

FOSSE NEWS

November 2021 | Latest news across Fosse Healthcare



Michael's first trip out

Service user, Michael, went on his first trip out in a very long time recently. Alongside his carers, Micheael visited the barbers for a fresh new haircut and then went shopping for a lovely new watch and a pair of slippers!

As you can see, Michael absolutely loved it and he was so grateful to his carers for taking him.



Fosse
Healthcare

Children in Need

Ashfield staff and service users go all out!

In aid of Children in Need, in November our Fosse care team in Ashfield got into the spirit of things with their service users and their families. They all got dressed up in their pudsey t-shirts and headbands to raise vital awareness and contributions for the charity that aims to support disadvantaged children and young people. Great job guys!



You're Tee-rrific Glenn!



Service user, Glenn, has taken up a new hobby with his care assistant, Elizabeth. After his first trip to the driving range Glenn was hooked on Golf and subsequently made his second visit in November. Glenn picked it up incredibly fast and was striking the ball really well! Elizabeth says, 'he loves it very much' and they really enjoy going together.

Broadleaves Open Day



Fosse Healthcare is now providing care in this state-of-the-art facility!

A brand new development that provides older people with additional care support had its official opening ceremony on Friday 5 November in Boughton, Nottinghamshire.

Broadleaves is the fourth 'housing with care' scheme to be opened by Newark and Sherwood District Council. The brand-new scheme has been designed for people aged over 60.

We're proud to be able to provide our support to the residents at Broadleaves and we look forward to building lasting relationships together.



WE'VE PLANTED 2,100 TREES

We've spent £5,000 in the fight against climate change

At Fosse Healthcare, we are committed to supporting the fight against climate change and global warming.

In 2021, we have teamed up with Bagold Ltd and Tilhill Forestry to fund an 'Underplanting' project to support the plantation of 2,100 trees. Spread across 2 acres of land in North Wales, these newly planted trees will be grow to be of vital benefit for our environment, storing carbon dioxide and releasing oxygen for centuries to come.

A huge study from ETZ Zurich University, published in 2019, concluded that by restoring a very large area of forest globally, equivalent to the size of the US, it would store 205 billion tons of carbon. That's about two thirds of the 300 billion tons that has been released into the atmosphere as a result of human activity since the industrial revolution.

Professor Thomas Crowther, who led the study, said that the results were "mind-blowing."

This £5,000 investment is just the start of our new efforts to support the fight against climate change. We have introduced our very own 'Sustainability Board'. An internal team within our organisation who will meet regularly to discuss ways the business can better reduce its environmental impact.

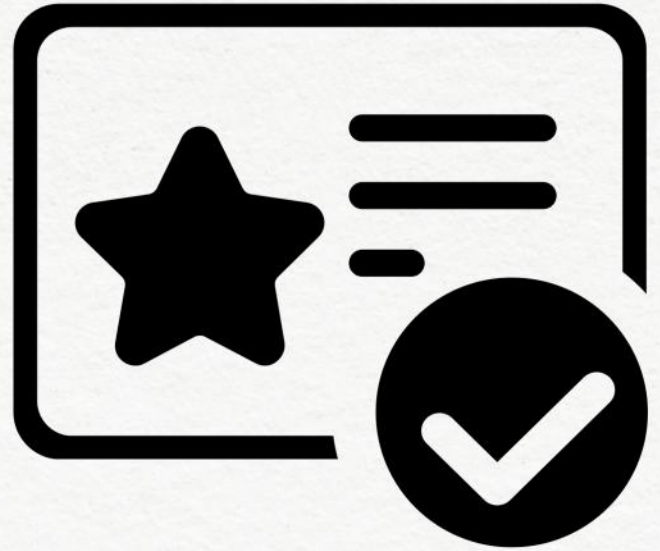
Underplanting

The term 'underplanting' is a general term that describes the establishment of a young stand (understorey) under the canopy of an old one (overstorey). The aim of which can vary.

Underplanting can provide increased ecological function through changing the species composition, changing forest structure and providing increase environmental resilience. This is especially prevalent in the UK context with increasing weather extremes and forest-based pest and diseases.

Congrats Marie!

Everyone at Fosse would like to say a massive well done to Poppy Field's Registered Manager, Marie Karalius, for completing her level 5 in Leadership & Management, Marie has worked extremely hard to complete this over the past year and it is a huge achievement.



Carer, Megan, Graduates from Derby University

Congratulations to Sheffield carer, Megan Farish, who has recently graduated with a Bachelors degree in Zoology. Everyone at Fosse, including mum (Branch Manager), Stacey, is very proud of you. Well done!

Keep an eye out for more
good news stories →

Working during snowy and icy conditions

It is that time of year where we encounter difficult weather conditions which can make visiting our service users difficult. We have created some helpful tips for all our staff whether you walk, drive or cycle. Please read the following advice.

Walking Staff

- Wear shoes or boots that provide traction on snow and ice.
- Footwear made of rubber and neoprene composite provide better traction than plastic and leather soles.
- Wear flat-soled shoes. Avoid shoes with heels.
- Use special care when entering and exiting vehicles, climbing, or descending stairs, entering or leaving buildings.
- Move slowly.
- Remove snow/water from shoes when entering buildings.
- Use handrails for support.
- Try to keep your center of gravity over your support leg.
- Use car for support.
- Keep your hands out of your pockets.
- Walk on designated walkways as much as possible.
- Don't take shortcuts over snow piles or areas where snow and ice removal is not feasible.
- Look ahead when you walk. A sidewalk completely covered with ice may require travel along its grassy edge for traction.



- Don't text or read while walking.
- Walk safely on snow or ice.
- Take short steps or shuffle for stability.
- Bend slightly forward and walk flat-footed with your center of gravity directly over your feet as much as possible.
- Keep your hands out of your pockets.
- Don't text or read while walking.
- Be visible
- Make sure other road users can see you
- Wear or carry something bright or fluorescent
- Use reflective materials when it is dark

Cycling Staff



Stick to treated roads

If side roads are not treated or used often, walk your bike

Stay out of the gutter

A tip for year-round cycling, this, but particularly pertinent when the temperature drops. Ice is more likely to form in the gutter rather than the centre of the lane, where cars have ground the road salt into the tarmac in order to put it to work.

Adjust your riding position

Consider dropping your saddle by 5mm to lower your centre of gravity, which in turn may have a positive impact on control and will enable you to get your foot down quicker if you encounter tricky conditions.

Take it easy on the brakes

A hard pull on the front brake on a slippery surface can quickly result in a loss of traction and an all too sudden encounter with the tarmac. Gently dab away at the back brake or, better still, if you find yourself on ice, completely avoid braking altogether, stay relaxed and try and pedal smoothly over the hazard. If you must brake, it helps to unclip one foot, slide it along the ground and gently apply the back brake only.

Dress well

Make sure you dress appropriately for the conditions. You may well be riding more slowly than usual and might need an extra layer. Pay particular attention to your hands, feet and head. Carry an extra warm outer layer in case you have to stop for a mechanical, puncture or if the road conditions deteriorate and make riding unsafe.

Be visible

Even if you are commuting in daylight hours, in cold weather, it is vital to be visible. Other road users will be concentrating more on their own vehicles, may struggle to see you and, with stopping distances increased, you will benefit from them seeing you from further away.

Stay relaxed

If you do suddenly hit an unexpected patch of snow or ice, stay relaxed, avoid drastic steering inputs, and keep off your brakes.

Don't cycle

If there's a serious chance of encountering widespread ice or snow out on the bike, then it's just not worth the risk. Speak to your branch if you are unable to use your bike. This will enable the branch to give you extra time and informing service users that visits may be late if you are having to walk to your visits



Driving Staff

Parking your car

Consider: Will you get off your drive/road? | Do you need to park somewhere else?

Clearing your drive

- Clear the snow and ice early. It's easier to move fresh, loose snow than hard snow, so, if possible, start removing the snow and ice early. If you remove the top layer of snow in the morning, any sunshine during the day will help melt any ice beneath. You can then cover the path with salt before night-time to stop it refreezing.
- Use salt or sand - not water. If you use water to melt the snow, it may refreeze and turn to black ice - which is invisible and very slippery.
- You can use ordinary table or dishwasher salt.

Preparing your car

- Give yourself an extra 10 minutes to de-ice your car,
- Check your fuel levels - keep at least a quarter of a tank in case of traffic
- Clear all windows using a scraper and de-icer - don't drive off with a tiny hole cleared in the windscreen.
- Use a lighter to warm a key for a frozen lock.
- Clear snow from the roof - it can fall onto the windscreen and block your view or fly off onto the car behind.
- Plan routes to favour major roads, which are more likely to be cleared and gritted.

Car essentials

De-icer and scraper | Torch | Warm clothes and blankets | Fully charged phone and charger | Boots | First aid kit | Jump leads | A shovel | Sunglasses (glare from the snow)

Driving to the conditions

(Moving off) Pull away in second gear, and ease your foot off the clutch gently to avoid wheel-spin. Use the highest gear possible to avoid wheel spin whilst maintaining appropriate speed. Use car visors and reduce speeds in the event of being dazzled by winter sun.

(Going uphill) Wait until it's clear so you don't have to stop halfway up, try not to change gear on the hill and keep your speed constant.

(Downhill) Slow down before the hill, use a low gear and try to avoid braking. Leave as much room as you can to the car in front.

(Braking) If you have to use your brakes, apply them gently. Get into a low gear earlier than normal when braking on ice or snow, allow the vehicle's speed to fall and use the brake pedal gently to avoid the wheels locking. Ease off the accelerator but do not brake suddenly if skidding occurs and reduce your speed, allowing extra space to slow down - it can take ten times longer to stop in icy conditions.

COVID-19 Update | New Variant

Liane Baines – Head of Quality, Safety and Compliance

You'll have been hearing a lot about the new variant of Covid-19 called 'Omicron.' A case was detected in Nottingham over the weekend.

New variants of Covid-19 can be alarming because we don't always know a lot about them at first.

Please remember that, regardless of the variant, there are things we can all do to keep ourselves and others safe.

The most important advice is to be aware of the symptoms of Covid-19: fever, cough and loss of taste/smell. If you have any of these symptoms, no matter how mild, you should book a test and isolate from others until you get the results. This will help to stop the spread of the virus.

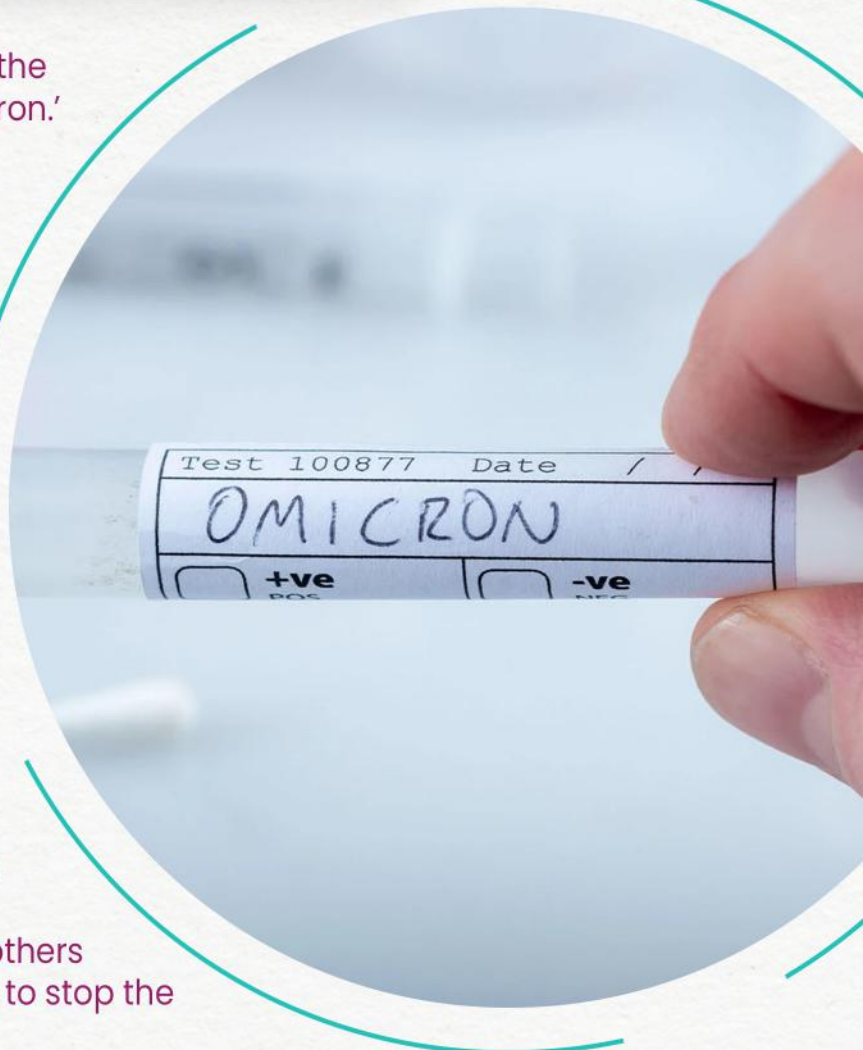
The Government has said that face coverings will be compulsory in shops, supermarkets and on public transport from today – as well as in communal areas of secondary schools.

At Fosse you will continue to follow the office guidance on wearing masks when away from your desks. Hand washing and sanitising is key, please ensure you have hand sanitiser on your desks at all times and frequently use it.

Getting vaccinated against Covid-19 will also give you greater protection. The Government has announced yesterday that anyone aged over 18 will now be offered booster jabs and the gap between second jabs and booster jabs will reduce from six months to three months. If you are eligible and you haven't had your first, second or booster vaccination don't delay. It is never too late to get your jab – book online here.

Everyone at Fosse have been great at following the rules to keep each other safe from Covid-19. We have to keep going to stop the spread of the virus.

Please take care of yourself and each other.



Check out what Vera has been up to over the last few weeks!

One of our lovely service users, Vera, has a great granddaughter who she loves to the moon and back! So, over the last month Vera has been putting her incredible knitting talent to good use by making this amazing cardigan for her. I think you'll agree that it looks absolutely gorgeous! We're sure she's going to love it. Great job Vera!



Happy Birthday

Neville!

Another Darlison Court resident, Neville, turned 74 in November. He enjoyed a lovely birthday lunch and a trip to his local for a pint of Guinness!

Gladstone house

A meet and greet with our new manager



Gladstone House held a meet and greet session in November to introduce their new manager, Chelsea. Everyone had a great time chatting to Chelsea and they even got to enjoy some lovely home made cakes made especially by some of the residents. Well done guys and welcome to the team Chelsea!



There has been some amazing Halloween parties and costumes throughout Fosse. Great job guys, it looks like you all had a spooktacular time!



Fosse Feedback

A touching card from Margaret's family



“ I wish to put on record how wonderful and caring you and your team are... Thank you to all of you lovely ladies for looking after my mum. ”

“ I just wanted to share some positive feedback I was lucky enough to witness on my Fosse monitoring visit.

While I was on my visit a gentleman and his daughter came to the office with a card and some heroes chocolates - this was because he said they are absolute heroes, he wanted to thank them for all they did for the care of his wife. His daughter said they couldn't have asked for better care and that they were all lovely staff. It was really heart-warming to see some positive feedback and it was clear they were emotional over the loss of his wife. They invited them all to the funeral and said they wanted them to know how much they appreciated everything they had done.

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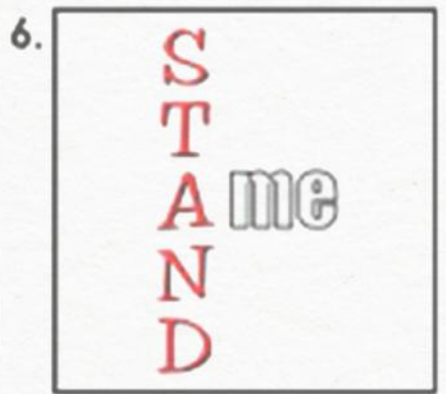
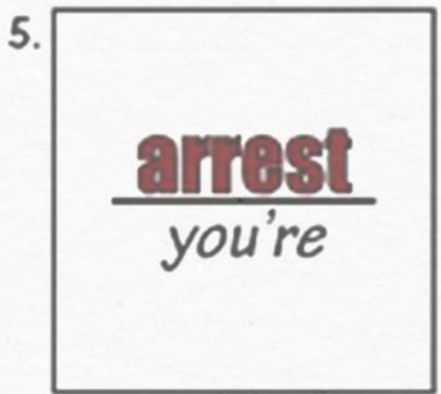
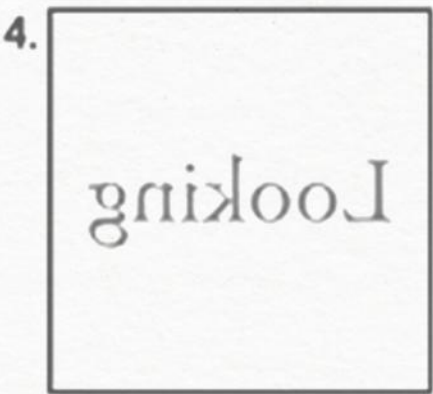
Lucie Brown, Performance Officer at Sheffield City Council

Colour me in!



Brain Teasers

Solve the phrases using the clues!



Answers (turn upside down):

- 1. Looking backwards
- 2. You're under arrest
- 3. One in a million
- 4. Misunderstood
- 5. A walk in the park
- 6. Stand by me

Well done if got any correct! Make sure you ask someone to take a photo of your colouring so we can post the picture online and show them in our next newsletter.



Fosse
Healthcare