

Uplands Care Service News



The Uplands Care Service, The All Saints' Centre, Upper Springfield Road, Uplands,
Stroud GL5 1TF — *Serving the older people of Stroud*

SERVICE USERS AND STAFF WELCOME 'HEALTH MOVES'

Service users and staff have thoroughly enjoyed a new form of creative exercise provided by Mari Winkelman, Dawn Morgan and more recently Vanessa Hedley from

'Health Moves'. As the tutors are experienced in working with various groups, they quickly devised a programme involving both Service Users and Staff.



By using streamers, a specially designed parachute and large

soft balls, and movements appropriate to the music, participants exercised gently whilst in a sitting position, amidst much laughter and delight.



Fifteen of these sessions have been sponsored by a supporter in memory of his late wife and further sponsorship is being sought to continue the programme next year. This is an excellent example of how money left in a Will or donated after a person's death, can be used to great effect.

Claire Bader has been one of our visiting tutors for several years and Service Users will continue to enjoy her chair based exercise to lively music. Claire is both a Postural and Stability Instructor and a qualified Extend Exercise Tutor (NVQ Level 4)

An advantage of our representation on the **Local Strategic Partnership** and the **Stroud District Older Persons' Hub** is that it has brought benefits for the Service Users. Jane Bullows, SDC's Sport and Health Development Manager has provided information about suitable physical activities for UCS. Thank you Jane.

UCS IS NOW A CHARITY

In 2016 Uplands Care Service gained Charitable Incorporated Organisation (CIO) status and one of the many advantages of being a charity is that we are now able to receive donations via Gift Aid.

If you would like to support us in this way, then please contact the office via email on

uplandscaservice@gmail.com
or phone 01453 759388

STAFF TRAINING CONTINUES

All staff have completed training sessions in First Aid, Manual Handling and Safeguarding, provided by Carol Mercer of Proficiency First.

Bernie Bruton, Amy Moore and Rosie Wingate are working on their Level 3 Diploma in Health and Social Care. This is benefitting the whole organisation. Supervision is provided by Stroud College.

FUTURE EVENT

Diane Vaughan, our Manager, has made arrangements for a group of Care Service Users to spend a day with The Willow Trust on the Canal on **Tuesday 30th May**



WE ARE OPEN ON:

Tuesdays, Thursdays and
Fridays from 9.30 am to
4.00 pm

OUR SERVICE OFFERS:

- A GOOD DAY OUT
- A COOKED LUNCH AND REFRESHMENTS THROUGHOUT THE DAY
- GENTLE EXERCISE TO MUSIC
- ARTS AND CRAFTS
- REMINISCENCE SESSIONS
- MUSICAL ENTERTAINMENT
- COMPANIONSHIP AND A LISTENING EAR
- AN ASSISTED BATHING SERVICE USING MODERN EQUIPMENT AND EXPERIENCED STAFF
- LOCAL TRIPS IN OUR OWN MINIBUS

***NEW* WE NOW RUN A SPECIAL BATHING SERVICE ON WEDNESDAY MORNINGS (see over)**

FOR FURTHER DETAILS OF THESE SERVICES PLEASE CONTACT THE OFFICE ON 01453 759388

Email:
uplandscaresevice@gmail.com
Website:
uplandscaservice.org.uk

PROSPECTIVE TRUSTEE JOINS

UCS We welcome **John Bloxsom**.

He is an experienced strategic manager with a track record in service transformation and non-executive roles. He has a commitment to housing and public service and lives in Stroud. He is a Fellow of the Chartered Institute of Housing and he is also a Stroud Town councillor.



FUNDRAISING We also welcome **Anne Priestley** who has worked for many years as a professional fund raiser for the British Red Cross and New College Worcester for blind or partially sighted children and young people and has worked in hotel management in the UK and Overseas. Anne has a lifelong interest in catering.

NEW STAFF MEMBER **Jackie Bartlett** has joined us for 16 hours a week and continues as a volunteer for 5 hours. She is a very experienced carer, having worked at Southfields Residential Home for 14 years and has also worked as a private carer. Her experience as an escort with Ring and Ride has been really beneficial as she has been able to use her knowledge and skills, specifically when we experienced transport problems.

GIFTS AND DONATIONS

- In Memory of the late **Kathleen Evans**, a Service User.
- From the family and friends of the late **John Moore**, a lifelong supporter Stroud Rugby Club, and carer for his late wife Beryl, a former Service User.
- **John Langford** of Nottinghamshire – a gift in memory of his late wife Judith.
- Gift of a knitted blankets and donation in lieu of Birthday presents from **Margaret Hodges** and **Anne Russell**
- **Sue Dance** and **Hilary Treasure-Jones** – fundraising coffee morning and book sale.
- **Miss Iris Trask** who recycles and re-creates beautiful cards (see photo) which we are able to sell to raise funds for the Care Service



OUR NEW TRUSTEE **Sue Dance** has wide experience of Social Work and whilst raising her family worked in Day Care with Adults with Learning and Physical Disabilities in Leicestershire. She currently works full time as a self employed gardener and was a founding member and Chair of Whiteshill & Ruscombe Allotments. She has also been a Director of Stroud Community Agriculture and is an active member of Holy Trinity Church, Slad.

NEW UCS BATHING PROGRAMME

Are you finding it difficult to get in and out of your bath, maybe due to arthritis, a hip operation, or just becoming more frail?



Or perhaps you are caring for someone who is no longer able to enjoy a nice traditional bath. If so our midweek Assisted Bathing Programme may meet your needs on Wednesdays from 11 am to 4 pm.

If you are interested, please phone the office for more information on **01453 759388** or email uplandscaresevice@gmail.com

OUR ANNUAL GENERAL MEETING on 12th JULY 2017

10.30 for 11.00 am

You are welcome to join us at the All Saints Centre, Uplands. GL5 1TF

This year we welcome **Mary Morgan** as our **Speaker** who is **Lead Commissioner for Older People**, at Gloucestershire County Council and NHS GCCG. **Mary will be speaking on positive risk taking in elderly care.**

Please contact the office on **01453 759388** or email uplandscaresevice@gmail.com

OUR THANKS The Care Service would like to thank the following organisations for their recent support:

- The Concertina Trust
- The congregations of Holy Trinity Church, Slad, and All Saints, Uplands for donations from the Nativity play and Carol Services.
- The Gloucestershire Masonic Charity
- Painswick United Charities
- Stroud District Council
- Stroud Town Council
- Stroud United Charities

CONGRATULATIONS to

Dr Joseph Webb who has been working with the Care Service to gather information for a Research Project undertaken by the Norah Fry Centre for Disabled Studies, Bristol University on people with Dementia. His doctrinal thesis focuses on a **European Approach to Intellectual Disability Services.**

