

# INNOVATE NEWS

Your Easter newsletter from The Innovate Day Centre

## The Opening of The Innovate Night Centre.

We are pleased to announce that we will begin processes to open a Night Centre for Summer/Autumn 2018. The Innovate Night Centre will provide overnight respite care for current clients in collaboration with their day centre attendance. This service will only be available to clients who attend the day centre and who are known to our team. The Night Centre will be supervised by members of our current care team so that clients are familiar with the people caring for them and to provide continuity of care. The service will be suitable for families requiring short term respite care at an affordable rate. Current clients will receive further information regarding this soon. In the meantime, please feel free to register your interest.

## Join us on Mondays!

As of June 2018, The Innovate Day Centre will be opening on a Monday as well as the usual Tuesday - Friday. Places are available now for booking and current clients will be given first priority to take up this opportunity to extend their current days. To book your space to attend the centre on a Monday, please contact us by Monday 14th May. After this time, we will open any remaining spaces to new clients.



## Upcoming Trips...

We have two trips to The Beck Theatre in July and September.

[The Land of Hope & Glory, Wednesday 11th July](#) - a patriotic and nostalgic afternoon coinciding with the 100th anniversary of the end of World War 1.

[Hooray for Hollywood on Friday 21st September](#) - step back to the 1920s with memorable Hollywood melodies.

## Healthy Feet in Older Age.

This month we are looking at foot health in older age with some top tips from our Foot Health Practitioner, Sheila Joyce.



### How can I prevent foot problems?

You are more prone to foot problems like corns, blisters and foot infections in later life as your skin becomes thinner and loses elasticity. Some simple ways to prevent foot problems are as follows; wearing shoes that fit well, keeping feet clean, keeping feet moisturised, checking your feet for signs of damage daily.

### Who is at risk from foot problems?

Those who struggle to reach their feet are especially at risk from foot problems and should seek the help of a professional. Also those with diabetes, peripheral arterial disease and rheumatoid arthritis are amongst the people who should seek regular advice from a professional regarding their feet.

### How often should I see a professional?

Foot professionals suggest seeking a "Foot MOT" every six months to prevent problems with arising.

### How can The Innovate Day Centre help?

We have monthly visits from our lovely Foot Health Practitioner, Sheila Joyce. If you are keen to have your feet assessed, please let us know! This service is free of charge to our clients.

## Sheila's Top Tips for Top Feet!

**1. Keep 'em sweet** - regular washing, drying well between toes, clean socks or footwear daily where possible.

**2. Keep 'em neat** - keep toenails trimmed and callus and corns at bay. As we get older toenails often become thick and difficult to cut safely and not so easy to reach either. Similarly corns and callus can impede mobility by making walking painful.

**3. Keep 'em soft** - regular creaming of clean feet with either specialist foot cream, E45 cream or whatever your GP advises. This will prevent your feet from drying out and cracking which could lead to infections and possible ulceration. Do not cream between toes and wipe off any excess as this area should be kept as dry as possible.

**4. Keep 'em checked** - regular checks by a professional can reduce the risk of more serious conditions occurring, particularly those with Diabetes or suffers of conditions that can affect your circulation and nervous system. Prevention is always better than cure.

**5. Keep 'em warm** - this will not only be more comfortable but will help your circulation. Your feet are a long way from your heart and often get forgotten on the circulation trail. If you suffer from cold feet invest in good quality socks that have loose tops. Socks should never cut in and if they are too tight, they will restrict your blood supply.

**6. Keep 'em healthy and be kind to them** - and they will be happy feet and will serve you well! Look after them - you've had them for a long time and they are the only ones you'll get!

## Meet the Team!

Recently there have been some changes to the team at The Innovate Day Centre. Have a look below for an updated list of our current team and who to contact for what service;

### Management Team

Sue Cattermole, Director/Sales  
 Christina Cattermole, Director/Finance  
 Soraya Caulfield, Centre Manager  
 Ash Vakharia, Operations Manager

### Care Team

Natasha Curtis, Tia Woolley, Penny Keats,  
 Andrea Clark, Imogene Ballantyne

### Transport Team

Ash Vakharia, Ann Fry, Stella Tesarz-Southby,  
 Mehnaz Mahmood, Chris Chinnappah, Paul  
 Clark, Frank Simpson, Tom Cattermole

### Kitchen Team

Keri Cattermole, Tom Cattermole

## Contact us!

There are many different ways to contact us;

Contact Sue on 07947 564084 regarding -

- New business enquiries
- New staff applications
- Urgent queries outside of opening hours

Contact Christina on 07852 350208 for -

- Payments and invoices
- Advertising

Contact Soraya on 01895 200212 between 9.00am - 4.30pm, Tues - Fri for -

- General enquiries
- Notification of sickness or non-attendance

You can also contact us via email at [info@theinnovatecentre.co.uk](mailto:info@theinnovatecentre.co.uk)

Facebook: The Innovate Day Centre  
 Twitter: innovatecentre

## First purpose built 'dementia village' to transform care...

Britain is set to get its first specialist 'dementia village' which founders say will transform the way that people with dementia are treated.

The complex will be near Canterbury and is inspired by the Dutch village of Hogeweyk (below), where dementia and Alzheimer's sufferers live in a community of specially designed houses with shops, cinemas, gyms and gardens. The 15-acre facility in Canterbury has a scheduled completion date of 2020 if planning permission is granted. The site will consist of 250 homes and will be managed by a team of carers from the care company Avante.

## Dementia suffering lady regains memory thanks to diet change!

A 82 year old lady from Manchester hit the headlines recently when she regained her memory following a change of diet. Sylvia Hatzer was diagnosed with dementia in 2016 and could no longer recognise her son. She had to be kept in hospital for her own safety as her dementia had become so severe. Her son was determined to help his mother and switched her diet after realising that

Mediterranean countries have lower rates of dementia.

Sylvia is now being held up by the Alzheimer's Society as a shining example of how the disease can be arrested significantly by diet. One year

later, Sylvia is back to her old self again! Foods incorporated include; broccoli, kale, spinach, sunflower seeds, green tea, oats, sweet potatoes, dark chocolate, walnuts and blueberries as well as cognitive exercises.



EXHIBITION &amp; CONFERENCE

# THE ALZHEIMER'S SHOW

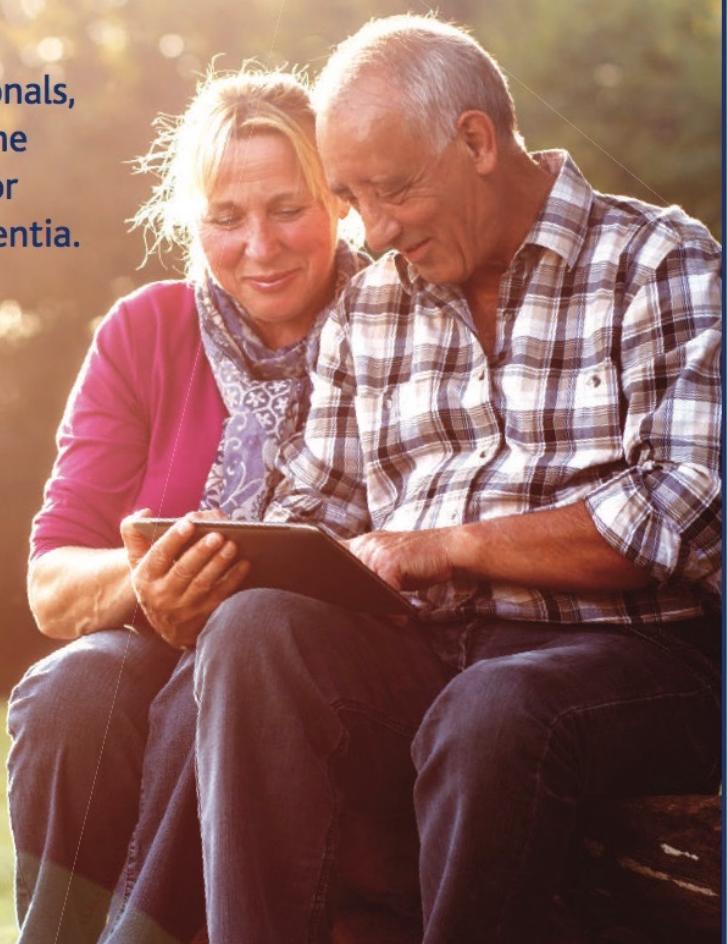
8–9 June 2018  
Olympia London

THE UK'S LEADING EVENT FOR DEMENTIA HELP, SUPPORT AND ADVICE

**FOR** families, carers, care professionals, people living with dementia and the general public with an interest in or wanting to learn more about dementia.

**FIND** the very latest practical advice, information, products and services from leading dementia experts and organisations.

**FEATURES** a full conference programme across 3 theatres, panel discussions, Q&A sessions, practical activity workshops and a wide range of dementia and care exhibitors.



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