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Introduction

Hello and welcome to our fifth edition of the Newsletter, We hope you all had a productive start to the New Year! And 2013 has treated you well so far. In this edition we have loads to update you about and interesting reads and tips.

Friday the 8th of March was international Women's day and here at Ethical homecare we say girl power! Not only on this day but every day and that is why we host the sister circle as one of our voluntary causes for women of all ages to get together share stories, positive energy and take part in activities. You can read more about this in our success stories section of our Newsletter.

As the weather has been particularly cold this winter and continues to do so we have included a useful section which gives you tips on ways to stay warm and healthy.

We are also really excited here at Ethical Homecare to be conducting our own very first piece of research which we intend to use the findings to improve the quality of care, so you can read about this further on.

Easter is coming and therefore loads of goodies with it! So although it is earlier we are taking this opportunity from all at Ethical Homecare to wish you a very Happy Easter!

Healthy Eating

Last-minute Lasagne



Last-minute Lasagne is easy to prepare and ideal for freezing. With this favourite, you won't be caught craving a real meal without the time to make one again. There's no chopping, cutting, grating or other preparation steps involved. Just purchase the ingredients, put them in a dish and voila, it's ready to bake.

Ingredients:

- 1 jar pasta sauce (24 to 26 oz.)
- 2 bags of frozen large cheese ravioli, unthawed (16 oz. to 18 oz. each)
- 1 box frozen chopped spinach, thawed and squeezed (10 oz.)
- 1 bag of shredded mozzarella (8 oz.)
- 1/2 cup grated Parmesan cheese

Directions: Heat oven to 350 degrees Fahrenheit (176.6 degrees Celsius). Evenly pour 1/3 of the pasta sauce into a 9-by-13-inch baking dish. Place half of the ravioli on top of the sauce, covering the dish in one layer. Evenly distribute the spinach and mozzarella cheese over the ravioli. Layer the remaining ravioli. Pour the remaining sauce evenly over the top. Sprinkle the rest of the mozzarella and all of the Parmesan cheese over it. Cover with tin foil and bake for 25 minutes. Remove the tin foil and bake until the top bubbles (about five to 10 more minutes).

Ethical Homecare would like you to keep warm. Keep yourself and your home as warm as you can; this will help to prevent colds, flu and more serious illnesses like heart attacks, strokes, depression and pneumonia. If you are worried about bills perhaps you could contact one of the helpful numbers below.

TIPS on keeping warm:

- Dress Warmly Keep hydrated & Exercise
- Try to have a hot meal and several hot drinks each day
- Ensure that you have a flu jab
- Speak to your pharmacist to make sure your medications are right for you



Dressing warmly is important at this time of year, although we are hoping that the sun will be out soon. A hat will prevent a lot of heat from leaving the body through the head. Dress in layers, wear stockings, slippers, a dressing gown/bathrobe or wrap a blanket around you. Perhaps spending time in a warm environment, that is either a public space or someone you know, can offer respite from being in a cold house all day. Body heat improves blood circulation and can also be boosted by cuddling up to pets or another human. A hot-water bottle or sitting on a low-wattage heating pad can also help. It is recommended that 20 minutes of exercise can also keep us warm and help to make the body more tolerant to the cold weather.

A healthy diet and a good breakfast is always recommended. A hot meal each day helps to keep your body warm, as does drinking hot beverages; dehydration is caused by lack of drinking liquids, it is important to avoid dehydration all year round. If your meal is prepared on a cooker then the heat will also help to take the chill out of the air. Cooking that gives off steam can make the air more humid and add to dampness if the house is cold, but humidity also holds heat and moistens the air if your house is warm. Oven cooking helps to dry the air.

Avoid drafts from windows and doors by insulation or stuffing gaps with suitable material that do not present a fire hazard. Hang heavy curtains where you can to block out drafts, whilst opening them to let the sun's rays in. Shut the doors of unused rooms and put down rugs and carpets where possible.

Here are a few **helpline numbers** reprinted from Leeds City Council's 'About Leeds' Winter 2012/13 issue

Care & Repair Leeds:	0113 3918336	for the vulnerable
Green Doctor Leeds:	0113 2380601	energy saving advice and practical support
Energy Saving Trust:	0300 123 1234	energy saving advice
Warm Front:	0800 316 2805	heating grants for those eligible
Home Heat Helpline:	0800 336699	fuel bill advice

Research Project

This will be Ethical Homecare's first research project and will be carried out to find out "The effects of government cuts on the provision of care for the elderly". This will be conducted through a questionnaire and interviews created by our staff member Bliss Chakweza, she will be visiting clients homes and social service offices and asking them questions from this or supporting them to fill it in which ever best suits their needs.

The research once completed will then be brought together and evaluated and available to the public as well as been posted on our website. The aim of this research is for Ethical homecare to provide just as efficient caring service although there may be cuts with Government funding.

We are also looking for Participants who are willing to engage in the research project It would be very, any interviews or questionnaire support would last approximately 15 minutes. If you are or know anyone who is willing to take part in this study please contact us.



Success Stories

"I like going to the sister circle because I like to meet new people and it's a nice relaxing place to go to after work, I have learnt how to make cards using artistic methods. This event is a nice and relaxing where everyone just gets to know each other.

For the past few months the sister circle has been really good and interesting where more and more people are coming and doing all sort of activities together which one of them was the card making at Christmas which is in the photograph shown with leafs at Carol Studio which was amazing, enjoyable looking at everyone talent."

Halima Mahmood 20 years old

Administrative Assistant

"I love that we are able to use the time to reach out within the community. It helps me to feel that as a company we are really connecting with the needs of people first hand"

Jacqueline Golding

Registered Manager

" going to the sister circle each month is great, I love being with my sisters and the energies that we share"

Audrey Hylton

Community member



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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