



FeelCare
HOME CARE SERVICES

Winter
Newsletter
2023-24



Did You Notice Our Logo Refresh?

At FeelCare Homecare Services, we are committed to providing the best care and services to our community. Today, we are excited to share a subtle but noteworthy update with you – our logo has undergone a tiny makeover!

Let us assure you that this isn't a major transformation. It's more like a gentle tidying up to ensure our logo reflects the essence of FeelCare Homecare Services in the best possible way. We believe in continuous improvement, and this subtle change is a reflection of our commitment to staying fresh and relevant.

Without further ado, here is our updated logo in all its glory. We hope you like it as much as we do! Rest assured, the core values and dedication that FeelCare represents remain unchanged. The familiar warmth and reliability you associate with us are still at the heart of our services.

As you navigate through our website and interact with our materials, you may notice this refined emblem making its appearance. We want to be transparent about this update and assure you that, despite the minor tweak, it's still the same FeelCare you've come to trust.

Change, even a small one, can be a bit surprising. However, we believe that this subtle adjustment enhances our visual identity without losing the essence of who we are. We value your feedback, so please feel free to share your thoughts on the refreshed logo.

Thank you for being an essential part of the FeelCare family. We appreciate your continued trust and support as we strive to provide exceptional care services.



Discover Exceptional Home Care

At FeelCare Home Care Services, we are dedicated to providing compassionate and tailored support to enhance the well-being of individuals in our community. Our comprehensive range of services caters to diverse needs, ensuring comfort and independence for every client.

Hourly Support:

- Tailored assistance starting from four hours, ensuring flexibility for various needs.
- Personalised care plans to address individual requirements.

Live-In Support:

- Comprehensive live-in care available throughout the UK.
- Dedicated caregivers providing continuous support and companionship.

Dementia Care:

- Expert care and understanding for those navigating the challenges of dementia.
- Focused on promoting comfort, dignity, and maintaining cognitive abilities.

End-of-Life Care:

- Compassionate support for individuals and families during challenging times.
- Ensuring dignity, comfort, and respectful care at every stage.

Acquired Brain Injuries:

- Specialised care for individuals recovering from acquired brain injuries.
- Supportive rehabilitation plans to aid in the recovery journey.

Post-Operative and Recovery Care:

- Tailored assistance for a smooth post-operative recovery process.
- Focused on promoting healing, comfort, and a swift return to daily activities.

- Free Care Assessment: Take the first step towards exceptional care with a FREE care assessment. Contact our dedicated team at 0207 916 7961 to schedule your assessment.

At FeelCare Home Care Services, we go beyond care – we provide a warm and supportive extension of your family. Join us in creating a home care experience that prioritises dignity, respect, and personalised attention. Your well-being is our commitment.



World Cancer Day - February 4, 2024 and Prostate Cancer Awareness Month - March 2024

Prostate Cancer: Understanding the Basics

Prostate cancer occurs when prostate cells grow uncontrollably. In the UK, it's the most common cancer in men, with over 52,000 annual diagnoses. Early detection is key, so be vigilant for signs like changes in urination. Seek medical advice promptly if you notice any unusual symptoms.

Possible Symptoms of Prostate Cancer:

- Difficulty starting or emptying your bladder
- Weak urine flow
- Feeling your bladder hasn't emptied properly
- Dribbling urine after urination
- Increased urination, especially at night
- Sudden, urgent need to urinate

Don't hesitate to consult your doctor if you observe these changes. Early intervention is crucial, as early-stage prostate cancer often shows no symptoms.

Ovarian Cancer: A Closer Look

Ovarian cancer arises from abnormal cell growth in the ovary. The most common type is epithelial ovarian cancer, affecting approximately 7,500 women annually in the UK. Be aware of signs like feeling full quickly, abdominal pain, and an increase in abdominal size.

Signs of Ovarian Cancer:

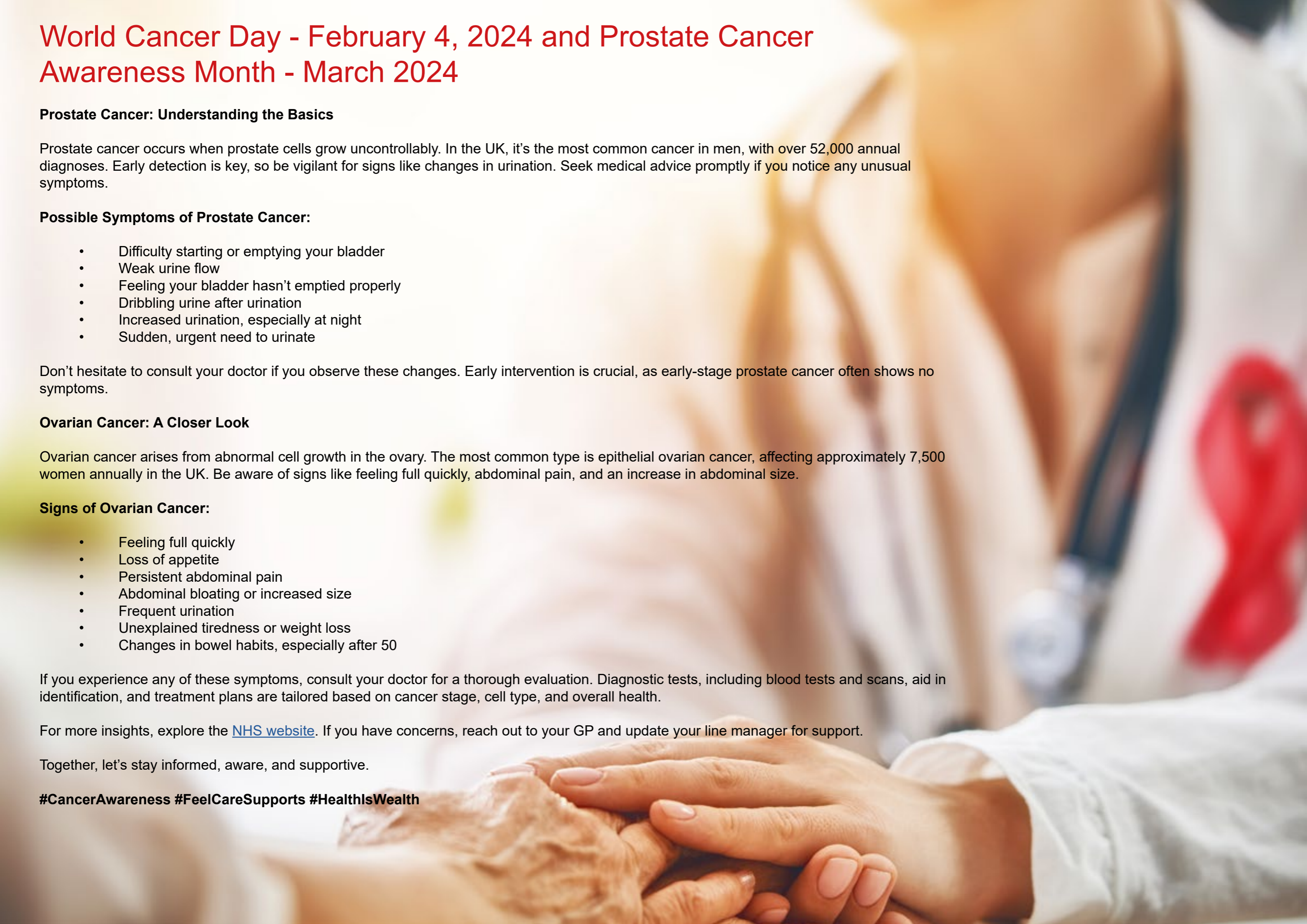
- Feeling full quickly
- Loss of appetite
- Persistent abdominal pain
- Abdominal bloating or increased size
- Frequent urination
- Unexplained tiredness or weight loss
- Changes in bowel habits, especially after 50

If you experience any of these symptoms, consult your doctor for a thorough evaluation. Diagnostic tests, including blood tests and scans, aid in identification, and treatment plans are tailored based on cancer stage, cell type, and overall health.

For more insights, explore the [NHS website](#). If you have concerns, reach out to your GP and update your line manager for support.

Together, let's stay informed, aware, and supportive.

#CancerAwareness #FeelCareSupports #HealthIsWealth



Boost Immunity Naturally

In the whirlwind of today's fast-paced life, safeguarding our health and immunity takes center stage. Ayurveda, an ancient holistic healing system originating from India, imparts valuable insights into fortifying our immunity during the challenging winter season. Let's delve into Ayurvedic wisdom, focusing on tips to elevate your well-being.

Understanding Ayurveda and Doshas:

Ayurveda, meaning the "science of life," emphasizes balancing three fundamental energies or doshas within the body. Vata embodies air and space, Pitta represents fire and water, and Kapha embodies water and earth. Maintaining harmony among these doshas is key for overall well-being.

The Digestive Engine Room:

According to Ayurveda, a robust immune system starts with a well-functioning digestive system. Consistent mealtimes, regardless of your shift patterns, play a pivotal role in preparing your body for efficient digestion. Introduce digestive herbs like fennel seeds, cumin, turmeric, and black pepper to enhance digestion.

Hydration and Digestive Fire:

Sipping warm water throughout the day, whether in the form of herbal tea or room temperature water with lemon, keeps the digestive fire ignited. Unlike cold fluids that dilute digestion, consistent sipping maintains hydration and supports the digestive process.

Reducing Inflammation:

Winter often brings about body inflammation due to the stresses of modern life. Trim down on inflammatory foods like tomatoes, cheeses, processed foods, alcohol, and coffee. Reducing their intake aids the body in healing more efficiently.

Boosting Immunity Naturally:

Incorporating Movement: Adding movement to your daily routine need not be overwhelming. Whether it's dancing with your children, a gentle walk, or some stretches, find enjoyable ways to stay active. A healthy body significantly contributes to a robust immune system.

Embracing Life Force Energy Through Whole Foods:

Include a variety of whole foods rich in "life force energy" or Prana, as described in Ayurveda. Fruits, vegetables, whole grains, and nuts infuse your body with nature's nourishing essence, promoting overall well-being during winter.

Cultivate a Supportive Daily Rhythm:

Our body thrives on regularity, a principle emphasized in Ayurveda for its profound impact on well-being. Establishing a daily routine proves powerful in calming the nervous system and invigorating "Ojas," meaning vitality or immunity.

By integrating Ayurvedic principles into our daily lives, we navigate winter with resilience and well-being. Small changes lead to significant improvements in overall health. Start with simple steps, waking up, eating, and retiring at consistent times, fostering predictability for your nervous system to unwind and rejuvenate



Empowering Recoveries: Elevating Post-Operative Support

At FeelCare Home Care Services, we understand that the journey to recovery after surgery is unique for each individual. Our commitment to providing exceptional post-operative recovery support services stems from the belief that everyone deserves a seamless, empowering, and safe transition from the hospital to the comfort of their own home.

Comprehensive Care for a Safer Return Home:

Our post-operative recovery support services commence with a meticulous plan designed to ensure a safe return home. Our experienced support workers collaborate with medical professionals to understand the specific needs of each client, creating a personalised care strategy. From arranging necessary medical equipment to modifying the home environment for accessibility, our goal is to create a secure space conducive to healing.

Seamless Preparation for a Speedy Recovery:

Preparing for a speedy recovery begins before the client leaves the hospital. Our support workers coordinate with medical teams to ensure a smooth transition, including medication management, wound care, and adherence to post-operative instructions. By providing detailed information to both clients and their families, we empower them to actively participate in the recovery process and foster a sense of control during this crucial time.

Empowering Support Every Step of the Way:

At FeelCare Home Care Services, we recognise the importance of holistic support during post-operative recovery. Our support workers offer more than just physical assistance; they become companions and motivators, understanding the emotional and mental aspects of the healing journey. This empowering approach is designed to uplift spirits, alleviate anxiety, and instill confidence in our clients as they navigate the path to recovery.

Client-Centered Care:

Our post-operative recovery support services are tailored to meet the unique needs of each individual. Whether it's assistance with daily activities, transportation to follow-up appointments, or emotional support, we prioritise client-centered care. This approach ensures that our clients receive the specific support they require, fostering a sense of comfort and security throughout their recovery journey.

Looking Ahead:

As we move forward, FeelCare Home Care Services remains committed to enhancing our post-operative recovery support services. We continually assess and incorporate advancements in care methodologies and technologies to provide the highest level of care to our clients.

The post-operative recovery journey is a critical period, and at FeelCare Home Care Services, we take pride in being a dependable partner in this process. Our support workers are dedicated to empowering clients, promoting a safer return home, and contributing to a speedy and holistic recovery. By putting the well-being of our clients at the forefront, we aim to redefine post-operative recovery support services and set a standard of excellence in home care.





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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