ELITE CHOICE HOME CARE

NEWSLETTER

AUTUMN 2026

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EDITOR'S DESK



Hello Clients, Families and Friends!

Autumn is upon us, bringing cooler days, colourful leaves and the chance to look ahead to the months to come. We have continued working hard to improve and develop our services, always keeping our clients at the heart of everything we do. In this edition, we're pleased to share the latest news, updates and developments from our team, along with some of the things we've been working on behind the scenes. As always, we value your feedback and appreciate the continued trust you place in us. We hope you enjoy reading this autumn edition of our newsletter!

Kelly , Kate, Charlotte & Lois

QUOTE OF THE DAY

"The only limit to our realization of tomorrow will be our doubts of today."

- Franklin D. Roosevelt

AUTUMN TRIVIA

September's name is derived from the Latin word 'septem' which means seven. Although September is the ninth month of the year, in the Roman calendar, it was the seventh month.

October's name is derived from the layin word 'octo' meaning 'eight'. In the Roman calendar, october was the eight month.

November is originally the ninth month in the Roman calendar before January and February was added. It's name is derived from the Latin word 'novem', which means 'nine'.

HIGHLIGHTS

STAFF WELLBEING

The health and wellbeing of our team is as important to us as that of our clients. Back in the summer we welcomed a Workplace Wellbeing Advisor from MSDC for a session on stress and resilience which included guided relaxation.

Our team were also offered one-to-one wellbeing MOTS' to explore realistic lifestyle changes to improve their overall health and wellbeing.



GOOGLE REVIEWS

A huge thank you to those of you who have kindly submitted a review of our service on Google.

Reading such lovely words made us all quite emotional and certainly reminds us why we do the job we do.

If anyone else would like to leave us a review this can be done using this link https://g.page/r/CaXFmQHCkR7_EAE/review

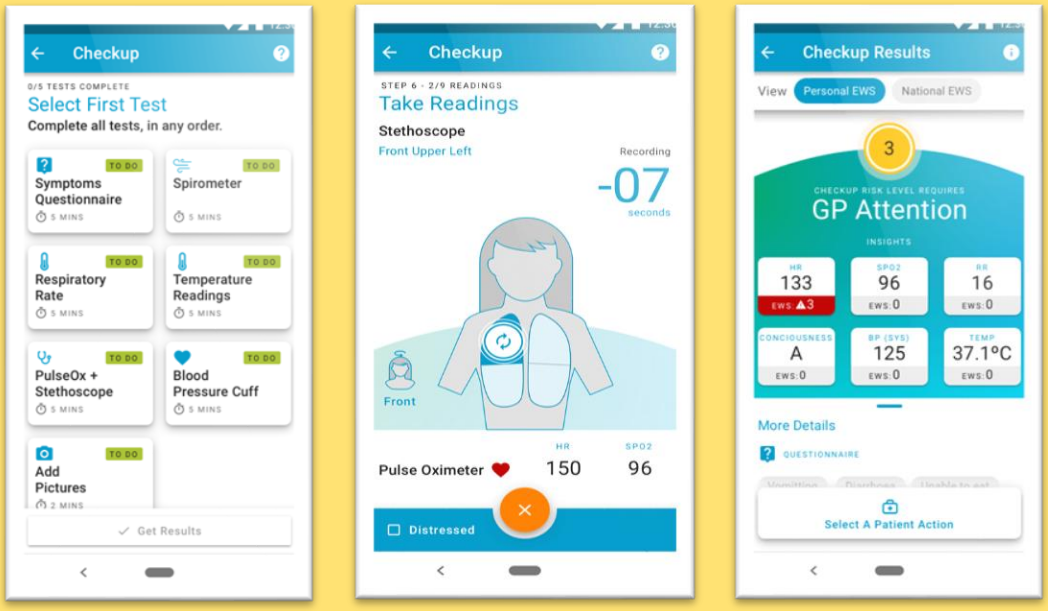
NEW WEBSITE FEATURES

The technical folks who are helping us with our marketing are doing a great job of adding some new features to our website.

They have been busy meeting with both our clients and team to create some video reels which can now be viewed on the website www.echc.co.uk



LAUNCH OF FEEBRIS



STAYING WELL AT HOME

Following our announcement about the introduction of Feebris back in the summer, we are pleased to advise that we are now ready to begin the roll of this service.

Feebris is transforming healthcare delivery by enabling clients to receive safe, personalised, hospital-quality care in the comfort of their own homes. Its remote monitoring platform helps clinicians and care teams identify early signs of deterioration, make informed decisions and intervene sooner, potentially preventing avoidable hospital admissions and emergency visits. For you this means more time spent in the comfort of your own home with the reassurance that you are being closely monitored. For the NHS, the benefits extend to reduced pressure on hospital beds, fewer unnecessary ambulance call-outs and more efficient use of clinical resources. At a time when the NHS is already under extreme pressure, and with winter round the corner, anything we can do to help build a more efficient and resilient health and social care system has to be a positive step forward.

Our team have been receiving training on the use of our new Feebris kits and we have been busy setting up the new Feebris platform. The next step will be to obtain consent from each of you who wish to take advantage of this new service.

Over the coming weeks, our Team Leaders and Senior Care Practitioners will spend a few minutes within one of your calls running through the consent form with you. If you are happy to go ahead, you will be asked to sign the form before we will take a few simple measurements (blood pressure, temperature, respiratory rate and oxygen saturations). These observations will form your baseline and will determine how frequently we need to repeat these checks or whether any further medical intervention is advised.

If anyone has any questions regarding the launch of Feebris, please don’t hesitate to contact the office.

UPCOMING EVENTS

Ensemble Reza Free Concert – Methodist Church, Perrymount Road,

Haywards Heath, RH16 3DN

Tuesday 10th November @ 12pm



Parkinson's Café – Henfield Haven, BN5 9DT

Tuesday 27th October & Tuesday 24th November @10.30am

Elite Choice Client Christmas Lunch – Sayers Common

Wednesday 16th December 12pm – 3pm

Tickets are £5 per person and clients are welcome to bring a guest

Booking is required – please contact us by Friday 4th December if you wish to attend

Client Partnership Forum

Monday 22nd March 2027 10.30am-11.30am

NOTABLE AUTUMN DATES

- **9th September** – International Sudoku Day
- **21st September** – International Day of Peace
- **30th September** – International Friendship Day
- **4th October** – Grandparents Day
- **10th October** – World Mental Health Day
- **25th October** – British Summer Time Ends
- **31st October** – Halloween
- **5th November** – Guy Fawkes
- **11th November** – Remembrance Day

NATIONAL EVENTS

Rugby League World Cup
15th October – 15th November 2026

London to Brighton Veteran Car Run
1st November 2026

UK Truffle Festival, Hickstead
14th November 2026

AUTUMN BIRTHDAYS



IN SEP, OCT & NOV WE CELEBRATE BIRTHDAYS WITH:


PAULA


TRISH


GLENDA


MAZ


KATE


CHARLOTTE


JACQUI

AUTUMN ICONS:
CELEBRATING THE BIRTHDAYS OF LEGENDARY FIGURES





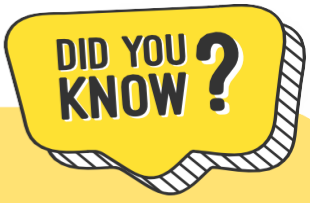
1. FREDDIE MERCURY – SEPTEMBER 05, 1946 – SINGER-SONGWRITER
2. MICHAEL BUBLE – SEPTEMBER 09, 1975 – SINGER
3. STEPHEN KING – SEPTEMBER 21, 1947 - AUTHOR
4. JOHN LENNON – OCTOBER 09, 1940 – SINGER AND SONGWRITER
5. OSCAR WILDE – OCTOBER 16, 1854 – WRITER
6. PABLO PICASSO – OCTOBER 25, 1881 – PAINTER
7. THEODORE ROOSEVELT – OCTOBER 27, 1858 – 26TH PRESIDENT OF UNITED STATES
8. TINA TURNER – NOVEMBER 26, 1939 – SINGER AND DANCER
9. BRUCE LEE – NOVEMBER 27, 1940 – ACTOR AND MARTIAL ARTIST
10. MARK TWAIN – NOVEMBER 30, 1835 – AUTHOR AND HUMORIST





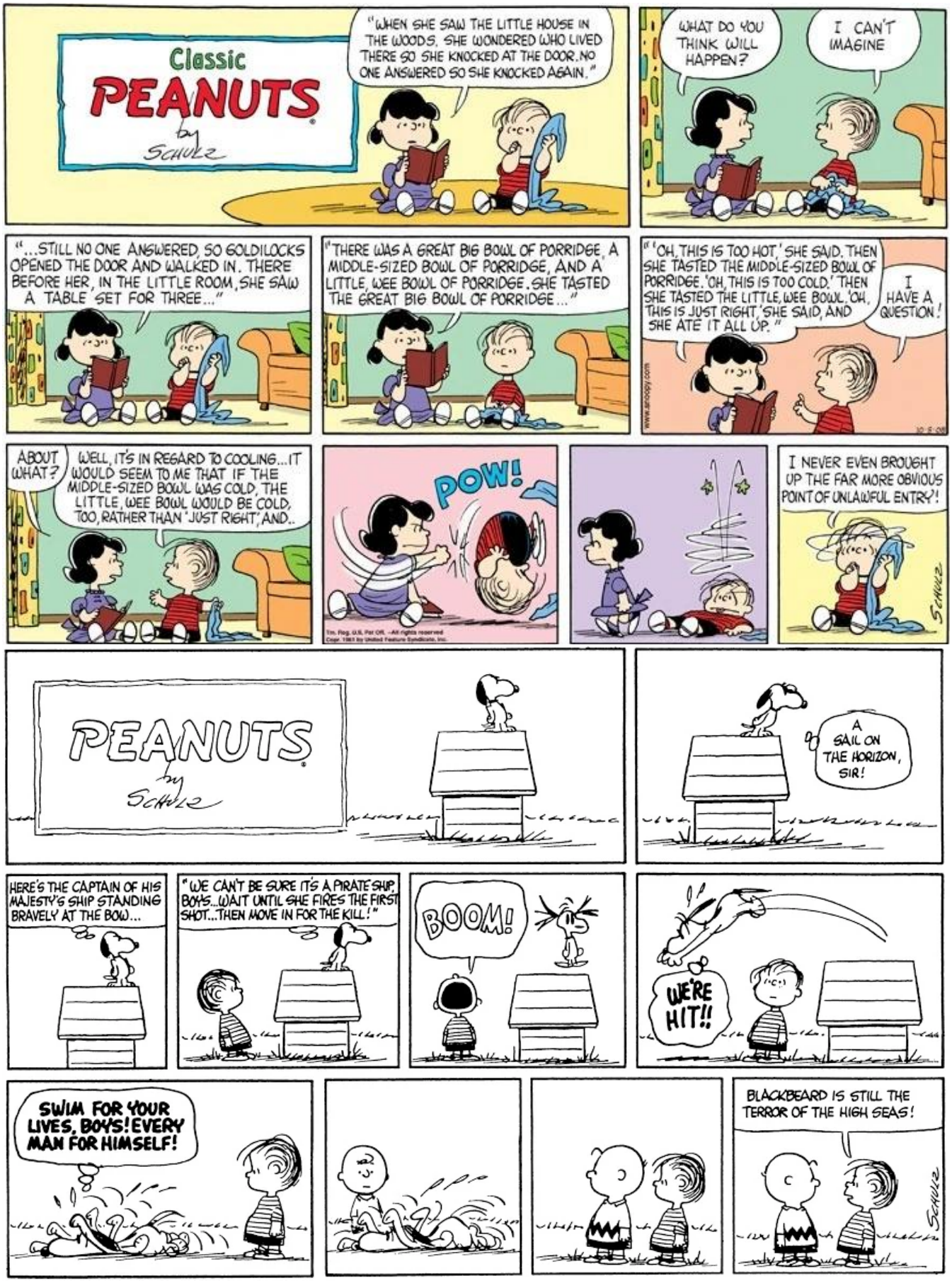






October is dedicated to raising awareness about breast cancer. It is marked by the pink ribbon symbol and various events to support breast cancer research and survivors.

COMIC STRIP


Classic
PEANUTS
by
SCHULZ
"WHEN SHE SAW THE LITTLE HOUSE IN THE WOODS, SHE WONDERED WHO LIVED THERE SO SHE KNOCKED AT THE DOOR. NO ONE ANSWERED SO SHE KNOCKED AGAIN."
WHAT DO YOU THINK WILL HAPPEN?
I CAN'T IMAGINE
"...STILL NO ONE ANSWERED, SO GOLDILOCKS OPENED THE DOOR AND WALKED IN. THERE BEFORE HER, IN THE LITTLE ROOM, SHE SAW A TABLE SET FOR THREE..."
"THERE WAS A GREAT BIG BOWL OF PORRIDGE, A MIDDLE-SIZED BOWL OF PORRIDGE, AND A LITTLE, WEE BOWL OF PORRIDGE. SHE TASTED THE GREAT BIG BOWL OF PORRIDGE..."
"'OH, THIS IS TOO HOT,' SHE SAID. THEN SHE TASTED THE MIDDLE-SIZED BOWL OF PORRIDGE. 'OH, THIS IS TOO COLD.' THEN SHE TASTED THE LITTLE, WEE BOWL. 'OH, THIS IS JUST RIGHT,' SHE SAID, AND SHE ATE IT ALL UP."
I HAVE A QUESTION!
ABOUT WHAT?
WELL, IT'S IN REGARD TO COOLING... IT WOULD SEEM TO ME THAT IF THE MIDDLE-SIZED BOWL WAS COLD, THE LITTLE, WEE BOWL WOULD BE COLD, TOO, RATHER THAN 'JUST RIGHT,' AND..
POW!
I NEVER EVEN BROUGHT UP THE FAR MORE OBVIOUS POINT OF UNLAWFUL ENTRY!
SCHULZ
PEANUTS
by
SCHULZ
A SAIL ON THE HORIZON, SIR!
HERE'S THE CAPTAIN OF HIS MAJESTY'S SHIP STANDING BRAVELY AT THE BOW...
"WE CAN'T BE SURE IT'S A PIRATE SHIP, BOYS...WAIT UNTIL SHE FIRES THE FIRST SHOT...THEN MOVE IN FOR THE KILL!"
BOOM!
WE'RE HIT!!
SWIM FOR YOUR LIVES, BOYS! EVERY MAN FOR HIMSELF!
BLACKBEARD IS STILL THE TERROR OF THE HIGH SEAS!
SCHULZ

NOTICE BOARD

LUCKY FOR US!

This November we celebrate our **13th birthday.** Unlucky for some, perhaps…but not for us! Over the past thirteen years we've welcomed new faces, shared countless stories, and built a wonderful community together. Thank you to everyone who has supported us along the way.

TURN BACK TIME!

As autumn settles in, remember that the clocks go back by one hour on Sunday 25th October. While the evenings will be darker, we'll gain an extra hour, making it the perfect excuse for a lie-in or a second cup of tea!

PRIOR NOTICE

Once a year we like to give our team the night off and take them out for a well deserved Christmas party.

This years event will take place on Thursday 17th December. Nearer the time we will be in touch to try and schedule earlier evening calls wherever possible to allow everyone to join us from 8pm.

WELL DONE STEPH

Congratulations to Steph who recently won the doubles at the Macmillan charity darts day.



WELCOME TO GLENDA

Some of you will have already met Glenda who joined the team as a Senior Care Practitioner at the beginning of October.

Glenda has a wealth of experience in the care sector and her bubbly personality seems to be proving a hit with clients and our team alike!



ANDY BURNHAM'S PLANS



A National Care Service & Investment in Dementia Research

Andy Burnham's plans for social care and dementia aim to create a system that provides better support for older people, protects families from the financial pressures of care and improves the lives of people living with dementia. His proposals focus on establishing a National Care Service, improving conditions for care workers and increasing investment in dementia research.

One of Burnham's main proposals is to introduce a National Care Service in England, designed around the principles of the NHS. Under his plans, personal care for older people would be free at the point of use and based on individual need rather than the ability to pay. The service would aim to protect people's financial security and give families greater peace of mind about care in later life.

The proposed service would also seek to improve the connection between health and social care. Better coordination could help people receive support at home, maintain their independence and avoid unnecessary hospital admissions. However, the detailed funding arrangements and implementation of the service will depend on further work and recommendations from Baroness Louise Casey's independent commission on adult social care.

Burnham has also described dementia research as a national priority and expressed his ambition for Britain to help deliver a major breakthrough in tackling the condition. He has committed to creating a £48 million partnership to accelerate dementia research.

WORD SEARCH PUZZLE

United Nations Day Word Search

F	R	E	E	D	O	M	D	F	G	B	N	H	E
A	S	D	Q	P	V	P	E	A	C	E	M	U	W
Y	O	E	U	O	Q	A	M	X	S	D	T	M	U
H	I	R	A	U	G	L	O	B	A	L	G	A	N
N	U	Y	L	Y	R	W	C	W	E	U	I	N	I
N	A	T	I	O	N	S	R	P	O	R	R	I	T
S	U	S	T	A	I	N	A	B	I	L	I	T	Y
F	B	N	Y	M	N	E	C	K	T	I	G	Y	W
S	T	A	T	E	S	W	Y	L	N	U	H	E	G
C	O	O	P	E	R	A	T	I	O	N	T	D	B
Q	S	O	L	I	D	A	R	I	T	Y	S	T	N
V	B	M	D	I	P	L	O	M	A	C	Y	G	M

Find and circle the words related to **United Nations Day** below

- FREEDOM
- DIPLOMACY
- PEACE
- COOPERATION
- GLOBAL
- SUSTAINABILITY
- RIGHTS
- UNITY
- STATES
- EQUALITY
- HUMANITY
- DEMOCRACY
- SOLIDARITY
- NATIONS