



Mar '25

Companionship Services

PROVIDING PERSONAL ASSISTANCE - EXPANDING YOUR WORLD

togetherness THE NEWSLETTER



Hi from Anja

Spring is around the corner, which is very exciting, uplifting and provides more opportunities to enjoy the fresh air, join the community and even have a little bit of a spring clean. Dust away those cobwebs, maybe add a splash of colour with some fresh flowers. There is so much to look forward to; the longer and lighter days will provide more hours of sunshine and a bit more warmth, the beautiful displays put on by nature with first blossoms and flowering bulbs. Our Companions will be encouraging clients to get outside and enjoy all the season has to offer, where safe to do so. Nature can be so healing for us. Enjoy!

Our Growing Team

The logo consists of a yellow parallelogram with a pink triangle pointing downwards from its bottom-left corner. Inside the yellow shape, the text "Age-friendly Employer Pledge" is written in a dark blue, sans-serif font, stacked in three lines.

**Age-friendly
Employer
Pledge**

As we expand as a business providing support to more clients in growing areas, we're delighted to have welcomed 4 new Companions to our team including 2 gents that are bringing their own sets of personality, skills and compassion to enhance the lives of our male clients, making us a team of 8 now. The business has also recently taken a pledge to be an age-friendly employer, meaning that we welcome suitable candidates to work with us regardless of their age.

Staying Scam Savvy

by **Bill Cunningham**, Trading
Standards Champion

We who are over 60, or well over 60, are prime targets for scammers. If we live on our own then we are a few times more likely to become a victim. Simply because we do not have someone at our elbow to say - hang on a minute, that phone call doesn't sound at all right to me, so just ignore it! Scammers will call us on our land line for us oldies are more likely than not to still have one. Or they will call at our door with advice about our dodgy tile and offer to fix it there and then before it's too late. Or, or But we know by now, don't we, that we should never buy anything, not a product nor service, from any stranger at the door. And on our phone, if we're ever told to keep the conversation secret, then right away we tell our family or friends.

So we share the unwanted scam approach. If we are constantly plagued by unwelcome calls then we get, free of charge, a call blocker from Trading Standards. This will stop all of the intrusions. It will be installed also free of charge and give us a much better quality of life. We get the device ourselves or have a friend or family member call Citizens Advice on 0808 223 1133 and request the call blocker from Bucks and Surrey Trading Standards.



*Plan for Better
Weather*



With better weather on the horizon, it can be nice to get some plans made for sunny days. Why not plan a day trip to enjoy with family, or a friend or Companion. Our Help Hub is a great place to start - visit 'Be Inspired' for reminder of some of the wonderful places we have on our doorstep that could be worth a visit. Or if you're not venturing out we have you covered too with plenty of ideas.

Plan an outing

Cultural Celebrations



The whole of this month will be seeing many observing Ramadan. As a wife to my Moroccan husband, I respect this time and wish everyone "Ramadan Mubarak".

We live in a diverse culture and enjoy the different aspects and qualities of each person.

Dates for the Diary: March



- 1st St. David's Day
- 4th Pancake Day
(Shrove Tuesday)
- 6th World Book Day
- 8th International Women's
Day
- 17th St. Patrick's Day
- 20th Hello Spring
- 21st Red Nose Day
(Comic Relief)
- 28th Wear a Hat Day

What Else is Happening

Here's what we're up to and where you can see us out and about this month:

- Royal Ascot Golf Club (open to the public): 3rd and 20th of March from 11.30-15.30. Come have a cuppa and a chat!
- Older People's Forum: Where we join with other organisations to share what's on, where improvements are beneficial and how we can support more elderly people in the community.
- Dementia Friendly Spelthorne: We join to discuss and work on a plan to implement an information event in May for Dementia Action week. Very exciting prospects to where it may be held this year. watch this space.

Spring Cleaning

Lots of us take the arrival of spring as a prompt to give a our homes a little spruce, for that fresh start feeling. A seasonal clean up can also have practical plusses too. Here are our suggestions for Spring Clean essentials for an older person's home.



Don't forget if you're a client, your Companion will be happy to assist with reaching those difficult places and help you tick off your to-do list.

Minimize clutter - decluttering can improve the appearance of your home interior and clears the way for you to dust and clean more easily. Getting rid of clutter, especially from your floors, can also minimize risk of trips or falls.

Check alarms – preserving your safety is essential, so use a seasonal clean up as a reminder to check your smoke alarms and Co2 detectors if you have them. The general advice is to test these alarms monthly. You should change any batteries that need renewing and check your alarm units for an expiry date, as some with in-built batteries need to be replaced every few years.

Right tools for the job – if you're struggling with mobility or joint problems and you are undertaking your cleaning yourself, try to invest in the right products that will make it easier on your body. Examples include light weight vacuums, long handled brooms and dustpans and long reach dusters.

Clean out your fridge – it could be an ideal time to clean out your fridge. This is important for food safety, as an unclean fridge can increase the risk of foodborne illnesses. A fridge that is clean and tidy is not only likely to smell better, but it can also help it to improve the efficiency for your fridge.

Reviews by You

We continue our mission to reach as many older people in the local area who could benefit from our support. If you're already a client of ours, we'd love your help. We know that the best way to instill confidence in people that aren't yet benefiting from our service, is to let our happy clients do the talking. So we'd ask that you consider providing a [Google review](#) or [Facebook review](#) for Companionship Services.

We welcome reviews from clients and their families. To write a short review, please click the links.

Google Review

Facebook Review

Getting Creative at Home

Why not get a paintbrush or some pencils or pens out and capture the changing season - buzzing insects, bulbs emerging and trees to life. Here's something Anja's rustled up!





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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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