



Companionship Services

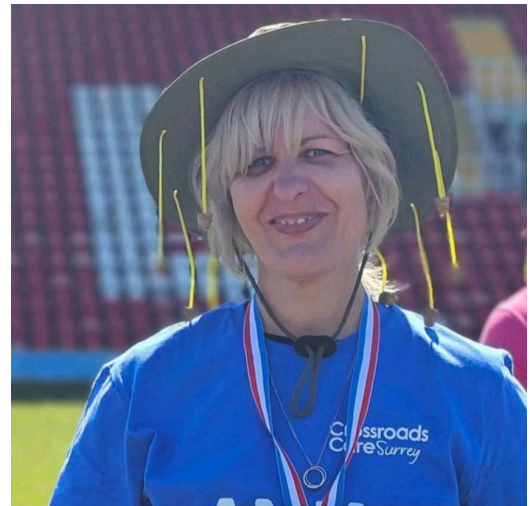
PROVIDING PERSONAL ASSISTANCE - EXPANDING YOUR WORLD

togetherness
THE NEWSLETTER

June '25

Hi from Anja

They say time flies when you're having fun, so I've certainly been having lots, as the past month has whizzed by! It has been quite a packed few weeks that have included taking part in a sponsored challenge in aid of Crossroads Surrey, a street market with Dementia Friends Spelthorne, trips with our lovely clients and lots more. The diary is already looking busy for June too and amongst other things we'll be having stalls at community events in the local area. You can find out more below.



Hydration Tip



In our last newsletter we spoke about the importance of hydration and to follow on from that we wanted to share a link to the fab product we mentioned, **Jelly Drops**. We have seen first-hand how these can help. They're sugar-free 'sweets', made of **95% water with added electrolytes & vitamins**.

They are specifically designed to help with fluid intake and they're especially popular with people with dementia and older people. You can read more on their website using the link below.



[Jelly Drops website](#)

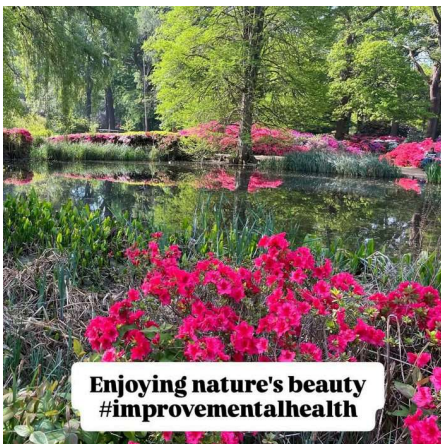
Scams-watch

Too good to be true

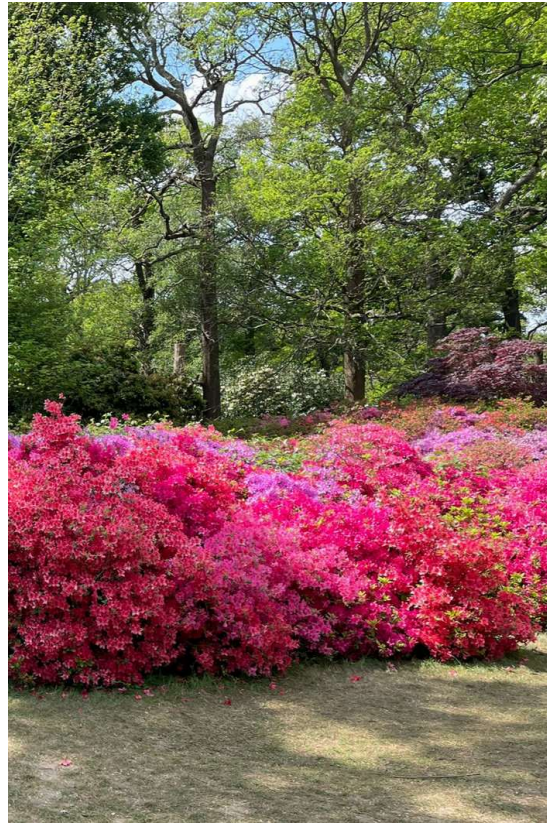
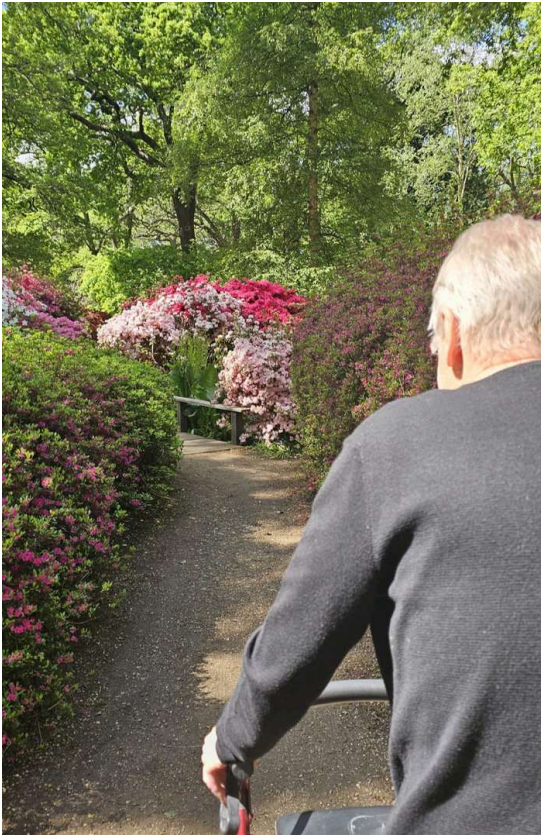
by **Bill Cunningham**, Scam Champion Trading Standards

We spot an ad for something at a fraction of what we know is the normal price and may be curious enough to take the bait. This can lead us then to a very simple game of selecting an obvious answer of say three options to a question. We get it right of course and “win”. Then we send our payment (banking) details of a ridiculously small payment to get our surprise windfall. Well; c’mon! Is real life really like that? Pot of gold at end of rainbow? Fairies at bottom of garden? It’s a scam. We’ll have our card details “harvested” for the bad guys to use and what we’ve bought is unlikely to match what we’re expecting. It’s possibly a fake and dangerous (especially cosmetics and medicines) or sourced via other stolen cards, as ours will soon be used.

Enjoying Nature Together



So many of our clients have enjoyed the **Isabella Plantation in Richmond Park** with their Companions during the last month. Late spring, at the plantation is an absolute feast for the eyes, with the highly colourful rhododendrons in full bloom. We don't want anyone to miss out, so take a look at some of the photos our Companions have taken - beautiful!



Out & About

We recently attended the first **Dementia Friendly Street Market** held in Staines High Street. The event, supported by **Visit Staines** and **Spelthorne Borough Council**, was brought to the High Street by our very own Anja, as one of the committee members of Dementia Friendly Spelthorne. This important community event included information stalls, a chance for networking and awareness workshops held in the Talking Tree Café.



Our stall gave a good opportunity to let more local residents know about the service we provide for older people including those living with early to mid-stage dementia and their carers. If you missed it but would like to find out more about Dementia Friendly Spelthorne's mission, please use the link below to visit their website.

This month you will be able to see us at **Shepperton Village Fair (Saturday 14th June)** and **Staines upon Thames Day (Sunday 29th June)**.

[Find out more](#)

Reviews from You



We've had some truly wonderful reviews from our lovely clients (like this one) which we are very grateful for and make us feel warm and fuzzy! We don't however have any reviews on

our Facebook page as yet, so if you're a client or family of a client, we'd be so pleased if you'd consider writing a Facebook review about our service. It will help us to reach and help more people.

[Leave Review](#)

Spreading the Word

You can now find us and follow us on social media platforms and Nextdoor and Instagram (@companionservices), plus we have a new blog! The blog gives us a chance to inform people of some



of the things close to our heart in a bit more detail. Our first blog post explores the power of companionship, where we look at lessons from Germany and the UK's emerging approach. If you'd like to sign up to read the blog use the link below.

[Read blog](#)

June: Historical Events

Looking back at some of June's major historical moments! Here are a few notable events:

- 1953 (2nd) – The Coronation of Queen Elizabeth II took place in Westminster Abbey, despite the rainy weather.
- 1832 (5th) – Victor Hugo witnessed a violent crackdown on republican rebels in Paris, inspiring his novel *Les Misérables*.



- 1815 (18th) – The Battle of Waterloo, where British and Prussian forces defeated Napoleon, marking the end of his rule.



- 1944 (6th) – The D-Day invasion took place, where Allied forces landed in Normandy to begin the liberation of Western Europe from Nazi control.



- 1215 (15th) - King John signed the Magna Carta at Runnymede, a foundational document for constitutional law.



Spiders and Smoothies for Charity

Never shy of challenge, Anja took part in the **'I'm a Director, Get me Out of Here' challenge** a few weeks ago, raising funds for Crossroads Surrey. The event saw the participants, take part in a series of outback inspired challenges.



On the day, Anja's challenges included drinking a fermented herring smoothie with a whole fish eye garnish, holding a very large and hairy spider and wearing a very long snake. Thanks to generous sponsorship for taking part **she raised over £375**. Combined, all **participants raised £13,140 awarded to Crossroads Surrey**, to help them to provide respite to unpaid carers. What a great cause!
Huge thanks to those clients who kindly sponsored Anja.



Getting Creative at Home

Recipe

Here's a classic (and local) recipe for **Eton Mess**—simple, delicious, and perfect for summer!

🍓 Ingredients:

- 2 large egg whites
- 120g caster sugar
- 500g strawberries, hulled and roughly chopped
- 450ml double cream
- 1 tbsp icing sugar



Instructions:

1. Make the meringue: Preheat the oven to 120°C (100°C fan/gas 1). Line a baking tray with parchment paper. Whisk the egg whites until stiff peaks form, then gradually add the sugar, whisking each time. Spoon dollops onto the tray and bake for 1 hour – 1 hour 15 minutes until crisp. Let them cool.

Tip - If you want a quicker dessert, you can skip this and use pre-made meringue.

2. Prepare the strawberries: Blitz 1/3 of the strawberries to make a strawberry sauce.

3. Whip the cream: In a large bowl, whisk the cream with the icing sugar until it just holds its shape.

4. Assemble the mess: Crush ¾ of the meringues and mix them with the chopped strawberries and whipped cream. Swirl in the strawberry sauce.

5. Serve: Spoon into bowls, crush the remaining meringues over the top, and enjoy!

Get in Touch: If there's something different you'd like to see from us in future newsletters, then we'd love to hear from you. Your feedback is invaluable to help us shape a service suits the needs of the community. We're all ears!

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