

Feb '25



Companionship Services

PROVIDING PERSONAL ASSISTANCE - EXPANDING YOUR WORLD

togetherness
THE NEWSLETTER



Hi from Anja

I hope you've had a positive start to the year. We've certainly had a busy month, with lots of networking, joining local events, courses and meeting and signing up new clients. I've met so many new people this

year already. Many of them are really important connections to have made to support our clients further with more information about getting the right assistance in the community.

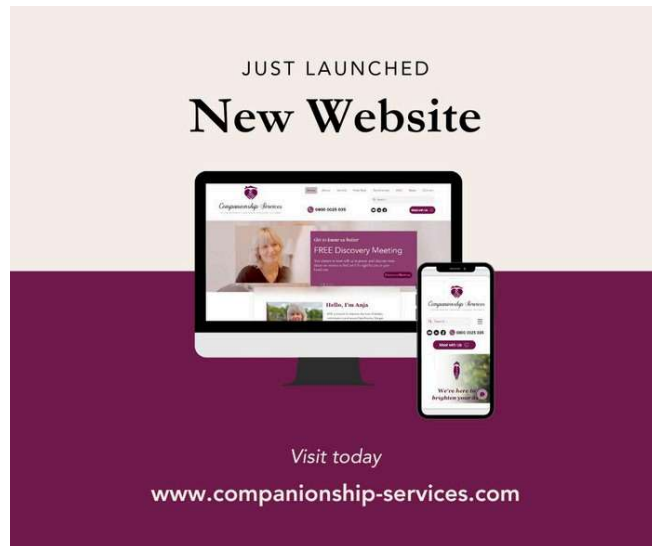
Plus big news for us; we were delighted to launch our lovely new [website](#) just a few days ago which you can find out more about below.

Our new online home

As we grow we're keen to keep improving our service at every level, this includes our online presence as our website is the face of the company that forms the first impression for people who are just discovering our service.

Our brand new website, launched at the end of January, which can be found at the same address as our original site

www.companionship-services.com, has a more user-friendly interface, plus we've packed it with useful information.

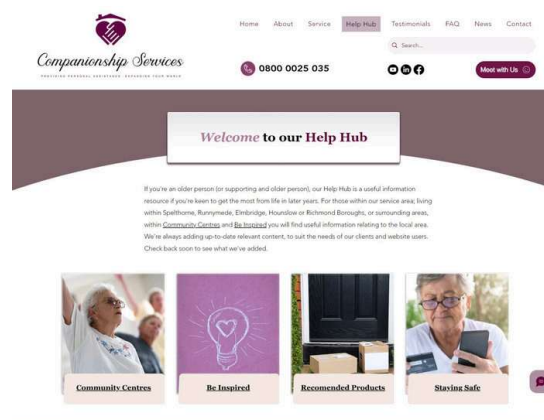


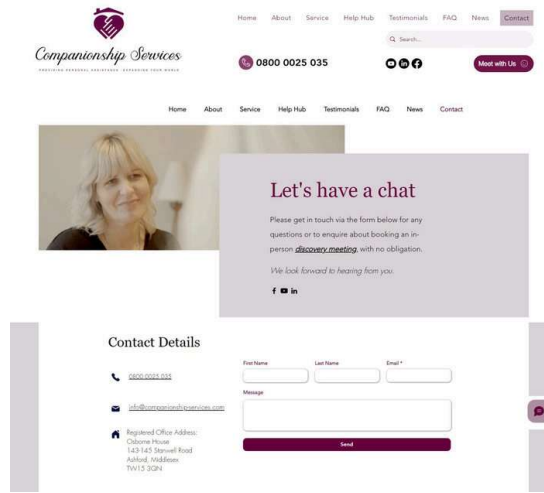
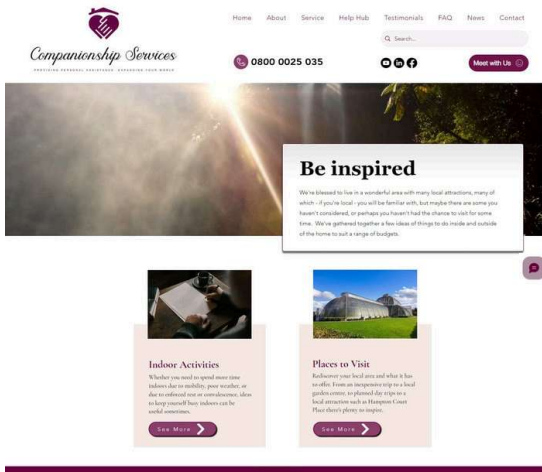
What you can expect to find:

- Know more about us as a company and the people at the heart of it.
- Improved Help Hub with lots of ideas, advice and suggestions to help older people live a more fulfilled life. Includes ideas of things to do inside and outside of the home, advice on keeping safe and product recommendations.
- More direct routes to contact us including an in-built messaging service.



In other news





Why not take a look for yourself.

Explore new site

Supporting people with Dementia



Purple Angels

We were so grateful to have been invited along to the Carer's Coffee Morning at [Spelthorne Dementia Support](#) last month. It was great to see the amazing work of the Purple Angels in action and to meet local people who are supporting someone living with dementia. The coffee morning, held every other Monday at The Greeno Centre in Shepperton, offers support and a little respite for carers of those living with dementia.

We know it can be a challenge to take time away as a carer, but our service is something that can help fill this gap - enabling carers to take much needed time out, knowing that their loved one has company and can be doing something they enjoy too.

Alternate Mondays, Spelthorne Dementia Support also put on entertainment and lunch for people living with dementia and their carers. You can visit their website for more info about this, as well as The Dementia Choir (Fridays) and other services and support they offer. If your family is living with this disease this group can provide much needed support.

www.spelthorne-dementia-support.org.uk



Dementia Friends



Four of the Companionship team have recently completed a Dementia Friends training course to better equip them with information about the disease and the forms it can take. You can find out more about becoming a Dementia Friend yourself at www.dementiafriends.org.uk

Random Acts of Kindness



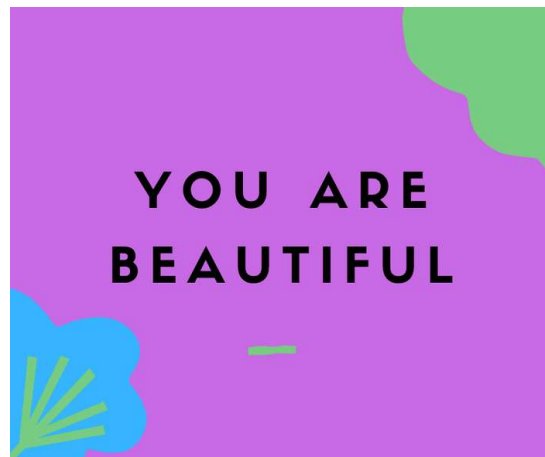
Later this month there is a day dedicated to doing good deeds for others - Random Acts of Kindness Day. We love the sentiment behind this (although it would be nice if it was more than one day). It's Monday 17th February, so maybe you'll think of something nice to do for someone else – it could be as simple as a smile. What can you do, to make someone's day?

Staying Safe

We've recently been introduced to Bill Cunningham, who is a local Trading Standards Champion of many years. Bill has not only helped us with content for our 'Staying Safe' section on the new website, but he has also agreed to regularly contribute to our newsletters with further information about the latest scams doing the rounds and advise on how you can avoid them. You can expect to see quarterly updates from Bill starting next month. If you need specific advice in the meantime, check out the staying safe section within our Help Hub. [Staying Safe | CompanionshipService](#)

Sharing the love

February wouldn't be the same without mentioning Valentine's Day on the 14th. But instead of showing our love and appreciation to one person we'd like to let you know...





Getting Creative at Home

Take a trip down memory lane with this lovely Poundcake recipe.



Ingredients

200g unsalted butter
softened, plus extra for the tin
3 large eggs
200g caster sugar
200g self-raising flour
1 tsp baking powder
3 tbsp whole milk
1 tbsp vanilla bean paste / or
vanilla essence

Method

1. Preheat the oven to 180C/fan 160C/gas 4.
2. Butter and line a 900g loaf tin with baking paper.
3. Put all of the ingredients into a large bowl and beat together, using an electric whisk or a wooden spoon, until smooth and combined.
4. Pour the mixture into the loaf tin and spread evenly with the back of spoon.
5. Bake for 40–45 mins, until a skewer inserted into the centre comes out clean.

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!

0800 0025 035

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