



Welcome to our newsletter, we would like to share with you some of our recent achievements and news stories.

May we take this opportunity to wish everyone a Merry Christmas and a Happy New Year!

Marwell Visit Thanks to Greggs!

A group of our day club customers were able to enjoy an outing to the zoo thanks to a special arrangement by Marwell Zoo and funding from Greggs Foundation.

On Wednesday 8th October, ten SCA day club members attended this special day trip. The day included transport to and from home, refreshments, a hot lunch and a bus tour around the zoo. Many of our members do not leave their home apart from their weekly visit to their SCA day club and often do not have family or friends nearby.

“Some of our customers rely on our day clubs as their only source of social interaction and support. It has been a real

pleasure to support our customers to enjoy a trip to the zoo, an activity which they haven't been able to do for decades. We are very grateful to the Greggs Foundation for enabling this special outing to take place.”

Joy Burton, SCA Care Day Care Operations Manager

The fully accessible minibus was provided by SCA Transport services, and SCA staff were on hand throughout the day to help customers on and off the bus at various points where they could see the animals in their enclosures.

Customers really enjoyed the day out and many felt their highlight was the visit to the giraffe house where they were able to see the beautiful creatures up close.



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next page

The outing also brought back fond memories for our members, Barbara (pictured below) recalled a school trip to the zoo in her childhood and Lesley reminisced about his time living in Africa and being chased by rhinos!



Top left to right: Derek, Barbara, Peter, the bus trip home, Joan and Dawn.

Power of Attorney Help

Did you know that if you are left unable to make decisions about your finances or care due to illness or accident then decisions can be made against your wishes?

Registering a Power of Attorney will ensure that your wishes are met should the worst happen. SCA Advocacy offer support with understanding and completing the forms for a minimum donation of £100.

Karen, our Advocacy Manager, has helped hundreds of people with their forms and can visit you in your home if you prefer.

Call Karen on
07739 951715
to find out how she can
help.



 Mouth Cancer
Action Month
November 2014

SCA Trafalgar are supporting Mouth Cancer Action Month! Supported by the Mouth Cancer Foundation and the British Dental Health Foundation. The aim is to raise awareness about mouth cancer.

Please visit your local Trafalgar Practice for further information or www.scagroup.co.uk/dentistry/news-events/mouth-cancer-action

With your help, we hope that Mouth Cancer Action Month 2014 will be an even bigger year for raising the profile of a killer disease which, without early detection, has a survival rate of only 50%. Let's increase those odds together by improving the awareness of the risk factors and signs and symptoms of the disease.

Should've gone to Specsavers but couldn't?

Now we'll come to you.

Now everyone can benefit from Specsavers' value and choice, even if they are unable to visit a high street optician unaccompanied. With Specsavers Healthcall, eligible customers can have a full eye test at home or in a care home with one of our home-visiting opticians. What's more, should they need glasses, they'll be able to choose from hundreds of styles and take advantage of the same offers that they'd find in store.

To book a home visit, call 0800 198 1135
or go to specsavers.co.uk/home-eye-tests



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Staying on your feet this winter

So far this year we have been lucky to have a mild winter, but as we all know this can swiftly change and wintry weather can make everyday things a lot harder. Cold temperatures and wet and icy weather can cause hazards both inside and outside of the home and increase the likelihood of falling.

Everyone trips or falls once in a while, but the risks increase as we

get older. Every year, one in two people over the age of 80 will have a fall and the longer they

have to wait for help, the greater the risk to their health. Our fall detector package can help you stay active and independent in your home, safe in knowledge that help is there 24/7 should you fall.

Our Falls package includes the following:

- ⇒ A fall detector, which worn on your wrist, alerts us when it senses you have fallen
- ⇒ A sensory night-light – which automatically activates when you get out of bed
- ⇒ A bathroom button – more people slip in the bathroom than anywhere else.

About Appello, formerly CarelineUK

Our monitoring services have kept people safe and reassured their families for more than 25 years. We're committed to making our customers lives healthier, happier and safer through the use of our products and services.

To find out more about our product range, please call: **0333 321 4025** or visit us online: **www.appello.co.uk**.

SCA customers can benefit from a **10% discount** on a CarelineUK personal alarm by quoting the **promotional code SCA1**



SCA Day Clubs Mark Remembrance Day 2014

To commemorate Remembrance Day, our Day Club members created some lovely artwork.

Oaklodge members made a beautiful Remembrance Tree using paper plates, as well as a lovely canvas picture of a poppy field.

Members of Fenwick2 Day Club in the New Forest created poppy flowers which they put together into a stunning display.

The Brook Centre members also had a great time painting poppies and talking about Remembrance Day.

All our members had a lovely time getting creative!



Clockwise: Poppy Tree made by The Brook Centre members, Poppy picture and Poppy tree by Oaklodge members (made using paper plates) and Poppy art made by Fenwick2 members



Would you like a fun day out?

SCA Day Clubs for older people looking for friendship and fun in Southampton and the New Forest.

(Some clubs for people with dementia and the physically frail also)

FREE trial available!

A whole day costs from £38.00.

Why not come along and spend the day with us, or just stay for a cup of tea and see what you think?

Call Joy on 023 8082 9257

www.scagroup.co.uk/care

Do you need more help?

Is there something you miss doing? Did you know that we might be able to help?

Barry missed going to church on Sundays as due to his failing health he was no longer able to get himself there. When he mentioned this to his SCA care worker he was delighted to find out that SCA could help. Now every other Sunday Barry has a care worker, which he pays SCA for, to help him to attend his local church where he enjoys his Sunday worship and has also met up with old friends and neighbours again.

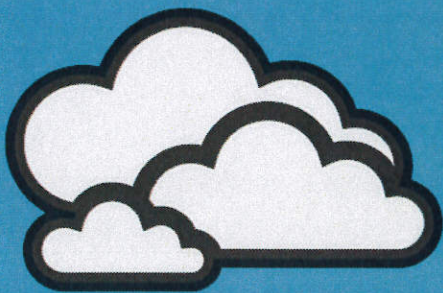
Cynthia was always a very house proud lady and found it upsetting to see that her home was no longer the sparkling palace it used to be because she was no longer able to manage the same level of cleaning. When she spoke to the SCA care office about this she was pleased to find out that SCA offer a cleaning service and for just £12.00 per hour she could have someone to regularly come and top up her cleaning for her. This gives her great peace of mind and she can now feel house proud once again.



Edith found since her husband passed away that she was getting lonely. She longed to get out of the house and be around different people. When she chatted to her care worker about this she found out that SCA run a number of different day clubs and she was given the number to call. When she spoke to Joy at SCA she was delighted to be invited to join her local club and even more delighted to find out that an SCA bus would collect her and drop her back home again afterwards. She now attends her club each week and has made many new friends.

If you feel that SCA could help you with something that you are missing please call us to see how we can help – call our friendly team on 023 8036 6663.

NHS



**Over 60 and feeling under the weather?
A minor illness can get worse quickly.**

This winter, pop into your local pharmacy for quick health advice or visit www.nhs.uk/asap

Early advice is the best advice.

Cold and wintry conditions can cause misery. The cold air can make it more difficult to breathe, and minor ailments like sore throats, bad coughs, colds and flu are more common during the winter months.

If you're over 60 and feeling under the weather, tell your friends, family or carer as soon as possible, and get advice from your local pharmacist before it gets worse.

Friends, family and carers

You're not alone. Ask your friends, family and carer for help. Tell them if you're feeling under the weather. They may not be able to offer health advice but they can help you get it.

Your local pharmacist

More and more people are visiting their local pharmacist to get help. They are a highly trained and trusted source of health advice.

You should visit one as soon as you start to feel unwell. It's what pharmacists are there for.

www.nhs.uk/asap



We need people who care to join our team!

- Competitive rates of pay
- Excellent training (no previous experience necessary)
- Mileage and travel time paid
- Free uniform and equipment
- Support from our friendly team
- Flexible hours
- Evening and weekend work available
- Part time or full time hours
- Own car drivers essential

Call Sally on 023 8051 6028

Congratulations to Alison!

We would like to congratulate Alison Rood, who has been with SCA Care for 17 years! Thank you for all your hard work and commitment!



Alison says, "I came to SCA in 1997 as an administrator and have worked my way up to a Locality Manager position, I have seen many changes over the years and so many different faces have come and gone. I have achieved my NVQIII and a certificate in 'Leading and Management for Excellence'. I have also completed an Advocacy course with Southampton University and my ECDL which has been a great help as we now use computers a lot more than we did when I first joined. Overall I have enjoyed my years with SCA and hopefully there will be many more."

We would also like to take the opportunity to thank all our long-serving staff for their hard work and dedication.

Christmas Poetry Corner

*Why do the bells of Christmas ring?
Why do little children sing?*

*Once a lovely shining star,
Seen by shepherds from afar,
Gently moved until its light,
Made a manger's cradle bright.*

*There a darling baby lay,
Pillowed soft upon the hay;
And its mother sung and smiled:
"This is Christ, the holy Child!"*

*Therefore bells for Christmas ring,
Therefore little children sing.*

*Family and friends
all get together.*

*Hearts are warm,
No matter the
weather.*

*Giving and sharing
as all unite.*

Oh Christmas,

What a delight!!

Trafalgar raise money for Breast Cancer Awareness Campaign!

Our Trafalgar Dental Practice in Holbury and Woolston took part in **PINK FRIDAY** to support Breast Cancer Awareness Campaign on 24th October 2014.

They raised an incredible combined total of **£1729.85** from a raffle, cupcake sale and wearing pink! Holbury Practice had some fabulous prizes donated from companies such as Beaulieu, Long Down Dairy Farm, Asda and The Co-op.

Well done and a big thank you to everyone involved in raising money for this great cause!



SCA Welcomes

Both Worlds Customers

SCA is proud to welcome new customers and care staff from local Southampton based care company 'Both Worlds' which sadly closed at the end of November. We, at SCA, are very pleased to welcome you all, and hope that you find your transfer over to us both smooth and trouble-free. We will do all we can to ensure minimum disruption to new and existing customers through this transition period.

If you have any queries please call our care office on 023 8051 6034.

Memory Groups

We are running two memory groups in Portsmouth and the New Forest. These groups are for people who are experiencing some form of memory loss.

The groups use a therapy called cognitive stimulation therapy (CST), this is a structured programme of activities which is designed to provide mental stimulation and promote new thoughts and ideas. Research shows that this therapy is able to help some people slow down their memory loss and help maintain their memory.

The groups meet weekly for a 14 week period. New groups are being set up for January 2014. If you would like to join you need to complete a short assessment with us to check your suitability. The best news is that these groups are completely FREE of charge!

To find out more call
Elena Prieto-Ruiz on
023 8028 6345



scafenwick

health & wellbeing services

A centre offering activities for people in and around Lyndhurst

Memory Groups
Carer Support Groups
Laughter Therapy
Singing Groups
Steady & Strong Classes
Day Care Clubs
And more...

To find out more call
023 8028 2862

www.scagroup.co.uk/fenwick2

scatransp@rt

connecting our communities

Dial a Ride Southampton

A transport service for persons unable to use existing public transport due to a disability. Fares apply. Booking is essential. Before booking you must complete a membership application form. Call us for a form or download from our website.

www.scagroup.co.uk/transport/dial-a-ride
Dial-a-Ride Monthly Outings also available!

CALL US ON
023 8022 2289



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servicing all your dental needs

Do you need an NHS dentist? Call us now:

Southampton (Woolston)	023 8044 7728
New Forest (Totton)	023 8087 1166
New Forest (Holbury)	023 8089 1936
Gosport (Gosport)	023 9254 5000
Portsmouth	023 9281 8649
Swanage (Dorset)	019 2942 7356



Christmas Wordsearch

F	E	S	H	F	R	E	G	N	A	M	T	D	C	S
A	S	R	D	D	R	I	Y	R	B	W	B	A	H	K
M	I	H	L	R	H	I	X	A	A	D	C	E	R	N
I	W	O	A	M	E	H	E	L	H	T	E	B	I	A
L	G	C	Y	R	O	H	Y	N	D	I	S	J	S	H
Y	C	R	S	A	I	T	P	V	D	C	S	C	T	T
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|-----------|--------------|-----------|
| angel | family | men |
| bells | frankincense | myrrh |
| Bethlehem | friendship | nativity |
| birth | gifts | rejoice |
| candles | giving | sharing |
| carols | gold | shepherds |
| celebrate | Jesus | star |
| Christ | joyful | thanks |
| Christmas | love | wise |
| December | manger | wreath |

Like & Follow Us!

Did you know we are on Facebook & Twitter? Please add us for all current and exciting news!



SCA Group



sca_group

Thank you for reading our newsletter. We hope you found it useful and informative. If you have any comments, suggestions or would like it in another language or format please call Roxy Boulat on 023 8036 6663

Thank you for the compliments!

We would like to take this opportunity to say thank you to all our customers who have kindly taken the time to give us some lovely compliments which are very helpful to us. If you would like to give us some feedback then you can do so via the following ways:

- send a letter to your local office / manager
- add a comment to our website www.scagroup.co.uk/customer-comments
- send to www.homecare.co.uk via one of their pre-paid recommendation cards (ask your care worker for one) or log on to homecare.co.uk and complete their online recommendation form.
- Leave feedback on our profile on the NHS choices website - www.nhs.uk/services/careproviders

Thank you.

