



A LITTLE BIT ABOUT US.....

Nannies 4 Grannies aims to support older people to remain independent in their own homes. Kay and her Business Partner, Shelley are the Directors of Nannies 4 Grannies. The idea came from their own experience of caring for older family members living at home and the challenges in finding someone who could cover for them when they were too far away to help or had other commitments. They realised that what they needed was someone they could trust to step into their shoes to provide companionship and to be on hand locally for those small tasks which are easy if you are on the doorstep, but difficult to achieve from a distance.

Each week we receive enquiries as a result of word of mouth recommendation, advertising in local and Parish magazines, internet searches, or referrals from Social Services or the Alzheimer's Society. The visits we make may encompass; meal preparation, shopping, light housework, accompanying to appointments, light housework, trips out, respite for a loved one who provides care or simply staying in for a cup of coffee and a chat. These visits help to alleviate isolation and loneliness and give peace of mind to those who know the client.

....and OUR NANNIES

Our Nannies have all come from a variety of previous careers – each having something different to offer in their role. On our staff currently, we have people with backgrounds including: teaching, nursing, remedial therapy, agriculture, working with children, bi-lingual secretarial and IT.

IMPORTANT BANK HOLIDAY DATES FOR 2018

Good Friday: Friday 30 March
Easter Sunday: Sunday 1 April
Easter Monday: Monday 2 April
May Bank holiday: Monday 7 May
Spring Bank holiday: Monday 28 May
Summer Bank holiday: Monday 27 August
Christmas Day: Tuesday 25 December
Boxing Day: Wednesday 26 December
Good Friday: Friday 30 March

**STAY WELL
THIS WINTER**



Severe cold snaps can have dramatic effects on everyday life, especially for older people. As we get older it takes longer to warm up which can be bad for your health. Here are some top tips to keeping you and your house warm.

- The ideal temperature is 64F for your bedroom and 70F for your living room
- Keep windows and internal doors closed
- Draw your curtains as soon as it gets dark to stop the heat escaping.
- Wear several thin layers of clothing – these keep you warmer than one thick layer.
- Make sure you have at least one hot meal a day and regular hot drinks.
- Eat potatoes, pasta, bread and rice which contain important carbohydrates.
- If going out and about wear boots and shoes with non-slip soles



Nannies 4 Grannies Ltd

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Spotlight on....

HARPENDEN SENIORS FORUM

Harpenden Seniors Forum provides useful information on a wide range of local and national organisations, local sports and social clubs, interest groups and public services as well as churches, medical facilities and tradespeople.

<http://www.harpendenseniorsforum.org/>

They have a full events programme which is different each year but in the past they have offered health and wellbeing sessions with talks by healthcare professionals, computer training sessions, cookery classes for men...

Membership is free – ask one of our Nannies or a family member about ways in which you can join. As a member you would receive a newsletter delivered free to your home.

<http://www.harpendenseniorsforum.org/wp-content/uploads/2017/07/Autumn-2017-newsletter.pdf>

Harpenden Seniors Fair : the Seniors Forum annual event with over 30 stands representing charities, local organisations and businesses will be held this year on Tuesday 16 October.

Thank you to all our clients who responded to our recent customer satisfaction survey. Here is a taste of some of the responses:

“ I think the ladies we usually have are excellent, helpful, cheerful and all are a pleasure to have for what I'm unable to deal with myself.

“ Punctual, very friendly and helpful. Always cheerful and willing to do an extra 'odd job'. I enjoy having them to chat to also.

“ It is reliable, unhurried, sympathetic - having the same Nanny who is excellent gives my daughter reassurance. I think N4G is an excellent organisation – it provides just the help that is needed nowadays. I praise the service to all my friends. I am very glad that I know you.

“ Helps me stay independent, gets me out of the house occasionally. Nannies are so aware of things I cannot do.

Coming up in future issues... N4G coffee morning dates, Spotlight on... U3A, Dementia Friends, local community events, refer a friend, fall prevention, chair-based exercises and more.



Call us on 01727 857988 or 01582 764305 or find us on the web at <http://www.nannies4grannies.co.uk>