



**Staff Of the
Month
Mary Henry**



NOVEMBER 2022

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

NEWSLETTER

Fancy earning an extra £50? Refer a friend to Careline and once they have complete their first shift, we will pay £50 directly into your bank account on pay day! Please call the office if you would like some more information.

Full list of 18 Royal Mail strike dates in run-up to Christmas

- October 20
- October 25
- November 2
- November 3
- November 4
- November 8
- November 9
- November 10
- November 14
- November 15
- November 16
- November 23
- November 24
- November 25
- November 28
- November 30
- December 1
- December 2



Remember, Remember the 5th November

Fireworks night is coming! Please be aware that fireworks can be a source of distress for clients. If you have any concerns about clients you are supporting please give the co-ordinators a call at the office.

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

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

CHRISTMAS PAY DAY!

It's already that time of year again!

Pay day in December will be
Friday 30th December.

All timesheets **MUST** be received by
12noon on Tuesday 20th December
so that they can be processed in time.

SUPPORTING PROSTATE CANCER & MALE MENTAL HEALTH INITIATIVES



MOVEMBER

Knowledge is Power • Moustache is King

Movember looks at mental health through a male lens, focusing on prevention, early intervention and health promotion.

We're working towards a world where men take action to be mentally well, and are supported by those around them.

For more information please visit:
<https://uk.movember.com/>

TRAINING FOR CHILDCARE

Do you have adult care experience but want to work with children and young people? Did you know that some of your adult care skills and experience could be transferrable?

We have partnered with CPD Online to produce a training package specifically for childcare care.

We currently have a wide range of opportunities available that are suitable for staff who have care experience but wish to work with young people.

For more information please email on:
recruitment@carelineagency.co.uk
<https://cpdonline.co.uk/partnerships/careline-childcare/>



Keep Warm Keep Well Coping with cold weather and COVID-19

Keep Warm



Heat your home to at least 18°C



Ensure you have adequate food, medication and warm clothes



Check if you are eligible for help to keep your home warm

Keep Well



Stay as active as you can, any exercise can bring health benefits



Make sure you get your flu vaccine



Follow COVID-19 guidance

Keep Connected Safely



Get help if you need it. Speak to your GP, pharmacist, carer or key worker for advice



Keep in touch with friends, family and your community



Look out for others. Ask how they are keeping warm during cold weather

Further Information



Simple Energy Advice provides free advice on energy efficiency and National grants to help with energy bills: 0800 444202



Plan ahead. Stay up to date with the weather forecast



If you're worried about your health, visit the NHS Website, call NHS 111 or in an emergency call 999

#GetVaxxedStayOnTrack

AUTUMN BOOSTER

You can get an autumn booster if you are:

- Age 5+ with a weakened immune system
- You live with someone who has a weakened immune system
- Protect yourself and others - book now!

