

FOSSE NEWS

January 2023 | Latest news across Fosse Healthcare



Here's to 2023!

Joan and her carer love a good afternoon outing and have decided to start doing even more things together in 2023. So, to start their year off right they decided that the Jug & Glass for a chat with the locals and a cheeky glass of wine would do just the trick!

They both can't wait for the year ahead with more day trips and adventures.

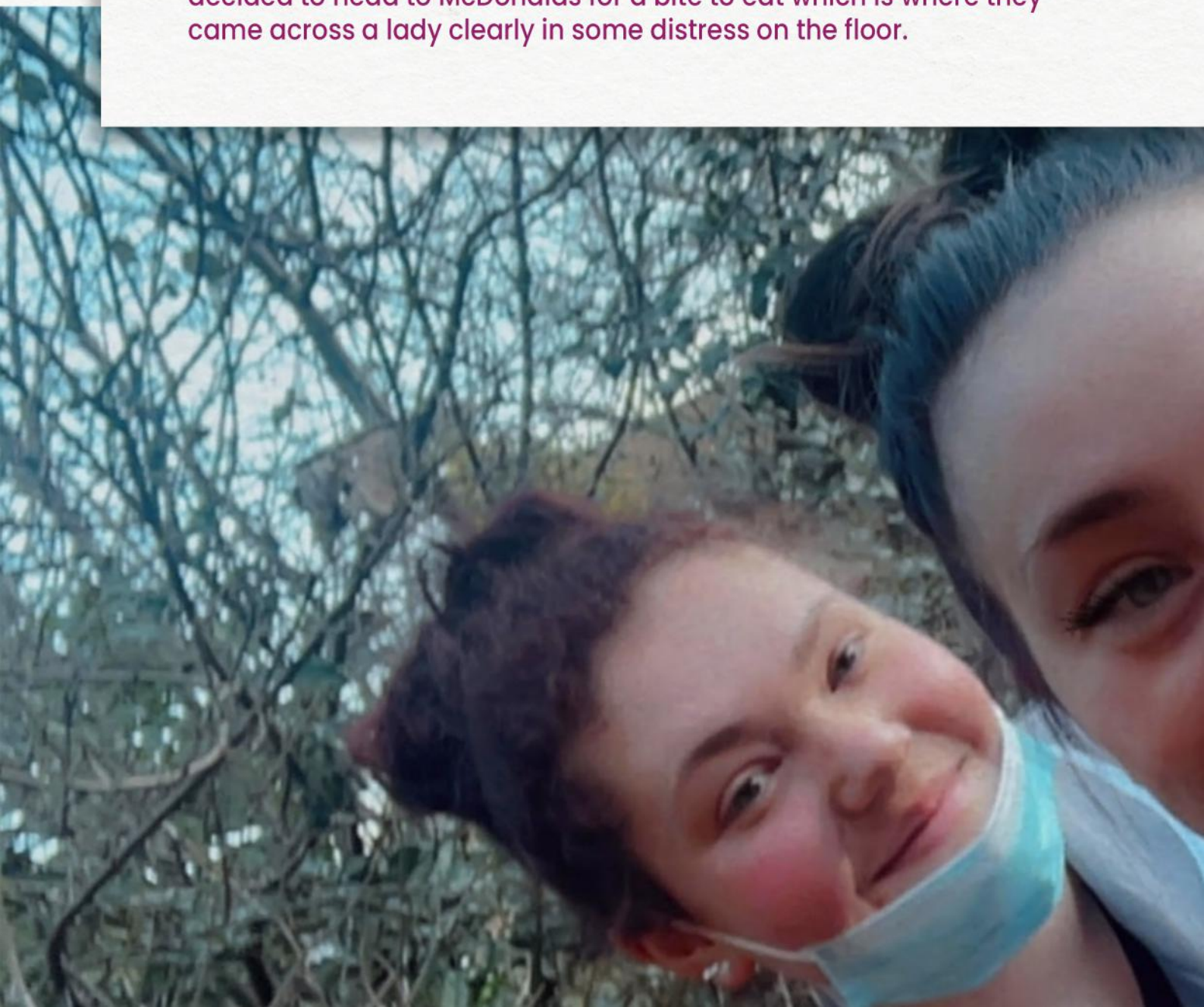


Fosse
Healthcare

Our carers deliver first aid to a member of the public

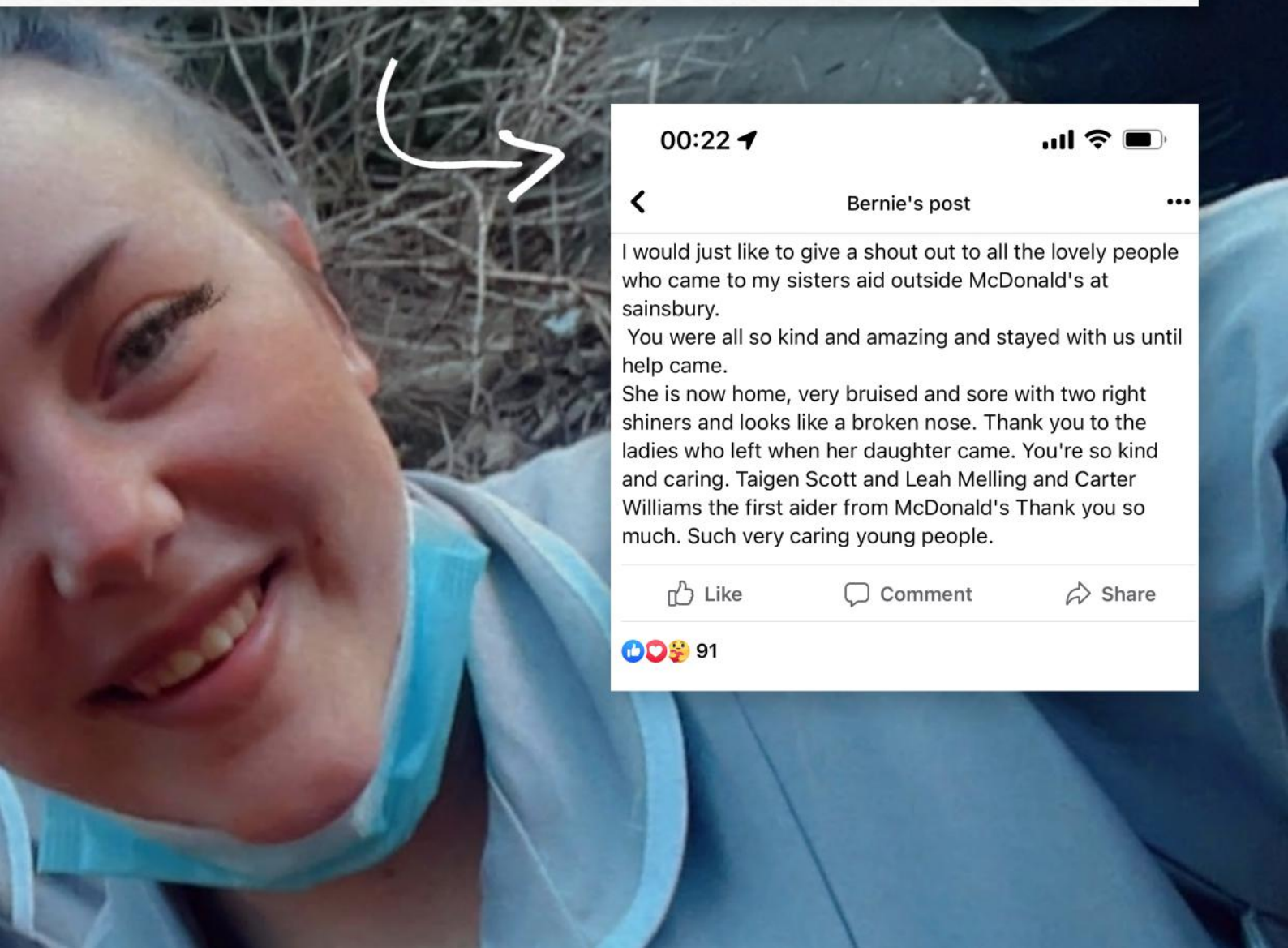
On their lunch break, carers, Taigen Scott and Leah Melling came across a woman laid on the floor with blood on her face so the pair instantly sprung into action to support her.

Fosse Care Assistant's, Taigen and Leah deliver homecare support to people in their local community of Mansfield. After their first round of clients one morning in January, the pair went on a lunch break and decided to head to McDonalds for a bite to eat which is where they came across a lady clearly in some distress on the floor.



The woman had a lot of blood coming from her nose and seemed quite disorientated. Although there were two other people already at the scene, none of them had any first aid experience so the girls made them, and the lady in question, aware that they were fully qualified first-aiders and could offer assistance. Whilst Taigen reassured her and started to ask questions as to what happened and if she was on any blood thinners (due to the sheer volume of blood), Leah got their PPE and a blanket from the car and asked one of the bystanders to go into mcdonalds and ask for a chair, water and plenty of tissues.

They followed all the correct procedures and called for an ambulance and the lady's daughter in the process and then waited with her until they arrived. She was taken to hospital where she was treated by the doctors and Taigen and Leah went on delivering care for their clients that same afternoon. Later that evening, the woman's sister, Bernie, put the following post on Facebook thanking them both for their amazing act of kindness...



00:22

Signal strength, Wi-Fi, and battery icons

< Bernie's post ...

I would just like to give a shout out to all the lovely people who came to my sisters aid outside McDonald's at sainsbury.

You were all so kind and amazing and stayed with us until help came.

She is now home, very bruised and sore with two right shiners and looks like a broken nose. Thank you to the ladies who left when her daughter came. You're so kind and caring. Taigen Scott and Leah Melling and Carter Williams the first aider from McDonald's Thank you so much. Such very caring young people.

Like Comment Share

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Len is smashing it

He's now 1 stone heavier in just a few months

This is Len - Last year Len weighed just 9 stone and struggled with reoccurring infections and a lack of appetite. However, fast forward a few months with our support and he is now a much fitter and healthier 10 stone. His carer, Tamara, says she is absolutely over the moon with his progress. Len's son has expressed how happy he is now his dad is on the mend and Len himself is proud of his success so far and is determined to get even healthier.



You're the best Anne Marie!

The lovely Anne Marie is always thinking of others and her carer emailed us recently to say she hopes everyone at Fosse has had a wonderful start to the New Year and wishes everyone good health.

Thanks Anne Marie, the same goes for you too!

Clients are loving our new project



Our new project in Mansfield helps vulnerable adults get back to their normal lives after being discharged from hospital.

Sadly Ged lost his ability to speak when he had a stroke and communicates with hand signals. He finds it amusing when we struggle to work out what he is saying!

Jeff hasn't been with us long but he really looks forward to our visits. He has many stories to tell and always likes to make sure his hat is on!

Colin loves to have a chat with us and he enjoys watching the tv his wife. She always says we make Colin smile when we arrive and it brightens up his day!

Housing with care scheme nominated for a national award

The amazing scheme has already scooped up the prestigious East Midlands award and has now been shortlisted against other schemes across the country, with the winner being announced at an awards ceremony in London on Friday 27 January.

Broadleaves officially opened on Friday 5 November 2021, and since then has been providing excellent care to people over the age of 60. It's the fourth 'housing with care' scheme to be opened by Newark and Sherwood District Council and the state-of-the-art facility has 30 spacious and accessible apartments designed to help and support those who are living there in their futures, with features including wet rooms and wider doorways.

20 of the apartments have been designated for people with daily care needs. An on-site care team provides support to these residents and is available 24 hours a day, 7 days a week.

Each apartment has an under-floor heating system, a modern kitchen with fitted cooker and is linked to the District Council's care line system, reassuring residents that they will be able to easily seek emergency assistance at any time of the day or night. There are also 10 two-bedroom bungalows on the site with the same features.

All residents have access to communal facilities such as a lounge, laundry room, guest room, a TV lounge and hairdressing salon. There is also a commercial kitchen with cooks employed to offer home cooked and tasty lunches.

Councillor Tim Wendels, Portfolio Holder for Homes and Health at Newark and Sherwood District Council, said: "Broadleaves is a scheme I'm immensely proud of and to see it nominated for a national award is testament to the hard work and dedication shown by our teams.

"The site continues to provide excellent care to our residents and is designed to meet their future needs.

"Each apartment provides residents with a wide range of facilities and amenities which allows them to live safely and comfortably along with 24/7 support should they need it."

Mr Steven Bend of Flat 3, said: "I was very worried when I moved to Broadleaves. I had lived with my mum for 23 years and didn't think I would be able to manage on my own. I am very pleased that I did. I am closer to my family and everyone here is very friendly. I feel happy and settled and I have support from staff if I am worried about anything".

Mrs Ann Moran of Flat 16 and Mrs Sheila Cooke of Bungalow 38, said: "Broadleaves is a great place to live. It offers privacy when needed and at the same time the opportunity to have company if wanted. The staff are very helpful and approachable, and we know that any problems are always resolved. We are very happy living here."

The image shows the exterior of a modern building entrance. At the top, there is a balcony with a glass railing supported by metal brackets. Below the balcony, the word "BROADLEAVES" is written in large, white, sans-serif capital letters on a dark grey horizontal band. The entrance consists of a set of double glass doors with silver handles and frames. Two blue and white safety signs are posted on the glass. The entrance is flanked by vertical metal posts. The ground in front is paved with light grey rectangular bricks. The sky is blue with some white clouds.

BROADLEAVES

Game Days

You can't beat the classics!

From Stanley and Maisie in Newark, to our gamers in Mansfield, many of our clients have been rolling back the years playing some classic games recently. Some of these games include Snakes and Ladders, Connect Four and Dominos.

We love seeing photos of the friendly competitions you've got going on! If anyone has and games they are currently playing be sure to send in some snaps of you mid game. 📸



Fosse 2023 Offsite Strategy Day

In January, our leadership team got together to discuss the plans and goals for Fosse and our business departments in 2023. We had a really good day full of productive discussions, insights/plans and some brilliant ideas for the year ahead.

We cannot wait for everyone to see the exciting things we are looking to do this year - Bring on 2023!



Welcome to the Fosse Family Stefan

// I'll explain a little about what I feel has been an amazing life so far, please understand that although I feel I've done more than the majority of others would even think about doing, I certainly don't think of myself as better than anyone else, I've just been a bit of an adrenaline junkie ever since my teens.

I worked in the computer industry for 24 years which enabled me to financially indulge in my passion for fast cars and bikes, and if anyone reading this was part of the police force, I just loved the acceleration but never broke the speed limit... honestly!!!

I moved to the beautiful state of Colorado in the USA in 2002 and got married again, this time to a Colorado native.

Health and fitness have always been a big part of my life so when I got the chance to work as the Client service director for the world's leading authority in biological dentistry and body chemistry rebalancing I was extremely happy and humbled to be in the presence of such an amazing man.

The complications I refer to date back to 2004, two years after I'd moved to the USA, I was diagnosed with a horrid debilitating disease, multiple sclerosis is considered by the world of traditional medicine to be incurable.

I've never taken any pharmaceutical medication for it, I've gone the natural route, the only real obvious symptom I have is a weakness which in reality has been exacerbated because of a fall back in March 2020, so I've been in bed ever since.

As I'm sure you can understand this has resulted in a serious weakness in my legs. I mentioned the fast cars and bikes but in reality, they were a small part of my adrenaline rush.

I've done nearly a thousand skydives, 834 to be precise, I was a hang glider, Scuba diver, competitive mountain biker, a rock climber and I'm a pilot. As I said I'm not and don't think of myself as better than anyone else but I'm different, a little weird maybe.

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First Aid

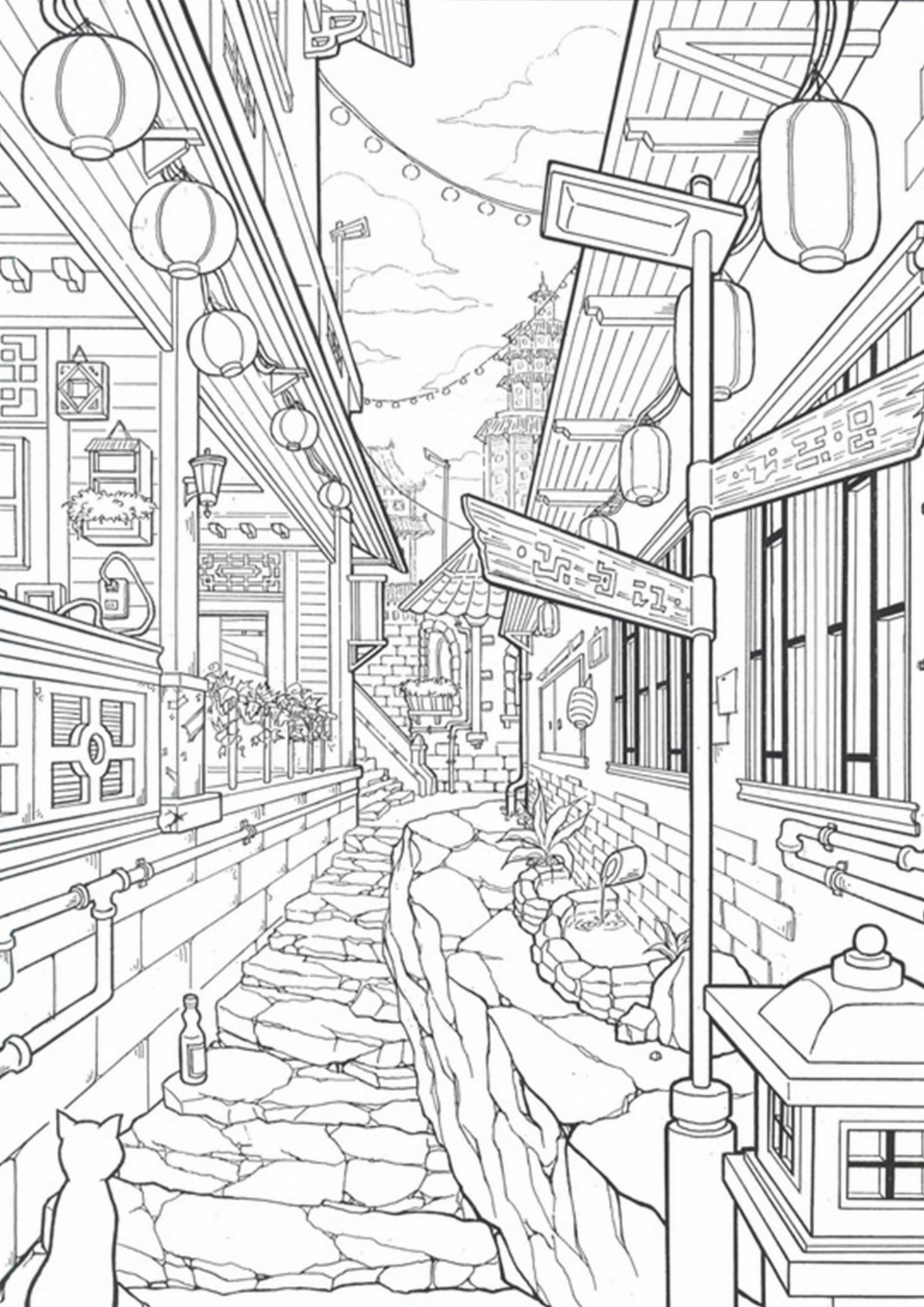
Invaluable life-saving knowledge

Recently one of our Fosse team members experienced a life-threatening emergency with one of her sons. Without any prior health concerns, he had a sudden heart attack whilst at home and stopped breathing. Although he had no pulse for several minutes, CPR was able to bring him back.

This happens a lot more than people think, with 1 person every 5 minutes being admitted to hospital due to a heart attack in the UK.

This is why we want to raise awareness about the importance of knowing CPR and basic first aid. No matter who you are, you may be faced with a situation where first aid is needed to support someone's life before a medical professional can reach them. You could be the vital difference in helping to save someone's life!

If you would like to know more about first aid training please get in touch.



Words Transformer

Change the word at the top to the word at the bottom by changing one letter at each stage to form a new word every time. Make sure you match the middle word as you go!

S	A	N	D
B	U	N	K
P	I	L	E

Well done if you did it! Make sure you ask someone to take a photo of your finished work so we can post the picture online and show them in our next newsletter.



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