ELITE CHOICE HOME CARE

NEWSLETTER SPRING 26

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EDITOR'S DESK



Hello Clients, Families and Friends!

At long last we have reached the meterological end of winter and have started to enjoy the odd spell of sunshine and a little less rain!

The winter is always a busy period for us with increased demand on our services and the unavoidable winter bugs hitting our team. This autumn and winter has probably been our busiest ever, so please accept our apologies for the lack of newsletters over this period.

Kelly & Kate, Charlotte & Lois x

QUOTE OF THE DAY

"The day the Lord created hope was probably the same day he created spring."

- Bernard Williams



SPRING TRIVIA

March is named after the Roman God of War, Mars.

April derives its name from the Latin verb "aperire," meaning "to open," likely alluding to the period when trees and flowers start to blossom.

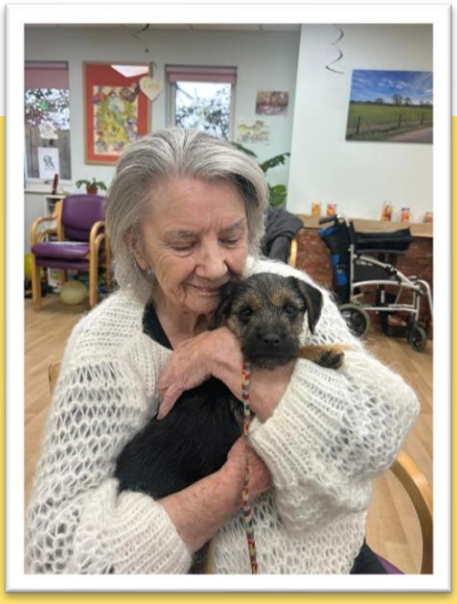
May is often reffered to as “Merry Month of May” because it’s a popular time for weddings in many cultures. The pleasant weather and the abundance of blooming flowers make it an attractive choice for couples to tie the knot.

HIGHLIGHTS

GETTING OUT

Steph didn't need asking twice when her client wanted to open her bedroom doors and get outside to enjoy the first day of spring sunshine!





PUPPY CUDDLES

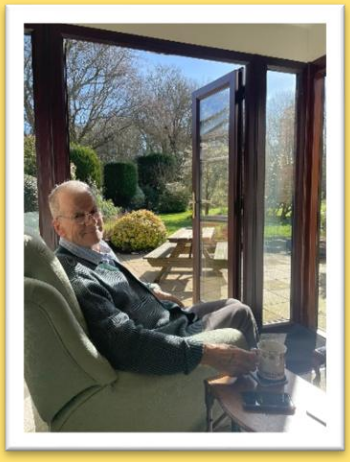
Our latest 4 legged visitor is 12 week old Timmy who has been a huge hit in the day centre.

His visits have helped him get accustomed to being around people and our clients have enjoyed cuddles and watching him at play!

AL FRESCO COFFEE

Well not quite a coffee in the garden but a coffee with the door open, enjoying the fresh air and the garden.

It won't be long before our client can relocate to the garden bench!



SOCIAL CARE NEWS

CURRENT VACANCIES

Industry figures suggest that an extra 470,00 people need to be employed in the Home Care sector by 2040 to keep up with the increasing demand created by a growing population of older people.

We currently have vacancies for a Team Leader (Full-Time) and Care Practitioner / Senior Care Practitioner (Full or Part-Time) due to increasing demand for our services.

If you know of anyone who may be interested in either position, please ask them to contact us on 01273 840625.

MOBILE PHONE USE

Our team have previously used their own mobile phone handsets to complete their care notes, check rotas and communicate with colleagues and the office. We have always operated a robust data protection policy but are well aware of the increasing risks of data security.

As a result, we have recently rolled out Company mobile phones to all of our team. This means that if a device is lost or stolen we can remotely wipe all data to further reduce any risk of a data breach.

NEW PODCAST – THE THREE

We always like to keep abreast of debate and developments in the Care Sector and know all too well how heavy going it can be to read the reports published at both local and national level. It is often difficult to see how the recommendations from these reports translate to genuine improvements in the sector which is a source of great frustration.

Launching at the beginning of March, a podcast called 'The Three' sees 3 established leaders from across the care sector reflect on the biggest issues and respond to current development that are shaping the future of the sector.

The Three will be available on You Tube and other major streaming services. We will be tuning in!

UPCOMING EVENTS

Haywards Heath Pop-Up Museum

Sat 25th & Sun 26th April 2026 at Haywards Heath Town Hall

Celebrate local life and the history of Haywards Heath

Wakehurst Community Festival: Art in Nature

Fri 8th & Sat 9th May

Enjoy a vibrant programme of accessible activities including music, Storytelling, creative workshops & Community Group performances.







NOTABLE SPRING DATES

- **March 1** – St. David's Day
- **March 5** – World Book Day
- **March 17** – St. Patrick's Day
- **March 21** – World Poetry Day
- **April 1** – April Fools Day
- **April 3** – Good Friday
- **April 6** – Easter Monday
- **May 4** – Early May Bank Holiday
- **May 12** – International Nurses Day
- **May 20** – World Bee Day







OAKS & ACORNS SESSION TIMES

Monday
10am to 4pm

Wednesday
10am to 4pm

Friday
10am to 4pm

Half day sessions are also available:

AM sessions run from 10am to 1.30pm
PM sessions run from 12.30pm to 4pm

SPRING BIRTHDAYS



IN SPRING, WE CELEBRATE BIRTHDAYS WITH:


KELLY


PARIS


KRYSHIA


RACHEL


EMMA

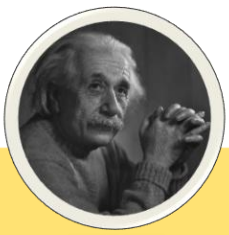

ELENA


ERICA

SPRING BORN ICONS!
CELEBRATING THE BIRTHDAYS OF LEGENDARY FIGURES

1. ALBERT EINSTEIN – MARCH 14, 1879 – THEORETICAL PHYSICIST
2. BRYAN CRANSTON – MARCH 7, 1956 – ACTOR
3. SPIKE LEE – MARCH 20, 1957 – ACTOR AND DIRECTOR
4. CHARLIE CHAPLIN – APRIL 16, 1889 – COMIC ACTOR AND FILMMAKER
5. WILLIAM SHAKESPEARE – APRIL 23, 1564 – ENGLISH PLAYWRIGHT AND POET
6. BARBRA STREISAND – APRIL 24, 1942 – SINGER AND ACTRESS
7. AUDREY HEPBURN – MAY 4, 1929 – ACTRESS AND HUMANITARIAN
8. QUEEN VICTORIA – MAY 24, 1819 – FORMER QUEEN OF THE UNITED KINGDOM



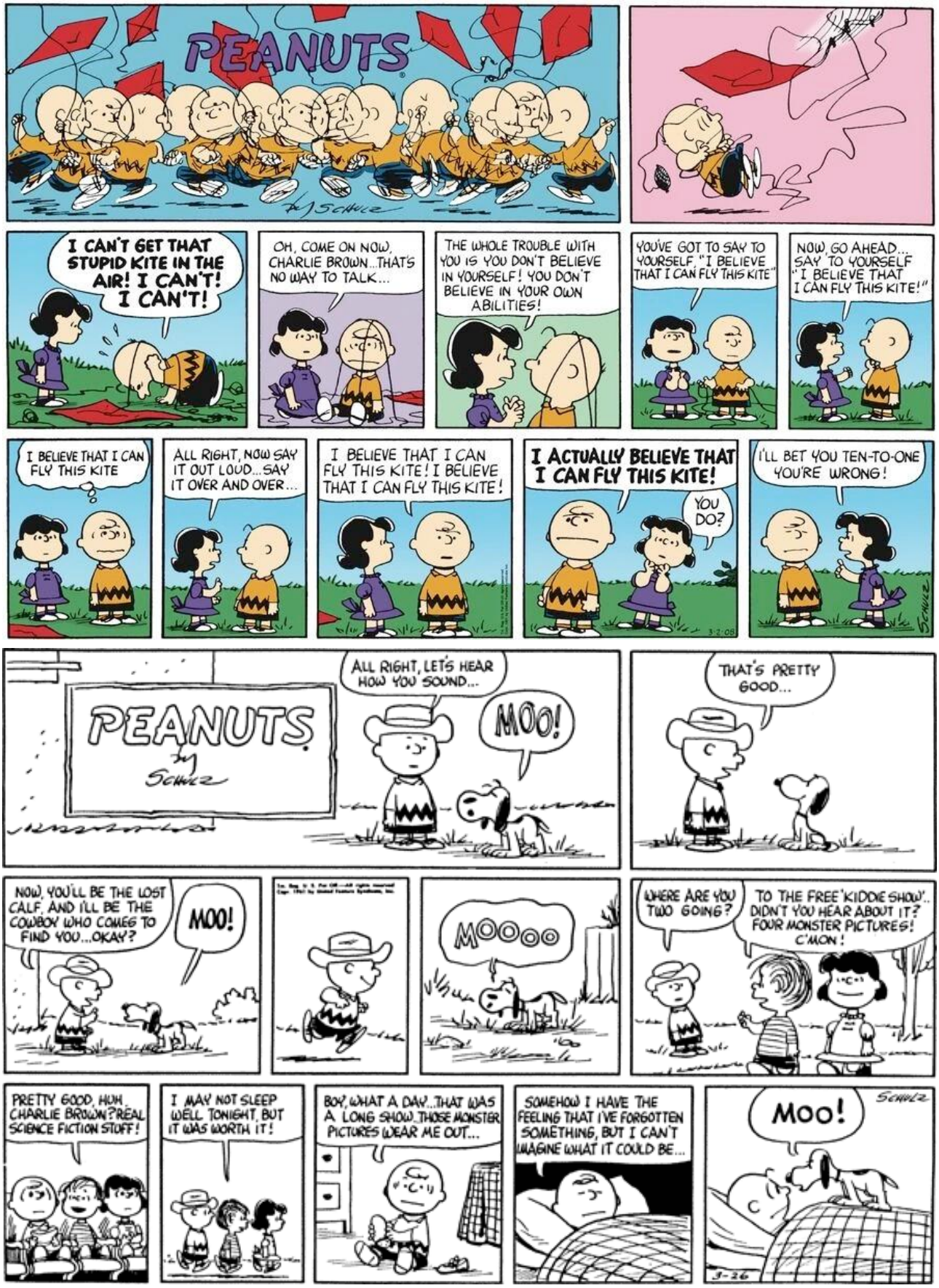





DID YOU KNOW?

May stands out uniquely among the months in terms of its days of the week. In a single year, no other month shares both the starting and ending weekdays with May. In simpler terms, if May begins on a Friday and ends on a Sunday, no other month in that year will have its first or last day on a Friday or a Sunday!

COMIC STRIP


PEANUTS
SCHULZ
I CAN'T GET THAT STUPID KITE IN THE AIR! I CAN'T! I CAN'T!
OH, COME ON NOW, CHARLIE BROWN...THAT'S NO WAY TO TALK...
THE WHOLE TROUBLE WITH YOU IS YOU DON'T BELIEVE IN YOURSELF! YOU DON'T BELIEVE IN YOUR OWN ABILITIES!
YOU'VE GOT TO SAY TO YOURSELF "I BELIEVE THAT I CAN FLY THIS KITE"
NOW, GO AHEAD... SAY TO YOURSELF "I BELIEVE THAT I CAN FLY THIS KITE!"
I BELIEVE THAT I CAN FLY THIS KITE
ALL RIGHT, NOW SAY IT OUT LOUD...SAY IT OVER AND OVER...
I BELIEVE THAT I CAN FLY THIS KITE! I BELIEVE THAT I CAN FLY THIS KITE!
I ACTUALLY BELIEVE THAT I CAN FLY THIS KITE!
YOU DO?
I'LL BET YOU TEN-TO-ONE YOU'RE WRONG!
PEANUTS by Schulz
ALL RIGHT, LET'S HEAR HOW YOU SOUND...
MOO!
THAT'S PRETTY GOOD...
NOW, YOU'LL BE THE LOST CALF, AND I'LL BE THE COWBOY WHO COMES TO FIND YOU...OKAY?
MOO!
MOOOO
WHERE ARE YOU TWO GOING?
TO THE FREE 'KIDDIE SHOW'.. DIDN'T YOU HEAR ABOUT IT? FOUR MONSTER PICTURES! C'MON!
PRETTY GOOD, HUH, CHARLIE BROWN? REAL SCIENCE FICTION STUFF!
I MAY NOT SLEEP WELL TONIGHT, BUT IT WAS WORTH IT!
BOY, WHAT A DAY...THAT WAS A LONG SHOW...THOSE MONSTER PICTURES WEAR ME OUT...
SOMEHOW I HAVE THE FEELING THAT I'VE FORGOTTEN SOMETHING, BUT I CAN'T IMAGINE WHAT IT COULD BE...
MOO!
SCHULZ
3-26

NOTICEBOARD

SHARE FOR BETTER CARE AWARENESS WEEK

During the week of 23rd March 2026, the Care Quality Commission are running their second Share for Better Care Campaign. The Campaign encourages everyone to contribute to improving care by giving feedback, regardless of whether their experience has been good or bad.

If you would be happy to share your experience of our service directly with the CQC, this can easily be done using the following link Give feedback on care - Care Quality Commission and clicking on the 'Start Now' button.

CARE PARTNERSHIP FORUM

As part of our internal process for continuous improvement, we will be hosting our first Care Partnership forum on Tuesday 24th March at 10.30am. The event will be held at our Office, Unit 2 Cobbs Mill Units, Mill Lane Sayers Common, West Sussex, BN6 9AB.

Parking is available and refreshments will be provided. The session is expected to last approximately 2 hours.

The purpose of the forum is to strengthen relationships between our clients and their families, and our management team and also to explore ways to improve the quality of the service we provide.

Please let us know if you are able to attend by calling the office on 01273 840625 or e-mailing admin@elitechoicehomecare.co.uk.

If you are unable to attend in person but would like to join the session remotely, please let us know and we can arrange of a link to be sent.



THE BENEFITS OF TAI CHI



Tai Chi isn't just graceful movement; it's a treasure trove of benefits to keep as active.

Here's how:

Stay Steady on Your Feet - Tai Chi's slow, controlled movements improve balance and stability, reducing falls and boosting confidence for daily activities.

Move with More Ease - Gentle stretches and flowing motions in Tai Chi help you maintain and improve flexibility, keeping your movements smooth and pain-free.

A Healthier Heart - Regular Tai Chi practice can improve cardiovascular function, supporting heart health and lowering the risk of heart problems.

Joint-Friendly Exercise - The low-impact nature of Tai Chi is perfect for seniors with arthritis or joint pain, allowing you to exercise comfortably.

Stress Less, Live More - Tai Chi's calming effects help reduce stress, which strengthens your immune system and supports overall health.

Sharpen Your Mind - The meditative focus of Tai Chi enhances concentration, improves mental clarity, and helps you feel more focused.

Find Inner Peace - Engaging in Tai Chi allows you to release tension and experience tranquility, reducing stress and anxiety levels.

Breathe Easier - Mindful breathing techniques in Tai Chi improve lung capacity and respiratory function,
allowing your body to receive more oxygen.

Build Strength from Within - Don't be fooled by the slow movements! Tai Chi engages multiple muscle groups, helping you maintain and even build strength for better mobility.

Connect with Others - Tai Chi groups provide a chance to socialize, make friends, and feel a sense of belonging within your community, fostering well-being and connection.

WORD SEARCH PUZZLE

March Madness Word Search

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

Find and circle the words related to **March** below

- AQUAMARINE
- SPRING
- ARIES
- PISCES
- DAFFODILS
- EQUINOX
- MARCHING
- BLOSSOM
- KITE
- SUNSHINE
- RAINBOW
- WINDOW
- GREENERY