



Spring Edition

FeelCare News



What is home care and what should you be looking out for when selecting a service

Back to basics - we ask founder and managing director Christine what should people be looking for when choosing a home care provider



FeelCare
Home Care
Services

Meet our in-house Ayurvedic health counsellor Nadene

Some must dos this Spring. Food, culture and more

www.feelcare.co.uk

What is home care and what should you be looking for when choosing a service provider?

We understand that requiring a carer to support you or a loved one is not only emotional but also a little daunting too. So it's important to know what home care is and what type of questions you should be asking in order to make an informed decision.

'Home care' simply means having a paid carer visit you or a loved one in your home to provide care and support. This can make a huge difference to your life, especially if you have difficulty washing, eating, bathing or getting around. It can help you stay living independently in your own home. Service providers differ in their offering, some offer support from 15 minute calls to 24 hours a day. Support can be temporary – for example for a few weeks while you recover from an illness. Or it can be long term live-in or live-out.

You might want to consider care at home if:

- you're finding it difficult to cope with daily routines, such as washing, dressing and getting out and about
- you do not want to move into a care home
- you can still get about your home and it's safe for you to live in – or it can be adapted to make it safe.

We ask Christine FeelCare's Founder and Managing Director what are the most frequently asked questions she receives from new client enquires -

How support is arranged?

Arranging support is quick and simple, once an initial care assessment has been carried out by a FeelCare care manager a care plan is produced which includes: your care needs, timings of your carer visits, interests, contacts, medication and so on. When completed and agreed by you, a suitable care team member can then be matched with your file and introduced at a convenient time. For emergency and short-term notice bookings an introduction isn't always possible, but rest assured all our care team members are fully checked according to the Care Quality Commission's recruitment guidelines, please follow the link to view this checklist.

How do you change for care and can I cancel my arrangements with you?

If at any point in time you are unhappy with the care you are receiving you can call the office team to express your concerns, make changes or cancel your care. It is your home, your care and always your choice - with 24 hours notice you can tell us what works for you with no cancellation fee.

What can a FeelCare carer can help me with?

There are so many tasks and care needs that a carer can attend to. The best thing is to call our team for an informal chat about what type of support you need - from household chores and cooking to personal care and medication support there's lots we can help you with.

What about my personal security and valuable/precious items?

Every team member goes through rigorous recruitment screening checks before they begin work with FeelCare. You can rest assured that ID, background, references and qualifications are all thoroughly checked before a FeelCare ID card is created. If at any point in time you have concerns we take your enquiry very seriously to ensure your security is number one.

What happens when the office is closed?

Our office phone number diverts to an on-call service answered by the FeelCare management team from 5 pm weekdays and over the weekend and holidays. Please bear in mind this is not an automated service, in the unlikely event your call is unanswered please leave a message and someone will get back to you.

How can I pay for a FeelCare carer?

We will send you a bill at the end of every month for the hours of care provided, this can be paid by your preferred payment



Meet Nadene our in-house Ayurvedic Health Counsellor

More and more of us are turning to alternative health remedies to keep us safe and nourished during such unsettling times. And at FeelCare we are always looking at new ways to support our clients and carers. Therefore we are thrilled to announce that we now have an in-house Ayurvedic Health Counsellor based with us in our West Hampstead shop front office. An Ayurvedic Health Counsellor assess a client's digestive constitution (prakruti) and imbalances (vikruti), and offer guidance to restore balance using Ayurvedic diet and lifestyle techniques.

More than a system for the treatment of illness, Ayurveda is the science or knowledge of life, a mind, body, soul approach to healing and wellness which originated in India over 5,000 years ago. Ayurveda's holistic approach to health has been experientially proven to help us achieve an optimum state of well-being with an emphasis

on diet, lifestyle and therapeutic trial. From an Ayurvedic perspective we are all a unique constitution of three 'doshas'. The three doshas vata, pitta and kapha are made up of the five elements of which all matter is composite – earth, fire, water, air and space. We are all a unique combination of all three doshas and when one or more of these elements is off balance for any reason, our health and contentment is compromised.

Over to you Nadene, please introduce herself...

I first discovered Ayurveda on my own healing journey when I was diagnosed with postnatal anxiety and depersonalisation disorder. I found the teachings of Ayurveda bridged the gap between western medicine and holistic healing, it was everything I needed to heal and find my way back to health. Although Ayurveda is considered more of a preventative system of health, there is still so much it can do for even those facing end-of-life. From a simple hand massage to gut health there is something to help everyone to benefit from.

I have known Christine Founder of FeelCare for many years having worked together and developed a friendship too. I am thrilled to be working with her again to offer her clients and carers the opportunity to try this incredible well-being system. I think more healthcare providers should be looking at traditional, natural ways to balance, especially in our overly busy stressful lives.

Nadene x



Our in-house Ayurvedic Health Practitioner works with her patients to strengthen immunity and digestion through therapeutic trial and diet and lifestyle changes.

An Ayurvedic diagnosis and subsequent treatment differ from modern, Western processes. In Ayurveda the diagnosis is made at both the disease level (called Roga in Ayurveda) and also the patient level (called Rogi in Ayurveda). The Ayurvedic diagnosis (called Rogi-roga Pariksha) combines disease analysis with a deep examination of each individual. This means that your treatment is tailored to your individual needs.

Whether your experiencing digestive discomfort or mental or physical disorder there is something to help everyone.

To book an appointment please call 020 7916 7961

Speak with Nadene our in-house Ayurvedic Health Counsellor for free during Mental Health Awareness Week 9 - 15 May 2022



How to elevate stress where you can

Stress can actually be addictive for some of us, the chemicals released in the brain are similar to those of stimulants. Although you may think “stress is the last thing I want”, the subconscious brain can get caught in this negative loop, seeing it as familiar grounds (albeit negative).

Regularly take stock of where small stresses could be gaining momentum. Rate the following from 1 to 5, 5 being excellent no changes needed and 1 being poor, change needed.

Safety - do you feel safe in your home, work and community?

Healing - do you have unhealed traumas or continued stress in your life - past or present?

Work life - how do you feel when you think of your work life?

Identity - do you feel comfortable and happy with who you are when your both alone and with others?

Home life - do you feel safe, rooted and settled?

Nutrition - is your diet varied, wholesome, regular and nourishing?

Daily activities - are your days filled with a variety of tasks and social activity?

Hygiene - do you take good daily care of all elements of personal hygiene?

Exercise/regular movement - do you move your body daily through walking, dance, exercise or any other form?

Learning/mental stimulation - do you read, attend courses or listen to educational podcasts, talks etc?

Creative activities - do you dance, paint, sing, play with the children, garden, knit etc?
Sleep - do you get good sleep?

Fun - do you laugh and feel joy regularly?

Friends - are you immediate relationships nurturing and stimulating?

Love - do you feel love and feel loved back?

Finances - are you finances stable and manageable?

Meaningful sex life - do you feel you have a healthy libido and sex life?

Community - do you feel supported and connected to those around you?

Family - what is the quality of your relationship with those closest to you?

Spirituality - this could be your faith or simply getting into nature

Once you've taken stock of where stresses could be building up you can begin to make small changes. Take just one or two at a time as small changes will eventually achieve big results. This can be a great springtime exercise.

It's important to remember that habits take time to form and be part of our life. And perhaps even more important than this, you are not alone in this task. There are organisations to help with every element of life from finance to loneliness. If you feel overwhelming or don't know where to start our in-house Ayurvedic health counsellor can help you.

We are both beautifully complex individuals and wonderfully simple too. Although it takes many different elements for us to find balance, it's surprising how little we need to reduce stress levels and find more joy.

If you are struggling for any reason a member of the FeelCare team will either help or signpost you to someone who can. You are never alone x

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Reduce
Stress!

What's on in London theatre during spring 2022?

Enjoy feel-good summer vibes at Mama Mia! at the Novello Theatre: Sing along to ABBA favourites in the much-loved romantic musical.

Experience an electrifying ride with Back To The Future The Musical at the Adelphi Theatre: Relive the classic 1980s movie on stage in the West End.

Be captivated by My Fair Lady at the London Coliseum: Watch the charming Eliza Doolittle transform into a high society lady.

Feel the summer vibes at Get Up, Stand Up! The Bob Marley Musical: Groove along to your favourite Reggae songs.

Be entertained in the great outdoors at London's Regent's Park Open Air Theatre: Enjoy theatre and comedy under the stars.

Experience the magic of the Warner Bros. Studio Tour London - The Making of Harry Potter: Discover the behind-the-scenes secrets of the famous film series.

Take to the sky in an Emirates Air Line cable car: Glide above the river Thames and admire magnificent views of London.

Explore the Very Hungry Caterpillar trail and wander along the Treetop Walkway at Kew Gardens: Get a close look at the treetops and admire scenic views of the gardens in bloom.

See stunning horticultural displays at the RHS Chelsea Flower Show: Be dazzled by an array of colourful flowers and cutting-edge garden designs. 24-28 May

See the planet through the eyes of an astronaut at Ilan Eskeri's Space Station Earth at the Royal Albert Hall: Experience incredible music and out of this world visuals. 15 May

Admire unique illustrations at Beatrix Potter: Drawn to Nature at the Victoria and Albert Museum: Learn about the life and work of the famous writer, illustrator and scientist.

Follow in the footsteps of royalty at Kensington Palace: Visit the stunning Sunken Garden and the wildflower meadow.

Immerse yourself among the pastel pink blooms at Greenwich Park: Snap selfies as you stroll through this picture-perfect spot.





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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