



# FeelCare News

*Special edition Take a look inside our new West Hampstead office*

**We have landed in West Hampstead! Take a peak inside our new office!**

**The very real benefits of pet therapy**



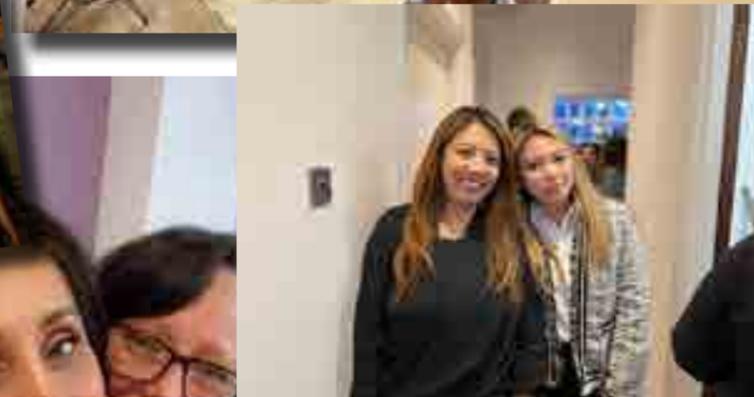
*FeelCare*  
Home Care  
Services

**Save the date, we celebrate 5 years of FeelCare in the spring of 2022**

**Winter well-being from an Ayurvedic perspective**

[www.feelcare.co.uk](http://www.feelcare.co.uk)

# Hello West Hampstead



**FeelCare have officially landed in beautiful West Hampstead and they couldn't be happier to be nestled in the hub of the North West London community. Founder Christine says "Supporting the community means being part of it and we're thrilled to finally open the doors to our neighbours".**

It has always been the ambition of FeelCare Founder Christine to have a home care office located in the hub of the community she supports. And on Tuesday 28th October 2021 that dream became real when the team invited local residents in to see their new shop front premises.

Carers, office staff, therapy pooches and clients all gathered over a glass of something and a nibble to celebrate the move. Donned in purple, the office looked super welcoming for all those visiting. With the office officially open Christine and the team are in agreement that this was the best move for the type of support they offer.

Christine explained "We hope that having an open door policy will encourage the West Hampstead community to pop in and say hello. If people feel welcome and comfortable we can help prompt that all important conversation about being prepared should the need arise for care at home, either for themselves or a family or friend".

She continues, "Sometimes it's not about needing care at that point in time, sometimes it's about having the peace of mind knowing where to go should the need arise. We would encourage anyone, any age to pop by and have a chat to understand what home care is. Our door is open and the kettle is always on."

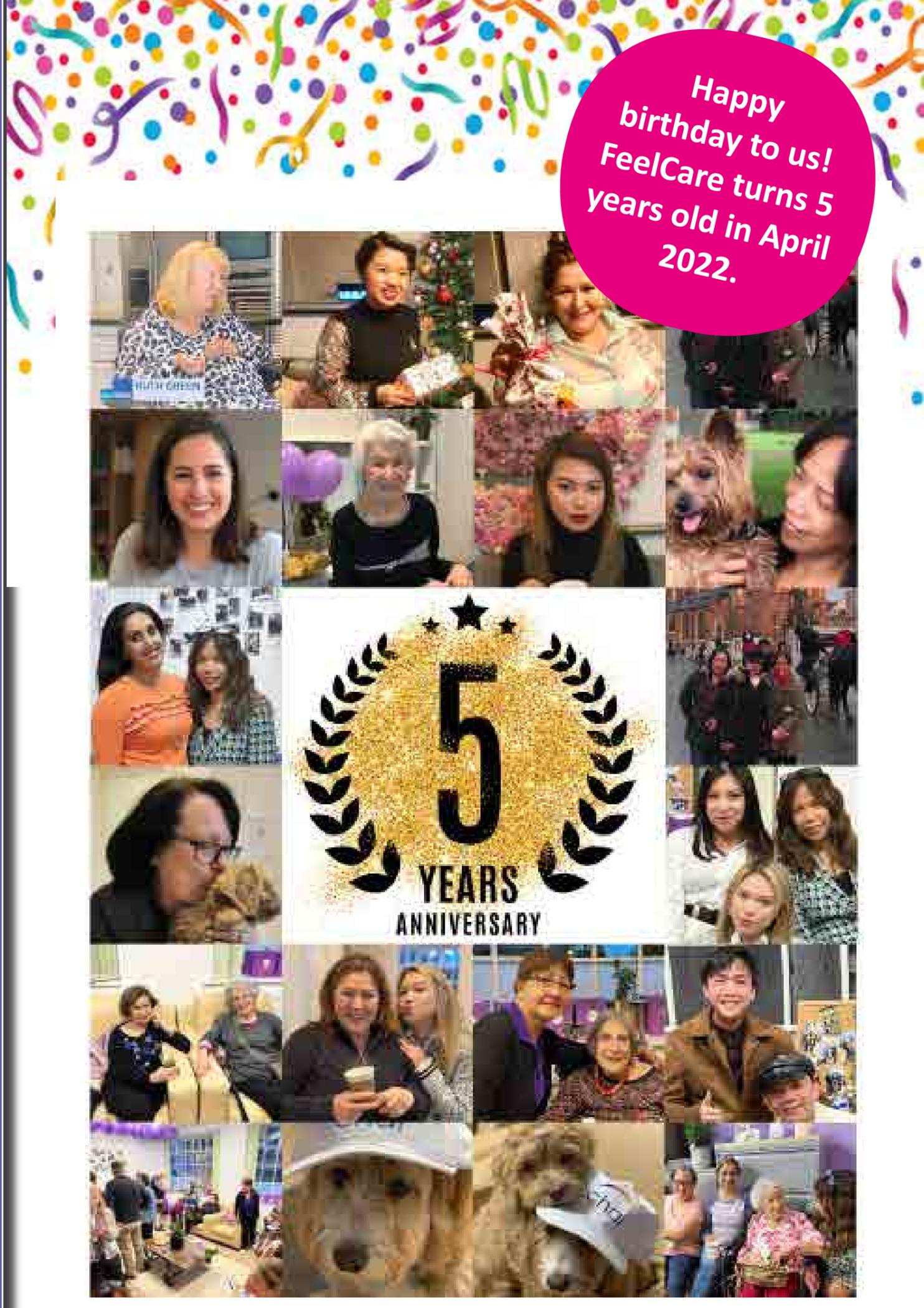
**If you would like to pop by our office hours are Monday to Friday 9am - 6pm, 120 Fortune Green Road, London NW6 1DN.**

*Do you or someone you know need support at home?*

As it's not always possible for our own families to take care of us when we are frail or unwell, we want to let you know we are here should the need should arise. FeelCare Home Care Services is a family run home care provider based in London and Hertfordshire providing support from four hours to full-time live-in care.

Our shared ethos is to retain the highest quality of support no matter the level of your needs or circumstances. From home cooking and cleaning, to personal care and assistance with medication, our team support people with a variety of needs.

**Pop into to see us any time for a chat with our home care team, FeelCare Home Care Services 120 Fortune Green Road, London NW6 1DN.**



# The very real benefits of pet therapy

Our primary experience of the world and the meaning within it is that of our senses. What we can see, hear, smell and taste can ground us quickly back into our bodies and out of our overloaded minds. Being in the present moment is all we really have, but our tricky minds can keep us trapped in the past or worrying about the future.

A fluffy, four-legged friend - cats, dogs, rabbits and other petting animals can instantly plant us back in the present moment with their unjudgmental being. If you can find a connection with a pet, levels of oxytocin, the hormone that controls stress and anxiety, drop and help lower blood pressure. These happy hormones also contribute to our mood and enhance our well-being in so many ways.

Although animals can not respond when we tell them our worries and fears, talking to a pet can really help. No matter what you are going through, they love your company unconditionally. They can often sense when you need a little love and are quick to get close to you when you need a friend - how wonderful is that!

## For Physical Health

- lowers blood pressure
- improves cardiovascular health
- releases endorphins (oxytocin) that have a calming effect
- diminishes overall physical pain
- the act of petting produces an automatic relaxation response, reducing the amount of medication some folks need

## For Mental Health

- lifts spirits and lessens depression
- decreases feelings of isolation and alienation
- encourages communication
- provides comfort
- increases socialization and sense of community
- reduces boredom
- decreases anxiety
- helps children overcome speech and emotional disorders
- creates motivation for the client to recover faster
- reduces loneliness

**And something we think is super important at FeelCare, Animals encourage us to be silly, have some fun! Releasing our inner child and letting our inhibitions go is so medicinal. On that note we are thrilled to introduce our ridiculously cute and defiantly silly pup and future therapy dog Lulu.**



# Winter well-being from an Ayurvedic perspective.

The winter season makes us more prone to catch a bad cold, and chilly weather means you spend more time inside, where viruses are lingered on the surfaces you touch and in the air. Besides, a drop in temperatures leaves your mucus irritated, dry, and vulnerable to various infections weakening your body's immune system.

We often tend to feel cold and dry during winter, but nature has a treatment for all the dryness and cold that we feel during winter through the foods we eat. Our body requires more fuel to function properly in winter as compared to any other season.

According to the ancient healing art of 'Ayurveda' the digestive fire 'Agni' is the strongest during the winter season.

Ayurveda is an ancient science based on specific body constitutions, called dosha. Eating Ayurvedically for winter means balancing both Kapha dosha and Vata dosha which helps our body maintain a better immune system and stay away from winter diseases.

## **Underground Veggies**

All the vegetables that grow underground throughout summer are considered to be dense and heavy and thus ideal for consumption during the winter season. These root vegetables are full of antioxidants and are very rich in minerals, fiber, and vitamin A and vitamin C which make them ideal for nutrition during winter.

## **More Protein**

Proteins are known as the building blocks for the body and thus are important for us during the winter season as they help in building up better immunity, improving skin health, and also for structural strength. The amount of protein consumed in a day should only be around 10% of your daily diet.

## **Fiber-Rich Food**

Consuming fibrous food during the winter season helps in improving overall intestinal

health. There is also an abundance of such foods during winter. Fiber is laxative, and thus according to Ayurveda, it helps in better elimination of the body's waste which in turn is the natural process of the body to get rid of the heat that accumulates during the end of summer.

## **More Fat**

During winter, Ayurveda recommends a higher fat diet as fats provide our body the nutrients it needs to rebuild, rejuvenate, and repair. It is also recommended to consume foods that are rich in omega-3 and fatty acid. According to Ayurveda, food during winter should be cooked in ghee (clarified butter), because of its health properties. Please remember to consult your doctor if you are on a cholesterol controlled diet.

## **Nuts**

Dry fruits and nuts are a must-have during winter. These nuts help in keeping the body warm from the inside by generating heat within the body and also provide the body with the energy to blow away the winter lethargy.

## **Spices**

Spices are said to boost up the immune system. They help in increasing the temperature of the body and thus keep the body warm from inside during winter. These spices make the body stronger from the inside to fight winter diseases, and also prevent gastrointestinal diseases like diarrhoea, acid reflux.





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[www.feelcareuk.org](http://www.feelcareuk.org)

Our mission is to enable you to live your life to the fullest  
and to be in the comfort and familiarity of your own home