Jaffray Care News

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

December 2022

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,

your hip P.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.



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



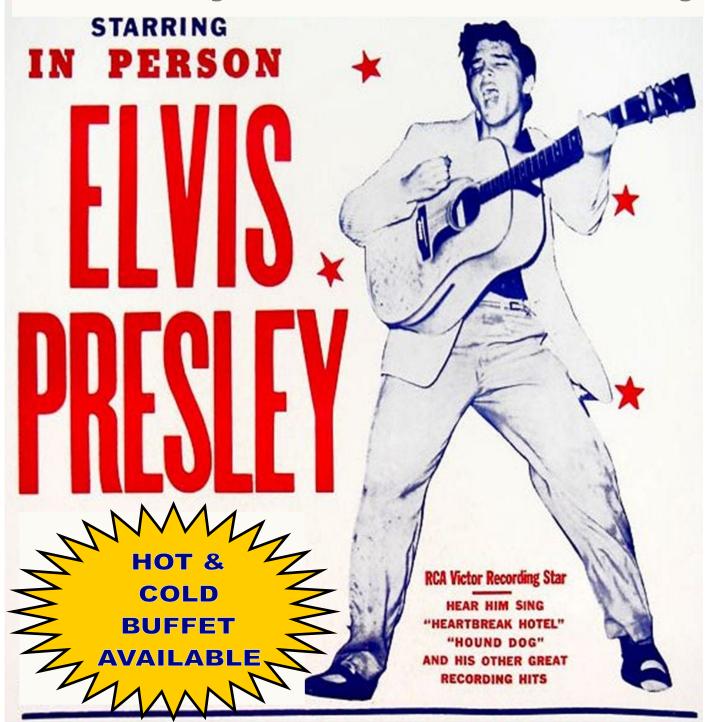
Big up and congratulations to Everyone so far for getting 100% on their mandatory training. Feel free to ask your line manager to add any additional training courses you would like to do in regards to personal development. Anyone who hasn't completed the mandatory training can it please be completed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



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 environment 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 unhealthy comparisons, focus on yourself 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!

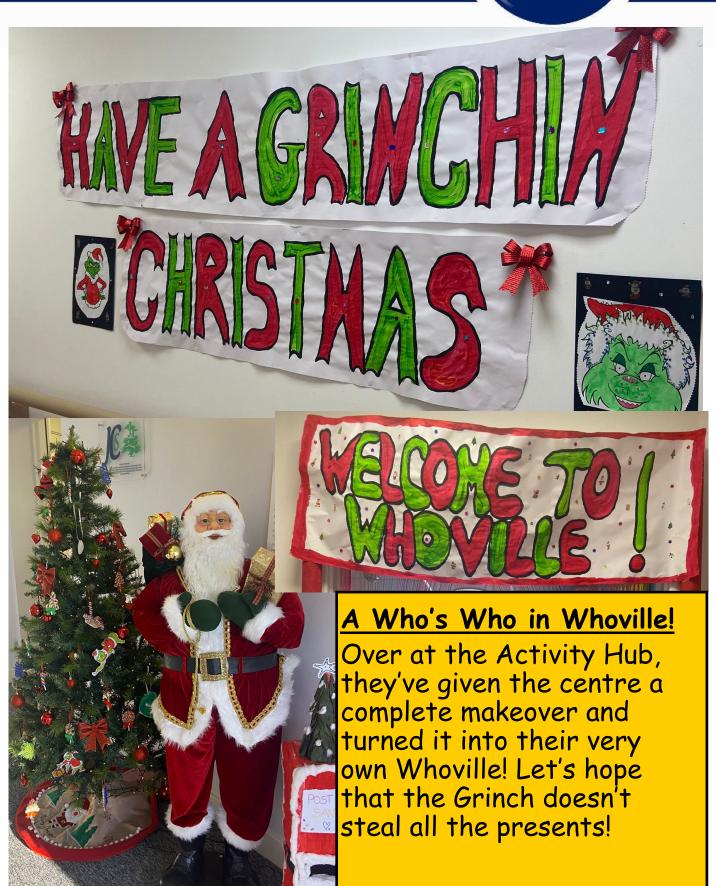


Never a silent night! - Here we have Rivendells wall for Christmas, made by the Service Users, while the Tree was decorated by the staff!

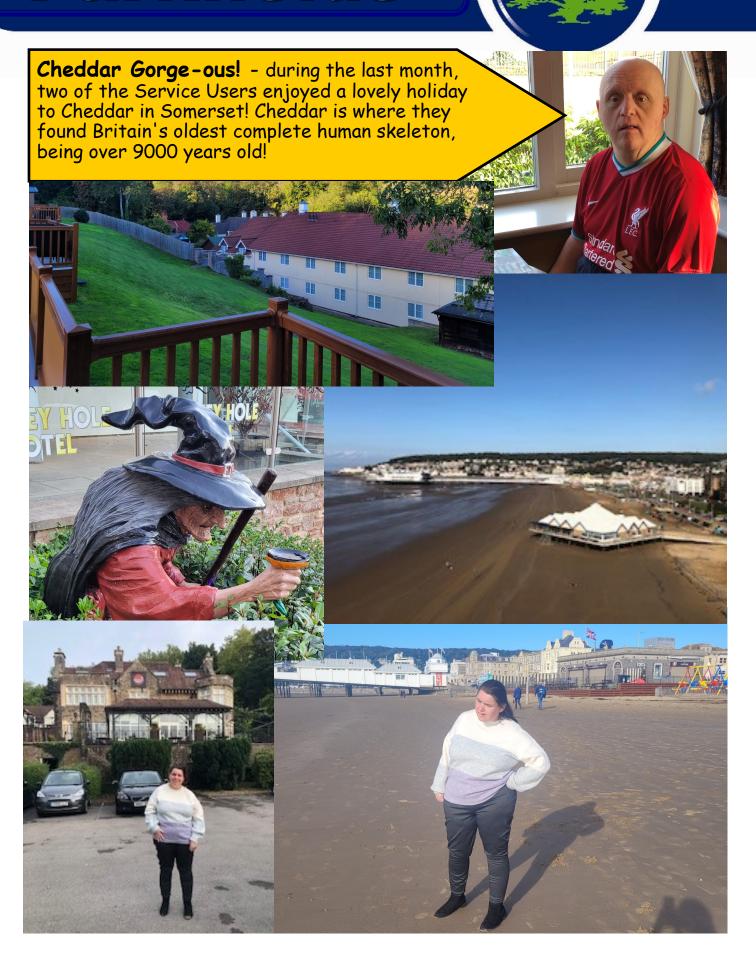


Activity Hub





Parkfields



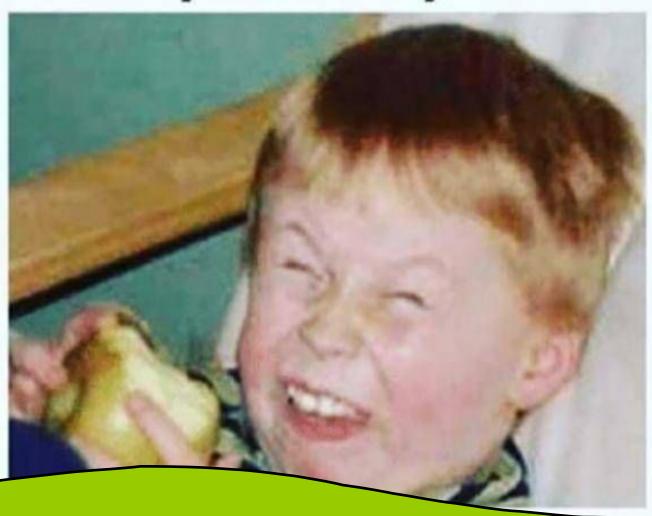
Lime Court



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