



Companionship Services

PROVIDING PERSONAL ASSISTANCE - EXPANDING YOUR WORLD

togetherness THE NEWSLETTER

July '25

Hi from Anja

The 24th July marks Self Care Day. This date is selected for it's symbolism **reminding us that self-care can be practised 24 hours a day/7 days a week.** It is so important for us all to make self-care a priority, whatever our age or stage in life, so we're offering some tips on this in our newsletter.

I've met more amazing people over the past few weeks including Simon at the beautiful Clandon Woods Burial Ground and Sarah at The Games Room in the Dramatize Tearoom in Shepperton, which you can read some more about below.

Please note: we're taking a little break with our newsletters in August, so you can expect the next one on 1st September.



In the Company of Companions



togethers are really important for us to share ideas, build on our knowledge and update our training so we offer the best service possible to our clients.” There was time for a bit of fun too!

A few days ago Anja brought all of the Companions together for another company meeting and training session. Anja says she is keen to keep raising standards as a business, “As we grow it’s so important that we are working to continually build and improve on the service we offer. Our get



Local Enterprise Spotlight

Clandon Wood

Anja was delighted to be introduced to **Simon at Clandon Wood nature reserve** recently. He showed Anja around this stunningly beautiful, **award winning, naturally managed burial ground** set in many acres of nature reserve. Clandon Wood provides a unique and natural final resting place for anyone whatever faith, belief or thinking. Clandon Wood isn't your typical burial ground but a place that has a calming, peaceful and tranquil energy, worth a visit, even if just for a beautiful walk.

Find out more on their website <https://www.clandonwood.com>



From Anja on a more personal note:

It's a difficult topic for many, but so important to speak about. I talk openly about it with my husband as I want him to get the send off he wants whenever his time comes. While being a Muslim, his would look very different to mine, which I know will be cremation and is equally important for him to know. We just don't know when it's our time, but I'd rather have a beautiful send off, celebrating the life I lived, than a quick, sad, dark ceremony mourning my departure. That is my personal preference and I respect everyone's choice.

The Games Room

Anja also attended the opening night for **The Games Room at The Dramatize Tearooms in Charlton Village, Shepperton**. At this board game café, run by Sarah, you'll find approximately 200 games to play and hire. Snacks, drinks, and brand new games are also available for purchase. The Games Room is now open evenings, Friday through to Monday. It's a lovely idea that brings the community together with some fun. You can find out more on their Facebook page

<https://www.facebook.com/gamesroomboardgames/>



Out and About



A few snaps taken on recent trips out with clients.

- **Pembroke Lodge, Richmond Park** for a stroll
- Coffee time in **Squires Garden Centre**, Hersham
- **Ham House Gardens** for a wander
- **Sunbury Walled Garden** for a mooch



Maximising Support

As you probably know, Companionship Services is a young company and we are really keen to not only build on the support we offer our existing clients but also to help more people whose lives would benefit from more assistance.

So we'd like your help. **If you're an existing client, please feedback** with any aspects of the service you believe to have exceeded expectations or indeed we would always want to know if we have fallen short. In addition; **Is there someone you know that may also benefit from our service?** If so please do share our details and let them know about your experience with us. Thank you.

All the Fun of the Fairs

Last month we had stalls at two local summer fairs, **Shepperton Village Fair** and **Staines-upon-Thames Day**. We were blessed with beautiful weather for both and as well as being great opportunities to chat to local people and let them know about our service, they were tonnes of fun! It was wonderful to see some of our existing clients here too!



At Staines-upon-Thames Day we ran a tombola and raised £121.06 for [Dementia UK](#). We also sponsored our very own (rubber) duck, decorated by Anja and entered it into The Big Duck Race organised by the [Midas Plus](#) charity, supporting local individuals with physical or learning disabilities. Out of over 150 designs, our Duck was crowned best decorated on the day, yippee! We're so pleased to have been able to support these very worthwhile causes.

Self-Care Day: 24/7

With **Self-Care Day happening on 24th July** we're keen to highlight the importance of taking steps to improve your physical and mental health; whether you're caring for someone or you're an older adult, indeed it applies to absolutely everyone! **Good self-care practices can help you to manage stress, lower your risk of illness and increase your energy.**

Tips: Caring for the Carer

Caring is an act of love, but even the most compassionate hearts need rest and renewal. Here are some gentle reminders just for you if you care for someone:



Pause Without Guilt

Take a moment in the garden, linger over a cup of tea, or enjoy a favourite programme. A short breather can refresh both body and spirit..



You Are Not Alone

Whether it's a chat with a friend or joining a local carers' group, connection matters. Sharing the journey lightens the load.



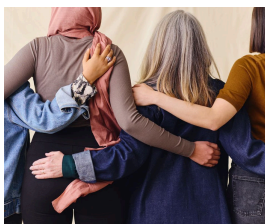
Fuel Your Body, Kindly

Eat well, drink water, stretch often. Little choices add up to lasting strength.



Tend to Your Inner World

Your emotions are valid. Acknowledge them, write them down, or talk them through. Your mental wellbeing is part of the care equation.



Reach Out

Asking for help isn't weakness—it's wisdom. Others want to support you, and you deserve that space.



Celebrate Quiet Victories

A shared laugh, a peaceful afternoon, a task done well—these small moments are mighty. Take pride in them.

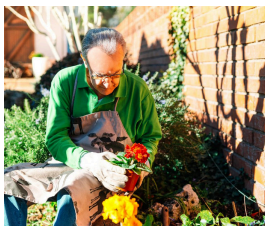
Tips for Older Adults

This season invites rest, reflection, and simple pleasures. These gentle tips are here to support your wellbeing—mind, body, and spirit—through the summer days:



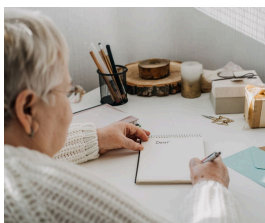
Sip, Savour & Stay Cool

Drink plenty of water, enjoy fresh summer fruits, and rest in a shady spot. A cool glass of lemonade can feel like a small holiday.



Move in Your Own Time

A gentle walk, light stretching, or even pottering in the garden can lift your mood and keep joints happy.



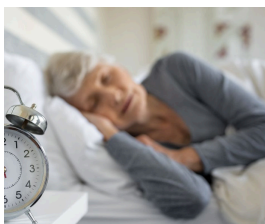
Keep in Touch

A friendly chat, a garden visit, or writing a letter keeps loneliness at bay. Connection is a wonderful tonic.



Delight in the Little Things

Play a favourite tune, smell the roses, or flip through a photo album. Small joys make a big difference.



Prioritise Your Rest

Keep your sleep space cool and calm. A light evening routine can set the tone for peaceful slumber.



Listen to Your Feelings

It's okay to feel up and down. Talk to someone you trust—a friend, a companion, or a professional. You don't have to carry things alone.

Tips to Beat the Heat

The warmth of summer can be lovely, but it can also be a bit too hot at times. We've had some especially warm weather in June and it's looking like we may have some more in July too, so it's important to stay comfortable and protected - check out our handy reminders on how you can best stay cool and safe in the Summer.

-  **Enjoy the Coolest Hours**

Plan outdoor time for the early morning or evening. Between 11am and 3pm, try to stay indoors or in the shade.



-  **Drink Up, Little & Often**

Keep a glass nearby and sip throughout the day. Water is best, but herbal teas and diluted squash can help too.



-  **Keep the Home Breezy**

Close sun-facing curtains during the day. Open windows when it's cooler to let in fresh air. A fan or cool cloth works wonders too.



-  **Dress Lightly & Brightly**

Loose, airy clothes in pale colours help keep you cool. A wide-brimmed hat adds style and sun protection.



-  **Mind the Sunshine**

If you're heading out, apply sunscreen—even on cloudy days—and don't forget your sunglasses.



-  **Be a Heatwave Buddy**

Check in with friends, neighbours, and loved ones. A quick chat can lift spirits and make sure everyone's safe.



Getting Creative at Home

Riddle Time

Here are some riddles to mull over and get your brain going!
The answers are at the bottom of the newsletter - no peeking!

I have a neck, but no head. I have two arms but no hands. What am I?

I am easy to lift, but hard to throw, What am I?

David's father has three sons: Snap, Crackle and?

Challenger Riddle

The first 2 letters signify a male, the first 3 letters signify a female, the first four letters signify a great, while the entire word signifies a great woman. What is the word?



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!

Riddle answers: shirt, feather, David, heroine

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