



# essential health newsletter



ISSUE 2. December 2018

Welcome to the Essential Health Christmas Newsletter, keeping our clients, families and Care Givers informed and in touch.



## 25 MILE CYCLE TREK TO HELP RAISE MONEY FOR A LOCAL CHARITY AGE UK NORTH STAFFS

Due to the forecast of severe weather conditions the team brought the event forward and completed the daunting 25 mile cross country cycle trek on 7th September. The cycle day went well, with perfect weather conditions, the team experienced a lot of sweat and tears but finally left feeling overwhelmed to have accomplished the daunting steep climbs.





## LETTER FROM AGE UK

We are writing to thank you, your colleagues and supporters for the fantastic effort you have put in to raising funds for Age UK North Staffordshire over the last six months. We know this has not been "plain sailing" and want you to know just how much we appreciate your efforts in raising funds for the charity.

The money we receive through donations makes a valuable contribution to funding our services, enabling us to continue to help older people in the Stoke-on-Trent and North Staffordshire and we are most grateful for your kind support.

With kind regards

**Peter Bullock and John Larkham**  
Chief Executive and Services Manager



## GENEROSITY FROM OUR LOCAL BUSINESSES.

We received many generous donations from local businesses in support of our fundraising event. The main prize was a limousine hire from Lavish Limos, with Champaign for 15 people, the lucky winner went to Kirsty Abel one of our beautiful care givers. Kirsty has planned a big night out with her closest friends and team members of Essential health and we wish Kirsty a fabulous evening.



## SPECIAL MENTIONS

A big thank you to all our care givers that got involved and contributed to our fundraising.

At Essential health we acknowledge our care givers exceptional work carefully selecting a Care Giver of the month, although we feel each and everyone of our Care Givers deserve a special mention we have to narrow this down and recognise each and everyone's achievements. We'd like to share our praise and thank all our Care Givers for their hard work, dedication and commitment.

<b>June:</b>	<b>Georgina Pond</b>
<b>July:</b>	<b>Lisa Dudley</b>
<b>August:</b>	<b>Kirsty Abel</b>
<b>September:</b>	<b>Julie Clews</b>
<b>October:</b>	<b>Kimberely James</b>



# SUCCESS WELCOMING THE NEW REGISTERED MANAGER

A big congratulations to Kelly Hampton the big day has finally come, after many years of training and hard work Kelly's registration has been approved by the Care Quality Commission.



Kelly will now begin a new journey to fulfil a professional career with Essential Health and her management team.

### What is a Registered Manager

A registered manager is the person appointed by the provider (Essential Health Limited) to manage the regulated activity on their behalf, where the provider

is not going to be in day-to-day charge of the regulated activities themselves. In most cases, a provider will need to have one or more registered managers.

### What Qualifications do you need to become a Registered Manager

Management of Adult Care Services. The Level 5 Diploma in Leadership for Health and Social Care.

### How do you become a Care Manager

Earn a Degree. The National Academy of Certified Care Managers(NACCM) requires that applicants have at least either an associate's degree in social work, counseling, nursing, public health or a comparable discipline or an RN diploma to be eligible for certification. At Essential health we offer all our management team the opportunities to develop in the Management and Leadership qualifications.



## CHRISTMAS WORD SEARCH



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

- Candycane
- Chimney
- Christmas
- Cookies
- Cranberries
- Elves
- Family
- Holly
- Lights
- Mistletoe
- Ornament
- Presents
- Reindeer
- Rudolph
- Santa
- Sleigh
- Stockings
- Stuffing
- Tinsel
- Turkey



## QUALITY PERFORMANCE REVIEW

We would like to thank all of our clients and their families for completing and returning the quality performance reviews, designed around CQC Fundamental Standards.

We will continue to keep our promises with the provision of a good quality service.

We are very pleased to share our results with you:

**97.12%** of our clients feel that our service provides Excellent person-centred care.

**97.45%** Of our clients scored Essential health Excellent and feel they are treated with Dignity and Respect

**99.61%** Of our clients scored Essential health Excellent and say they are always included in their care and consent is always obtained

**98.04%** Of our clients scored Essential Health with safety and feel the company is well led.

**98.69%** of our clients feel that our service proves to be Excellent in the meeting of Nutritional and fluid needs.

## JAC'S POEM

The fog descends  
The brain freezes  
Everything is black  
All voices shout  
There's no way out  
I knock, I bang  
But can't be heard

The fog lifts  
The brain defrosts  
Somebody is listening  
I cry for help  
I am being heard

The fog comes and goes  
The brain is still working  
My cries are answered  
Somebody still listens

I am not alone

**A beautiful poem written by one of our lovely client's Jac.**

## HAVE YOUR SAY

We'd love to hear what you think of our second edition Newsletter. Please send in your thoughts, your kind words or special mentions. If you have a special story, article or any suggestions for our next Newsletter please let us know by using our Christmas Praise form.

**We look forward to hearing from you.**

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