

INNOVATE NEWS

Your monthly newsletter from The Innovate Day Centre

New Year, New Us!

2019 will see The Innovate Day Centre open its own premises in Uxbridge. Our brand new day centre will open on Monday 4th March 2019 on Harlington Road, Uxbridge. As most of you will be aware, we have been operating out of Hillingdon Abbots RFC for nearly 4 years now.

Whilst we do feel very at home in our current location, having our own premises will benefit our clients hugely! There will be a permanent office landline with a Manager available to take calls Monday - Friday, we will have more flexibility in the equipment that we can purchase and store (we have some fabulous sensory products in mind!), a larger garden area with vegetable patches for anyone who is a keen gardener and shower facilities to name a few benefits. However, the main change is that we will be open 7 days a week from Monday 4th March 2019 onwards, as well as offering



overnight respite care to current clients who meet our criteria for a minimum of 1 night.

1950s Madness!

Our fabulous Care Team hosted a wonderful 1950s themed Tea Party last month. Clients were treated to endless amounts of tea, cake, sandwiches, scones and all sorts of delicious finger foods as well as an afternoon of live entertainment. And of course, the team had to dress for the occasion! (Left).



The Health Section

Make sure you know your coughs, colds and flu!

	Symptoms	Treatment	Prevention
Cold	<ul style="list-style-type: none"> - Blocked nose - Runny nose - Sore throat - Cough - Headache - Muscular ache - Raised temperature - Pressure in your ears/face - Loss of taste and smell 	<ul style="list-style-type: none"> - Decongestants: see your local Pharmacist for recommendations on decongestants in tablet or spray form - All-in-one cold remedies: these include a painkiller and decongestant - Throat lozenges and sprays: these can help to soothe a sore throat 	<ul style="list-style-type: none"> - Wash up: washing your hands or using sanitising gel can help kill viruses - Stay warm: cold weather can make your immune system less effective at fighting viruses - Eat healthy - Keep active
Cough	<ul style="list-style-type: none"> - Dry cough: this is a non-productive cough as it does not produce any mucus. These are felt in the upper respiratory tract and can feel tickly - Chesty cough: this is a productive cough caused by inflammation of the lower airway and produces mucus. 	<ul style="list-style-type: none"> - Pain relief: ask your Pharmacist about paracetamol and ibuprofen if your cough is making your chest feel sore - Cough medicines: there are a range for both chesty and dry coughs - Rest - Fluids: plenty of fluids and hot lemon with honey 	<ul style="list-style-type: none"> - Most coughs are caused by colds and flu so to avoid them follow the measures that help prevent colds and flu viruses
Flu	<ul style="list-style-type: none"> - Sudden high temperature - Muscular aches - Tiredness - Sore throat - Headache - Nausea & vomiting - Diarrhoea or tummy pain - Sleep difficulties - Loss of appetite 	<ul style="list-style-type: none"> - Remedies: there are specially formulated remedies for flu available from your Pharmacist - Rest, sleep and keep warm - Drink plenty of fluids - See your GP: if your symptoms do not improve after one week, see your GP 	<ul style="list-style-type: none"> - Flu jab: have an annual flu jab. These are free every year on the NHS for over 65s. Also, anyone working within the care sector may be entitled to one too. See your Practice Nurse for more information.

Welcome to the team Jackie!

Jackie joined our Care Team back in October 2018 but we have not had the chance to formally introduce her! Jackie plays lawn bowls for her local club; Harefield Hospital Bowls Club. She also had a kidney transplant 13 years ago which was donated to her by her mother.

