



FeelCare  
HOME CARE SERVICES



Autumn  
Newsletter  
2024

*Hello everyone, and welcome to our Autumn Newsletter!*

*As the season changes and we embrace the cooler days, we're excited to share what's been happening here at FeelCare Home Care Services. This time around, we'll be focusing on our care rota system, Norwich, to help you understand the full spectrum of security it provides to our clients, carers, and clients' families. It's a system designed with everyone's peace of mind in mind, and we can't wait to show you how it works.*

*In addition to that, we're diving into all things autumn! Overleaf, you'll find a delicious savoury pumpkin pie recipe—perfect for this time of year. You'll also get a peek into the fun we've been having in the office, including highlights from our Halloween party. Plus, we've included a few other bits and pieces that we hope will inspire you and bring a smile to your face.*

*As always, we've loved hearing your feedback, so please keep it coming. Wishing you all warmth, wellness, and a wonderful autumn season.*

*With love, Christine X  
FeelCare Founder and  
Managing Director*



# Savoury Pumpkin Pie Recipe

## Ingredients:

- 1 1/2 cups pumpkin puree (fresh or canned)
- 1/2 cup heavy cream
- 2 large eggs
- 1/2 cup grated Parmesan cheese
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 tsp fresh thyme (or 1/2 tsp dried)
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp nutmeg
- 1 prepared pie crust

## Instructions:

1. Preheat Oven: Preheat your oven to 375°F (190°C).
2. Prepare Filling: In a pan, sauté the onion and garlic until softened. In a mixing bowl, combine the pumpkin puree, heavy cream, eggs, Parmesan cheese, thyme, salt, pepper, and nutmeg. Add in the cooked onions and garlic, and stir until well mixed.
3. Fill the Crust: Place the pie crust in a pie dish and pour the pumpkin mixture into it, spreading evenly.
4. Bake: Bake for 35-40 minutes, or until the filling is set and the crust is golden. You can insert a knife into the center; if it comes out clean, it's ready.
5. Cool and Serve: Let the pie cool for a few minutes, then slice and serve warm.



# Our New Care Planning System

At FeelCare, we're excited to announce our adoption of Nourish, a leading care planning and rota system endorsed by the NHS. This system enhances the way our carers deliver high-quality support, all while ensuring the security and wellbeing of our clients in their own homes.

## Why We Chose Nourish

Nourish is specifically designed for healthcare environments, meeting rigorous NHS standards for digital social care records. With the ability to capture, store, and share care data in real-time, Nourish empowers carers with access to detailed, accurate information that enables better decision-making. As an NHS Assured Supplier, Nourish provides secure, dependable technology that integrates seamlessly with other systems, safeguarding client data and aligning with our mission of providing the highest standard of care.

## Benefits for Clients and Families

For our clients and their families, Nourish brings peace of mind. Its secure, digital records mean that all care activities are documented, ensuring that clients' preferences, needs, and health information are accessible anytime. This transparency allows family members to stay connected with their loved ones' care journey, fostering confidence in our services.

## Enhanced Efficiency for Carers

Nourish also allows our carers to spend more time focusing on client interactions rather than administrative tasks. With an easy-to-use app, carers can instantly record notes and access critical information on the go, leading to smoother handovers and personalised, consistent support for each individual.

By integrating Nourish into our operations, FeelCare continues to prioritise safety, quality, and trust for everyone involved in our services.



# Autumn Newsletter: A Season of Reflection and Connection at FeelCare Home Care Services

As the leaves begin to change and the days grow shorter, autumn offers us a beautiful reminder of the cycles of life and the importance of connection, care, and community. At FeelCare Home Care Services, this season is a time to reflect on the incredible work that our carers do, the trust and gratitude of our clients, and the strong bonds we continue to build within the community we serve.

## A Heartfelt Thank You to Our Carers

To our wonderful carers, we want to take a moment to recognise your hard work, dedication, and the compassion you bring into people's homes every day. Caring for others is one of the most rewarding yet challenging jobs, and your commitment makes a real difference in the lives of those you support.

As the weather cools, we know that the demand for care often increases, and your role becomes even more vital. Whether it's helping with daily routines, providing companionship, or just being a comforting presence, your efforts ensure that our clients can remain safe and supported in the comfort of their own homes.

We encourage you to take moments to recharge and prioritise your wellbeing as you care for others. Remember, you are the heart of what we do, and we're here to support you every step of the way.

## Client Spotlight: Celebrating the Bonds We Build

Our clients are at the core of our mission, and the relationships we cultivate are what make our service truly special. Autumn is a time for gratitude, and we're grateful for the trust our clients place in us. Whether it's sharing a cup of tea or reminiscing about fond memories, these moments of connection bring warmth to the colder days.

This season, we want to celebrate the unique stories of our clients. Each of you has a rich history, full of experiences that make you who you are today. Our carers love hearing your stories, and it's these personal connections that create a caring and supportive environment. To our clients, thank you for allowing us to be part of your journey.

## Staying Safe and Connected This Autumn

As we prepare for the colder months, we know that staying healthy and connected becomes even more important. For our clients, we're here to help you stay warm, safe, and well-supported at home. From making sure your home is ready for the seasonal changes to providing assistance with healthcare needs, our carers are here to ensure your comfort and safety.

We also want to remind our carers to be mindful of the changing season. Colder weather can bring its own set of challenges, so make sure to dress warmly, stay hydrated, and take care of yourselves as you continue your amazing work.

## FeelCare's Commitment to Community

At FeelCare Home Care Services, we believe that caring for others extends beyond just the individual—it's about caring for our community. This autumn, we'll continue our commitment to supporting local initiatives and fostering a sense of togetherness. From sharing important health tips to encouraging local engagement, we aim to bring our community closer together, even as the days grow shorter.

Whether you're a client, carer, or community member, we encourage you to reach out and stay connected. Together, we can make sure that everyone feels supported and cared for this autumn.

## What's Ahead for FeelCare

As we look ahead to the coming months, we're excited to continue providing high-quality care and strengthening our relationships with both our clients and carers. We've got some exciting plans for the winter season, including community outreach projects and new training opportunities for our carers to further enhance the support they provide.

In the spirit of autumn, let's all take a moment to reflect on the importance of care, kindness, and connection. At FeelCare Home Care Services, we're proud to be part of such a compassionate and dedicated team. Let's continue to care for each other and our community as we move into this new season together.



# The History of Halloween: Unveiling the Origins Behind the Spooky Tradition

At FeelCare Home Care Services, we love bringing the team together for a bit of fun, and this autumn's Halloween party was no exception! From creative costumes to spooky decorations, it was a fantastic opportunity to celebrate the season and enjoy each other's company. As you browse through the gallery of wonderful images from the party, we thought it would be fun to take a step back in time and explore the true history of Halloween, and why this holiday has taken on its spooky traditions.

## The Origins of Halloween: A Festival of the Harvest and Spirits

Halloween, as we know it today, has its roots in the ancient Celtic festival of Samhain (pronounced "sow-in"). Over 2,000 years ago, the Celts celebrated Samhain on October 31st, marking the end of the harvest season and the beginning of winter—a time often associated with death. The Celts believed that on this night, the boundary between the world of the living and the dead blurred, allowing spirits to roam the earth. To ward off any unwelcome spirits, people lit bonfires and wore costumes to disguise themselves from supernatural beings.

When the Romans conquered the Celtic lands, they brought their own traditions, blending them with Samhain. One of these was Feralia, a day in late October when Romans commemorated the passing of the dead, further embedding the concept of honouring spirits at this time of year.

## The Evolution into Halloween: From All Saints' Day to Spooky Fun

As Christianity spread, the church sought to replace pagan festivals with their own holy days. In the 8th century, Pope Gregory III designated November 1st as All Saints' Day, a day to honour saints and martyrs. The night before, October 31st, became known as All Hallows' Eve, eventually evolving into what we now call Halloween. Despite this religious connection, many of the old customs—bonfires, costumes, and a connection to the supernatural—persisted and grew into the traditions we celebrate today.

Over time, Halloween transformed from a solemn day of honouring the dead to a light-hearted, fun-filled holiday. The "trick-or-treat" tradition is believed to have originated from the practice of "souling" in medieval England, where people would go door-to-door offering prayers for the dead in exchange for food.

## Why Halloween Has Taken On a Spooky Tradition

So why the spooky element? Over the centuries, stories of ghosts, witches, and goblins became central to the Halloween celebration. As the festival travelled across the Atlantic to America, it merged with local folklore and traditions. The rise of commercialism in the 20th century helped cement the spooky, fun-filled version of Halloween we know today, with costumes, haunted houses, and horror movies becoming synonymous with the holiday.

Halloween's association with all things eerie and supernatural comes from its ancient origins, when people believed spirits walked among the living. Today, we've kept that spirit alive (no pun intended) by embracing the thrill of costumes, spooky décor, and eerie tales, all in good fun!

## Celebrating Halloween at FeelCare: Fun for Everyone!

At FeelCare, we celebrate Halloween as a time to enjoy each other's company, get creative with costumes, and take a break from our busy routines. Whether you're a fan of spooky fun or prefer the autumnal cosiness of the season, Halloween is a great way to bond and share laughter with friends and colleagues. Our Halloween party was filled with laughter, creativity, and great memories, and we're excited to share the pictures from our team's fantastic celebration with you!

## Turn the page to view the gallery of our Halloween Party!

**We hope this glimpse into the history of Halloween adds a little extra meaning to the festivities. As we continue to honour traditions and make new memories, we're grateful to be part of such a vibrant and supportive community. Here's to many more celebrations together!**





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view the YouTube  
video of our  
images...**

# Recommend FeelCare Home Care Services to Your Friends and Family!

At Feel Care, we pride ourselves on offering compassionate, high-quality home care services tailored to meet the unique needs of each individual. If you've experienced the positive impact of our care services, we invite you to refer us to your friends and family who may also benefit from our support. We understand how important it is to feel confident in the care of your loved ones, and we are here to help!

## How to Make a Referral

If you know someone who could use our home care services, making a referral is simple. Here's how you can do it:

### 1. Speak to Us Directly

Contact our friendly team who can provide information on our services and arrange a free care assessment for your friend or family member. We'll happily walk them through what we do and how we can support their needs.

### 2. Visit Our Website

Use the QR code below to be directed straight to our website, where you can find detailed information about the range of services we offer. On the website, you can also fill out a referral form, and we'll be in touch to arrange a free care assessment.



### 3. Free Care Assessment

As part of every referral, we offer a free care assessment to ensure that each client receives the tailored support they need. Whether it's help with daily tasks, personal care, or specialised dementia care, we'll create a care plan that's just right for them.

### Why Recommend FeelCare?

- Personalised Care Plans: We tailor our services to each individual's needs, ensuring comfort and dignity at home.
- Dedicated Team: Our team of carers is highly trained, compassionate, and focused on providing the best possible care.
- Specialist Services: From dementia care to daily support, we offer a range of services designed to support independence and improve quality of life.

### Get in Touch!

If your friends or family would like to hear more about how we can support them, please don't hesitate to reach out. We are always happy to explain our services and answer any questions. Your recommendation means a lot to us, and we're committed to delivering the same high standard of care to those you refer.

**Contact Us Today - 020 7916 7961**

Thank you for trusting FeelCare with your loved ones' care needs!





# Celebrating Our New Dementia Blog

## Category: Honouring the Heart of Our Care

We are thrilled to announce that FeelCare Home Care Services has launched a new Dementia Care category in our regular company blog! You can find it by [clicking here](#). This new section was introduced last month to celebrate Alzheimer's Awareness Month in September, and we are excited to continue this journey, honouring and sharing the incredible work that you, our dedicated team of carers, managers, and supervisors, do every day in providing specialist dementia care.

### Why Dementia Care Is at the Heart of What We Do

At FeelCare, dementia care is more than just a service—it's our specialty. We are incredibly proud of the compassionate, high-quality support that our team provides to those living with dementia and their families. Dementia care requires a unique set of skills, empathy, and dedication, and our team consistently rises to the challenge. Whether it's delivering person-centred care in a client's home or offering emotional support to families navigating this difficult journey, your work is truly life-changing.

This new blog category is a way to celebrate that. It's a platform where we will be sharing case studies, good practice, training resources, and insights into all things related to dementia. We believe that by showcasing the amazing work happening at FeelCare, we can inspire one another, continually learn, and maintain our position as specialists in dementia care.

### What You'll Find in Our Dementia Blog

Within the Dementia Care category, you'll find a variety of resources aimed at highlighting the expertise we've built within our team:

- Case studies showcasing real-life examples of the impact of our care.

- Good practice tips to support carers and managers in providing the highest standard of dementia care.
- Training updates to ensure we stay on top of the latest advancements and techniques in dementia care.
- Insights and articles that deepen our collective understanding of dementia and the ways we can best support those affected.

We are eager to highlight why our dementia care services stand out and to share the best practices that make our work so meaningful.

### Honouring Your Dedication

As healthcare professionals at FeelCare Home Care Services, you are the heart of everything we do. Your commitment to excellence in dementia care is what makes us proud to call this our specialist service. Through this blog, we want to acknowledge and celebrate your hard work, innovation, and compassion.

This is just the beginning. As we move forward, we'll continue to build this resource together, highlighting success stories and sharing knowledge to enhance the care we provide. We encourage all of you to engage with the blog, share your experiences, and continue to help us grow this important resource.

Thank you for everything you do—your dedication makes a world of difference, and we couldn't be prouder to have such a talented and compassionate team leading the way in dementia care.

Visit our Dementia Blog category now by [clicking here](#). Let's continue to share, learn, and grow together!





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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