



Nov '24

# Companionship Services

PROVIDING PERSONAL ASSISTANCE - EXPANDING YOUR WORLD

*togetherness*  
THE NEWSLETTER

## Here we go with our second monthly newsletter.

If you're reading this, we hope you find the content interesting and useful - feedback is always welcomed of course! As we're just starting out, we know our newsletter is not reaching too many people yet and **we'd really love for more people to benefit** from what we're sharing and what we're able to offer with our service. So, if you know someone who could benefit, please do tell them about us - pass on this newsletter, suggest they sign up, follow us on Facebook, browse our website or reach out to us directly using contact details below.

*Anja* - Company Owner & Founder

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# Remembering

**Remembrance Sunday: 10.11.24**

*“Love and compassion are necessities, not luxuries. Without them humanity cannot survive.”*

Dalai Lama.

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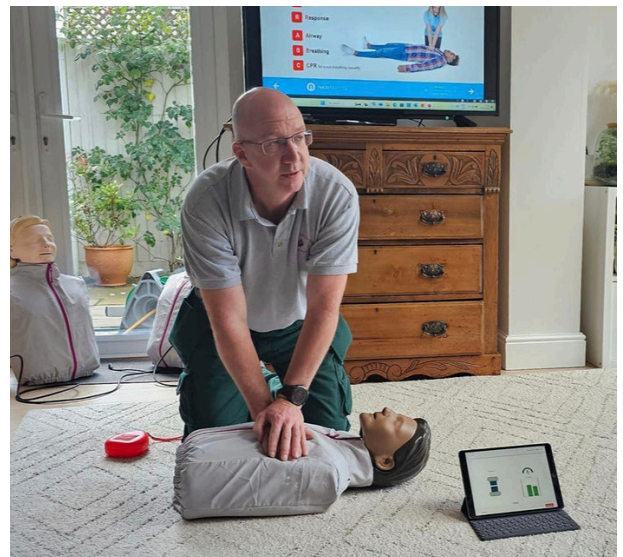
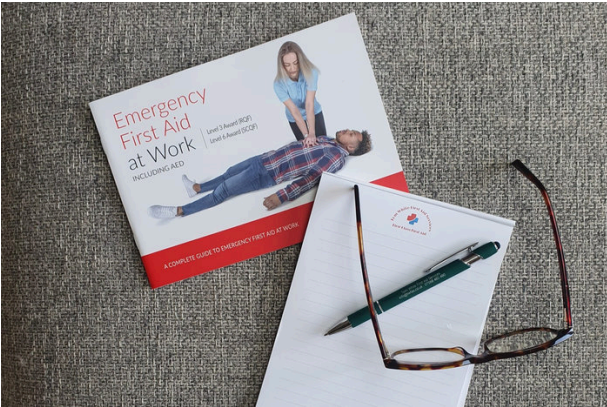
Honouring all those  
who have given their lives.



# First Aid for All

Last month, our companions took part in a first aid training day hosted by Tom White First Aid Services. Whilst first aid training is not a requirement for a business such as ours we're keen to go above and beyond and would like for all companions to feel confident and prepared having the knowledge to support our clients in any unexpected situation.

It was a packed day where the team received training in CPR, dealing with cuts, burns and choking, how to use a defibrillator (AED) and how to spot signs of stroke. The team are proud to now each be holders of an FAA level 3 award in emergency first aid at work with Emma commenting, "It was a great day and really reassuring to feel equipped in the event of any injury, accident, or emergency."



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## *We're Finalists!*

We've only been going for a short while as a business, but we've already made the shortlist for a second award!

We are delighted to be named as a finalist at the Spelthorne Business Awards in the category of 'Best Business in Ashford & Stanwell Area'. This follows on from us being chosen as the winner of the business plan award earlier in the year. Anja, is so pleased with the news saying, "I am so excited and grateful that we as Companionship Services Ltd. have been chosen as finalist at the Business Awards. The recognition means so much and shows the importance and need to



close the gap between ageing, loneliness and making people feel engaged, encouraged and enable them to live a life full of possibilities."

We'll discover if we pick up the prize at the awards ceremony on 1st November- wish us luck!

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# *Making Movies*

We took part in two fun, if a little exhausting, days creating some short films that we will soon be sharing on our social media accounts and website. These will include some hints and tips and we hope you will find them useful.

We know it's really important for our prospective clients and their families to get to know us as a company and understand our motivations as well as what our service can offer -so our new films will aim to get this across. Our second day filming included some time and interviews with a couple of our current clients, which was lovely. We are so thankful that they were pleased to be involved and hope they enjoyed the experience too. Look out for the new films appearing soon!



Behind the scenes

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## *Our Mission Continues...*

Here's a just a few of the activities our clients and companions have enjoyed together over the past month. We feel so privileged to be able to assist our clients to do the things they enjoy again!



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# WIN WIN WIN

## *November Giveaway!*

To spread a little joy, each monthly newsletters features a prize giveaway, which is free for our subscribers to enter (please note, prizes can only be distributed within the area we serve i.e. postcodes TW1-TW20). This month we're giving away a deluxe box of chocolates. Click below to enter. Ts & Cs apply.



(This month it's a delicious big box of assorted Lindt chocolates)

[Enter Draw](#)

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## *Getting Creative at Home*

This month we're giving you some ways to test the creativity of your mind, with a puzzle and some riddles to solve.

## Word Puzzle

The word puzzle below can be rearranged to form a 9-letter word. See how many words of 3 letters or more you can make.



## Riddle 1

*What is more useful when it's broken?*

## Riddle 2

*I add 5 to 9 and get 2. The answer is correct, so what am I?*

## Riddle 3

*I sometimes run, but I can't walk. What am I?*

You can check your answers below.

[Answers](#)

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*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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