered by our volunteering team, and what a brilliant start it was! We are looking forward to bringing more community events and opportunities to connect, socialise, and have fun together.



Stay tuned for more exciting events coming soon! ✨



## Chippenham Day Centre

This is a warm and welcoming community group that meets every Thursday at King Alfred Hall, next to St Andrew's Church in Chippenham from 10am to 3pm. Members enjoy good company, light entertainment, chats, and a tasty meal together. Activities may include talks from local experts, music, dancing, games, and quizzes. Everyone aged 55 and over is welcome, and local transport can be arranged if needed. Please note that charges apply.

## UPCOMING EVENTS

**14 March (Sat), 10am - 4pm**  
**Recruitment Open Day at our Office**

**26 March (Thurs), 2 - 4pm**  
**Easter Party at our Office, please let us know if you want to join us!**

**9 April (Thurs), 10am - 3pm**  
**1:30pm Bingo Event at Chippenham Day Centre**



## WorkBuzz Survey

### Your Feedback Matters

You may have received a WorkBuzz survey by post or email. The survey is anonymous and helps us understand how we can improve our domiciliary homecare services.

We would be very grateful if you could take a few minutes to share your feedback. Thank you for your time, your trust, and for helping us continue to provide the best possible care and support

# Growing Our Team to Better Support Our Community

We're delighted that our 1<sup>st</sup> Recruitment Open Day was a success. Thank you to everyone who supported this positive & encouraging start to growing our care team.

As we continue to grow, our **next Recruitment Open Day** will be held on **14 March, Sat (10am-4pm)** at our Chippenham office. This is a great opportunity to learn more about a career in care, meet our friendly team, and find out how you could help make a difference supporting people in their own homes.



If you know someone looking for a rewarding role, we would be grateful if you could share this opportunity.



Register Here



## OPEN DAY

We're Hiring

14.3 (Sat)  
10am-4pm

Looking for a second job or extra income? Flexible hours to fit your schedule!

**On the Day**

- Find out what makes the roles of Care Assistants rewarding & right for you
- Live demonstration
- On-the-Spot Applications & Interviews
- Meet the Team

Right at Home Central Wiltshire Office  
15 Forest Gate, Chippenham SN15 3RS

WALK IN OR BOOK YOUR SLOT TODAY

Scan the QR code or contact us to secure Your Spot Now!



01249 569569  
enquiries@rightathomecentralwilts.co.uk



## OUR PEOPLE CORNER **New Faces Joining Our Care Team** 🌟

We are pleased to introduce the newest members of our care team, who have now started supporting clients with their care visits in the community.

After completing their training and shadowing experience, they are **ready to provide kind, compassionate, and person-centred support**. Whether helping with daily routines, offering reassurance, or sharing a friendly conversation, their aim is always to help clients feel safe, comfortable, and respected in their own homes.

We are proud to have such caring individuals joining our team. Their commitment & warmth help us **continue delivering the high-quality, reliable care that our community deserves**.



Right at Home Central Wiltshire

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Download our Brochure