



Companionship Services

PROVIDING PERSONAL ASSISTANCE - EXPANDING YOUR WORLD

togetherness THE NEWSLETTER

Nov '25

Hi from Anja

October was great fun; taking part and enabling lots of activities with our clients. We also had the Spelthorne Business Awards, which we were delighted to be a part of. November is for remembrance. This month is also a time to recognise men's health (Movember campaign), kindness (World Kindness Day) and shared values during Befriending Week. And as we are nearing the latter part of 2025 now, I think we're allowed to get a bit excited about Christmas! Read on for a few ideas to get you in the festive mood plus lots more.



Firework Season



Pet Friendly Tips

For many, Guy Fawkes Night is a time of celebration; crackling bonfires, dazzling fireworks, and community gatherings. But for pets, especially older ones, the loud noises and flashing lights can be distressing.

We know how deeply **pets are woven into some of our client's lives, offering comfort, routine, and unconditional love.**

So here are some **tips to help keep your furry companions calm** and cared for.



Create a Safe Space

Set up a quiet, cozy area indoors where your pet can retreat. Include familiar blankets, toys, and soft lighting.

Keep Doors and Windows Closed

This helps muffle sound and prevents pets from running off if startled.

Soothing Sounds

Play calming music or white noise to mask firework sounds. Some pets respond well to gentle classical playlists.

Stay Calm Yourself

Pets often mirror our emotions. Speak softly, offer reassurance, and avoid fussing too much.

Avoid Walks After Dark

Try to walk dogs earlier in the day to avoid peak firework times.

ID Tags and Microchips

Make sure your pet's identification is up to date, just in case they get spooked and run.

Companion Support

Let your companion know if your pet needs extra reassurance or care during visits around the time of fireworks.



The Gentle Power of Presence

World Kindness Day - 13th November

At Companionship Services, we **see kindness every day**; in the way our companions show up, in the way families care, and in the way clients open their hearts. World Kindness Day, reminds us to **celebrate these moments**. Not grand gestures, but the everyday acts that build trust, ease loneliness, and remind us that we're not alone.

Remember, kindness is contagious - share your light.



*Dementia
Friendly
Spelthorne*

Anja is an active member of the **Dementia Friendly Spelthorne** action group. Together with a number of representatives from other local business and charities, whose work also supports older people, it's their mission is to **make Spelthorne a more dementia-friendly community**.

On the agenda at their last meeting was **plans for Dementia**

Action Week 2026 as well as the **Dementia Carol Service** that will be taking place next month; on **5th December, 2-3pm at St Mary's Church Sunbury**.

If you or someone you care for is living with dementia click through to our **dementia hub for tips and ideas to support**.

[Visit Hub](#)

Join our Wreath Workshop

There's still time and limited tickets available for anyone wishing to join Anja at our **Festive Wreath Making Workshop**. For just **£35** you get to enjoy 2 hours of guided crafting, refreshments and everything needed to **create a beautiful wreath to keep**. Enjoy, good company, creativity and a few Christmas treats! Use the button to book your ticket.



Remembering...

Why We Wear the Poppy

As **Remembrance Sunday approaches**, we'll see red poppies blooming on lapels, wreaths, and windows across the UK. But why the poppy?

The tradition began after World War I, when **bright red poppies grew across the battlefields of Flanders**. Amid the devastation, they became a **symbol of hope and renewal**. Inspired by this sight, Canadian doctor John McCrae wrote the poem "In Flanders Fields", which helped the poppy become a lasting emblem of remembrance.



Since 1921, the Royal British Legion has used the poppy to honour those who served and sacrificed in war. **Today, wearing a poppy is a personal way to say: "We will remember them."** It also helps raise funds for veterans and their families, offering support long after the battles have ended.

From a Companion's Perspective

By Benny



After a career in care, working at all levels and in a variety of roles, in January 2025 I became one of Anja's team members, and since then have been on an a totally different journey.

[Read the full blog](#)

Happy Clients

If you're already a client of ours you'll know that we regularly ask for your feedback in our scheduled performance reviews. We wanted to share (with permission) what one of our clients said in the 'any other comments' section of recent review.

Client Testimonial

I just want to say what a brilliant thing you set up for people like me. It fits so perfectly for what I need.

That's what we love - happy clients 😊 Keep the comments coming! Leave us your feedback [here](#).

One for the Gents

We believe **emotional wellbeing is just as important as physical health** for both men and women. To coincide with 'Movember' (which raises awareness for men's health issues, including mental health and prostate cancer) we want to **shine a light on mental health in older men.**



As men grow older, life can bring profound changes: retirement, health challenges, bereavement, and shifts in social circles. These transitions, while natural, can sometimes lead to **feelings of isolation, anxiety, or low mood. Yet older men are often less likely to speak openly** about their mental health or seek support.

Ways to encourage positive mental wellbeing

- ✓ **Routine and purpose:** Daily structure and meaningful activities offer stability.
- ✓ **Social connection:** Companionship reduces loneliness and builds trust.
- ✓ **Movement and nature:** Gentle exercise and fresh air lift the mood.
- ✓ **Listening without judgment:** Sometimes, being present is the greatest gift.

Good mental health helps older men stay connected, resilient, and engaged with the world around them. **It's not about "fixing" feelings, it's about creating space for them and breaking the silence.**

As you know, we do try to provide a tailored service. With this in mind **we welcomed our second male Companion, Chris to the team** recently, ensuring we meet requests to provide male company where preferred. You can meet the rest of the team [here](#).

Call us on **0800 0025 035** or e-mail to **info@companionship-services.com** to book your **FREE discovery call** and find out how you or your loved one can benefit mentally, physically and thrive with just a little support.

Award Recognition

Last month we were honoured to be finalists in two categories the **Spelthorne Business Awards**. We were delighted to attend a fabulous awards evening held at the Holiday Inn Shepperton, where the winners were announced. It was a fantastic evening of celebration and we are thrilled to have been **awarded Runner Up in both our categories - Best Social Impact and Best New Start Up**. We would like to say a huge 'thank you' to all our amazing clients and their families for entrusting us to provide you with this service which we believe in so whole-heartedly. Thank you!



Befriending Week

Befriending Week 2025 will take place from 1st to 7th November, celebrating the positive impact of befriending on individuals and communities across the UK.

Befriending Week is a national campaign established to raise awareness about the **importance of befriending and its role in tackling isolation and building community connections**. Naturally we are in full support of all involved making a positive difference through befriending. What a great way to honour such important and life changing support.

Here you find first hand befriending experiences

Planning Ahead

If you're a client of ours, now is a good time to think about how your weeks may be different over the Christmas period. This year, **Christmas and Boxing Days (bank holidays) fall on a Thursday and Friday. New Year's Day is a Thursday**, so if you have plans outside of



companionship during these couple of weeks, which may affect your normal scheduled visits, **please give it some consideration and get in touch with us to discuss** arrangements.



[Get in Touch](#)

Please note: we'll be taking some time out over the festive period so there won't be a January newsletter. To make sure you're not missing anything from us, if you use social media make sure you're following us for updates. You can use the buttons below to follow us.

Facebook

Instagram

Linkedin

Getting Creative at Home

Many of you will know that Anja grew up in East Germany, Dresden to be exact. And do you know what it Dresden is famous for? Christmas Stollen! So as it's now officially the Stollen season (1st November - 31st December) she wanted to share this recipe with you.



Discover more about its history and how to make it [here](#).

Get in Touch:

If you're not yet a client and would like to discuss how companionship could support you to live a more fulfilled life then please get in touch any time.

Get in Touch

Visit our social accounts

0800 0025 035



Browse our website

