




FeelCare  
HOME CARE SERVICES

Spring  
Newsletter  
2024



As the vibrant blooms of spring begin to unfold around us, I am delighted to present to you our latest edition of the FeelCare Spring Newsletter. This season, we've curated content that celebrates the rejuvenating spirit of spring, designed to enrich and inspire both our cherished clients and dedicated carers.

Inside these pages, you'll discover the refreshing health benefits of gardening, with tips on how to cultivate your own green space, whether it's a sprawling garden or a modest window box. We also share a delightful springtime recipe that promises wellness for your family without stretching your budget – all under £10!

We're excited to give you a sneak peek behind the scenes of our recent team photo shoot, an initiative to revamp our service brochures. These updates aim to better reflect the quality and compassion of our home care services.

But that's not all – there's much more awaiting you in this issue. As we strive to continuously improve our newsletter, we warmly invite your feedback and ideas. What would you like to see more or less of in future editions? Please share your thoughts with us at [nadinejulia@feelcareuk.org](mailto:nadinejulia@feelcareuk.org).

We can't wait for you to dive into this season's issue.

*Happy reading! Christine, FeelCare Founder*



Here's a classic spring recipe that focuses on the bright, fresh flavours of the season:

### Spring Vegetable Risotto




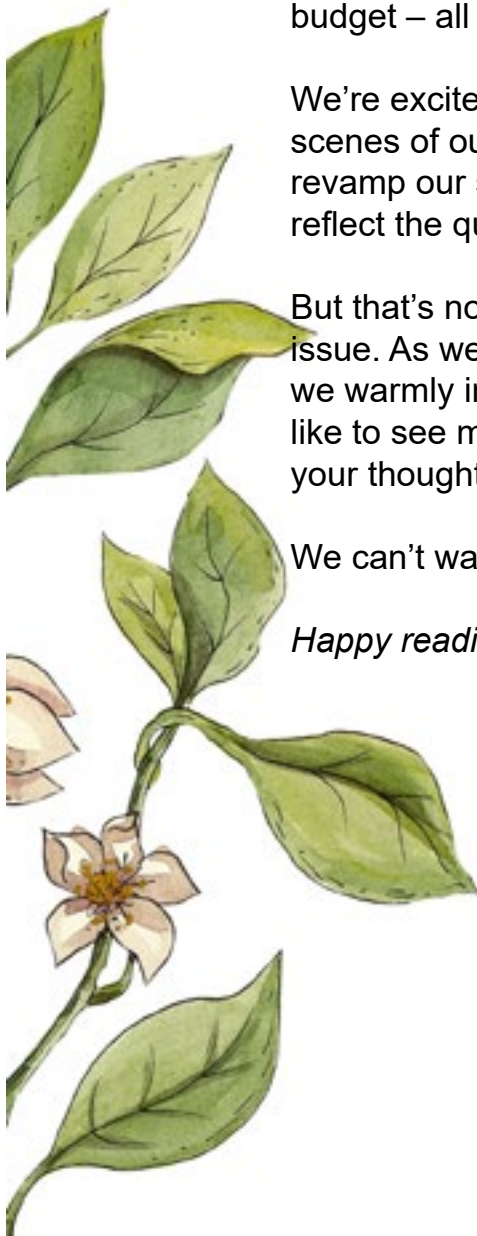
ingredients:

- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 cup Arborio rice
- 1/2 cup white wine (optional)
- 4 cups vegetable broth, kept warm on the stove
- 1 cup fresh peas
- 1 bunch asparagus, trimmed and cut into 1-inch pieces
- 1 small courgette, diced
- 1/2 cup grated Parmesan cheese
- Salt and freshly ground black pepper, to taste
- Fresh herbs (such as parsley or basil), for garnish
- Lemon zest, for garnish

Instructions:

1. Prepare the Ingredients: Heat the vegetable broth in a saucepan and keep it warm over low heat. Chop all your vegetables and have them ready beside the stove.
2. Cook the Onion and Garlic: In a large pan, heat the olive oil over medium heat. Add the chopped onion and cook until translucent, about 5 minutes. Add the minced garlic and cook for another minute until fragrant.
3. Toast the Rice: Add the Arborio rice to the pan, stirring constantly for about 2 minutes to coat the grains with oil and lightly toast them.
4. Deglase the Pan: Pour in the white wine (if using), and let it simmer until the liquid is mostly absorbed. This adds depth of flavour.
5. Add Broth Gradually: Begin adding the warm vegetable broth to the rice, one ladle at a time, stirring frequently. Wait until each addition is almost completely absorbed before adding the next ladle of broth. Continue this process until the rice is creamy and al dente, about 18-20 minutes.
6. Cook the Vegetables: About halfway through cooking the rice, add the asparagus and courgette. Continue to cook, adding broth as needed. With your final ladle of broth, add the fresh peas, as they need less time to cook.
7. Finish the Risotto: Once the rice is creamy and the vegetables are tender, stir in the Parmesan cheese. Season with salt and black pepper to taste. Remove from heat.
8. Serve: Spoon the risotto into dishes, and garnish with fresh herbs and a sprinkle of lemon zest for a fresh, vibrant finish.

This Spring Vegetable Risotto is a celebration of all things spring, combining the tender, fresh crunch of new vegetables with the rich, creamy comfort of risotto. It's a versatile dish that's sure to impress with its fresh flavours and elegant appearance.



# Exciting Updates to Our FeelCare Brochures

We are thrilled to announce a significant update to our service brochures, aimed at providing you with the most current and relevant information about our offerings and team. This spring, we're bringing a fresh look to our materials, incorporating real images of our dedicated team members and ensuring that every piece of content is up-to-date with the latest in FeelCare news.

## A Personal Touch with Real Team Images

Understanding the importance of familiarity and trust in home care services, we have decided to include real images of our FeelCare team in our new brochures. This update will allow you to see the faces behind our exceptional care and feel even more connected to our community. Our team's dedication and passion are the heart of our service, and we are excited to showcase this through our updated visuals.

## Stay Up-to-Date with the Latest Information

Our new brochures will be packed with comprehensive details on all things FeelCare. From updates on our services to introductions of our team members, and insights into our care philosophy, we ensure that you have all the information you need at your fingertips. Whether you're a client, a carer, or someone interested in joining our community, our brochure will serve as your complete guide to understanding and accessing our services.

## Digital Release: Get a Sneak Peek

We understand the importance of community feedback in everything we do. That's why we're excited to offer a digital version of our updated brochure a week before we go to print from April 13th - 20th. This early release will be available on our website, allowing you to take a first look and share your thoughts with us. Your feedback is invaluable and will help us ensure that our printed materials are as helpful and informative as they can be ([Link to digital website](#) from 13th - 20th April)

## We Want to Hear From You

As we roll out these updates, we encourage you to let us know your thoughts. If there's anything you'd like to see more of, or if you feel there are areas we could improve, please don't hesitate to reach out. Your input directly influences our efforts to enhance our services and communications. Please share your feedback by contacting us at [nadenejulia@feelcareuk.org](mailto:nadenejulia@feelcareuk.org).





# Cultivating Wellness: The Therapeutic Benefits of Gardening for Vulnerable Adults

**Gardening has long been celebrated for its therapeutic benefits, offering solace, purpose, and a connection to nature. For vulnerable adults, including the elderly and those with disabilities, nurturing a garden can be especially transformative, providing not only physical but also emotional and cognitive rewards.**

**In this article, we explore the profound advantages of gardening, particularly focusing on the process of growing seeds, and how it can positively impact the well-being of vulnerable individuals.**

1. **Connection to Nature:** For many vulnerable adults, spending time outdoors can be limited due to physical limitations or health concerns. Gardening provides an opportunity to reconnect with nature, even within the confines of a small garden or patio. The act of tending to plants, feeling the soil between one's fingers, and observing the growth of seeds into vibrant blooms or nourishing vegetables fosters a deep sense of connection to the natural world. This connection has been shown to reduce stress, anxiety, and feelings of isolation, promoting overall mental well-being.

2. **Sense of Purpose and Achievement:** Regardless of age or ability, the process of nurturing seeds into flourishing plants instills a sense of purpose and accomplishment. For vulnerable adults who may feel sidelined by their limitations, gardening offers a meaningful activity where they can actively participate and witness tangible results. The simple act of planting seeds and watching them grow provides a sense of fulfillment and pride, boosting self-esteem and confidence.

3. **Physical Health Benefits:** Engaging in gardening activities, such as planting, watering, and weeding, offers numerous physical health benefits. For elderly individuals, gentle movements involved in gardening can help improve flexibility, strength, and mobility. Similarly, for those with disabilities, adaptive gardening tools and techniques can be employed to facilitate active participation and promote physical well-being. Additionally, exposure to sunlight during gardening activities aids in vitamin D production and promotes better sleep patterns, contributing to overall health and vitality.

4. **Cognitive Stimulation:** Gardening stimulates cognitive functions through various activities, including planning, problem-solving, and decision-making. From selecting seeds and determining optimal planting conditions to recognizing signs of plant growth and health, gardening engages the mind in a multitude of ways. For vulnerable adults, especially those experiencing cognitive decline or memory impairment, gardening provides valuable mental stimulation, promoting brain health and cognitive function.

5. **Social Connection:** Gardening can also foster social connections and a sense of community among vulnerable adults. Participating in community gardens or joining gardening clubs provides opportunities for social interaction, peer support, and shared experiences. Engaging in collaborative gardening projects encourages teamwork and cooperation, fostering a sense of belonging and camaraderie.

**Gardening offers a multitude of therapeutic benefits for vulnerable adults, including the elderly and those with disabilities. From nurturing seeds into thriving plants to fostering connections with nature and community, gardening enriches lives and promotes holistic well-being. By embracing the joys of gardening, vulnerable individuals can cultivate wellness, purpose, and resilience, one seed at a time.**

# Building a Compassionate Care Team: The Art of Selecting Carers Who Feel Like Family

At FeelCare, we understand that choosing the right carers is not just about credentials; it's about finding compassionate individuals who genuinely want to make a difference in others' lives. Our founder, Christine, believes in recruiting carers who embody the essence of family—people we would confidently send to care for our own loved ones. This principle has shaped our approach to building a diverse and dedicated team.

## A Tapestry of Talent

Our recruitment strategy is enriched by the diverse backgrounds of our carers. While we proudly recognise a strong representation of the Filipino culture, thanks to Christine's heritage, our team is a vibrant blend of various cultures, ages, and experiences. This diversity brings a wealth of perspectives and approaches to caring, enabling us to meet the unique needs of those we serve with empathy and expertise.

## The Right Fit: Beyond Experience

We look beyond just experience in our recruitment process. We seek individuals who have a genuine need to support and uplift others. This intrinsic motivation is what sets our carers apart. It's not just about having the skills; it's about having the heart to care. We believe that the best carers are those who see this role not as a job, but as a calling.

## A Culture of Care

Our focus on a nurturing work culture has cultivated a sense of belonging and purpose among our team members. We celebrate our differences and learn from each other, creating an environment where every carer feels valued and supported. This culture not only enhances our team's job satisfaction but also translates into higher quality care for our clients.

## Community Impact

By carefully selecting carers who share our values, we extend our impact beyond the individual level to the community at large. Our carers are ambassadors of kindness and professionalism, representing FeelCare in the best light and making a tangible difference in every life they touch.

“Recruiting the right carers is crucial to maintaining the standard of excellence FeelCare is known for. We are proud to have a team that not only meets the professional criteria but also embodies the warmth and respect we would offer our own families. As we continue to grow, we remain committed to attracting and nurturing individuals who have both the skill and the spirit to excel in this rewarding field” Christine, FeelCare Founder





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Our mission is to enable you to live your life to the fullest  
and to be in the comfort and familiarity of your own home