

 **Happy Easter** 



**Staff news**

* **Hospice at Home –** we welcome three new Health Care Assistants to the team: Rachael, Sandra and Jennifer and we wish them well.
* **Congratulations** to Stacey Sinclair, Care Manager, who ran 100 miles in March for Young lives vs Cancer
* **Congratulations** to Cindy Stallard who ran the London Landmark half marathon on 3rd April for Prost8 UK (this a charity raising money for prostate cancer treatment). Cindy has raised £585 so far, still time to donate so any donations gratefully accepted on [www.justgiving.com/cindystallard](http://www.justgiving.com/cindystallard)

**Updated Policies**

Senior Managers met at the end of March and two policies have been reviewed and will be put on the staff intranet.

* **Safeguarding Adults**, no procedural changes made but an amendment to a contact number for managers
* **Lone Working Policy,** under the section personal safety guidelines& taking precautions we have addedadvice that if you need to alert us that you are in danger just say the word ZOE and let us know where you are.

**COVID-19 update**

**On 1st April 2022** the government published updated guidance for people living in England on living safely with respiratory infections, including COVID-19. They have listed actions we can all take to reduce the risk of catching COVID-19 and passing it on to others. These actions will also help to reduce the spread of other respiratory infections, such as flu, which can easily spread and may cause serious illness in some people.

General advice from the government is:

1. **Get vaccinated**
2. **Let fresh air in if meeting indoors**
3. **Practise good hygiene:**
* Wash your hands

Cover your coughs and sneezes

Clean your surroundings frequently

1. **Wear a face covering or a face mask** – COVID rates remain high

**There are no changes to the wearing of PPE whilst at work so please continue to use disposable gloves, aprons, masks and in addition use face shields if caring for someone symptomatic (e.g. coughing) or someone who is known to be COVID-19 positive.**

We are sending you all a memo on updated testing regimes for COVID-19 which will accompany this newsletter. In the meantime, please continue to take care and follow the guidance above in everyday life.



**April is:**

* Stress Awareness month - increasing public awareness about both the causes and cures for stress – see [Stress Management Society](https://www.stress.org.uk/)
* Parkinson’s awareness week 10th-16th April
* Bowel cancer month
* Multiple Sclerosis awareness week 25th April to 1st May

  