



Companionship Services

PROVIDING PERSONAL ASSISTANCE - EXPANDING YOUR WORLD

togetherness THE NEWSLETTER

Dec' 25

Hi from Anja

Welcome to the final newsletter of 2025. What a year it's been. In the last 12 months; we've more than tripled our client list and our team, picked up 2 awards. I've attended approx. 18 networking events, and had so many meetings - I



do not dare try to count. We've travelled 4837 miles to get to and support our clients. It has certainly been a very busy year!

We're taking short break from the newsletters over Christmas and that means you can expect our next newsletter to land with you on 1st Feb 2026.

It's a little early, but the whole team and I would like to wish everyone a wonderful Christmas and a very Happy and healthy start to the New Year. See you in 2026!

Reduce Energy and Save

Thames Valley Green Doctors

Want to save on energy bills?

Green Doctors Thames Valley (part of Groundwork South) offers free home consultations to help you save energy, stay warm, and cut costs.

A promotional poster for Green Doctors Thames Valley. At the top, it asks 'Struggling with your energy bills?' and shows a group of six staff members. Below them, it says 'Green Doctors Thames Valley can help' and provides the phone number '0300 365 3005'. A list of services includes: 'Save money on your energy bills', 'Switch energy providers', 'Claim your Warm Home Discount', 'Get prepayment meter support', and 'Tackle energy or water debt'. A yellow box states 'THE SERVICE IS FREE' next to a QR code. At the bottom, it mentions 'Green Doctors are part of Groundwork South, a charity that helps people save money, stay warm, and use less energy.' and provides a URL to book a free consultation: 'https://groundwork.my.salesforce-sites.com/thamesvalleygreendoctors'. There are also icons for Groundwork and a recycling symbol.

Anja recently had a 90-minute visit herself and left with practical tips and free items to get started.

Book your free consultation: 📞 Call 0300 365 3005

🌐 [Make an appointment – Green Doctors London](https://groundwork.my.salesforce-sites.com/thamesvalleygreendoctors)

Navigating Grief at Christmas

National Grief Awareness Week 2–8 December

Grief can feel especially heavy during the festive season.

While the world around us sparkles with celebration, this time of year can stir painful reminders of who is missing. Whether your loss is recent or long ago, the holidays often bring a quiet ache that's hard to share.



That's why we're proud to highlight the **Bereavement Café at Princess Alice Hospice**; a kind, welcoming space where people can come together to talk, listen, or simply be. There's no pressure to speak, no need to explain, just the comfort of shared understanding and companionship.

If you or someone you know is navigating grief, these cafés offer a moment of pause and connection.

👉 Find your local Bereavement Café: [Princess Alice Hospice](#)

Tips to help you through the season

Remember: Grief doesn't follow a calendar. If Christmas feels difficult, you are not alone. Moving gently through the season and honouring both your sorrow and your love can bring comfort.

Our Tips:

🧘 **Pause & Breathe**

Give yourself permission to step back when needed.

★ **Simplify Traditions**

Keep only what feels comforting, let go of the rest.

🕯 **Honour Memories**

Light a candle or hang a special ornament

🧶 **Choose Connection**

Spend time with supportive people or groups

🧑 **Care for Yourself**

Rest, eat well, and take gentle walks.

😊 **Allow Joy**

Moments of happiness can coexist with grief - there's no need for guilt.



*Comfort,
Connection &
Care*

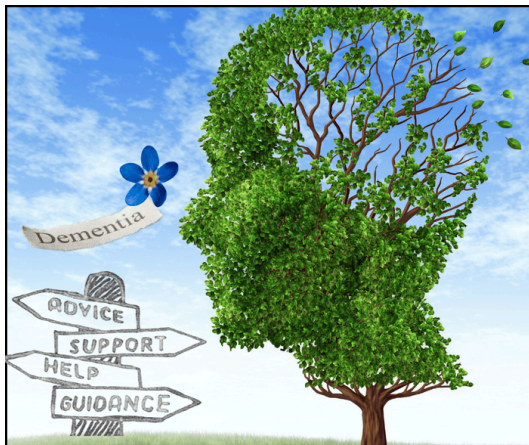
An intergenerational Christmas

The magic of Christmas lies in bringing people together, but with multiple generations under one roof, **it takes thoughtful planning to ensure everyone feels included.** From grandparents to toddlers, each family member has unique needs and traditions worth honouring. Click through to our [blog](#) where we explore how to host a celebration that prioritises comfort, accessibility, and meaningful connection.

Join our Wreath Workshop

If you're feeling in festive spirit, it's not too late to join our wreath making workshop and create a beautiful wreath to keep. We've rescheduled to bring it closer to Christmas, with a new venue and time. We hope you can join us on 6th December, 7–10pm at the Kings Head pub, Ashford.

📞 Book your place:
01784 244631



Wayfinder
with Sage
House

We recently discovered Sage House and we're so glad we did!

For anyone at any stage of **worrying about a loved one with dementia**, Sage House offers a truly compassionate and practical resource. Their [Wayfinding service](#) provides **free, one-to-one support from a named professional** who walks alongside you from, pre-diagnosis through every stage of dementia.

It's not just a service - it's a visionary model of care, bringing everything under one roof to help people live well with dementia. And the good news? Sage House is being rolled out in more locations.

📞 Call 01243 888691 📧 info@dementiasupport.org.uk

Wishes for the New Year

Setting Goals

As we turn the page to a new year, it's a **lovely time to pause and reflect** on what we've cherished, what we've learned, and what we hope for in the months ahead.

We've created a **simple, printable sheet to help you or a loved one capture those thoughts**. It can be used at a quiet moment of reflection or as a conversation starter with someone you care for. This gentle activity is a way to honour memories and look ahead with hope.



[Download](#)

Access our [Help Hub](#) or use the link above to **download your “Wishes for the New Year” sheet** and make space for meaningful moments.

The Gift of Companionship

This season,
the **greatest gift** isn't found
under the tree,
it's the **gift of presence**.
Showing
someone they
still matter
brings



Give the Gift of Joy & Independence

After the holidays, life rushes on. But for those we hold dear, the days grow quiet again.
Your older loved one deserves more than just “getting by.”

Companionship Services offers award-winning befriending and personal assistance

- ★ Gentle companionship & emotional support
- ★ Help with shopping, errands & daily tasks
- ★ Safe, friendly transport to appointments & outings
- ★ Engaging activities that spark joy and community

*Let's make 2026 brighter - together.
Book a FREE discovery call today
0800 0025 035
www.companionship-services.com*

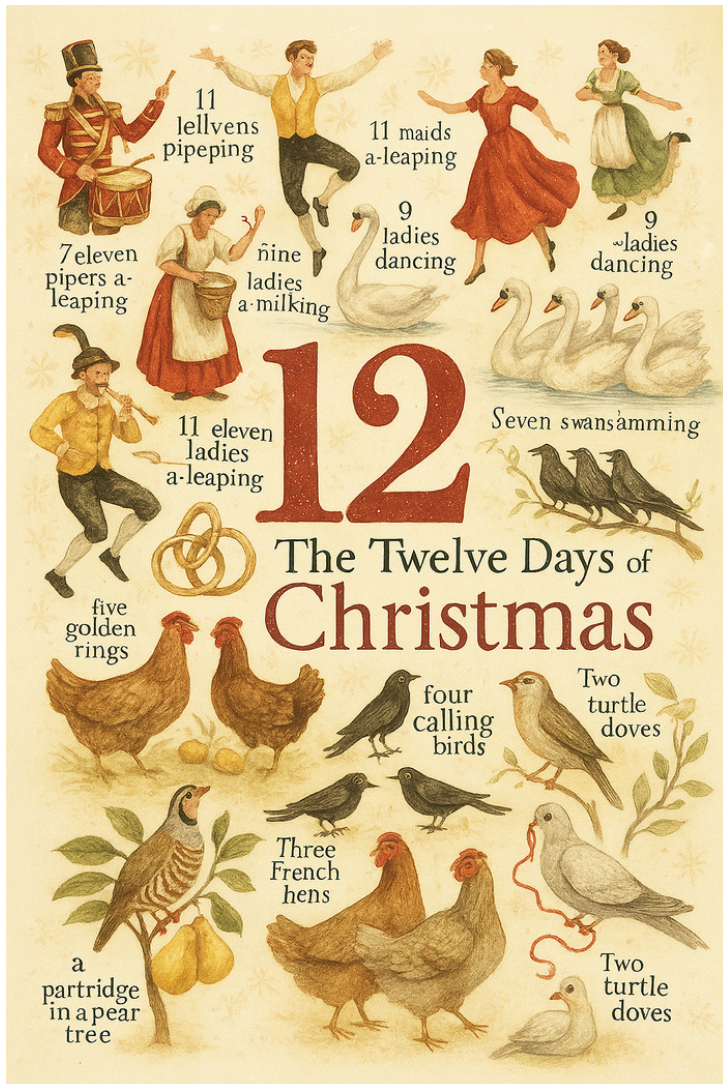
Plan today for peace of mind tomorrow.

reassurance, joy, and connection that lasts far beyond the holidays.
This month we will be sharing this message in the local [Sunbury and Shepperton Matters Magazine](#).



Poem for Companionship

Anja has written a heartfelt poem about the power of companionship.
You can listen to Anja reading her poem on our website.



Festive

Puzzler

Someone's got
themselves in a muddle
with this illustration for
the Twelve Days of
Christmas!

Do you know what
corrections need to be
made?

Answers are at the
bottom of the
newsletter.



2025, Moments that Mattered



This year has been as significant for the business, as it has for Anja personally. We've **faced challenges head-on** (the I'm a Celebrity event was certainly testing!), **marked meaningful milestones** like our first year in business, and **celebrated wins**, including picking up prizes at the Spelthorne Business Awards.

For a deeper dive into the highs, hurdles, and heartfelt moments of 2025, look out for Anja's full reflections on the year in our blog to be published early 2026.

Supportive Info is on Hand

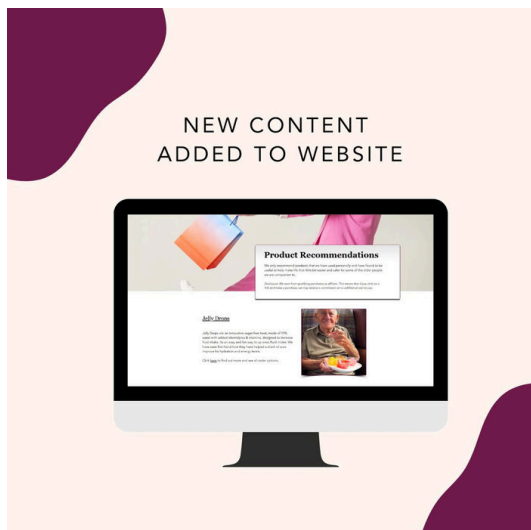
As we will be taking a short break from the newsletter in January, we want to remind you that our **website remains a helpful and ever-growing hub of information, inspiration, and support.**

Our website is designed to be easy to navigate and full of useful resources, especially for older adults, caregivers, and those seeking companionship.



We're constantly adding new content, so **if you haven't visited in a while, now's a great time to take a look.** From heartfelt blog posts to practical guides, it's all there ready when you are.

Visit our website anytime to stay connected, explore fresh ideas, and find something that speaks to you.



[Explore site](#)

You can also **keep up to date with our news on our social media.** So if you use social media, now is a good time to make sure you're following us - you can use the buttons below.

[Facebook](#)

[Instagram](#)

[Linkedin](#)

Getting Creative at Home

Since it's the season of gift giving, we thought we'd share some recipe ideas of yummy festive foods that would make thoughtful gifts. Or, if you fancy eating them yourself, you're sure to enjoy – we won't tell!

[Peppermint creams](#) – a nostalgic forgotten favourite.



[Hot chocolate stirring spoons](#) - a fun stocking filler loved by all ages.

[Cranberry & white chocolate shortbread](#) – mmmm just delicious.



MERRY CHRISTMAS !

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 in 2026 and beyond then please get in touch any time.


Get in Touch

Answers: 12 drummers drumming, 11 pipers piping, 10 lords a leaping, 9 ladies dancing, 8 maids a milking, 7 swans a swimming, 6 geese a laying, 5 gold rings, 4 calling birds, 3 french hens, 2 turtle doves...
...and a partridge in a pear tree!

Visit our social accounts

0800 0025 035



Browse our website 

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