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Introduction

Hello and welcome to our fourth edition, we have had a couple of months packed with positive activities in the community and have much more to tell you about in the newsletter this month!

On Friday the 28th of September like many others around the country we held a Macmillan Coffee Morning at Button Hill community centre which Raised £182.56 thank you to everybody who attended and those who made donations. Here are some pictures from the day.

October is Black History Month read on to find out about the event we will be hosting for this. We will also be hosting our first "Sister Circle" a new Community Empowerment Group, for all women! On 24th October 2012, 6pm. Host media centre Leeds.

We used a company called Garment Printing Solutions to create us high quality T-shirts for our events and found the service and quality recommendable so they feature as the product of the month.

Here at Ethical Homecare we are also going to be taking part in the Great British Bag-Athon for the British Heart Foundation as so many of our clients as well as others are affected by heart related diseases. The Bag-athon includes filling up a bag with unwanted items and it contributes to, if you have any donations they are very welcome and can be dropped off to our office during opening times of 9am-5pm.

Every bag you fill makes a difference

The more bags we get, the more money we can raise to fund our life-saving work and care of heart patients in communities like yours.

- X20 to help nurse a broken heart.
- X50 to bring young people together
- X100 to provide a lifeline for heart patients



Black History Month Event



27.10.12 Celebrating Our Elders 11-4 PM Featuring Story Telling with Nana-Essi & Jennifer

Cancer Awareness/Prevention Presentation by B.H.I

Also showing of Film Rock Steady Followed by Brunch

Join us at:

Jamaica House
277 Chapletown Road
Leeds
LS7 3HA

Healthy Features

Dementia

What is dementia?

Dementia is not a natural part of aging and symptoms of dementia need thorough investigation, regardless of the person's age.

Dementia is an illness of the brain. When someone has dementia, brain cells are damaged and die faster than they would normally. Losing brain cells means that the brain does not work as well as it should, and gradually people lose the ability to do things.

Often, memory is affected first and people forget important facts such as the name of their husband or wife. Later, as the illness progresses, people get confused about things like where they are, what day it is or who other people are.

People with dementia may become listless and lose interest in activities that have previously been important to them. In the later stages, people lose the ability to look after themselves and may need help with washing, dressing and eating. Conversation becomes repetitive and the same question may be repeated over and over.

10 warning sign of dementia

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks at home, at work or at leisure
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality



10 ways to help dementia

1. Stay in touch - show you care
2. Treat the person with respect and dignity
3. Do the little things
4. Offer specific help
5. Find out more about dementia
6. Organise an outing
7. Be a good listener
8. Stay healthy
9. Make sure everyone has some time to themselves
10. Everybody in the family's important

Dementia affects everyone in the family differently. Find out how counselling could help

Product of the month

Garment Printing Solutions

Black History month is here and it is a perfect time to get a T-shirt printed in support maybe with a Black Icon. However if that's not what your looking for they print high quality t-shirts, with a design of your choice, sourced using ethical products an all at a very reasonable prices!! (which beat highstreet prices but to the same quality and design of high fashion Tee's)

At GPS we specialise in quality short run digital Garment Printing. DTG printing is a modern clothing printing method which works very much like an inkjet printer. Instead of first printing your photo or design onto transfer paper and then applying it to the garment with a heat press, DTG printing machines print directly onto the garment.

It's also a great flexible advertising tool whereby you the website owner can set the amount you want to pay and the scope of where you want your ads to appear and to what market. Put simply it's a great way to attract more customers, cheaply if necessary, or not so cheaply depending on the scale of your Adwords, budget and the size of your business, whilst always being in control of your expenditure and the returns on your advertising investments

www.garmentprintingsolutions.com

enquiries@garmentprintingsolutions.com



Success Stories

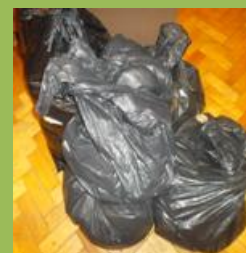
We Worked in partnership with SCR training to teach members of the community Health and Social Care NVQ, here is what one of the students had to say "This was my first NVQ course, The course was interesting and challenging but like a trooper Jacque got us through it with flying colours and we all passed.... It was like a journey into the unknown never a dull moment and was all positive as I have met a group of wonderful people who I am looking forward to seeing soon to celebrate our success". Valsi Gordon student

We organised a clothing collection for Pafra who are a charity for Refugee's and Asylum Seekers. They promote social justice through direct assistant, individual casework, mental health support, research and campaigning. They are located next door to us in the building. There is a photograph of our staff giving our donation.

We were invited to give talks at a local school Bracken Edge during their inspiration week, to encourage and inspire the children around education and employment in a fun and interactive way. See photograph underneath of our Care Manager working with the children.

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

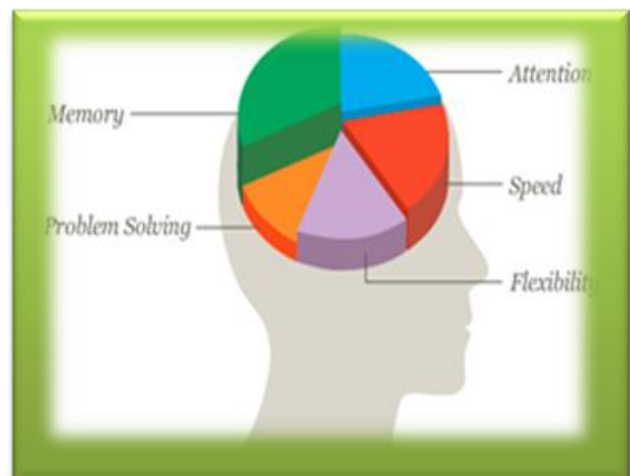


Word Search

Y	R	O	M	E	M	K	A	E	W
A	D	I	S	E	A	S	E	R	O
L	E	E	J	L	O	S	T	A	R
D	M	R	S	Y	D	O	B	E	R
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C	I	U	T	S	H	L	O	U	N
S	A	L	N	I	A	R	B	C	D



- 1) Confused
- 2) Weak memory
- 3) Unsure
- 4) Dementia
- 5) Worried
- 6) Scared
- 7) Unclear
- 8) Brain
- 9) Lost
- 10) Disease
- 11) Body



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

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