ELITE CHOICE HOME CARE

NEWSLETTER SUMMER 2026

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EDITOR'S DESK



Hello Clients, Families and Friends!

Summer has certainly arrived with a bang and heatwaves appear to be the new norm! We hope you are managing to keep cool.

We have been working hard to further improve the care we provide and are pleased to be able to share the outcome of our first ever Client Partnership Forum. Additionally, we are getting ready to launch an exciting new component to our service and are pleased to be able to share details with you.

As well as sending our electronic copies of our newsletters, we have listened to your feedback are now ensuring that all our clients receive a paper copy.

We hope you enjoy this summer edition.

Kelly, Kate, Charlotte & Lois x

QUOTE OF THE DAY

"There is no growth without change, no change without fear or loss and no loss without pain."

- Rick Warren

SUMMER TRIVIA

June was the fourth month in the Roman calendar, which had only ten months. It was named after Juno, the Roman goddess of marriage, or the Latin word iuniores, which means 'younger ones'.

July is named after a Roman general and statesman, Julius Caesar, who was born in this month.

August was once the sixth month of the Roman calendar, called Sextilis, until it was renamed to honor **Emperor Augustus Caesar**.





HIGHLIGHTS

CONGRATULATIONS TO JACQUI



We are delighted to share that Jacqui has been promoted to the position of Team Leader after joining Elite Choice Home Care three years ago.

Her demonstrable commitment to our values and ethos, and recent completion of her Level 3 Health & Social Care qualification, made Jacqui an excellent candidate for the position and we look forward to seeing her thrive in her new role.

FEEDBACK FROM OUR CARE PARTNERSHIP FORUM



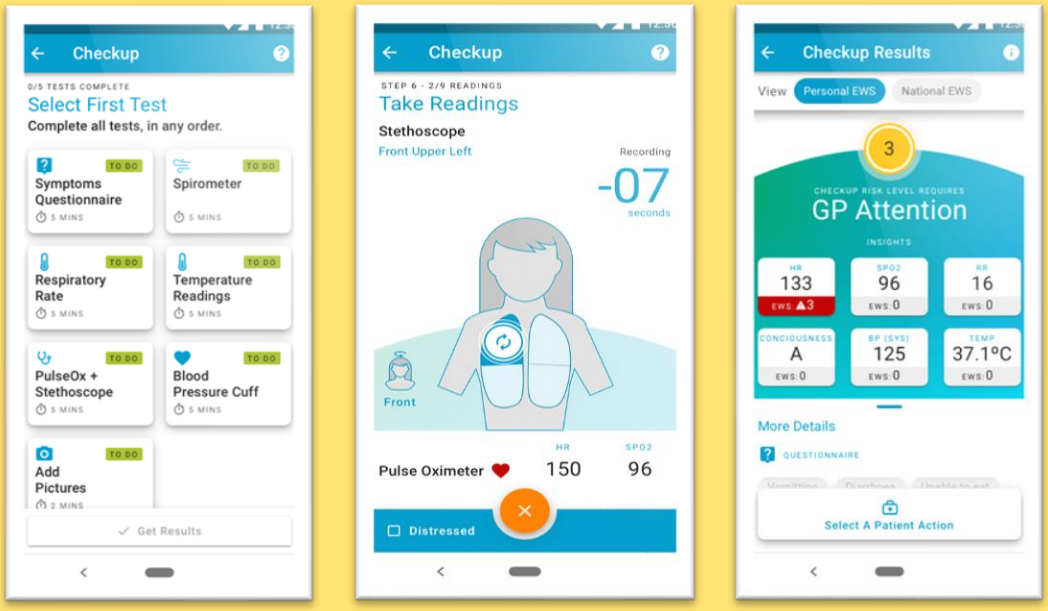
At the end of March we held our first ever Care Partnership Forum. Despite a small turnout, we were able to gather valuable insights and feedback from a longstanding Elite Client as well as from a family member of a client.

The main focus of this first meeting was to agree the purpose and format of future meetings. It was agreed that sending an agenda in advance would be useful and may encourage greater attendance.

The general consensus was that bi-annual meetings felt about right and on this basis we have scheduled our next Care Partnership Forum for Monday 28th September at 12.30pm. We will send out an agenda at the beginning of September and include log in details for anyone wishing to join remotely. We would of course be delighted to have as many of you as possible attend in person.

Additionally, we discussed the possibility of our premises for social events for our clients. This was very much welcomed providing lots of notice was given to allow for arranging transport etc. For details of our first event, please see page 6.

STAYING WELL AT HOME



SIMPLE HEALTH CHECKS

We are excited to announce that we have joined forces with Feebris, a medical technology provider, to better enable us to help you stay well at home. During your care visits, we will be able to carry out a few simple health checks including your temperature, blood pressure, pulse and oxygen saturations, as well as testing a urine sample. These checks won't need to be done at every visit, but over time, the checks build up a picture of your health.

Regular checks can identify changes that may need attention and if needed, we can share this information with your GP or other professionals involved in your care, to make sure you get the right support or treatment quickly. This could avoid the need for urgent GP visits and help you to stay out of hospital as issues are detected and treated at an earlier stage.

The technology provided by Feebris includes the medical devices used to take measurements (e.g. blood pressure monitor and thermometer) as well as a secure app which connects wirelessly to each device to capture your health data. Once all the checks have been completed, the app provides a risk score and recommended response which may include increasing the frequency of checks or seeking medical advice.

All data will be stored securely in accordance with UK data protection law and you have the right to see what information is being held about you, ask for it to be corrected or raise any concerns.

This new service will be offered to all our clients and it doesn't mean we have particular concerns about an individual's health. We believe it is a positive step forward in enhancing the level of care we provide to everyone.

We will be launching this new service in October and will provide further information in the weeks ahead. If anyone has any questions in the meantime, please do not hesitate to get in touch.

UPCOMING EVENTS

Healthy Walks – Burgess Hill (Level 1 – 30 minutes on paved paths)

Thursday 23rd July @ 10.30am Meet (St George's Church, Royal George Road)

Airbourne – Eastbourne Air Show

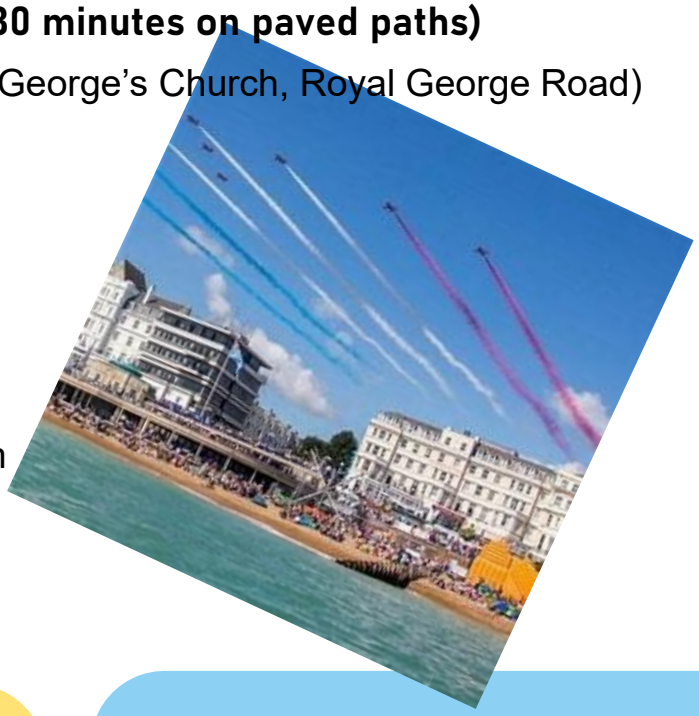
14th – 17th August

Elite Choice Client Social

Wednesday 23rd September 12pm – 2pm

Client Partnership Forum

Monday 28th September 12.30 – 1.30pm



NOTABLE SUMMER DATES

- **June 8** – World Oceans Day
- **June 14** – World Blood Donor Day
- **June 20** – King's Official Birthday
- **June 21** – Father's Day
- **July 1** – International Joke Day
- **July 15** – St Swithin's Day
- **July 18** – Nelson Mandela International Day
- **July 30** – International Day of Friendship
- **August 8** – World Cat Day
- **August 12** – International Youth Day
- **August 19** – World Humanitarian Day

NATIONAL EVENTS

Wimbledon
29th June – 12th July

World Cup Quarter Final
England v Norway
Saturday 11th July (10pm)

Airbourne
Eastbourne International Air Show
14th – 17th August

SUMMER BIRTHDAYS



IN JUNE, JULY AND AUGUST WE CELEBRATE BIRTHDAYS WITH:


STEPH


PATRICIA


JILL


DEBBIE

SUMMER BORN ICONS:
CELEBRATING THE BIRTHDAYS OF LEGENDARY FIGURES

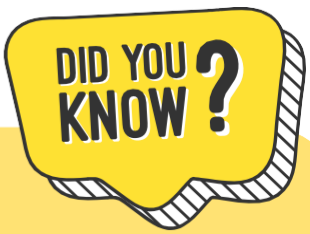


1. **MARILYN MONROE – JUNE 1, 1926 – ACTRESS AND MODEL**
2. **GEORGE ORWELL – JUNE 25, 1903 – ENGLISH AUTHOR**
3. **MIKE TYSON – JUNE 30, 1966 – PROFESSIONAL BOXER**
4. **PRINCESS DIANA – JULY 01, 1961 – PRINCESS OF WALES**
5. **O.J. SIMPSON – JULY 19, 1947 – FOOTBALL PLAYER**
6. **NELSON MANDELA – JULY 18, 1918 – FORMER PRESIDENT OF SOUTH AFRICA**
7. **NEIL ARMSTRONG – AUGUST 05, 1930 – ASTRONAUT**
8. **MOTHER TERESA – AUGUST 26, 1910 – ROMAN CATHOLIC SAINT OF ALBANIAN**
9. **JOHN LOCKE – AUGUST 29, 1632 - PHILOSOPHER**
10. **MICHAEL JACKSON – AUGUST 29, 1958 – SINGER AND SONGWRITER**



Cancer individuals are often associated with a strong connection to their homes and a love for cozy, nurturing environments. They are like the "homemakers" of the zodiac. Interestingly, many famous chefs and culinary experts, known for their talents in creating comforting and delicious food, happen to be Cancers.

Leos are often associated with their regal and charismatic personalities, and many famous actors and actresses happen to be Leos. This zodiac sign's theatrical and dramatic nature makes them natural performers. Leos love the spotlight and have a magnetic presence, which can translate well to the world of entertainment.



July was known as Quintilis in Latin, meaning the "fifth month" because it was the fifth month of the original Roman calendar, which began in March. After the Julian calendar reform, Quintilis was renamed Julius (July) in honor of Julius Caesar.

COMIC STRIP


PEANUTS
by Schulz
A LITTLE BLUE IN THE SKY AND A LITTLE ORANGE FOR GOOD FLESH TONES...
SOMETIMES THERE IS NO DOUBT IN MY MIND THAT I AM A TRUE ARTIST!
?
WHAT'S THIS?!
HEY! THIS WAS ONE OF MY BEST DRAWINGS!
YOU MUSHED IT ALL UP!
WELL YOU SHOULDN'T HAVE LEFT IT LYING AROUND!
7-2
BUT YOU DIDN'T HAVE TO MUSH IT UP!
WHEN MOM TELLS ME TO CLEAN HOUSE, I CLEAN HOUSE! EVERYTHING GOES!
HERE'S ANOTHER ONE OF MY DRAWINGS! GOOD GRIEF!!
DON'T YOU REALIZE THAT THESE DRAWINGS OF MINE ARE ART?
GREAT ART SHOULD NEVER BE MUSHED UP!!
PEANUTS
by Schulz
HERE IT IS... THREE O'CLOCK... "DOCTORS' ROUND TABLE"
WHAT ARE YOU WATCHING?
"MONSTER MADNESS"
I DON'T SUPPOSE YOU'D CARE TO WATCH "DOCTORS' ROUND TABLE"?
NO, I WOULDN'T!
THEY HAVE A GOOD PANEL TODAY.. A PHYSICIAN, A PHILOSOPHER, A THEOLOGIAN AND A DENTIST...
THEY'RE DISCUSSING, "WHERE CAIN GOT HIS WIFE AND THE IM-PORTANCE OF A PRE-SCHOOL CHECK-UP"...
WELL, YOU MIGHT AS WELL FORGET IT BECAUSE I'M WATCHING "MONSTER MADNESS"!
I'LL GO OVER TO CHARLIE BROWN'S HOUSE... MAYBE HE'LL LET ME WATCH MY PROGRAM OVER THERE
HI, LINUS... COME ON IN... YOU JUST MISSED "DOCTORS' ROUND TABLE"
IT WAS PRETTY GOOD.... THE PHILOSOPHER AND THE THEOLOGIAN AGREED THAT A PRE-SCHOOL CHECK-UP IS A VERY WISE ACTION...
WHERE HAVE YOU BEEN? YOU MISSED A REAL GOOD PROGRAM...
THE PHYSICIAN AND THE DENTIST GOT INTO A BIG FIGHT OVER WHERE CAIN GOT HIS WIFE!
SCHULZ

NOTICEBOARD

NEW WEBSITE

www.echc.co.uk

We have recently launched our new website and will be continuing to develop the content and layout.

Let us know what you think!

WELCOME

Brooke

We are delighted to be welcoming Brooke to our team in mid July.

Brooke has previously completed both Level 2 and Level 3 qualifications in Health & Social Care and we are sure will be a fantastic addition to our team.

FAREWELL

Since our last newsletter we have said farewell to Lisa and Ella from our team.

We are sure you will all join us in wishing them well for the future.

FOOT HEALTH SERVICES

Elena Popistas

Having successfully completed her Foot Health Practitioner Training, Elena is now qualified to provide professional foot health treatments as part of our service.

Appointments are available for:

- Nail care and maintenance
- Hard skin and callous reduction
- Corn management
- General foot health advice
- Routine foot care and preventative treatments

If you have been putting off looking after your feet, now is the perfect opportunity to book a familiar face to visit you in the comfort of your own home.

Foot appointments last for 1 hour and are charged at £45.

To book, please call the office on 01273 840625.

THE USE OF TECHNOLOGY IN HOME CARE

Technology is playing an increasingly important role in supporting people who receive home care, helping them to live safely, independently and with greater confidence in their own homes. Technology Enabled Care (TEC) combines digital devices, sensors and artificial intelligence (AI) to complement traditional care, enabling earlier intervention, improving quality of life and providing reassurance for families and carers.

Safety technologies include personal lifeline alarms, falls detectors, environmental sensors and GPS trackers, which enable people to summon help quickly or be located if they become lost. Health-focused technologies include automated medication dispensers that prompt individuals to take their medication, smart hydration cups that encourage fluid intake, and proactive wellbeing calls to help reduce health risks associated with missed medication or dehydration. Wellbeing technologies, such as robotic companion pets and memory support devices, can reduce loneliness and provide comfort, particularly for people living with dementia.

An important recent development is the use of passive monitoring systems, such as the Howz platform. Unlike traditional monitoring systems, Howz uses discreet, non-camera sensors placed around the home to monitor daily routines without being intrusive. Motion, door, temperature and smart plug sensors collect information about activities such as sleeping, preparing meals and moving around the home. Over a period of two to three weeks, AI establishes a picture of the person's normal routine. If significant changes occur, such as no movement during the day, unusual night-time activity or extreme temperatures within the home, the system identifies these as potential concerns. These insights support more informed assessments and reviews, allowing professionals to intervene earlier when changes in health or wellbeing are detected. Family members and carers can also access information through a dedicated app, providing additional reassurance.

If anyone is interested in finding out more about how technology may help, please do get in touch and we will do our best to point you in the right direction.

WORD SEARCH PUZZLE

World Chocolate Day Word Search

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

Find and circle the words related to **World Chocolate Day** below

- CHOCOLATE
- COCOA
- TRUFFLES
- FUDGE
- CACAO
- MELTED
- DARK
- MILK
- WHITE
- BAR
- FONDUE
- COATED
- SWEET
- HOT
- GANACHE