



FeelCare News

Autumn 2023

Welcome to the autumn edition of the FeelCare newsletter, where the crisp air and falling leaves usher in a season of change and warmth. In this issue, we've gathered a rich array of content to nurture both your mind and heart. From important date reminders for our dedicated care team to a thoughtful guide on keeping pets calm on fireworks night, and a comforting recipe for Turmeric and Chicken Noodle Soup, we've got your autumn needs covered. Additionally, we'll be delving into the world of elderly care and community support, offering insights on how to embrace the season while ensuring the well-being of our beloved clients. So, grab a cosy blanket, a warm cup of tea, and settle in to explore the autumn wonders that await inside these pages.

Embracing Autumn: A Seasonal Guide for Elderly Care and Community Support

As the leaves change colours and the air turns crisper, autumn presents a unique set of challenges and opportunities for elderly individuals, their carers, and the community. In this article, we'll explore various aspects of autumn and how they impact the elderly, offering tips, ideas, and resources to ensure a safe, comfortable, and enjoyable season for vulnerable people.

Fall Prevention:

Discuss the importance of fall prevention during the autumn season, as slippery leaves and wet surfaces can be hazardous for the elderly. Provide advice on proper footwear, clearing walkways, and installing handrails.

Seasonal Health:

Address common autumn health concerns for seniors, such as flu shots, maintaining a balanced diet, and keeping warm in colder temperatures.

Outdoor Activities:

Highlight the benefits of outdoor activities in autumn, like nature walks and gardening, and suggest local programs or community initiatives that provide these opportunities.

Seasonal Recipes:

Offer easy-to-follow autumn recipes that are both nutritious and comforting, promoting homemade meals for older people and their carers.

Home Decor:

Share tips for creating a cosy and festive atmosphere in the home with autumn-themed decorations, emphasising the positive effects of a warm and inviting environment.

Community Engagement:

Discuss the importance of community involvement for older people and list local events, senior centres, and volunteer opportunities available during the autumn season.

Mental Health:

Address the potential emotional challenges that autumn may bring, including feelings of isolation or seasonal affective disorder, and suggest resources for support.

Autumn Caregiving:

Provide advice for carers on adjusting their routines and care plans for the changing season,

including considerations for clothing and medication management.

Technology and Communication:

Discuss how technology can help older individuals stay connected with family and friends, especially if they're unable to visit in person due to seasonal restrictions.

Emergency Preparedness:

Highlight the need for emergency preparedness during the fall, such as having a plan in case of power outages or severe weather and provide a checklist for essential supplies.

Autumn can be a wonderful and fulfilling season for older individuals and their carers with proper preparation and support. By addressing the unique challenges and opportunities that come with the season, the older community can fully embrace the beauty and warmth of fall while ensuring their safety and well-being.



Turmeric and Chicken Noodle Soup

Enjoy this nourishing and comforting Turmeric and Chicken Noodle Soup, which combines the warmth of turmeric with the classic goodness of chicken noodle soup for a delightful twist on a traditional favourite.

Ingredients:

- 2 boneless, skinless chicken breasts
- 6 cups chicken broth
- 2 cups water
- 1 cup sliced carrots.
- 1 cup sliced celery.
- 1 cup diced onion.
- 3 cloves garlic, minced.
- 1 tablespoon fresh ginger, grated.
- 2 teaspoons ground turmeric
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground black pepper
- 1 cup egg noodles (or your preferred type of noodle)
- Salt to taste
- Fresh coriander leaves for garnish.

Instructions:

1. Begin by seasoning the chicken breasts with salt and pepper. In a large pot, heat a bit of oil over medium-high heat and brown the chicken on both sides. Once browned, remove the chicken from the pot and set it aside.
2. In the same pot, add a bit more oil if needed, then add the diced onion, minced garlic, and grated ginger. Sauté for a few minutes until the onion becomes translucent and the mixture is fragrant.
3. Stir in the ground turmeric, ground cumin, ground coriander, and ground black pepper. Cook for another minute, allowing the spices to bloom.
4. Pour in the chicken broth and water. Bring the mixture to a boil, then reduce the heat to a simmer. Add the sliced carrots and celery and let them cook for about 10 minutes or until they begin to soften.
5. While the vegetables are cooking, shred the cooked chicken into bite-sized pieces.
6. Add the shredded chicken and egg noodles to the pot. Continue simmering until the noodles are cooked to your desired doneness, usually about 8-10 minutes.
7. Taste the soup and adjust the seasoning with salt if necessary.
8. Once the noodles are cooked, your Turmeric and Chicken Noodle Soup is ready to serve. Ladle it into bowls, garnish with fresh cilantro or parsley.

Keeping Pets Calm and Happy on Fireworks Night: Tips for Staff and Clients

As we approach fireworks season, it's essential to consider our furry friends who may find this time of year distressing. The loud noises and bright flashes of fireworks can be frightening for pets. In this article, we'll share valuable tips to help both staff and clients keep their pets calm and happy during fireworks nights.

Create a Safe Space:

For both staff and clients, it's crucial to identify a safe and quiet space where pets can retreat to when fireworks begin. This could be a cosy corner, a favourite room, or even a well-ventilated closet. Ensure this space is comfortable, with their bed or blanket and a few toys.

Stay at Home:

Whenever possible, encourage clients to stay at home with their pets during fireworks displays. Your presence can provide comfort and security to their animals.

Desensitisation:

Suggest clients gradually desensitise their pets to loud noises. This can be done by playing firework sounds at a low volume and gradually increasing it over time. It helps pets become more accustomed to the noise.

Provide Distractions:

Offer a list of engaging activities to keep pets distracted during the fireworks. Toys, puzzles, or interactive games can help shift their focus away from the loud noises outside.

Calming Music:

Advise clients to play soothing music or create a calming atmosphere with a white noise machine. This can help drown out the fireworks noise and provide comfort to their pets.

Microchipping and ID Tags:

Remind clients about the importance of having their pets microchipped and wearing identification tags. In case their pet gets frightened and runs away, this ensures a safe return.

Avoid Taking Pets to Firework Displays:

Advise against bringing pets to fireworks displays. The loud noises and crowds can be overwhelming and distressing for them.

Natural Calming Remedies:

Suggest natural remedies like pheromone diffusers, anxiety wraps, or calming herbal supplements for pets that are particularly anxious during fireworks.

Consult a veterinarian:

Encourage clients to consult their veterinarian if their pets have severe anxiety issues during fireworks night. A vet can provide advice on medication or alternative therapies to help manage their anxiety.

Prepare in Advance:

Help clients prepare in advance by stocking up on pet supplies, including food, medications, and comfort items. Ensure they have everything they need to keep their pets calm and comfortable.

Fireworks night can be a stressful time for pets, but with these tips, both staff and clients can help ensure their four-legged companions stay calm and happy. By creating a safe space, providing distractions, and offering comfort, we can make fireworks night a less daunting experience for our beloved animals. Remember, a little extra care and attention can go a long way in keeping pets content during this festive yet challenging time.



Date Reminders for FeelCare's Care Team:

Wednesday, 1st November 2023 - National Stress Awareness Day

Purpose: Raising awareness of the effects of psychological distress in the workplace and strategies to address it.

Actions: Please email nadenejulia@feelcareuk.org with suggestions of events, discussions, or workshops related to stress management and mental health support for both clients and the care team you would like to see more of in 2024.

Additional Information: For more details, visit ISMA UK at ISMA UK or follow #NationalStressAwarenessDay on Twitter.

14th November - World Diabetes Day (WDD)

Purpose: Promoting awareness about diabetes and advocating for better diabetes care.

Actions: Look out for our social media posts highlighting the significance of diabetes care for clients who may have diabetes and promote relevant health checks and lifestyle choices.

Additional Information: Learn more about WDD and its global impact on World Diabetes Day.

Thursday, 23rd November 2023 - Carers Rights Day

Purpose: Empowering unpaid carers by educating them about their rights and ensuring they receive the support they need.

Actions: We will be extending our support to unpaid carers by providing information via our blog on their rights and resources available to assist them.

Additional Information: Keep an eye out for events and resources related to Carers Rights Day in your local area.

These important national dates provide opportunities for the FeelCare team to focus on specific aspects of care, such as mental health, diabetes management, and the rights of unpaid carers. By acknowledging and acting upon these dates, the care team can better support both clients and themselves in providing high-quality care and assistance.

"Time to Fall Back: A Glimpse into the UK's Clock-Changing Tradition"

As the days get shorter, and the nights draw in, it's that time of year again when the UK changes its clocks. But have you ever wondered why this tradition exists? In this article, we'll take a journey through time to understand why we turn the clocks back in the UK.

A Ray of Sunshine for Farmers:

The practice of changing the clocks has its roots in the needs of the agricultural sector. Introduced during the First World War, it aimed to provide an extra hour of daylight for farmers to work. This seemingly small adjustment provided a significant boost to an economy in turmoil and helped maximise productivity during the war years.

The Birth of British Summer Time:

Formalised as British Summer Time with the Summertime Act of 1916, this practice has since been a regular occurrence, bringing about an annual transition from Greenwich Mean Time (GMT) to British Summer Time (BST) and vice versa.

Looking Ahead:

As we prepare to 'fall back' an hour and return to Greenwich Mean Time, it's essential to reflect on the history and significance of this age-old tradition. Whether you love the extra hour of sleep or find it a bit disruptive, the annual clock change is a reminder of how our society has evolved over the years.

In autumn the clocks will go back at 2.00am on the final Sunday of October, which this year falls on Sunday, October 29.



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