Welcome to our first newsletter of the new decade! We hope you all had a wonderful Christmas and a Happy New Year.

As usual, at this time of year, we share with you tips for keeping warm and well during the winter months. Age UK and the NHS websites also provide further help and guidance. Don’t forget that you could get between £100 and £300 tax-free to help pay your heating bills with the ‘Winter Fuel Payment’, most payments are made automatically between November and January, the deadline for claiming is on 31st March 2020. The government website https://www.gov.uk/winter-fuel-payment has details on eligibility and how to claim.

I am delighted that Julie has been appointed to the Senior Carer position. I look forward to the development of the role and hope this will be the first of many to ensure that as we grow we are able to continue to provide our clients with the very best care and support in the local community.

Best wishes,
Karen Perry, Founder
karen@alicechilton.com

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Ways to keep your spirits up

We’re in the middle of winter right now and it’s not unusual to feel a bit blue at this time of year. The weather is miserable and the evenings are darker which makes it harder to get out and about and do the things you enjoy.

Age UK asked people from ages 65 to 95 what helps them beat the winter blues. Why not give their suggestions a go?

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Stay connected

Try to keep to your usual routine as much as possible. If you can’t visit friends or family, phone them, use email or try video call services like Skype or FaceTime. If getting out and about feels difficult, why not ask if one of our team could visit you a little more over winter?

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Do something you enjoy every day

Settle in with a favourite book or audio book. Do a puzzle in the paper or online. Try your hand at writing, pick up a bit of knitting or tune into an afternoon radio play. Find something that makes you feel good and make time for it.

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Keep moving

Being active – even just a little bit – is proven to help give you boost. A quick walk down the street, dance around the kitchen or a satisfying stretch in bed or a chair are all good pick-me-ups.

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Have a natter

A regular chat with a friend can make a huge difference to how we feel. We can share stories, catch up on the latest news and even have a bit of a moan when we need it!

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Don’t ignore your feelings

If you’ve been feeling down for a while and it’s stopping you from doing the things that matter, making you feel listless or like you don’t have any energy, you don’t have to suffer in silence. Share how you’re feeling with a friend, your carer or your doctor. There’s no shame in admitting you need a little more support.

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Senior Carer Role

Congratulations to Julie Boylan, who takes up the role of Senior Carer as from 6th January 2020. This newly created position will combine care with additional duties including client service reviews, spot checks and shadowing of the care team. The position has been introduced to provide an additional layer of support to ensure that our service standards are maintained as the business grows and it is expected that more similar positions will be created in the future.

Julie joined the company in September 2014, having already spent several years working in the domiciliary care sector. She is highly skilled and carries out her duties with respect and empathy. Julie’s background and experience means she is perfectly qualified for the position and we’re delighted to appoint her to the role.

Best wishes,
Karen Perry, Founder
karen@alicechilton.com
Welcome to the Team!

We’re delighted to introduce Janice Fletcher to our cleaning team. Janice has over 11 years’ experience and has lots of knowledge and tips to share to keep homes sparkling clean. Janice’s attention to detail has already been commented on by our clients and she is proving to be a great addition to the team.

If you would like to know more about our professional domestic cleaning service for weekly, bi-weekly, Spring or Deep Cleans then please contact Caroline on 01625 526850 or email info@alicechiltoncleaning.co.uk

Advice for Keeping Warm this Winter

Even if it isn’t a severe winter, cold weather makes us more susceptible to certain illnesses. Follow these tips to stay healthy and keep warm indoors.

- Several thin layers of clothing will keep you warmer than one thick layer, as the layers trap warm air. Clothes made from wool or fleecy synthetic fibres such as polyester are a better choice than cotton. Start with thermal underwear, warm tights or socks.
- Use a hot-water bottle, wheat bag or an electric blanket to warm the bed.
- Check whether your electric blanket can be kept on all night. Some blankets should only be used to warm the bed before you get in. If you have continence difficulties, talk to your doctor before using one.
- Never use a hot-water bottle and an electric blanket together as this can be dangerous. Get your electric blanket checked every three years by an expert.
- Check local news and weather forecasts for advice when cold weather is predicted.

For further information visit www.ageuk.org.uk or call the Age UK Advice Line on 0800 678 1602 open 8am to 7pm, every day of the year.

Theatre Picks

Stockport Garrick
Dear Lupin
Saturday 1st February 2020, 19.30 – 22.00
This comedy is based on the Sunday Times Humour Book of the Year 2013, ‘Letters to a Wayward Son’. Roger Mortimer, BBC2 racing reporter and Sunday Times racing correspondent, started writing to his son Charlie, who at 15 was on the verge of being kicked out of Eton. Over the next 25 years the letters reveal a father’s unconditional love for his son. It has it all; nostalgia, wit, pathos and genuine laugh-out-loud moments.

£10.50, £9.00 concessions. Contact 0161 480 5866

Rex Cinema Wilmslow
Bolshoi Live – Giselle
Sunday 26th January 2020, 15.00 (150 minutes)
The story of Giselle is a romantic tale of innocent love and betrayal: of philandering Count Albrecht and a trusting peasant maid, Giselle.

Bolshoi – Romeo & Juliet
Sunday 29th March 2020, 15.00 (185 minutes)
In spite of each of their families being merciless enemies, Romeo & Juliet are deeply in love. The rivalry between the Capulets and the Montagues will cost Mercutio’s life, causing Romeo a desire of vengeance for the loss of his friend.

For further information contact the box office on 01625 252345

EXCLUSIVE CLEANING OFFER FREE One Hour Clean*
1 hour free clean when you book 2 or more hours between 6th – 20th January 2020*. Available for clients, and family members, of alice chilton In-Home Care Limited.
Contact Caroline on 01625 526850 or email info@alicechiltoncleaning.co.uk

*Subject to availability, not available in conjunction with any other offer. Conditions apply. One clean per person.