

May '25



Companionship Services

PROVIDING PERSONAL ASSISTANCE - EXPANDING YOUR WORLD

togetherness
THE NEWSLETTER

Hi from Anja

May is a significant month for me as it marks one year since I formed Companionship Services Ltd. What a year it's been!



Looking back over the past 12 months I've learnt so much and met so many people and I can feel proud that the number of clients we're serving has increased 400%. But I know there's lots more that can be done, so I'm fully committed to both continually improving the service we provide to clients as well as reaching out to more people who can benefit and start getting more from life with our support.

Stroke: Know the Signs

May is Stroke Awareness Month. As part of our first aid training that our Companions undertake, we take a look at the signs of Stroke. Knowing the signs of a Stroke can enable you to act quickly which could mean the difference between life and disability or death. So it does all of us well to remind ourselves of the signs. Remember **FAST!**

Know the signs:

- **Face weakness:** Can the person smile? Has their mouth or eye drooped?
- **Arm weakness:** Can the person raise both arms?
- **Speech problems:** Can the person speak clearly and understand what you say?
- **Time to call 999:** if any of these symptoms are present.

You can read more on the NHS website [here](#) Symptoms of a stroke - NHS

To make a donation the Stroke Association you can click below [Donate | Stroke Association](#)

I'm a Director Get Me Out of Here

Crossroads Care Surrey is asking, "Who will be crowned King or Queen of Surrey in 2025?" Well it could be our very own Anja!



On Friday 9th of May she is taking part in this annual event, held at Foxhills Country Club, to raise funds for Crossroads Care Surrey. She'll be competing against 13 other company directors who will each be undertaking a series of challenges that will include creepy crawly and eating trials, inspired by the popular TV show for celebrities. The cause is a worthy one and Anja wanted to take part to support our friends at Crossroad Care Surrey to make a difference for unpaid carers who may not be in a position to self-fund, because everyone deserves to have support. If you would like to get behind the cause and sponsor Anja, you can use the button below. Go Anja!

Sponsor Anja

Staying Hydrated



As the weather is warming up, it's especially important to remind ourselves about hydration, which is essential to good health.

Unfortunately, as we age, our bodies undergo changes that make staying hydrated more challenging. Thirst signals become less pronounced, and certain medications or health conditions can increase fluid loss. People with dementia in particular may face unique challenges in recognising or expressing thirst and dehydration can exacerbate their symptoms.

Dehydration in older adults can lead to serious health issues, including urinary tract infections, kidney problems, and even cognitive impairments like confusion or delirium. It can also increase the risk of falls due to dizziness or weakness.

Our Tips for Hydration

To support hydration it's important to **take in fluids regularly throughout the day**, even when you don't feel thirsty.



Always have a **drink with meals** and keep water/drinks **within easy reach throughout the day**, both inside and outside of the home.

Drinks like **water, diluted fruit juices, milk, and soups** are excellent choices to increase hydration.



For some, using clear or **brightly coloured cups** can make drinks more noticeable, and straws or lightweight cups can make drinking easier.

Foods with high water content, such as **fruits, vegetables, and yogurt** can also help.



Innovative solutions like **Jelly Drops®**, **water-filled sweets designed for people with dementia**, can make hydration more appealing. We have personally recommended these to one client who has found his energy levels have risen.

For individuals with swallowing difficulties, options like **ice lollies, gelatin, or smoothies** can be helpful.



Reasons to be Cheerful in May

**Improved Weather | Blooming Nature | Festivals and Events
Bank Holidays | Seasonal Joy**



May is a beautiful month for several reasons including the better weather and longer days giving us **more opportunities to go places and be outdoors**. With the improved weather, gardens and parks come alive with vibrant flowers, offering picturesque views, while birds and animals flourish.

Of course we have **two bank holidays** during the month (Monday 5th and Monday 26th), so more opportunities to get together with friends and family. Additionally, this May we celebrate the **80th anniversary of Victory in Europe**, for which there will be **special events** happening including a military procession and flypast in London, ceramic poppies installation at The Tower of London, concerts and services, beacons and bell-ringing, street parties and community events.



If you're a client of ours and you're feeling inspired by the possibilities, why not chat to your Companion about days out you'd like to enjoy in the great outdoors, or festivities you'd like to join and they would be happy to help research some options for you.

Getting Creative at Home

Journaling

May is **Mental Health**

Awareness Month, so why not have a go at something a little creative that will additionally benefit your mental health. Journaling is a powerful tool that

enables stress relief, emotional processing and improved mental clarity.



Tips to Start Journaling

1. **Set the Tone:** Find a quiet comfortable space and choose a notebook or a digital app that feels inviting -something you'll look forward to using.
2. **Write Freely:** Let go of judgment and write honestly.
3. **Decide a Style:** There are different ways to approach it including; stream of consciousness, gratitude journaling, prompt-based or reflection.
4. **Create a Routine:** Dedicate a specific time each day for journaling.

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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