

Autumn NEWSLETTER

OFFICE NUMBER

Leeds + Bradford
0113 258 1570

Any questions/suggestions please email nicola@elmarhomecare.co.uk or caremanager@elmarhomecare.co.uk

FRIENDS AND FAMILY APP

This is a great resource that allows you or your family members to be able to see who is attending your calls, what has been documented and have access to your care plan and risk assessments. It allows messages to be passed between Yourselves, Family and Carers. If your message is an emergency or important please don't put it on the app, ring the office instead !
It is easy to use and can be set up by contacting the office. We will need a secure email to be able to send the login details to and then we will support you, you need to download the app from either the App store or Google play.
If you would like more details, please contact the office on 0113 258 1570 or email Chloe or Rashida on caremanager@elmarhomecare.co.uk

OFFICE OPEN HOURS

Monday- 9am till 5pm
Tuesday- 9am till 5pm
Wednesday- 9am till 5pm
Thursday- 9am till 5pm
Friday- 9am till 3pm
Saturday- Out of hours
Sunday- Out of hours

OUT OF HOURS

Leeds + Bradford
07511 062 670



HALLOWEEN CROSSWORD



ACROSS

1. She rides on a broom.
6. A _____ spins a web.
8. Something a ghost says.
10. He drinks blood.
11. You wear this to cover your face.
12. Halloween is always on the 31 st of _____.

DOWN

2. What you get when you go trick or treating.
3. You wear this when you go trick or treating.
4. Carving a _____ is a fun Halloween activity.
5. Trick or _____.
6. He is made of bones.
7. They like to howl at the moon.
9. You might see a ghost in a _____ house.
13. These flying animals come out at night.



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IMPORTANT INFORMATION



Leeds General Infirmary
0113 243 2799

Mobile Barber
Facebook- cobbydalerovingbarber
Email- James.fairest@gmail.com
Phone- 0784 383379

Adult Social Care
0113 222 4401

Baces
0113 378 3300

Leeds Tele Care
0113 378 3290

Police Non Emergency
101

Emergency
999

NHS Medical Advice
111

Yorkshire Water
0345 124 24 24

National Gas Emergency
0800 111 999

Northern Powergrid
0800 375 675

St Jame's University Hospital
0113 243 3144

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COMPLAINTS AND CONCERNS

From time to time, we are aware that things can go wrong. It is important when this happens that you feel able to raise these with us and that you are reassured these will be dealt with swiftly and promptly. To support you with this we have a 3 level complaints procedure.



Level 1

We aim to deal with all concerns as quickly and as possible to your satisfaction. These generally are small issues with times or tasks not being completed and will be dealt with by our experienced office team.

Level 2

These are more serious and impact on well being or care delivery. These will often require a small investigation and will be managed by our experienced care managers. Both care managers will deem to have investigated and responded to your concerns within 72hrs and this will be followed up with a written response. An agreed time scale will be discussed for complaints/concerns that need continual monitoring.

Level 3

These are very serious concerns or complaints or things that have been raised before but you don't feel have been dealt with accordingly. These will be dealt with by our Registered Manager Nicola Newman and should be placed in writing and sent via email to nicola@elmarhomecare.co.uk or by post to the corresponding office. If you are unable to place your complaint in writing, please ring the office and ask for Nicola, who will support you.

These complaints or concerns will be acknowledged in writing and fully investigated. This can take up to 28 days in line with our complaints policy which you should have a copy of in your paper folder in your property. A full written response will be given to you on thorough investigation of the issue raised.

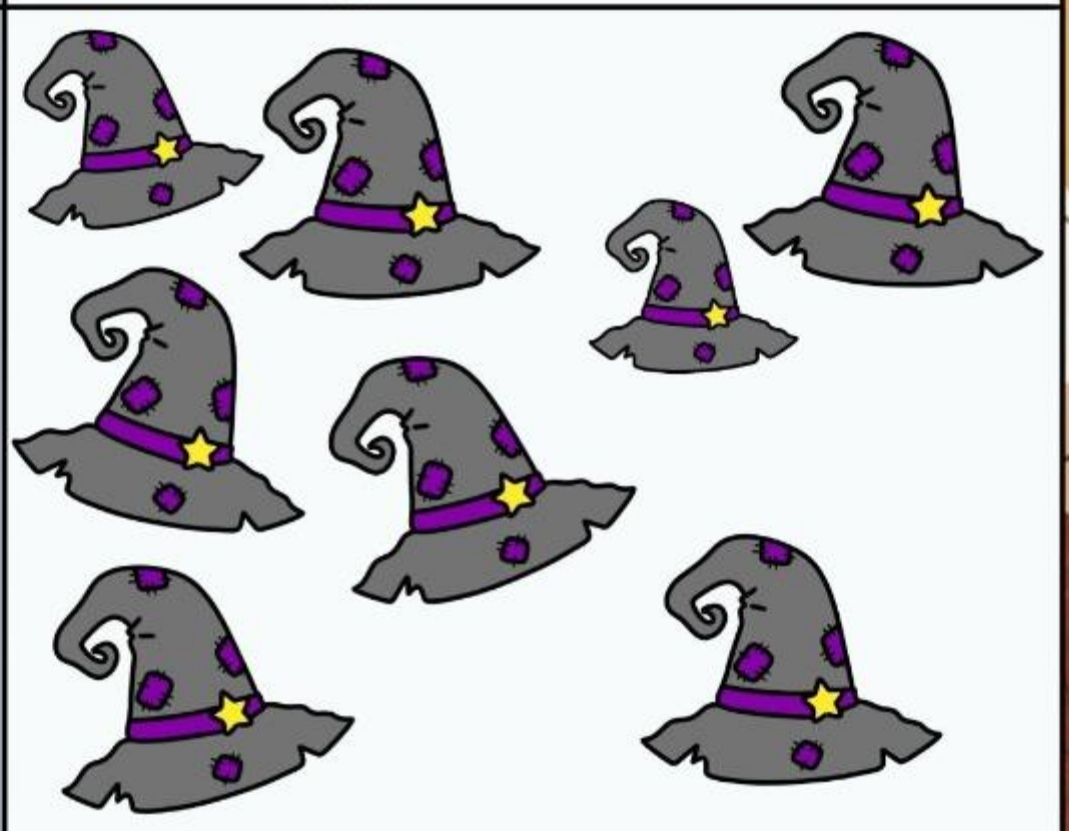
If after the above, you are still not satisfied you can then raise your complaint with the directors of Elmar Home Care via the caring@elmarhomecare.co.uk email.

We obviously hope that you will never have to contact the above however it is always good to have the information in case you need it.

SPOT CHECKS

ACROSS ALL AREAS
1 Witches Hat = 2 spot checks
(Scores across the last 3 months)



OUTSTANDING	
GOOD	



HALLOWEEN WORD SEARCH



A V N F P U M P K I N O R D L U A C L Z R E V O
K G N I N E T H G I R F I C Y X E H A M A I R G
C G H N Z H P D B W M U N S X T H O U V I B H D
O A P T T O X D I M M P Y T P E M W P Z O M J D
L U L I V B Y X R R Z U L O M E Y L L N B O H U
R R A I M S C A R Y P K T T R N C N R B O Z X R
A R D J R E D I P S D C T O M B S T O N E Z A V
W U G O B L I N B W I T C H D O X R E U S H U T
B H A U N T E D H O U S E D M E E K D R U E X J
R P Z C P E I J M X S N N U U Z F L O W E R E W
O N V T X L B M D P N E T H M M W S H A D O W L
O R U G B A Z I O P I X B D M Y G X J H Q K E T
M R N Y T P A O F Z E U M N Y J M V Z N J Z Z Y
S M U A U R K Y N S T X X O O E O O S I F W O R
T N T R F Y E M U T S O C E T F R V L R F A K E
I M Y A H F M O W L N F C T R N L I W K M C P T
C V J F P S S Z T H E B R O Y D A G P N D F Y E
K L C R E E P Y B M K J S K B P F H H M J R D M
N U K X S L H S V K N Q N P I W H T P O A Y N E
X T G T F U C E L F A E E R I E E F B I S V A C
Y T R A P O L N V P R Z L Q X O S B F T D T C Y
T O N K H H P O U Z F L T A E R T R O K C I R T
E G A X X G P B B G C S M Y T L S C R E A M X L
S N O T E L E K S O Z J A C K O L A N T E R N N

afraid	bat	bones	broomstick	candy	cauldron
cemetery	cobweb	costume	creepy	eerie	fangs
frankenstein	frightening	ghost	ghoul	goblin	hauntedhouse
howl	jackolantern	mummy	owl	party	phantom
pumpkin	scary	scream	shadow	skeleton	specter
spider	spooky	tombstone	trickortreat	vampire	warlock
werewolf	witch	wraith	zombie		

EASY APPLE CRUMBLE



Ingredients:

For the filling

- 4-5 cooking apples (such as Bramely), peeled and sliced
- 2 TBSP sugar
- 1 TSP cinnamon (OPTIONAL)

For the crumble topping

- 175g plain flour
- 110g butter, chilled and cubed
- 85g caster sugar

Top Tip

Add a handful of oats to the crumble topping for extra crunch!

Serving suggestions

Serve warm with custard, cream or vanilla ice cream.



Method:

1. Preheat the oven to 190°c (170°c fan) or gas mark 5.
2. Place the sliced apples in an oven proof dish and sprinkle with the sugar and cinnamon.
3. Put the flour and butter into a bowl and rub together with your fingertips until the mixture resembles breadcrumbs.
4. Stir in the sugar.
5. Sprinkle the crumble mixture evenly over the apple.
6. Bake for 35-40 minutes until golden brown and the apple filling is bubbling.
7. Leave to cool slightly before serving

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ENERGY SAVING TIPS

As the weather gets cooler and the nights get longer, here are some simple ways to stay warm while keeping energy costs down:

Dress for the Weather
Wear layers, warm socks and cosy jumpers before turning up the heating.

Unplug Unused Appliances
Many appliances continue to use electricity when left on standby. Turn them off at the plug when not in use.

Stop Draughts
Keep doors closed between rooms and use draught excluders around doors if needed.

Keep Heat In
Close curtains as it gets dark to help keep warmth inside your home. Open them during the day to let sunlight in.

Use Appliances Wisely
Wait until washing machines and dishwashers are full before running them to save energy and water.

Set Heating Sensibly
Keeping your thermostat at a comfortable temperature can help reduce energy use while keeping your home warm.

Turn Off Lights
Switch off lights when leaving a room and make use of natural daylight whenever possible.



Enjoy Warm Drinks
A hot drink can help you feel warmer and more comfortable during colder days.

Ask for Help
If you are worried about energy bills, speak to family members, carers or your energy supplier about support that may be available.

Stay Warm at Night
Use extra blankets or a thicker duvet as temperatures begin to drop.

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EASY GINGER BISCUITS



Ingredients:

- 225g plain flour
- 2tsp ground ginger
- 1tsp bicarbonate of soda
- 100g butter
- 75g light brown sugar
- 4 tbsp golden syrup

Top Tip

For extra flavor, add a pinch of cinnamon or mixed spice to the dough.

Serving Suggestions

Enjoy with a cup of tea, coffee or hot chocolate on a cosy autumn afternoon.



Method:

1. Preheat the oven to 180°c (160°c fan) or gas mark 4.
2. Line a baking tray with baking paper.
3. Mix the flour, ground ginger and bicarbonate of soda in a bowl.
4. Melt the butter, sugar and golden syrup together in a sauce pan over a low heat.
5. Pour the melted mixture into the dry ingredients and mix to form a dough.
6. Roll the dough into small balls and place them on the baking tray, leaving space between them.
7. Gently flatten each ball with the back of the spoon.
8. Bake for 10-12 minutes until golden brown.
9. Leave on the tray for a few minutes before transferring to a wire rack to cool.

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DAY CENTRE



LOCATION AND OPENING TIMES

The day centre is located:
Elmar Home Care
Parkwood Hall
47 Parkwood Street
Keighley
West Yorkshire
BD21 4QB
Open Tuesday, Wednesday, Thursday 9:00am till 4:00pm

IS TRANSPORT AVAILABLE?

Yes transport is available.This comes at an extra cost.

HOW CAN I BOOK?

If you think you would benefit from our Day Centre, simply give us a call or email us to discuss booking you in. We always have space for new attendees.The premises is fully wheelchair accessible and our qualified and experienced staff are always happy to help.

ALL ABOUT THE DAY CENTRE

Our day centre is a fun vibrant place for your loved ones to spend their day. We arrange daily activities, refreshments and days out.

It's a dedicated place for elderly, disabled and vulnerable to let loose and enjoy themselves. For some of them, its the only social environment in their lives. It's a haven for them to make friends, break their daily /weekly routines and just let their hair down.

Here is a list of activities and provision our Day Centre provide:

Crafting
Exercise Classes
Baking
Day Trips
3rd Party Entertainers
Board Games
Bingo
Socialising
Seasonal Activities
Refreshments
Hot Meals
A Barbering Service
A Beautician Service

The Day Centre is equipped with modern amenities like a kitchen, bathroom and shower facilities, full disabled access and changing room.

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Staying Active as the Weather Gets Cooler

🎯 Set Small Goals
Aim to move a little each day. Even 10–15 minutes of activity can make a positive difference to your health and wellbeing.

As autumn arrives and temperatures begin to drop, it's important to keep moving and stay active. Regular activity can help improve mood, maintain strength and balance, and support overall wellbeing.

🍂 Enjoy an Autumn Walk
Wrap up warm and take a stroll through your local park or neighbourhood. Autumn is a beautiful time of year to enjoy colourful leaves and fresh air.

💧 Stay Hydrated
It's easy to forget to drink water when it's cooler outside, but staying hydrated is just as important in autumn as it is in summer.

🧹 Everyday Activities Count
Simple tasks such as tidying, gardening, shopping or helping with household chores can all contribute to staying active.

🧥 Dress for the Weather
Wear comfortable clothing and supportive footwear to stay safe and comfortable while being active.

🏠 Keep Moving Indoors
If the weather isn't suitable for going outside, try gentle stretching, chair exercises, dancing to your favourite music, or light household activities.

🧍‍♂️🧍‍♀️ Exercise with Others
Activities are often more enjoyable with company. Join a local group, attend community activities, or invite friends and family for a walk.

😊 Benefits of Staying Active
- Improves mood and reduces stress
- Helps maintain mobility and independence
- Supports heart health
- Improves sleep quality
- Boosts energy levels

Remember: Every step counts!



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GUESS THE SONG

Can you name these famous songs from just one line of lyrics?

1. 'We all live in a yellow submarine…'

_____

2. 'Hello, is it me your looking for?'

_____

3. 'Don't stop believin, hold onto that feeling…'

_____

4. 'Here comes the sun doo doo doo doo"

_____

5. 'I will survive, oh as long as I know how to love…'

_____

6. 'Every breath you take, every move you make…'

_____

7. 'I'm walking on sunshine, whoa…'

_____

8. 'Lets twist again like we did last summer'

_____

9. 'You make me feel like dancing'

_____

10. 'Just a small town girl, living in a lonely world'

_____

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AUTUMN WORD SEARCH



X T U C R E G N I G M C S Z B
E I W Q C T E K C A J M Y Q R
G A B B Q A W I N D Y H L T E
B A K I N G N G M D W I L U A
G A T R P U T D B Y A K I R D
M V T H K L V W L R I I H K R
R A Q Z E G O G Z E F N C E O
S S Y C F R E B A P L G R Y L
E J Q F H D Y X I E J G R E L
V Z Q U L C I N C I P H X X B
O L J B A O K S R F O R E S T
L L Y Z B S W A O B E R O M S
G R A I N S H E V C T M B Z T
R O G O L D E N R D K J D K X
V H U E S B K J M G G S D V W

WORD LIST

S'MORE	HIKING	GOLDEN	GATHER	PICNIC
WINDY	CANDLE	HUES	TURKEY	GINGER
SOCKS	CHILLY	BREAD ROLL	JACKET	GRAINS
BAKING	SQUASH	GLOVES	FOREST	MAYFLOWER

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SCAM AWARENESS

Scammers are always looking for new ways to trick people into giving away money or personal information. Knowing the warning signs can help keep you safe.

► Common Signs of a Scam

- Someone contacts you unexpectedly.
- You are asked to act quickly or urgently.
- You are told to keep something a secret.
- You are asked for bank details, passwords or personal information.
- An offer seems too good to be true.

📞 Telephone Scams

Be cautious if someone calls claiming to be from:

- Your bank
- A utility company
- The police
- HMRC

If you're unsure, hang up and contact the organisation using a trusted phone number.

📧 Email and Text Message Scams

Never click on links or open attachments from unknown senders.

Look out for:

- Spelling mistakes
- Requests for personal information
- Messages asking for money or gift cards



🚪 Doorstep Scams

Be wary of unexpected visitors offering:

- Home repairs
- Gardening services
- Special deals

Never feel pressured into making a decision on the spot.

🔒 Protect Yourself

- Keep personal information private.
- Use strong passwords.
- Check bank statements regularly.

Talk to a trusted family member, friend, or carer if something doesn't seem right.

💬 Remember

It's okay to say "No" and take time to think.

If something feels suspicious, trust your instincts and ask for advice before taking action.

🧡 Stay Safe

Scammers can target anyone. Being aware and taking a few simple precautions can help protect you, your money, and your personal information.

HOME CARE

KEEPING WARM SAFELY AT HOME



As the weather gets colder, it's important to stay warm while also staying safe. Here are some simple tips to help you stay cosy this autumn and winter.

🔥 Use Heating Safely

- Set your thermostat to a comfortable temperature
- Don't block radiators with furniture or curtains
- Make sure heaters are turned off when not needed

☕ Warm Yourself Up

- Have regular hot drinks like tea, coffee or soup
- Eat warm meals to help maintain body temperature

🧍 Dress in Warm Layers

- Wear layers of clothing to trap heat
- Keep slippers, socks, and a dressing gown handy
- A blanket can help keep you warm without turning the heating up

🛏️ Stay Warm at Night

- Use extra blankets or a thicker duvet
- Wear warm sleepwear if needed
- Keep your bedroom window slightly closed to reduce draughts

🚪 Keep the Warmth In

- Close doors between rooms
- Keep curtains closed at night
- Use draught excluders if available

⚠️ Stay Safe

- Never use ovens or cookers to heat your home
- Make sure candles are used carefully and never left unattended
- Check smoke alarms are working



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SUDOKU 1-16



		11	3		4			7			14				13
			9	3	1	6			10				8	7	14
					14		13				11	6	12	3	9
10	13	15								6		4			
			1			8					12		15	13	
	10	12	7		2	13	14		16	15	5	9			6
5		9		1				2		10	13		14		11
14			15	6		10				3				1	
6		10	4		13	3			8	1					15
3	1			7		2	4						13		
7	8		12	16		1			3			5			
	9		13		11	14		10			6			2	3
12		1		15		11			6		8			14	
		6	5				2	16				15		11	8
		8			16	12			5	7			4	9	2
	15	4	16		8				2	14	3			12	10

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IMPORTANCE OF FLU VACCINATIONS

As autumn and winter approach, flu becomes more common. Having your flu vaccination is one of the best ways to help protect yourself and those around you.



🛡️ What is Flu?

Flu is a virus that can cause:

- High temperature
- Cough
- Sore throat
- Headaches
- Muscle aches and tiredness

For some people, the flu can lead to more serious health problems.

💉 How Does the Flu Vaccine Help?

The flu vaccine helps your body build protection against the flu virus. While it may not stop every case of flu, it can make symptoms much milder and reduce the risk of serious illness.

❤️ Who Benefits Most?

The flu vaccine is especially important for:

- Older adults
- People with certain health conditions
- Pregnant women
- Carers and healthcare workers

🤝 Protecting Others

Getting vaccinated doesn't just help protect you—it can also help protect family, friends, and vulnerable members of the community.

📅 When Should You Get Vaccinated?

Flu vaccinations are usually offered during the autumn months before flu starts to spread widely.

✅ Common Myths

"The flu vaccine gives you the flu."
No, the vaccine cannot give you the flu.
"I'm healthy, so I don't need it."
Even healthy people can catch the flu and pass it on to others.
Speak to your GP surgery, pharmacist, or healthcare professional for more information about the flu vaccine.

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Bird Spotting

Bird Fact of the Month

Did you know? Robins sing throughout the autumn and winter to defend their territory, which is why you often hear them when other birds are quiet.

Autumn is a wonderful time for bird watching. As the seasons change, many birds can be seen preparing for winter, making gardens, parks and countryside walks full of wildlife to enjoy.

Can You Spot These Birds This Autumn?

- ☐ Robin
- ☐ Blackbird
- ☐ Blue Tit
- ☐ Great Tit
- ☐ Wood Pigeon
- ☐ Magpie
- ☐ Crow
- ☐ Starling
- ☐ Sparrow
- ☐ Wren



Help Garden Birds

You can attract birds to your garden by:

- Putting out bird seed or fat balls
- Providing fresh water
- Leaving some fallen leaves for insects to shelter in
- Growing plants that produce berries

Bird Spotting Challenge

How many different birds can you spot this month?

Write your total here: _____

Guess the Bird!

I have a red breast and love singing in gardens. Who am I?

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CHAIR EXERSICES

Staying active is important for maintaining strength, flexibility and wellbeing. These simple chair exercises can be done safely at home and can help improve mobility and circulation.

🦶Ankle Circles
Lift one foot slightly off the floor and gently rotate your ankle in circles. Repeat with the other foot.

🦵Knee lifts
While sitting tall, slowly lift one knee towards your chest, lower it back down and repeat with the other leg.

💪Arm Rasies
Raise both arms slowly above your head if comfortable, then lower them back down.



🔄 Shoulder Rolls
Roll your shoulders forwards five times and then backwards five times to help ease tension.

👐Hand stretches
Open and close your hands slowly,making a fist and then stretching your fingers wide.

↔️ Seated twists
Sit upright and gently turn your upper body to one side, then the other, keeping movements slow and comfortable

🌟Benifits of chair exercises
✅Improve strength and flexibility
✅Helps with balance and coordination
✅Support independent and mobility
✅Boost mood and energy levels
✅Improve circulation

🙂Rember
- Move slowly and comfortable
- Stop if you feel pain or dizzy
- Keep a drink nearby to stay hydrated
- Always use a sturdy chair that won't move.

🔪 Heel and toe taps
Tap your heels on the floor and then your toes to help improve circulation in your legs and feet.

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SUDOKU 1-9

7	4			3			1	
	1	9		6	8	5		2
					4	3		
	5	6	3	7				1
		1	8				9	5
	9			2		6		
1		3	4		7	2		
5			2					8
	8				1	4	7	

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HALLOWEEN WORD SEARCH



D S P I D E R W E B R E T S N O M T S U O V L K
E S Y P Y I C A Z W O R C E R A C S K K K W V C
T G I X D F Z J T Z F S H G G N W A X L U C K I
N N J G N C I C E M E T E R Y N K E X H E L I T
U A S N O H E R E R I P M A V I A B W A T R L S
A F L I T N A Z R M O T S V Z K J R Y P A E K M
H S L L E B G L A E E T C E P P S E O G R C X O
I M A L L N K E L K T M A S A M P H H T I I B O
X I B I E D R Y S O O A R T R U Y O A R P I N R
Q S E H K C E A B T W K Y O T P U D T D N R R B
Y T Y C S V C F D S B E Z N Y L D S N T O Q L N
E W E X V W S O R U P U E E L N W W A A E W R M
G P R I N C E H E P R P E N B O B E R Y C E O F
N K Y O O T B T A E I T Y M S A R G R C T O L W
I R P Q M A O T D R N S E A C T P O O N N O S I
N O E C L C O I F N C O P S A Q G S A L W O P T
E F E I W K I P U A E H A K R E T L I E S R E C
T H R A O C H U L T S G T S E U I G R L R E L H
H C C F H A E T K U S W C K M D H E E D E H L C
G T N I N L V W I R F C H E H T W X N X B R O M
I I H T B B V V Z A V M M W I Z A R D W O E O W
R P O N J P Z G A L N I G H T M A R E E T P Q J
F M X S D G U D Z W A R L O C K L Z P G C U F T
R G H A U N T E D H O U S E T A I S X P O S J T

Wizard
Supernatural
Skull
Phantom
Mist
Howl
Fangs
Chilling
Werewolf

Witch
Super Hero
Skeleton
Pitchfork
Monster
Haunted House
Frightening
black cat
Beast

Warlock
Spider Web
Scream
Party
Mask
Haunted
eyepatch
broomstick

Vampire
Spell
Scare
Orange
Make Up
Gravestone
Eyeballs
Boo

Treat
Scary
Princess
October
Lantern
Gory
Dreadful
Cemetery

Trick
Shadow
Prince
Nightmare
Pumpkin
Ghoul
Costume
Candy

Terrify
Scarecrow
Pirate
Moonlight
Halloween
Ghost
Creepy
Casket

HALLOWEEN WORD SCRAMBLE

EIVRAMP

TAB

RNTJNAKOCALE

ALRDNCOU

TBOKSMORIC

KSMA

HIGFRT

ETOTMBOSN

UTHNA

TCOOAEHLC

AMTUNU

TETRA

NOMO

OSKYPO

CTOOEBR

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MENTAL WELLBEING TIPS FOR DARKER EVENINGS



As the days become shorter and the evenings darker, it's important to look after your mental wellbeing. Small changes to your daily routine can help stay positive and connected during the autumn and winter months.

☀️Make the Most of daylight

Try to spend some time outside during daylight hours, even if it's just a short walk. Natural light can help boost your mood and energy levels.

🚶Stay Active

Regular movement, such as walking, stretching or gentle exercise can help improve your mood and reduce stress.

☕Keep connected

Stay in touch with family, friends, neighbours or community groups, a chat over a cup of tea can make a big difference.

🧡Be kind to yourself

It's normal to feel less energetic during the darker months. Take things one step at a time and celebrate small achievements

🎨Enjoy a hobby

Take time to do activities you enjoy, such as reading, puzzles, knitting, gardening, crafts, baking or listening to music.

😴Get plenty of rest

Try to keep a regular sleep routine and create a relaxing bedtime environment.

☺️Practice Gratitude

Each day, think of three things you are grateful for, no matter how small they may seem.

🎵Lift your mood

Listen to your favourite music, watch a film or look through happy photographs and memories

🍎Eat well

A healthy, balanced diet can help support both your physical and mental wellbeing.

💬Talk about how you feel

If you're feeling low, worried or lonely, speak to someone you trust. Sharing your thoughts can help you feel supported.

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HALLOWEEN POSTER

Cut this out and stick in your window

SORRY,

NO TRICK OR TREATERS!



THANK YOU FOR YOUR COOPERATION

FOR POLICE NON-EMERGENCIES 101 IN AN EMERGENCY ALWAYS CALL 999

WEST YORKSHIRE POLICE

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INTERESTING FACTS

Why do leaves change colours?
Leaves are green because they contain chlorophyll. In autumn, trees stop producing Chlorophyll, allowing the hidden yellow, orange and red colours to shine through.

Tea facts
People in the uk drink around 100 million cups of tea every day.

Hedgehog facts
A hedgehog can have up to 5,000 spines and can travel up to two miles in one night looking for food.

Harvest Tradition
Harvest festivals have been celebrated in the UK for hundreds of years as a way of giving thanks for a successful harvest and sharing food with those in need.

Bonfire night history
Bonfire night is celebrated on 5th November each year. It marks the failure of the gun powder plot in 1605, when Guy Fawkes attempted to blow up parliament.

Autumn wildlife facts
Squirrels bury hundreds of nuts during autumn to help them survive in winter. Surprisingly, they don't remember where all of them are, which helps new trees grow!

Harvest Moon
The harvest moon is the full moon that appears closest to the autumn equinox and often looks bigger and brighter than usual.

Falling leaves
A large oak tree can shed over 200,000 leaves in a single autumn.

Uk facts
The uk is home to more than 6,000 islands, although only around 130 are inhabited.

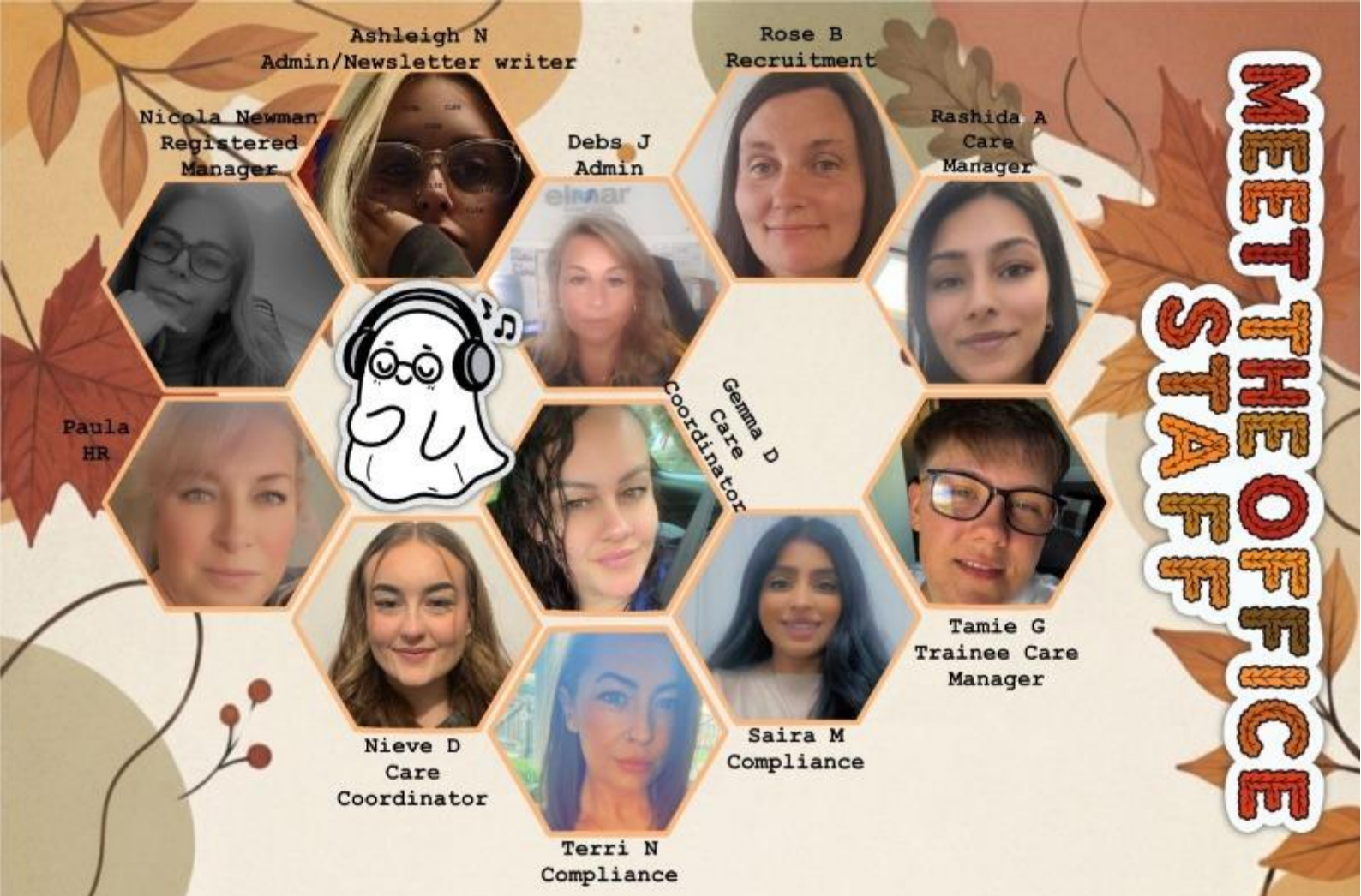
Fox fact
Foxes become more active during autumn as they prepare for the colder winter months ahead.

Pumpkin fact
Pumpkins are actually a fruit, not a vegetable because they contain seeds.



? Did you know?
Autumn begins with the autumn equinox, when day and night are exactly the same length.

MEET THE OFFICE STAFF



MEET THE NEW CARE MANAGER

Hello everyone, my name is Tamie, and I'm really pleased to introduce myself as your Care Manager.

I have worked in the care industry since I was 18 years old, and supporting people has always been something that is very close to my heart. My passion for care comes from my own family experiences, as I have had family members who have required care and support. This gave me a real understanding of how important compassionate, respectful and person-centred care can be.

When I was younger, my dream was actually to join the Navy, but unfortunately I was unable to pursue this career due to my deafness. Although that path wasn't possible for me, I found my passion in care and have never looked back. I genuinely love supporting people and helping them to live happy, fulfilling lives.

I have always wanted to progress in my career, and Elmar gave me the opportunity to develop and take the next step into management, which I'm very grateful for.

I've lived in Leeds all my life, so it's a place that I'm very proud to call home. Outside of work, I have a partner and two dogs, who definitely keep me busy!

In my spare time, I love spending time with my family and, perhaps surprisingly, building LEGO! I find it a great way to relax and unwind.

GARDEN TIPS



Autumn is the perfect time to prepare your garden for the colder months ahead. A little work now can help keep your garden healthy and ready for spring.

Clear the fallen leaves

Rake up leaves from lawns and pathways to prevent slippery surfaces. Healthy leaves can be added to a compost heap or used to make leaf mould.

Plant spring bulbs

Autumn is the ideal time to plant bulbs such as daffodils, tulips and crocuses for a colourful display next spring.

Tidy up flower beds

Remove dead plants and spent flowers to keep beds looking neat and reduce the risk of pests and disease.

Protect delicate plants

Move tender plants indoors or cover them with fleece to protect them from frost.

Help wildlife

Leave some seed heads and berries for birds and insects to enjoy during the winter months.

Divide perennials

Many perennials plants can be divided in autumn to keep them healthy and create new plants for your garden.

Start compositing

Autumn leaves, grass cutting and plant trimming can all be added to a compost bin to create nutrient - rich compost

Clean garden equipment

Wash and dry tools before storing them away to help prevent rust and keep them in good conditions.

Feed garden birds

Put out bird seeds, peanuts and fresh water to help birds as food becomes harder to find.

Plan for spring

Take notes of what worked well in your garden this year and start planning next years planting.

Gradening facts

Did you know? Autumn is often considered the best season for planting trees and shrubs because the soil is still warm and moist helping roots established before winter.

HOME CARE

STAYING SAFE IN WET WEATHER



Rainy weather can make roads, paths and pavements slippery. Taking a few simple precautions can help you stay safe and avoid accidents.

👟Wear suitable footware

Choose shoes or boots with good grip to help prevent slips and falls on wet surfaces.

🧥Dress for the weather

Wear a waterproof coat and take an umbrella if rain is expected to help keep warm and dry

⏱️Take your time

Walk slowly and carefully, especially on wet leaves, pavements, ramps and steps which become slippery.

🚶Watch where your walking

Look out for puddles, uneven surfaces and wet floors when out and about.

🚗Take extra care near roads

Rain can make it harder for drivers to stop quickly and can reduce visibility. Always use pedestrian crossings where possible and make sure drivers can see you before crossing.

🦺Stay visible

On darker, rainy days wear bright or reflective clothing when outdoors to help others see you.

🏠Keep your home safe

- Wipe your feet when entering the house
- Clean up wet floors straight away
- Keep entrances and walkways clear of clutter

📱Carry a mobile phone

If possible, take a phone with you when going out so you can contact someone if you need help.

🌧️Check the weather forecast

Knowing what weather is expected can help you plan your day and avoid severe conditions.

Remember

A little extra care during wet weather can help keep you safe, dry and confident when out and about.

Stay safe and dry and enjoy the season.



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AUTUMN CROSSWORD



Down:

1. The ninth month of the year.
2. Used to keep birds away from crops.
4. October 31st
9. Drink made from apples.
11. The season that follows summer.
12. Decorative squash.
15. What we do to pumpkins.

Across:

3. Place where pumpkins grow.
5. Popular Autumn sport.
6. They fall from trees.
7. The eleventh month.
8. Tenth month of the year.
10. The fourth Thursday in November.
13. Classic Halloween costume.
14. Squirrels gather these.
16. A tool to gather leaves in the yard.



HOME CARE



WINTER PREPARATION CHECKLIST

Winter is on its way! Use this checklist to help stay warm, safe and prepared during the colder months.

🏡 Around the Home

- ☐ Test smoke alarms and carbon monoxide alarms.
- ☐ Check your heating is working properly.
- ☐ Close curtains at dusk to keep the warmth in.
- ☐ Use draught excluders around doors and windows if needed.
- ☐ Keep a torch handy in case of power cuts.
- ☐ Stock up on batteries for torches and radios.

🧥 Keeping Warm

- ☐ Have plenty of warm clothing and blankets available.
- ☐ Wear layers to help keep body heat in
- ☐ Keep slippers or shoes with good grip nearby.
- ☐ Enjoy regular hot meals and drinks.

💊 Health and Wellbeing

- ☐ Book your flu vaccination if eligible.
- ☐ Make sure you have enough prescription medication.
- ☐ Stay active with gentle exercise or chair exercises.
- ☐ Keep in touch with friends, family and neighbours.

🛒 Shopping and Supplies

- ☐ Keep a small supply of essential foods at home.
- ☐ Make sure you have toiletries and household essentials.
- ☐ Check batteries in clocks, remote controls and hearing aids if used.

☔ Staying Safe Outdoors

- ☐ Wear shoes with good grip when outside.
- ☐ Take extra care on wet, icy or uneven surfaces.
- ☐ Check weather forecasts before travelling.
- ☐ Carry a mobile phone if going out alone.



🤝 Looking After Others

- ☐ Check in on neighbours, family members or friends.
- ☐ Ask for help if you need support with shopping or heating.
- ☐ Keep important phone numbers somewhere easy to find.

🌟 Top Tip

Preparing a little now can help make the colder months safer, warmer and more enjoyable.

Stay warm, stay safe and enjoy the winter season!



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HOME CARE

ELMAR VALUES

Our Mission is to improve every life we touch every day by consistently inspiring and nurturing a culture that cares.
Our Vision is to be the best place to be cared for and the best place to work at.

ELMAR is not just a name. It encompasses Excellence, Loyalty, Multicultural, Achievement, and Respect.

Excellence

- We remain at the top of our sector, always through compassion and inclusion, being responsive, being competent and using our energy and daring to enrich every life we encounter.
- We will always strive to be the best and to bring out the best in each of our colleagues, and to nurture a culture that delivers excellent quality.

Loyalty

- We earn trust and respect by acting in every circumstance with knowledge, honesty, discretion, and fairness.
- We adhere to high moral principles and professional standards by a commitment to honesty, confidentiality, trust, respect, and transparency.

Multicultural

- We honour and value the special skill that each colleague brings to our work together.
- We learn from each other and from our clients and their families.
- We imagine what another person is going through, work to alleviate suffering, and create joy whenever possible.
- We treat each other and those we serve with kindness and understanding regardless of age colour sex or religion.

Achievement

- We educate tomorrows carers, whilst empowering today's carers with enhanced research into training and development support.
- We believe innovation is a necessity. Our purpose is to care.
- We imagine what another person is going through, work to alleviate suffering, and create joy whenever possible.
- We will always seek new means to advance this purpose, with imagination and enthusiasm for new ideas and methods.

Respect

- We recognise and treat each person and ourselves with dignity and honour.
- We protect and respect people's confidential information.

PREVENTING SLIPS AND TRIP



Slips and trips can happen to anyone, but there are simple steps you can take to reduce the risk and stay safe at home or when out and about.

👠 Wear Suitable Footwear

Choose shoes or slippers that fit well and have good grip to help prevent slipping.

💡 Keep Areas Well Lit

Good lighting makes it easier to spot hazards such as steps, uneven surfaces and objects left on the floor.

🧹 Keep Walkways Clear

Remove clutter, trailing wires and other obstacles from floors and pathways.

☔ Take Extra Care in Wet Weather

Wet leaves, puddles and slippery pavements can increase the risk of falls. Walk slowly and carefully when outside.

🏠 Clean Up Spills Quickly

Wipe up any spills immediately to avoid slippery floors.

🪜 Use Handrails

Always use handrails when using stairs and take your time going up and down.

👓 Wear Glasses if Needed

Make sure your glasses prescription is up to date and wear them when walking around.

🛋️ Avoid Rushing

Give yourself plenty of time and avoid hurrying, especially when getting up from a chair or bed.

💪 Stay Active

Regular exercise and gentle activities can help improve strength, balance and coordination.

🪛 Keep Essentials Nearby

Store frequently used items within easy reach to avoid stretching or climbing.

Remember

Taking a few simple precautions can greatly reduce the risk of slips, trips and falls.

Stay aware, stay steady and stay safe this autumn and winter.

HOME CARE
always caring since 1978



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HOME CARE
always caring since 1919

HAVE YOU SEEN ANY OF THESE STAFF?



Home visit scores

	Excellent	Good	Requires Improvement
Leeds	10	8	

These scores are a reflection on the Home visit over the last 3 months. If you would like a Home visit please contact the office to arrange one.

FUNNY DATES CALENDAR



22nd September
World Rhino Day
World Rose Day

26th September
International Rabbit Day
Have you ever had a pet rabbit?

2nd October
World Smile Day

9th October
World Egg Day
How many different ways can you cook eggs?

21st October
National Repital Day

26th October
National Pumpkin Day

31st October
Halloween
Booooooo!

5th November
Bonfire Night

19th November
National Play Monopoly Day
World Toilet Day

21st November
World Television Day
Don't watch too much TV!

27th November
Buy Nothing Day
Save some money!

7th December
National Cotten Candy Day
Don't get a sugar rush

How would you rate the care you receive?



☐ ☐ ☐

Tick the box which rates your care and ask your carer to send a photo to the office.

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