

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

CARELINE

The Agency For Care Staff

JANUARY 2024



# NEWSLETTER

Happy New Year to you all and welcome to our January Newsletter,

It's been a busy festive and New Year period for us, and all of our staff here at Careline!

We wanted to pass on our thanks and gratitude to all of our support workers and nursery staff for all your hard work over what was an extremely busy festive period.

Thank you for your dedication and here's to a busy 2024!

## SELF CARE FOR CARE STAFF

- TRY AFFIRMATION
- WALK IN NATURE
- LIGHT YOUR FAVOURITE CANDLE
- MAKE A VISION BORD
- BREATHE DEEPLY
- EXERCISE OR YOGA
- COOK YOUR FAVORITE MEAL
- WRITE A JOURNAL
- WRITE 5 THINGS YOU LOVE
- WATCH THE SUNRISE
- GO FOR A LONG WALK
- SLEEP

## REFER A FRIEND

REFER A FRIEND AND EARN

£100

REFER NOW

Admin@carelineagency.co.uk



## 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 available (on-call/weekends). Please bear with us!

## STAFF OF THE MONTH

KELLY DANIELS



NEED A NEW POLO SHIRT? , please email or call the office if you require one.

## Dry January. Are you in?

Take on 31 days alcohol-free with Alcohol Change UK for a total body and mind reset. From better sleep and a mental health boost, to saving money and time - there's a whole lot to gain this Dry January.

## CALLING ALL HEALTHCARE PROFESSIONALS

WORK ON YOUR OWN TERMS WITH OUR FLEXIBLE WORKING SCHEDULE

Vacancies to work with:

- Services for people over the age of 60
- Adults & children with learning disabilities
- People with physical disabilities
- People with mental health issues

\*Minimum of 6 months care experience required



- Healthier insides.
- Fuller wallet.
- Deeper sleep.
- Boosted energy.
- Sharper concentration.
- Happier year-round drinking.

## ARE YOU IN?

DRY JANUARY<sup>®</sup> by Alcohol Change UK

Be part of Dry January<sup>®</sup> [dryjanuary.org.uk](http://dryjanuary.org.uk)

More Info [www.carelineagency.co.uk](http://www.carelineagency.co.uk)

Contact Us 01189 58 58 58