



STAFF OF THE MONTH

ASHLEE PALMER

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



NEWSLETTER

April 2023

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.

We have a huge stock of PPE available at the office for all staff. Please give us a call if you want some - there's plenty to go round!!

Message from the training team

As you are all aware, it is really important that you have your mandatory training in place and that it is updated accordingly. We monitor and audit training records every month and contact you when your training is near to expiring. There is no specific requirement for you to do our training as we can accept training certificates from other training providers, however in the absence of any other certificates, we can offer you free online training updates through our training portal www.careskillsacademy.co.uk.

If you have any training queries, please do not hesitate to contact the training team on training@carelineagency.co.uk

Care Plans

Do you work with any of our 1:1 clients?

If so do you have a copy of the Care Plans for all 1:1 clients you support?

It is essential that Care Plans are followed at all times when providing support to our 1:1 clients. If you do not have a copy of your clients Care Plan please give us a call at the office and we will get a copy out to you. If you do have a copy of all the

Care Plans you need but feel information is incorrect or out of date please don't hesitate to contact Kelly to discuss it.

SHIFTS

If you have an issue with a shift ie. if you are sick, have an emergency, have a problem with your car/public transport or if there is any other reason that you cannot make it to a booking that you have already agreed to, please make sure you **call the office and speak to someone asap**. If you are unable to make a quick phone call, please ask someone else to do this on your behalf. Emails, texts and voicemails **ARE MISSED** and this leaves us and our clients in an extremely difficult situation. You can find our openings times above –please call within these times and if you don't get through straight away, please keep trying. Sometimes there is only one member of office staff on (on-call/weekends) so you just need to bear with us. Thank you.

Social Media Alert!!

For up-to-date and useful information please check out Careline's social media feeds.

Facebook <https://www.facebook.com/Careline-the-agency-for-care-staff-279319945438099>

Instagram @carelineagency
[Instagram@carelineagency](https://www.instagram.com/carelineagency)
and
@carelinenurserystaff
[Instagram@carelinenurserystaff](https://www.instagram.com/carelinenurserystaff)

LinkedIn <https://www.linkedin.com/in/careline-agency-40284244/>

The Stress Awareness Month

Stress and poor mental health are one of the biggest public health challenges that we're facing. Sadly, even though that is the case, we are still not taking its impact seriously enough. We continue to separate mental health from physical health and vice versa. The reality is they cannot be separate – they are two sides of the same coin. There is no health without mental health and stress can lead to numerous health problems. From physical problems, like heart disease, insomnia, digestive issues, immune system challenges, etc to more serious mental health disorders such as anxiety and depression.

Stress Awareness Month has been held every April since 1992 to raise awareness of the causes and cures for our modern-day stress epidemic. It is the time when we have an opportunity for an open conversation on the impact of stress. Dedicated time to removing the guilt, shame, and stigma around mental health. To talk about stress, and its effects and open up about our mental and emotional state with friends, families, colleagues, and professionals.

30 Day Challenge

If you haven't yet join our 30 Day Challenge for April. We are encouraging you to pick one action each for your Physical, Mental and Emotional Wellbeing to carry out every day Further Information can be found here <https://www.stress.org.uk/national-stress-awareness-month/>

STRESS AWARENESS MONTH

APRIL 2023



#ACTNOW

