WENTWORTHCOMMUNITYCARE.CO.UK

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INSIDE WENTWORTH

BECAUSE CARE BEGINS AT HOME

🪂 CLARE DID IT!

On 27th June, Clare Hurd Jumped from 10,000 feet to raise money for Alzheimers research UK!

Thats Clare! ⟶

WELCOMING OUR NEW TEAM MEMBERS

We're excited to welcome the newst members of the team

CLARE'S SKY DIVE

A huge congratulations to Clare, who recently completed her charity skydive in support of Alzheimers Research UK

Despite the nerves, Clare took the leap from thousands of feet in the air to help raise funds for an incredible cause.

Thanks to her bravery and the amazing generosity of everyone who supported her, she has raised an outstanding £1,121.

Every donation will help fund vital research, support services and raise awareness for those affected by prostate cancer.

Thank you, Clare, for representing Wentworth Community Care so brilliantly and for making such a positive difference.

We are incredibly proud of your achievement!

STAYING SAFE DURING HOT WEATHER

As we move into the summer months, warmer weather can bring many benefits, including more opportunities to enjoy the outdoors and spend time with family and friends. However, hot weather can also pose significant health risks, particularly for older people and those with underlying health conditions.
As we age, our bodies become less efficient at regulating temperature, meaning we may not always feel thirsty or recognise the early signs of dehydration. Dehydration can lead to dizziness, confusion, urinary tract infections, headaches, falls and, in severe cases, hospital admission.
There are several simple steps that can help people stay safe and comfortable during periods of hot weather:

💧 Stay hydrated – Drink plenty of fluids throughout the day, even if you do not feel thirsty. Water, squash, milk, tea and coffee can all help maintain hydration.
🏠 Keep cool indoors – Close curtains or blinds during the hottest parts of the day and open windows when temperatures are cooler in the morning or evening.
👕 Wear appropriate clothing – Lightweight, loose-fitting clothing made from breathable fabrics can help the body stay cool.
🌳 Avoid the midday sun – If spending time outdoors, try to stay in shaded areas and avoid strenuous activity during the hottest hours of the day.
🍽️ Eat light meals – Fresh fruit, salads and foods with a high water content can help maintain hydration and provide essential nutrients.
👀 Look out for warning signs – Symptoms such as excessive tiredness, dizziness, headaches, confusion or dark-coloured urine can indicate dehydration or heat exhaustion and should be addressed promptly.
At Wentworth Community Care, our care teams remain vigilant during periods of warmer weather, supporting clients to stay hydrated, comfortable and safe in their own homes. Small actions, such as offering a drink, checking room temperatures and encouraging regular fluid intake, can make a significant difference to a person's wellbeing.
We encourage everyone to take extra care during hot weather and to check in on family members, neighbours and friends who may be more vulnerable to the effects of the heat. A quick phone call or visit could make all the difference.

WELCOMING OUR NEW TEAM MEMBERS

We would like to extend a warm welcome to all of the new members of staff who have recently joined the Wentworth Community Care team.

Starting a new role can be both exciting and challenging, and we appreciate the commitment and enthusiasm each new colleague brings.

As they complete their induction and begin supporting our clients, we encourage everyone to make them feel welcome, offer guidance where needed, and help them settle into the team.

Every member of staff plays an important role in delivering safe, compassionate, and high-quality care.

By supporting one another and working together, we continue to build a positive workplace and provide the excellent service our clients deserve.

We wish all of our new starters every success in their new roles and look forward to seeing them become valued members of the Wentworth Community Care Team.

THOUGHT OF THE MONTH

"EVERY VISIT IS AN OPPORTUNITY TO BRIGHTEN SOMEONE'S DAY."

SUPPORTING ALZHEIMER'S RESEARCH UK

Many of you will know that we have a personal passion for raising awareness and supporting those affected by dementia.

We are proud to share that Rick is a spokesperson for Alzheimer's Research UK, helping to raise awareness of the charity's work and the importance of dementia research.

As care professionals, we support many people living with dementia and see first-hand the impact it has on individuals and their families.

If any member of staff would like to learn more about dementia, discuss ways to improve the support we provide, access information, or get involved in fundraising or awareness activities, please don't hesitate to reach out to us.

Whether you have a question, would like advice, or simply want to find out more about Alzheimer's Research UK's work, our door is always open.
Together, we can continue to improve our understanding of dementia while helping to support vital research that aims to find a cure.

Thank you to everyone who continues to provide compassionate, person-centred care to those living with dementia.

Your kindness, patience, and dedication make a real difference every single day.

PARTNER SPOTLIGHT

Adrian Penfield

07865790065

lightyear89@gmail.com

We'd like to give a big thank you to Lightyear Mechanics, who have been extremely reliable and consistently competitive on price when supporting our staff with vehicle repairs and maintenance. Their flexibility, quick turnaround times, and honest approach have made a real difference in keeping our team safely on the road. If any staff are interested in using their services, their contact details can be found above.

WELLBEING WEDNESDAYS

Wellbeing Wednesdays are part of our ongoing commitment to supporting the health and wellbeing of our staff. Caring roles can be both physically and emotionally demanding, so these sessions are designed to provide a supportive space to pause, reflect, and access helpful information. Wellbeing Wednesdays may include guidance on managing stress, physical health tips, signposting to local services, and general wellbeing support. Our aim is to encourage open conversations, promote self-care, and ensure staff feel supported both in and out of work. We encourage all staff to attend where possible and to speak with the office if additional support is needed.

Location: Office, 7 Market Place, ST19 9BS
Next session: 5th August 2026

MESSAGE FROM THE MANAGER

As we move through another busy month, I would like to take a moment to thank every one of you for the dedication, professionalism and compassion you continue to show every day.

The care and support you provide to our clients is the reason Wentworth Community Care continues to have such a positive reputation within our community.

The summer months can bring additional challenges, from warmer weather to increased demand on our service. I appreciate the flexibility and teamwork that so many of you demonstrate, often going above and beyond to ensure our clients receive the care they deserve.

As always, please continue to communicate with the office if you have any concerns or need support. We are one team, and by working together, supporting one another and maintaining the high standards we expect, we can continue to provide outstanding care for those who rely on us.

Thank you once again for everything you do. I hope you all have a fantastic month ahead, stay safe, and remember to take care of yourselves as well as those you support.

Should You Wish to Get in Touch

If you have any questions, feedback, ideas for future newsletters, or would like to share something positive, we'd love to hear from you.
You can get in touch by:
Email: info@wentworthcommunitycare.co.uk
Phone: 01902946935