



Companionship Services

PROVIDING PERSONAL ASSISTANCE - EXPANDING YOUR WORLD

togetherness THE NEWSLETTER

Oct '25

Hi from Anja

It might be cooler outside now, but we trust our service is bringing warmth to our lovely clients.

We've noticed recently our clients opting to make the most of outdoor activities with their companions before it gets too cold.

For some it can be tempting to stay indoors more at this time of the year, but having a few outings or activities planned can really help to lift spirits. Why not consider booking in to our Christmas wreath making workshop at the end of November (more details below).

It's just a couple of days until we find out if Companionship Services will pick up an award at this year's Spelthorne Business Awards. We're shortlisted in two categories – wish us luck!





Team Member Kudos

Some of you may know our Benny; always organised, efficient and with a smile on her face.

Benny was selected as our employee of the month for September. She's a key team member and is always helpful,

but especially so during Anja's recent trip, when she was on hand to answer calls from new prospective clients and to help out with some of the admin of running the business. Thank you **Benny, we appreciate you!**

Festive Wreath Making

Here's your chance to **create your own seasonal door wreath** with us. Join us in our joyful workshop which will be filled with **creativity, warm company, and festive cheer** (and a few festive treats too)! Spaces are limited, so **we're giving our clients the first option on the tickets (until 8th Oct)** after which the tickets will also be promoted to the wider community.



Details are included in the poster.
Please use button below to book tickets.

[Book Tickets](#)

What's on Locally

Just a few ideas of things that are on locally for you to enjoy.

For something a bit different, **Wonder Wood** is an **immersive experience** including forest bathing, astrology talk and healthy plant based feast, at **Crockford Bridge Farm, Addlestone**.

As usual there's lots on at the **RiverHouse Barn, Walton on Thames** including, **music, performances, art, creative classes** and lots more

Hilary's Hut in **Ashford** has a lot more opportunities for those over 45 to join for **fun, friendship, information** and lots more.

For residents of the borough, Richmond Council are putting on **Full of Life Fair** for **information, resources and activities** to help older residents live long, healthy and happy lives. It's held at **Twickenham Stadium** on Friday 24 October 2025

The **Greeno Centre, Shepperton** hosts it's usual **packed schedule of activities** throughout the month.

Awareness Brings Reassurance

World Stroke Day - 29th October

Stroke can affect anyone, but with **awareness and timely action, lives can be protected and recovery supported**. To time in with World Stroke Day, we're sharing gentle **reminders and practical tips** for older adults and their families.

Remember

F. A. S. T.

Face - is one side drooping?

Arms - can both arms be raised?

Speech - is it slurred?

Time - it's time to call 999 if you see any of these symptoms!

Even mild symptoms deserve attention. Quick action can make all the difference.

Everyday Prevention

- ✓ Keep up with **regular health checks**, especially blood pressure and cholesterol.
- ✓ Enjoy **gentle movement**: a short walk, light stretching, or dancing to a favourite tune.
- ✓ Choose heart-friendly meals with **less salt and more fibre**.

Dance for joy

Last month we held our **first community event** - an **Over 60s Disco Afternoon**. This was arranged in conjunction with the venue, the fantastic **Nostrano Lounge** in Staines. We were so delighted with the turn out with over 60 local senior residents and friends and family joining us for a dance and get together.

It was a pleasure working with Nostrano Lounge who sponsored tea/coffee and nibbles and together we created a space of inclusivity for everyone to have fun, let their hair down and relive some old tunes. Hope to see you at the next one!



Small Moments, Big Impact

World Mental Health Day - 10th October

Loneliness can quietly affect mood, memory and mental health. A regular chat, a shared walk, or a Companion's visit can help to lift spirits and restore a sense of belonging.

Tips for supporting mental health in later life:

Stay socially connected: Whether it's a weekly phone call, a visit from a companion, or joining a local group, connection is key.



Keep a gentle routine: Familiar rhythms like morning tea, a daily walk, or evening reading offer comfort and stability.



Move a little, often: Light stretching, gardening, or dancing to a favourite tune can boost mood and energy.

Talk about feelings: It's okay to feel low sometimes. Sharing those feelings with someone trusted can make all the difference.



Find joy in small things: A good book, a favourite biscuit, a memory shared; these moments matter.

Client Capture



We believe in **celebrating the small moments** that spark connection and delight. Sometimes, the sky sends us a little magic...one of our lovely clients spotted this **cloud that looks just like a cat**.

Sometimes it's the small things that make us smile and brighten our days. If there's something that you've seen recently that's provoked a happy reaction, why not share it - spread a little joy.

Making

Radio

Waves!



Anja made her debut on local radio last month, when she was featured on **Brooklands Radio**. She was a guest on the Just Women section, being interviewed by **Samantha Carr**. If you missed

it, you can catch up with all that Anja had to say about companionship using the button below.

[Listen to interview](#)

Whilst it's no substitute for face to face companionship, many people find **listening to local radio comforting**. It enables connection to the local community and provides daily structure and cognitive stimulation. So why not give it a try. You can listen to Brooklands Radio [here](#)

Seasonal Shopping

Are you fan of embracing the different seasons in the way you decorate your home or garden? One of our clients is. With the assistance of her Companion, she recently



ventured to one of the local garden centres to buy a few things to spruce her home for autumn and even to get prepared for a colourful spring. Looking beautiful!

Getting creative at home

Apple crumble recipe

(Serves 6)

What a welcome treat warming Apple crumble can be at this time of the year.

For healthier alternatives, use a little less sugar and switch out the plain flour for wholemeal. A few oats can be added to the crumble topping too.



Ingredients

For the crumble topping

- 300g/10½oz plain flour
- pinch of salt
- 175g/6oz brown sugar
- 200g/7oz unsalted butter at room temperature, plus a little for greasing

For the fruit

- 450g/1lb apples, peeled, cored and cut into 1cm/½in pieces
- 50g/2oz brown sugar
- 1 tbsp plain flour
- 1 pinch ground cinnamon

Method

1. Preheat the oven to 180C/160C Fan/Gas 4.
2. Place the flour, salt and sugar in a large bowl and mix well. Cut the butter into cubes and add a few to the dry ingredients. Rub these in then repeat, adding more butter cubes in small batches. Once all butter is added keep rubbing until the mixture resembles breadcrumbs.
3. Place the apples in a large bowl and sprinkle over the brown sugar, flour and cinnamon. Stir well, trying to keep the fruit intact.
4. Butter a 24cm/9in ovenproof dish. Spoon the apple mixture in, then sprinkle the crumble mixture on top.
5. Bake for 40–45 minutes until the crumble is browned.

Now there are some difficult choices to make...ice cream, custard or cream?

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