



Silva Care Newsletter

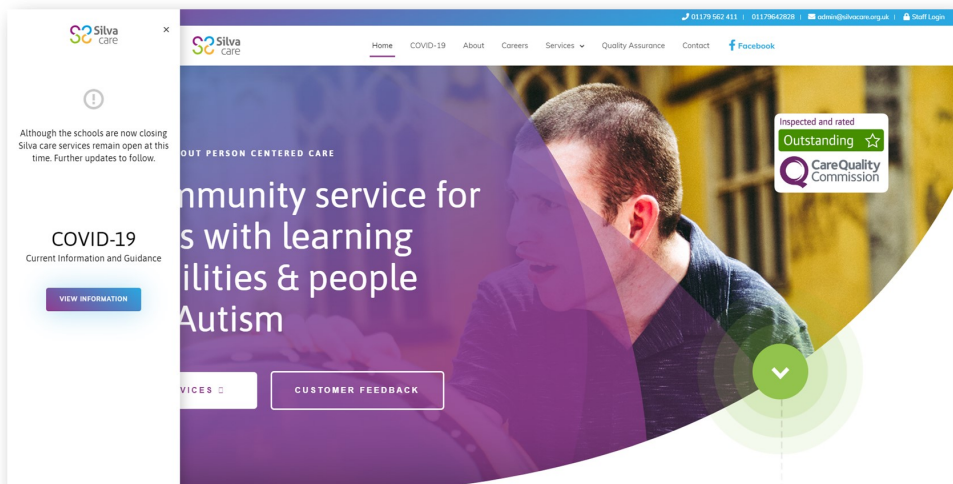
What's been happening?

We are happy to announce that our Silva Care public Facebook page has hit up to 600 likes! So, a big thank you to everyone who has supported the page by liking, commenting, or sharing our posts. We have been sending out our feedback questionnaires to all of our service users, and we are very much looking forward to hearing all of their views on the services that they access to seeing what we are doing right, and what we can improve on!



COVID-19 Guidance & Advice.

We are taking extra precautions to help keep our staff and the people we support safe and supported from the exposure to the COVID-19 Virus. If you look at our website www.silvacare.org.uk, we have been giving regular updates on our services and have more information as well as useful links to help guide you through this unfortunate time, from general advice, government and NHS guidance, we have also been sending out frequent emails to keep all of you up to date.



We would just like to say a big thank you to all of our staff members during these unfamiliar and hard days that are ahead of us, our staff members are absolutely crucial to making sure our service users get all of the support they need and to help us keep our services running. You all have been nothing but fantastic during these troubling times and we couldn't ask for better support workers to have in our Silva Care family. Make sure you all keep safe, check on each other, help one another out whenever you can, we are all in this together.

What have our services been up to?

We are aware that at the moment we are unable to go out and do the activity's we would usually take our service users to attend, but we do have some lovely photos and memories from the last few months to remind us of brighter times!



Skye from Crosswalk has bought a new mobility car, as you can see from her expression she is very excited about this and celebrated it with her mother and sister. Gemma decided that she will start losing weight and begin eating a healthy diet, as you can see she has done a fantastic job and is now down to 16 stone well done Gemma! Sam's schedule is always busy as he loves to be out and about, he has now ordered a new car that will be built for him at the end of April so he cannot wait!



Things to do while on Lockdown?

We understand being stuck at home is not ideal for many, a lot of you may feel bored, restless, agitated, etc. So, we have gathered a list of home activity's to keep you all entertained while we are all in Lockdown. Hopefully it will give you some ideas on what to do to keep yourself entertained. The content we have shown below is just some popular examples of what people have been doing although there is much more content for all of you to look out for on many different platforms such as Facebook, Twitter, YouTube, Instagram, etc.



Things to do while on Lockdown?

Virtual Pub Quiz!

While that 5pm tinny on the sofa marks a welcome end to another day, it's not quite the same as going to the pub. Our beloved, temporarily departed locals are home to beer, friends, and can provide the intellectual stimulation that bored self-distancers are currently craving. If you feel your sharp mind is losing its edge during the lockdown, what you need is a good pub quiz. Luckily, a host of pubs and breweries are taking their weekly trivia sessions online, providing live streamed and interactive quizzes across their social media platforms! For example 'The Virtual Pub Quiz' page on Facebook will be running plenty of quiz's to keep you brain well exercised for the time being.



Take part in a home workout class

Well we know that the gyms are not accessible at this time it doesn't mean that you cant get any exercise! You can now take part in online workout classes to keep yourself fit and healthy during this lockdown, if you visit The Body Coach's Facebook page you can see all of the workout videos he has shared to help kickstart you home workout routine. If you are a member of DW gym they have sent out home workout exercises to all of their members, which you can access via their website! DW are also sharing live workouts every weekday at 11am on their Facebook and Instagram page.



Escape with a good film

What a better time to catch up on your favourite TV shows, finish that box set you always wanted to watch but never had the time, picking out films you've always wanted to watch but never got around to it. Now is the perfect time to indulge yourselves in fantastic films and tv shows to help keep you entertained while being stuck at home. Our April competition on Facebook will be movie related so hopefully that can give you some ideas on what to watch next!



Try out some new recipes?

If you're bored and want to keep your hands busy, why not try out some new recipes you've never had before? Whether it's home baking, making your own pizza's from scratch, or trying something you saw online or in a recipe book, you can keep yourself and others happy with tasty dishes and help advance your chef skills in the kitchen! Silva Care Facebook page also has a #tastytuesday where we will post different recipes for you all to try out if you needed some inspiration.



Stay connected with friends & family!

One of the most stressful and upsetting things about being in lockdown is that a lot of us won't be able to visit family members or friends that we would usually see. That doesn't stop you from speaking to them although, we can still contact to them via text, phone calls, and even video calls just to see each other's lovely faces. Make sure you are all checking in on friends and family to see how they're doing during this lockdown is especially important as I'm sure you would all agree. Nothing can brighten up a sad day more than speaking to a loved one whether it's because they make you laugh, give you support, entertain you, or maybe it's just because you miss hearing their voice and that alone is enough to make you feel better. We are all in this together so making sure that we stay communicated and help each other is what will make things easier while on lockdown.

Thank you!

Hi to all,

These certainly are extraordinary times and we just wanted to pass on how proud we are to work with you all and to send a HUGE thank you out for your hard work, dedication and most importantly, your caring attitude towards the people supported by Silva Care.

We have been privileged to see some fantastic team work, people pulling together to offer some amazing support, being innovative and creative, and communicating fantastically well with the service users and families currently isolating.

It is scary being a front line worker during this terrible pandemic but you put the needs of the people we support at the forefront showing just how fantastic the Social care profession is.

You really are appreciated, thank you

stay safe

Sharon, Matt and the senior management team