



# FeelCare News

New Year Newsletter

# Welcome to this edition filled with Christmas cheer and the spirit of togetherness!

As we embrace the dawn of 2023, I find myself reflecting on the incredible journey we've shared over the past year at FeelCare Home Care Services. It's been a year of resilience, compassion, and unwavering dedication from our amazing clients and carers.

I want to extend my heartfelt gratitude to each client for entrusting us with your care. Your trust is the cornerstone of our commitment, and we are honored to be part of your lives. To our dedicated carers, your compassion and tireless efforts truly define the spirit of FeelCare.

As we navigate the challenges and triumphs together, let's take a moment to relish the joyous times. The Christmas season brought a festive sparkle to our FeelCare family, and I'm thrilled to share glimpses of our carer Christmas party. The laughter, warmth, and shared moments underscore the importance of having fun as a team.

In this newsletter, we celebrate the bonds that make FeelCare special. Wishing each of you a prosperous and joyful 2023



# Embracing Realistic Change: The Power of Small Targets and Consistency

As we step into a new year, FeelCare Home Care Services encourages a shift in perspective when it comes to setting resolutions. Rather than aiming for grand, often unattainable goals, we believe in the transformative power of small targets coupled with consistent efforts.

The tradition of New Year's resolutions has long been synonymous with ambitious declarations that, more often than not, fizzle out as the year progresses. At FeelCare, we advocate for a more pragmatic approach—one that prioritises gradual, sustainable changes over sweeping, abrupt transformations.

Setting small, achievable targets provides a sense of accomplishment, fostering motivation and positivity. Whether it's incorporating a short daily walk, dedicating time for mindfulness, or making subtle dietary adjustments, these incremental changes accumulate into meaningful progress.

Consistency is the key to lasting change. Rather than relying on the initial burst of enthusiasm that often accompanies the new year, establishing a routine and sticking to it helps build habits that stand the test of time. Our carers understand the value of consistency in providing quality care, and the same principle applies to personal goals.

By focusing on manageable goals, individuals can cultivate a sense of self-discipline and resilience. This approach is especially relevant for those navigating health and wellness journeys. Small, consistent efforts are more likely to yield lasting results and contribute to an improved overall well-being.

At FeelCare, we recognise that everyone's journey is unique, and progress is not a one-size-fits-all concept. Our caregivers work closely with individuals to understand their needs and preferences, tailoring care plans to promote a holistic sense of health and happiness.

In conclusion, as we embark on this new year, let's embrace the philosophy of setting small, achievable targets and committing to consistency. By doing so, we can build a foundation for positive change that endures throughout the year, fostering a sense of accomplishment, improved well-being, and a brighter future for all.



2024  
New Year  
Resolutions



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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