



Welcome to Our Summer Newsletter

We're delighted to bring you our Summer Newsletter, filled with helpful guidance, health information and a few well-deserved celebrations from across our care community.

In this edition, you'll find:

- **Healthy Summer Eating** – Rachel's refreshing ideas to help you stay nourished and hydrated.
- **Medication Support** – Karen's gentle reminders to help maintain safe routines.
- **Whzan Blue Box Introduction** – Suzanne's overview of our new digital health-monitoring tool.
- **Client Survey Reminder** – Your feedback helps us grow and improve.
- **Carer of the Month** – Celebrating Lexi for her outstanding dedication and impact.

We hope you enjoy this summer edition and find the articles both helpful and uplifting. Thank you for being part of our community.

Healthy Summer Eating

By Rachel



Healthy SUMMER EATING

for Older Adults

Staying Nourished, Hydrated and Well This Summer

Good nutrition and hydration are essential for maintaining energy, supporting health and enjoying life to the fullest during the warmer months.





HEALTHY SUMMER MEALS

Hot weather can reduce appetite, so lighter meals are often more appealing while still providing essential nutrients.

Ideas include:

- ✓ Fresh salads with chicken, salmon or beans
- ✓ Wholegrain sandwiches and wraps
- ✓ Greek yoghurt with berries
- ✓ Fresh fruit
- ✓ Vegetable soup
- ✓ Cold pasta or quinoa salads



Smaller, more frequent meals can be easier to manage, especially if appetite is reduced.



HYDRATION TIPS

Older adults may not always feel thirsty, making dehydration more likely.

- ✓ Drink little and often
- ✓ Keep water nearby
- ✓ Eat water-rich foods

Good sources of water:

 Watermelon	 Cucumber	 Tomatoes
 Oranges	 Strawberries	 Leafy greens

Watch for:

 Dark urine	 Dizziness	 Confusion	 Tiredness
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HOW CARERS CAN HELP



- ✓ Plan shopping together
- ✓ Buy fresh seasonal produce
- ✓ Prepare meals in advance
- ✓ Cut fruit and vegetables ready to eat
- ✓ Encourage regular drinks
- ✓ Share meals together
- ✓ Make mealtimes pleasant and sociable



ENJOY EATING TOGETHER



Mealtimes are about more than food—they're an opportunity for conversation, companionship and enjoyment, all of which can help improve appetite and wellbeing.



SUMMER TOP TIPS

-  Drink 6–8 glasses of fluid each day
-  Choose colourful fruit and vegetables
-  Eat smaller meals more often
-  Keep cool during the hottest part of the day
-  Accept help with shopping and meal preparation if needed



A little care and good nutrition can help us all enjoy a happy, healthy summer.



Medication Support

By Karen

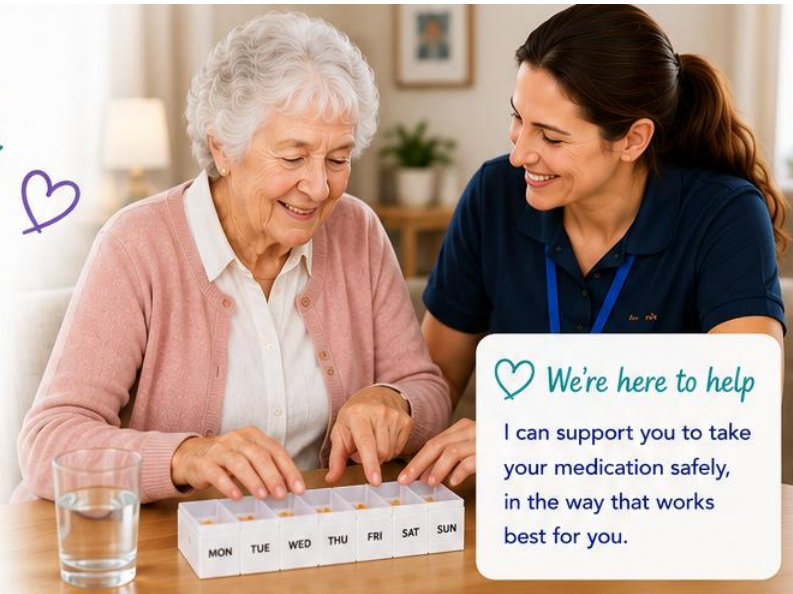
How to support a client with taking their medication

The right support helps you stay well, safe and in control.

You have the right to be involved in decisions about your medication and to take as much control as you feel able to.



Good medication routines support your health, confidence and independence.



♥ We're here to help

I can support you to take your medication safely, in the way that works best for you.

There are different ways to manage your medication



With support from a carer

Your carer can work with you to build a routine that suits you.

- ✓ We can remind you when it's time to take your medication.
- ✓ We can help you read labels and understand what each medicine is for.
- ✓ We can dispense medication for you and ensure that you have taken it.
- ✓ We can record it if that's part of your care plan.



We will always respect your choices and support you to do as much as you can for yourself.



On your own

Managing your medication yourself can help you feel independent and in control.

- ✓ You choose the routine that works best for you.
- ✓ You know your medicines and what they are for.
- ✓ You feel proud and confident looking after yourself.
- ✓ It can help you stay well and avoid problems.



Tips to help you manage your medication



Keep a routine

Take medication at the same times each day.



Use a pill organiser

Sort your tablets by day and time to help you keep track.



Keep a medicine list

Write down your medicines, doses and what they are for.



Set an alarm

Set an alarm to remind you to take your medication.



Keep it simple

Keep your medicines somewhere easy to see and easy to reach.



Ask if unsure

If you're not sure about anything, ask your carer, nurse or pharmacist.



Why it's good to manage your medication if you can

- ✓ You stay in control of your health.
- ✓ You build confidence and independence.
- ✓ You feel proud of looking after yourself.
- ✓ It can improve your quality of life.



Important things to remember

- ✓ Only take medicines that are prescribed for you.
- ✓ Take the right dose at the right time.
- ✓ Do not stop or change your medicine without advice from your doctor or pharmacist.
- ✓ Tell someone if you have any side effects or feel unwell.
- ✓ Keep all medicines out of reach of children.



Small steps, right support, more independence.
We're here to help every step of the way.



Supporting Your Health and Wellbeing – The Whzan Blue Box

We are delighted to introduce the **Whzan Blue Box**, a new digital health-monitoring system now available through Everycare. This simple, non-invasive tool helps track key health indicators such as blood pressure, oxygen levels, and temperature — giving both you and your family peace of mind.

The Whzan system builds a clear picture of your normal health patterns and produces a **NEWS score (National Early Warning Score)**, recognised by paramedics and other healthcare professionals. If you ever need medical assistance, emergency services can instantly see your usual readings and identify any changes, helping them make faster, more informed decisions.

We are offering Whzan health-monitoring visits at **£25.00 per visit**. Each visit includes a full set of checks carried out by a trained member of our team, with results recorded securely and followed up as needed.

How to Book

☎ 01962 842 548 📧 info@everycarehants.co.uk



Your Opinion Matters – Please Return Your Client Survey

We kindly remind all clients and families to complete and return your **annual satisfaction survey**. These surveys help us understand how well we are supporting you and where we can continue to improve.

Your feedback highlights what we're doing well — kindness, reliability, communication — and helps us identify areas where even small changes can make a meaningful difference.

If you have already returned your survey, **thank you**. If not, please return it at your earliest convenience. You can hand it to your carer, post it back to the office, or request another copy if needed.

Your voice helps us grow, improve, and continue providing the highest standard of care.

Carer of the Month – Congratulations Lexi

We are delighted to recognise **Lexi** as our Employee of the Month, in appreciation of her outstanding dedication and the exceptional impact she has on both our team and our clients.



Lexi consistently thinks outside the box, finding creative and effective solutions to challenges. She is proactive, compassionate, and a brilliant problem-solver — a true role model who inspires those around her.

Most importantly, Lexi has made a significant difference to the mental health and wellbeing of the clients she supports. Her empathy, commitment, and innovative approach have helped many individuals achieve meaningful improvements in confidence, resilience, and overall wellbeing.

Lexi is an exceptionally deserving recipient of Employee of the Month.



Changing Lives

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