



Contact number: 0113 3459492 Email: admin@ethicalhomecare.co.uk Web: www.ethicalhomecare.co.uk

Introduction

Ok so we have had the Olympics and some amazing athletes who are worked very hard to bring home the gold, Yorkshire did Amazing and in Leeds itself we had two Gold's and a Bronze, Well done to Nicola Adams and Alistair and Jonny Brownlee and Thank you for our Gold post box. It is also important as it is the start of the Paralympics but this has also been a time when millions of women across the country run in aid of cancer... Some are taking part in remembrance for lost loved one's some for the hope of supporting a cure for those who are still battling cancer, either way they deserve our vote.

Here at Ethical Homecare we recognise how hard it is to endure the pain of losing someone you love so as a company we too have taken part in this valuable tradition as some of our staff dug out and dusted off (for some of us) their trainers, tutu's and shorts. We are also going to be hosting a Macmillian coffee morning in September also in Aid of cancer please contact office for more info and join us at Button Hill community Centre on Friday 28th September 11am onwards.

Our charity page is still available so please feel free to make a donation at:

<http://www.justgiving.com/ethicalhomecare>



Fundraising ideas for you and friends

Garden party

Take advantage of the longer days and warmer weather as your Race for Life event approaches and Hold a garden party for friends and family. Charge a fee for entry and add it to your fundraising total.

Pamper day

Ask your friends or generous professionals to donate their expertise and get others to pay to be pampered. It's a great way to relax, socialise and raise money.

Present perfect

Ask friends and family to donate on your birthday instead of buying you presents.



What is Race for Life?

Race for Life is a series of fundraising events for women only, organised by the British charity, Cancer Research UK. They involve running, jogging or walking a 5-kilometre course and raising sponsorship for doing so.

The money raised is donated to the charity to fund cancer research and campaigns, however, none of the money from the entry fee (£14.99 for adults and £10 for children in 2012) actually benefits Cancer Research UK, only the additional sponsorship raised by participants.

The Race for Life story

Race for Life is the UK's biggest fight against cancer and the largest women-only fundraising event in the UK. Since Race for Life started in 1994, an incredible six millions participants have raised over £457million, more than any other UK event series raising money to fund cancer research.

Some of our Race for Life women take part in celebration of surviving a cancer experience. Others take part in memory of a loved one or to give hope to a cancer-free future. But all of you share a common goal: to raise money for Cancer Research UK's ground breaking work and to help save more lives.

Since Race for Life began an incredible six million participants across the UK have raised over £457 million to fund the work of over 4,000 researchers, doctors and nurses dedicated to helping more people beat cancer.

What Cancer Research do

They fund research into many aspects of cancer through the work of more than 4,000 scientists, doctors and nurses across the UK.

In 2007 they set themselves ten ambitious goals to help measure our success in beating cancer. We work to achieve these goals by:

- 1) Carrying out world-class research to improve our understanding of cancer and find out how to prevent, diagnose and treat different kinds of cancer.
- 2) Ensuring that our findings are used to improve the lives of all cancer patients.
- 3) Helping people to understand cancer, the progress we are making and the choices each person can make.
- 4) Working in partnership with others to achieve the greatest impact in the global fight against cancer.

Their work is entirely funded by the public so the money you raise for your **Race for Life event** can help us achieve our vision and give hope to people affected by cancer both now and in the future.

What your money can do: Help us continue our life-saving work

Cancer Research UK is leading the world in finding new ways to prevent, diagnose and treat cancer.

Every two minutes someone in the UK is told they have cancer. We are entirely funded by the public and we need your support to help us continue our ground breaking work and help more people survive.

How your money can help

Did you know that 80p in every pound you raise goes directly towards our work to beat cancer? Here are some examples of how your contribution – big or small – can help:

£10 could buy 300 glass slides for studying cells and tumour samples in detail under the microscope.

£30 could buy around 250 plastic Petri dishes. They're an essential resource for thousands of scientists who are working hard to understand cancer.

FOR MORE INFORMATION PLEASE VISIT www.raceforlife.cancerresearchuk.org

StairSteady

StairSteady Background.

The StairSteady, a concept developed by Ruth Amos when she was just 16, for her GCSE Resistant Materials Course. The initial brief was to develop a product to help stroke victims continue to use their stairs independently, but safely. Following the completion of her GCSE Ruth observed that there was a gap in the market for this type of product and began working towards developing the project into a marketable product.

In 2006 Ruth won the Young Engineer for Britain for the StairSteady design and with the help of Advanced Engineering Techniques Ltd and two years of research and development, in 2008 the StairSteady was brought into the wider market. The design was patented, the name trademarked and the company StairSteady Ltd was born. The StairSteady was launched in April 2008 at Naidex, a national healthcare show, and StairSteady Ltd. started trading in September 2008. StairSteady then also forged a link with Handicare, the world's largest manufacturers of stair lifts, and began to work closely with them.

StairSteady is driven by a high moral code and the philosophy that the way to an active mind is through an active body, a vast body of research supports this philosophy. This philosophy applies to many groups including the elderly, the infirm, the disabled, the chronically ill, people with sports injuries and people undergoing cancer treatments. StairSteady prides itself on its customer focussed approach to business, involving and guiding the customer through each step of the process.

The StairSteady

The StairSteady is a simple, effective and affordable solution to mobility problems.

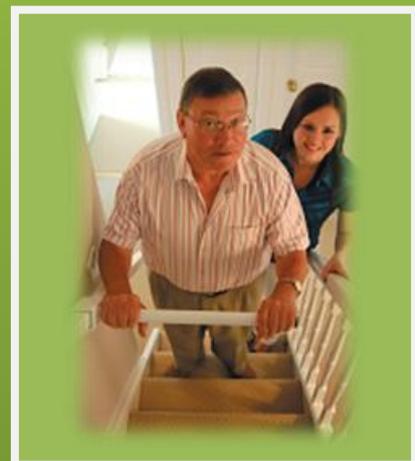
The StairSteady is simple to use and requires no electric or electronics and is completely mechanical. The beauty of this is that the user can use the Stairs at their own pace, safe in the knowledge that they have the support they need. There are no running costs and it can even be used in a power cut, meaning the user is never left 'high and dry'. It is like having a walking frame for the stairs, which can be mounted by our engineers at any height, making it suitable for any age or height of customer.

The StairSteady is effective; it blends in with the customer's home and is unobtrusive. It doesn't take up much more room than a standard stair rail and the supporting arm folds away when not in use, crucially it doesn't look like a mobility product.

The StairSteady is affordable; the design and the alliances that we have formed means that the cost of the product is kept to a minimum. This saving is passed on to our customers thus providing a low cost solution to maintaining independence and mobility in the customers own home.



Mrs S "I used my StairSteady while I was having chemotherapy for cancer. The treatment really made me feel weak; the StairSteady was so stable it really helped".



Success Stories

All of our staff finished their Equality and Diversity training/updates recently so well done guys and again a big thank you to all the staff who took part in the Race for Life in July.

Just a reminder that we offer a range of services for those who may need a little help:

- Housework
- Shopping
- Washing/ironing
- Meal Preparation
- Collecting pensions, prescriptions etc
- Paying bills
- Sitting Service
- Keeping in touch with family and friends
- The pursuit of hobbies and interests
- Keeping pets
- Personal Care
- Medication Prompts

Please call for more information on the services we offer, to order any of the featured products or for more information on other services that may be of help: **0113 3459492**

Word Search

- 1) Blood cells
- 2) Skin patch
- 3) Lumps
- 4) Acute
- 5) Cancer
- 6) Cure
- 7) Hope
- 8) Support
- 9) Treatment
- 10) Breast
- 11) Health
- 12) Faith
- 13) Medical
- 14) Lungs

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



If you have any enquires or would like to feature in future newsletter editions then please do not hesitate to contact us

Telephone number: 0113 3459492

Address: Unit 13 CEC
Chapeltown road,
Leeds
LS7 3DX

Email: www.admin@ethicalhomecare.co.uk

Web: www.ethicalhomecare.co.uk