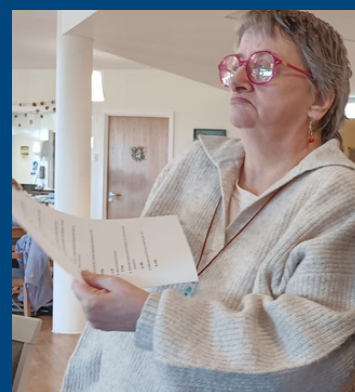




Can you believe it, December is here and Christmas is just around the corner. As always, this is a busy month with lots to look forward to.

NOVEMBER COFFEE MORNING FUN



November's coffee morning was a great success with many of our regular guests and a few new faces too. This month's event included a November-themed quiz, as well as a range of delicious refreshments. Amongst the teams were The Old Codgers, The Farmers and Double Trouble, but, after a tense tie-break situation, it was The Poppy Team that were crowned the winners. Thank you to everyone who came along to support the event, especially those carers who popped in on their day off!



CHRISTMAS COFFEE MORNING



@ **EVERGREEN CAFE**
WEDNESDAY

11TH DECEMBER 2024
10AM - 12PM



Enjoy refreshments, good
company and some festive fun

Come and join us!



NEXT EVENT....

Please be sure to join us at our Christmas Coffee Morning on Wednesday 11th December, where there will be mince pies and Christmas cake, crackers to pull and lots of festive fun and games...there might even be some singing!



CHRISTMAS JUMPER DAY

On Thursday 12th Dec, Brighter Days Care staff will be wearing their Christmas jumpers to raise money for Save the Children.

If you would like to support us you can visit our Just Giving page here:

<https://christmas.savethechildren.org.uk/fundraising/CJD240025169>



★★★★★ SPREADING THE FESTIVE JOY



Our clients have been getting in the festive spirit, with a little help from their wonderful carers. Aimee and Caitlin transformed LN's home into a winter wonderland and Carianne supported LM and GM to get their lounge feeling festive. Great job! We love seeing what you and the clients get up to, please remember to take a picture (if the client consents) and send it over.



EVERGREEN CAFE OFFERS

Our friends at Evergreen Cafe are offering some delicious and tempting offers over the festive period. Whether it's a simple drink and a mince pie, a full festive breakfast, or a turkey dinner with all the trimmings on Christmas Day, Evergreen Cafe have got it covered.

Why not pop in!



from the bottom of my heart
'THANK YOU'

Quote
from a
client

"Thank you for the care, kindness, compassion, laughter and, most importantly, dignity at all times. When you are expecting carers four times a day, you wonder who it will be, as your home is quite a special place! But I needn't have worried at all, the most amazing people arrived".

We love hearing your feedback. This lovely message was received from the family of one client



STAYING SAFE AND WARM THIS WINTER

With Winter now upon us we are likely to see a drop in temperatures and some frosty and challenging conditions.



Advice from Age UK to keep safe and well this Winter

- Keep moving - gentle exercise and movement
- Have your seasonal vaccinations if available
- Eat and drink well - high energy foods, warm food and drinks
- Keep warm - layers of clothing, warm drinks, blankets
- Stock up on cold and flu remedies so you have them ready
- Keep emergency numbers nearby
- If you go out, wear grippy shoes and take care as the ground may be slippery, keep warm with a hat and gloves

