

Jaffray Care News



December 2022

We couldn't decide between a star or an angel for the top of the tree so we chose both!



Connect with others – Spend time with family and friends, close relationships make us feel like we have a sense of belonging.

Be mindful – Paying attention to your present moment improves your wellbeing. Take time each day to think of the positive aspects of your life.

Plenty of sleep – Sleep is vital for both our physical and mental health. Resting our mind and body helps us seize the day

For more mental health tips, turn to page 5!

Merry Christmas!

The White House



A word from the CEO

This will be my 31st Christmas at Jaffray Care and as another year draws to its close I always reflect on all that has happened throughout the year. We have all tried to get back to some sort of normal and had to say goodbye to service users who have sadly passed away but will always be in our hearts.

I wish to express my most heartfelt thanks to each and every one of you. You are all setting an extraordinary example of commitment, professionalism, and solidarity. You are the best guarantee that our Charity will emerge from the events of the past year stronger. Your focus and commitment to care for our service users and each other, often in the toughest of circumstances has been amazing.

On behalf of the Board of Trustees and Care Managers, we thank you for your ongoing support of Jaffray Care and hope you are able to spend precious time with loved ones over the Christmas period. and most importantly stay safe and well.

Wishing you all a very Merry Christmas.

Best wishes,

yourhippo.com

Online Training!

Big up & congratulations to those who have achieved 100% on their mandatory training. Can I please remind all those who haven't yet started to complete their training as soon as possible. It is imperative that you complete the training. If you require any support or would like to add additional training to develop your skills, please speak with your manager.



LOVE2SHOP

Christmas Vouchers will be ready for collection this week. Jaffray would like to thank everyone for their continued hard work and support this year.

Hot Stuff! - Paul Williams (Our Deputy Manager of Maintenance) completed a fire walk on November 26th, raising over £285 and counting! If you want to donate please speak to HR so they can send you the link!



Gift Up For Grabs! - At the Christmas party on the 14th of December, Staff, Service Users & even family members in attendance can take part in a Christmas raffle to win a wonderful hamper full of goodies! Tickets are only £1 so be sure to grab them while you can!



Just a reminder! - In line with policy, can I please remind staff that any sickness absence over the Christmas period will require a doctors note even if under 8 days. **Also!**- If you work over Christmas Day, Boxing Day or New Years Day, please keep your taxi receipts to get re-imbursed!

Big up and congratulations to Everyone so far for getting 100% on their mandatory training. Feel free to ask your line manager to add any additional training courses you would like to do in regards to personal development. Anyone who hasn't completed the mandatory training can it please be completed as soon as possible!

A big thank you and a very Merry Christmas from the Jaffray admin team xxx

The White House



The Jaffray Clients Christmas Party!

STARRING
IN PERSON

ELVIS
PRESLEY



**HOT &
COLD
BUFFET
AVAILABLE**

RCA Victor Recording Star
HEAR HIM SING
"HEARTBREAK HOTEL"
"HOUND DOG"
AND HIS OTHER GREAT
RECORDING HITS

Wednesday 14th December

*The Pavilion Sports Ground, Moor Lane,
Erdington, B6 7AA*

Tis the season

to be kind to your mind



Remember all staff have access to our Jaffray Mental Health First Aiders: Always there to listen, always confidential and always supportive.

Ms. Sarah Harnell: 0121 386 3073

Ms. Tayla Allen: 0121 3772800

Make decorations –
Arty pursuits can help
reduce anxiety and
lead to a calming envi-
ronment and positive
mental health

Have a routine –With longer, cooler,
darker mornings and warm duvets,
getting up can feel like a challenge.

Try as best you can to maintain a
morning routine, keep motivating
yourself !

Avoid comparing to others! – It is easy
to get tangled up with what everyone
else is doing. Try avoid these un-
healthy comparisons, focus on your-
self and save your money

**Make a list, check it twice –
During Christmas it is important to
balance any social activity with
your own wellbeing.
Make sure to book time for yourself
to do what makes you happy!**

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Rivendell



You Shall Not Pass! - During the Pandemic, the staff & service users from Rivendell made this beautiful piece of art, made by things they found in the garden (Leaves, twigs etc) and then they painted over the top of it using watercolours!



Never a silent night! - Here we have Rivendells wall for Christmas, made by the Service Users, while the Tree was decorated by the staff!

Activity Hub



A Who's Who in Whoville!

Over at the Activity Hub, they've given the centre a complete makeover and turned it into their very own Whoville! Let's hope that the Grinch doesn't steal all the presents!

Parkfields



Cheddar Gorge-ous! - during the last month, two of the Service Users enjoyed a lovely holiday to Cheddar in Somerset! Cheddar is where they found Britain's oldest complete human skeleton, being over 9000 years old!



Lime Court



Here we have a selection of Christmas decoration from Lime Court (Bungalow 29 & 31) I'm still not sure how Santa is going to turn up when Lime court doesn't have chimney!



The winner of the Halloween Contest is Chloe Hall The winner was chosen by one of the Service Users at Broadfield Lodge, so a big congratulations to you! Please contact the White House to go and claim your £50 Gift Card!

COMING SOON



**When it's December
31st and someone says
"see you next year!"**



If you paint a brown house white it will become a white house. If the stoplight changes from red to green, then the light is green. So, if you throw a white shirt into the Red Sea, what will it become?

Last Months Winner was Alison from Lime Court!

To Submit your answers for the riddle to try and win a £20 Love to shop voucher or to be featured please contact activityhub@jaffraycare.com or call 0121 377 2800 and ask for Eddie! Alternatively send any pictures & information via Whatsapp 07904459862