

# INNOVATE NEWS

Your monthly newsletter from The Innovate Day Centre

## Summer is here at last... for now anyway



If there is one thing we have learnt it is that our clients love spending time outdoors. We are lucky enough to have a lovely garden space at the centre and during the summer months we try to use the garden for as many activities as possible from morning exercise sessions, lunch and even a spot of gardening for those who are green fingered!

There are many benefits to spending times outdoors and we have definitely noticed the difference in some of our clients who usually spend a lot of their time indoors, we even have some new very healthy sun kissed glows! Here are some facts;

1. **Being outdoors boosts your energy** - one study suggests that spending 20 minutes outdoors gives your brain a better energy boost than a cup of coffee!
2. **It feels easier to exercise outdoors** - in one small study researchers had cyclists pedal in front of green, grey and red video footage. Bikers who exercised in front of the green footage felt less physical exertion and more positive moods.
3. **Natural sunlight helps to mitigate pain** - surgery patients exposed to high-intensity sunlight reported less stress and pain and therefore took less medication.
4. **The outdoors boosts your immune system** - scientists believe that breathing in airborne chemicals released by plants increases our white blood cells which helps to fight off infection.
5. **You get your daily dose of Vitamin D** - Vitamin D is essential for a well-functioning body. We get more than 90% of our Vitamin D from casual exposure to sunlight.



## Alzheimer's Top Tips...

Never **argue**, instead **agree**  
 Never **reason**, instead **divert**  
 Never **shame**, instead **distract**  
 Never **lecture**, instead **reassure**  
 Never say '**remember**,' instead **reminisce**  
 Never say '**I told you**,' instead **repeat**  
 Never say '**you can't**,' instead say what they **can do**  
 Never **demand**, instead **ask**  
 Never **condescend**, instead **encourage**  
 Never **force**, instead **reinforce**

## Breakfast time with Boris and Prue!

Boris Johnson recently had breakfast with celebrity chef Prue Leith CBE to discuss plans to make hospital food healthier and more sustainable for patients, staff and visitors. Boris wants to guarantee hospitals serve nutritional, tasty and fresh meals to aid patient recovery and fuel staff and visitors as they care for vulnerable patients.



## Introducing our Super Heroes with Wheels!

Have you met our Transport Team? We have a magical team of 9 drivers who do the important job of transporting our clients to and from the centre daily. L-R: Mary, Arnie, Hayley, Frank, Paula, Paul, Marina (Ash and Tom are missing from this one!). They are fantastic and take it upon themselves to provide in-car entertainment, make a cup of tea on returning clients home, become detectives when searching for lost items or even feed the odd pet! This is all whilst making sure that our clients are happy and well. They really are super heroes with wheels!

## Baby Archie!

Big belated congratulations are in order to one of our Care Team, Natasha, on the birth of her lovely baby boy, Archie! Here's the lovely Joan with Archie - Little Archie is in good hands as Joan is a retired a Nurse!

