

NEWSLETTER

Refer a friend and receive £100 as a thank you!

BEATING THE WINTER BLUES

For some, cold temperatures and lack of sunlight can lead to feelings of sadness and even seasonal affective disorder. These 7 steps may help lift your spirits and ease you out of the doldrums that can affect you during the long winter months.

1 WHAT ARE YOU GRATEFUL FOR?
Give thought to what you are grateful for... a beautiful snowy day, friendships, hot apple cider.




2 LET YOURSELF INDULGE IN LITTLE THINGS
Participate in activities that bring comfort, warmth and peace.



3 ENJOY THE SUNLIGHT
Natural light helps to alleviate the winter blahs.



4 GET ENOUGH SLEEP
A lack of sleep can take a toll on your mood - aim for 7-9 hours each night.



5 STAY ACTIVE
A daily 30-minute walk may help prevent depression, so get out there!



6 ENGAGE IN SOCIAL ACTIVITY
Even a small amount of social engagement can help you feel energized.



7 ADJUST HOLIDAY EXPECTATIONS
Don't let visions of perfection spoil everything. Appreciate and enjoy what you do have.



Information reviewed by
Stephanie H. Felgoise, PH.D, ABPP,
Department of Clinical Psychology,
Associate Dean for Academic
Integration in the School of
Professional and Applied
Psychology, Department Chair and
Director of Clinical PsyD Program

A big well done and huge thank you to our staff of the month for December
Bukky Odumuyiwa
Throughout this year Bukky has stepped in at short notice to support our service users. Bukky consistently receives lovely feedback from clients. A big thank you from us all at Careline.

From Monday 2nd December 2024, the DBS are increasing the costs of an Enhanced DBS check from £38.00 to £49.50.
This means that to process an Enhanced DBS check through Careline the fee will increase from £51.00 to £62.50 calculated as follows:
New DBS fee of £49.50 + cost to use SWIFT DBS LTD to process our DBS checks £13.00 = Total cost £62.50
Please note, the DBS are also increasing the annual subscription cost to the use Update Service from £13.00 per year to £16.00 per year.

Gifts & cards policy
Please make sure you are clear about our gifts policy. As a general rule, you must not send or accept any gifts to or from service users. If you are offered a gift with low monetary value, accept the gift and please let us know. As an agency, we deem that it is totally acceptable to give and receive cards including, Christmas and any other occasion. If you're unsure about any specific circumstances, please do not hesitate to contact us for clarification!

WE ARE HIRING NOW!

CARELINE
THE AGENCY FOR CARE STAFF LIMITED

EXPERIENCED STAFF REQUIRED FOR:

- Learning Disabilities
- Physical Disabilities
- Mental Health
- Children & Young People
- Nursery

APPLY NOW! Tele: 0118 9585858
Send your CV to recruitment@carelineagency.co.uk

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



CHRISTMAS PAY DAY

Pay day in December will be
Tuesday 24th December

All timesheets MUST be received by 5pm on Tuesday 17th December