

# LIBERTAS WINTER NEWSLETTER 2016

1<sup>ST</sup> December 2016



RESIDENTS AT ELIZABETH COURT ENJOYING THE FUN AND GAMES

## Fundraising at Elizabeth Court

On the 12<sup>th</sup> October we held an event at Elizabeth Court and raised a grand total of £77.45, with all proceeds going towards Elizabeth Courts resident's fund. There was a fantastic atmosphere on the day with activities including a game of Bingo, a raffle and the sale of homemade cakes made by the Libertas staff.

“We all thoroughly enjoyed the event, it was so nice to see the residents and staff coming together to raise money for the Residents fund, which goes towards various events throughout the year including trips abroad”



Jeanette Collins Elizabeth Court Extra Care Scheme Team Leader said:



# Focus on the Team Leader



We had a chat with Claire Fenwick, Louth's Team Leader to ask her about her role and what it involves.

**Hello Claire! Tell me about yourself...**

Hi my names Claire, I work in Louth as a Team Leader. I have worked in the care sector for just over 8 years. Before that I was a qualified Accountant and I have also worked as a chef.

**What does your job involve?**

My job is really varied and every day is different. I support both the service users and staff. I help train the staff, support the planners with rotas, liase with occupational therapists, Doctors and district nurses and complete support plans/assessments. I also work closely with Georgina, the other Louth Team Leader.

**What do you enjoy most about your job?**

I enjoy building relationships with our service users. My favourite part about my job is meeting new service users and completing the support plan. It's so interesting hearing about their life story. I also enjoy the satisfaction of knowing a service user is getting the care that they want and need, and that they are safe.

I really do love my job. I enjoy watching new staff gain confidence, and they know they can always come to me for guidance - I will always support them where I can.



Claire Fenwick Louth Team Leader

# Celebrate a Century!

Our top tips on how to live a long and healthy life

## Healthy Eating

It's important that we make sure we eat the right variety of foods so we get all the right vitamins and nutrients we need to maintain a healthy weight.

It's important to monitor how much saturated fat, sugar and salt we eat whilst also making sure we get enough fibre, protein and minerals.

Too much saturated fat can increase the amount of cholesterol in the blood which increases your risk of developing heart disease, whilst too much sugar can increase your risk of obesity and tooth decay.

**Try to aim for at least 5 portions of fruit and vegetables a day.**

**Carbohydrate** - Try to base your meals around carbohydrates, they help fuel your brain, kidneys, muscles and central nervous system. Carbohydrates also help you feel fuller for longer. Bread, cereals, potatoes, rice or pasta. Carbohydrates are your body's main source of energy. Wholegrain foods such as wholegrain bread, brown rice or pasta contain B Vitamins, minerals and fibre that are good for you and prevent constipation.

**Protein** - Eat some protein. Milk and dairy. Meat, poultry, fish, eggs, beans, lentils and nuts all contain protein which helps to build and repair your body. They keep your bones healthy. Try to stick to lower fat versions such as semi-skimmed milk, 1% fat or skimmed milk. Lower fat cheeses and lower sugar yoghurt.



Our next page has more advice on how to live a long, healthy and active life.

# Gentle exercise

Even a little gentle exercise can do you the world of good. There are many benefits to walking.

- Walking can help with weight loss. As we get older our metabolism slows down making it very easy to put on weight.
- Walking can help keep your heart healthy
- Physical exercise reduces your risk of developing cancer
- Walking can help keep your bones strong - walking can help strengthen your bones and can help prevent osteoporosis
- Walking can help improve your mood - It can also help to relieve depression and reduce stress.

## The New Libertas Car!

We have invested in a 'Libertas Car' for our staff to use whenever they need to. If ever their cars are out of action they will be able to borrow the Libertas Car! You may have already seen it out and about the community?



# What's On In Lincolnshire?

**Lincoln Christmas Market** - 1-4 December - Over 200 stalls, Lincolns Cathedral quarter is filled with festive atmosphere. Live entertainment, Plus stalls selling mulled wine, freshly cooked food and handmade gifts.

**Lincoln Artists Market** - 2-3 December 10am-9pm. Unique handmade gifts made by local artists.

**Tattershall Castle, Candlelit Carol Concert:** An evening of carols alongside a local brass band - Saturday 3<sup>rd</sup> December - 5pm-7pm £6 a ticket. Commencing in the Castle Parlour, then moving onto the Holy Trinity Church next door.

**A Victorian Christmas**, 3-4 December at the Museum of Lincolnshire Life. 10am-4pm. The sights and smells of a traditional Victorian Christmas, and traditional refreshments served in the tea rooms.

**Alford Christmas Craft Market**, 3-4 December - Local handmade gifts

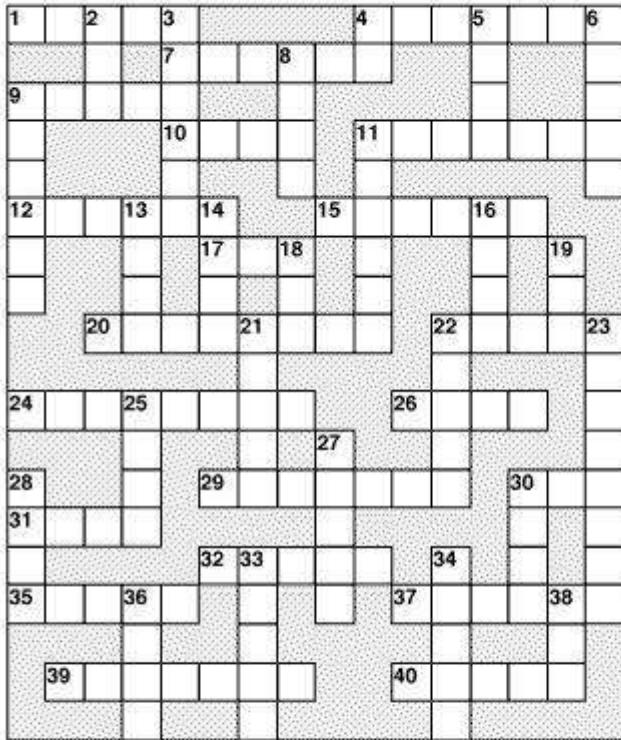
**Hull City of Culture New Year's Day Fireworks** - January 1 2017 8.17pm at Hull Marina. New Year's Day Fireworks are set to be 'even better than London's New Years Eve Celebrations'. Accompanied by an audio visual sound track. Visit [www.hull2017.co.uk](http://www.hull2017.co.uk) for more information and tickets.



# Why not have a go at our Winter Crossword?!



## Winter Crossword



### Down:

2. Frozen water
3. Small
4. Myself
5. Small pie
6. Neck warmer
8. Chilly
9. Used to move snow
11. A season
13. Strong emotion
14. Ripped
16. Nil
18. Bath \_\_\_\_\_
19. Cloud of water vapour
21. Last month of winter
22. Wooden snow vehicles
23. Winter road condition
25. Be carried on
27. Locomotive
28. Carried along by wind
30. Piece of hockey equipment
33. Make this in the snow
34. Winter foot wear
36. Faucets can do this
38. You hear with this

### Across:

- |                             |                               |
|-----------------------------|-------------------------------|
| 1. Sudden cold breeze       | 24. Valentine month           |
| 4. Hand warmers             | 26. Thaw                      |
| 7. Hanging spike of ice     | 29. Keeps drinks warm         |
| 9. Freezing rain            | 30. Small dog                 |
| 10. Show and _____          | 31. Winter Olympic sport      |
| 11. Conditions outside      | 32. Silky material            |
| 12. Flowering plant, colour | 35. Breezy                    |
| 15. Achoo                   | 37. Ice sport                 |
| 17. Not in                  | 39. Foot warmer               |
| 20. Month of winter         | 40. Direct a vehicle's course |
| 22. Carols, etc.            |                               |

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**From all of us at Libertas we wish  
You a very "Merry Christmas &  
A Happy New Year!"**

### Crossword Answers

#### Across

1. Chill, 4. Mittens, 7. Icicle, 9. Sleet, 10. Tell, 11. Weather, 12. Violet, 15. Sneeze, 17. Out, 20. December, 22. Songs, 24. February, 26. Melt, 29. Thermos, 30. Pup, 31. Luge, 32. Satin, 35. Windy, 37. Hockey, 29. Slipper, 40. Steer

#### Down

2. Ice, 3. Little, 4. Me, 5. Tart, 6. Scarf, 8. Cold, 9. Shovel, 11. Winter, 13. Love, 14. Tore, 16. Zero, 18. Tub, 19. Fog, 21. March, 22. Sleds, 23. Slippery, 25. Ride, 27. Train, 28. Blow, 30. Puck, 33. Angel, 34. Boots, 36. Drip, 38. Ear

### USEFUL CONTACT NUMBERS

**LIBERTAS**  
Fairfield Enterprise Centre  
Lincoln Way  
Louth  
Lincolnshire  
LN11 0LS

Our office is open from  
9am-5pm Monday to Friday.

Telephone 01507 206666

Emergency Out of Hours:  
07572539505

[www.libertas.co.uk](http://www.libertas.co.uk)

### Hospitals

Louth: 01507 600100

Lincoln County: 01522  
512512

Pilgrim Boston: 01205  
364801

Grantham: 01476 565232

Lincolnshire County  
Council

Customer Services: 01522  
782155

Serco: 01522 555260