



NEWSLETTER



October 2020

★ **Staff of the month** ★
Janete Spink

Opening Hours
Monday to Friday 8am to 5pm
Saturday 9am to 5pm
Sunday 10am to 2pm
Bank Holidays 10am to 4pm



Fancy earning an extra £30? Refer a friend to Careline and once they have complete their first shift, we will pay £30 directly into your bank account on pay day! Please call the office if you would like some more information.



OCTOBER IS ADHD AWARENESS MONTH
 ADHD (Attention Deficit Hyperactivity Disorder) is a very common disorder which affects children and adults. It has for many years been recognised as a childhood issue that affects focus, self-control and many other important skills. However, it has only recently been recognised as an adult problem too. The cause is an imbalance in the brains anatomy and its wiring. For more information, please visit <https://add.org/adhd-awareness/>

**NEED A NEW POLO SHIRT??
 GIVE US A CALL AT THE OFFICE!**

Remember to keep checking the Government website for COVID-19 updates
<https://www.gov.uk/coronavirus>



How about now?

	LOOK for nipple discharge		LOOK for swelling in your armpit or around collar bone
	FEEL for lumps and thickening		FEEL constant pain in your breast or armpit
	LOOK for changes in skin texture eg. puckering/ dimpling		LOOK for a change in size and shape
	LOOK for nipple inversion and changes in direction		LOOK for a rash or crusting of the nipple or surrounding area

CoppaFeel! www.coppafeel.org

47,500 women and 300 men are diagnosed with breast cancer each year in the UK. Knowing the signs and symptoms of breast cancer and what your boobs look and feel like normally could save your life. Start the habit of a lifetime today.

Knowing your boobs could save your life.

**Training of the month....
 DIGNITY IN CARE**
 If you feel that you would benefit from this training please call Lorraine at the office or [email Lorraine](mailto:lorraine@careline.co.uk)

If you need any PPE then give us a call as we have some in the office that we can send out

Boots **RECOGNISING CORONAVIRUS SYMPTOMS VS COLD AND FLU**

TYPICAL SYMPTOMS	CORONAVIRUS Symptoms range from mild to severe	COLD Gradual onset of symptoms	FLU Rapid onset of symptoms
Fever (≥37.8°C)	Common	Rare	Common
Cough	Common (usually dry & continuous)	Common (mild)	Common (usually dry)
Shortness of breath	Sometimes	Rare	Rare
Headache	Sometimes	Sometimes	Common
Sore throat	Sometimes	Common	Sometimes
Runny / stuffy nose	Rare	Common	Sometimes
Sneezing	Rare	Common	Sometimes
Aches & pains	Sometimes	Sometimes	Common (often severe)
Fatigue	Sometimes	Sometimes (mild)	Common (often severe and can last 2-3 weeks)
Diarrhoea	Sometimes	No	Sometimes
Loss of smell or taste	Common	Sometimes	Sometimes

YELLOW OR PINK - DO YOU KNOW THE DIFFERENCE?

For the past 2 years Careline have had two different coloured timesheets due to differences in our T&Cs for the different staff that we supply. The one you need to complete depends on where you are working:

- * If you are working in a **NURSERY** then you will need to submit **YELLOW** timesheets
- * If you are working in a **SERVICE** (inc. Day Centres, Elderly services, Adult/Child respite services, then you will need to submit **YELLOW** timesheets
- * If you are working with **1:1 MANAGED CARE CLIENTS** then you will need to submit **PINK** timesheets (with your contact notes!)

IF IN DOUBT - ASK!!!

