Peach Care Services
because we love to care

www.peachcareservices.com

NEWSLETTER

OCTOBER 2026

PEACH NEWS

What a whirlwind October has been! The autumn leaves have officially taken over, the crisp morning chill is in full swing, and the clocks have gone back.

Spooktacular Halloween
Things are getting a little spooky around here! This Friday, we're celebrating Halloween at the office. Please stop by and say hello – the office team will be fully dressed up for the occasion!

Christmas is Just Around the Corner at Peach Care!
We have some wonderfully festive plans lined up this year. Our Santa's Grotto is officially returning, and planning for our staff Christmas party is well underway!
As part of the festivities, we're hosting a Christmas Raffle, and we would love your support. If you have any new, unused items to spare, we are gratefully accepting donations for prizes, including:

- Unopened toys & games
- Unwanted gifts & gift sets
- Hampers, festive treats, or vouchers

Every contribution helps make the event special for everyone involved.



CELEBRATING BLACK HISTORY MONTH

October marks Black History Month, and this year's theme–**"Honouring Our Communities**" – speaks directly to who we are.

As a care company founded by a proud Nigerian immigrant, we know first-hand the power of diverse stories. Our team is a beautiful tapestry of dedicated individuals from Africa, Asia, and every corner of the globe.

The truth is simple: the care sector does not just rely on immigrant and Black workers–it thrives because of them. Every single day, they bring unmatched resilience, clinical skill, empathy, and dedication to the people we support.

From pioneering healthcare leaders to the unsung heroes in our daily lives, Black individuals have shaped the very fabric of our society. We celebrate the invaluable impact of immigrant workers who bring passion, skill, and heart to the care sector.



Thank you to our remarkable team from Nigeria, across Africa, Asia, and beyond for enriching our lives and providing the foundation of compassionate care every day.

CARERS CONNECT UPDATE



We sincerely apologise for not being able to hold our Carers Connect session this October. Between our expanding workload and a packed October schedule, time simply got away from us.

Don't worry–we've missed our catch-ups as much as you have! We will be back in November with hot drinks, delicious snacks, and a strictly "no-work-talk" zone dedicated to relaxing and looking after your well-being.

Keep an eye out for the upcoming date!



STAFF OF THE MONTH

We are thrilled to announce Ndidiamaka as our Staff of the Month!
Ndidiamaka brings a calm, present, and deeply reassuring presence to our team every single day. Her warm, friendly demeanour has earned her glowing client feedback.
As an extra reason to celebrate, huge congratulations to Ndidiamaka on passing her driving test this month!
Thank you for everything you do, Ndidiamaka– this recognition is well deserved!



POLICY OF THE MONTH

MOBILE PHONE AND PERSONAL DEVICE POLICY

This policy outlines rules for staff regarding the safe and appropriate use of personal and company-issued devices during domiciliary care and community outreach. It ensures compliance with safeguarding, data protection, and confidentiality standards while balancing staff communication needs and field safety.

READ MORE

OUR JOURNEY TO OUTSTANDING

by Ann Collins



We are keeping our foot on the gas as we stride towards achieving an **"OUTSTANDING"** CQC rating! Delivering outstanding care isn't about huge, complicated overhauls–it's built on the daily kindness, detail, and excellence you display in every visit.

Focus Area	Outstanding Action in Practice	Why It Matters
Punctual & Detailed Logging	Record notes promptly on Birdie, capturing real details, emotional well-being, and subtle changes.	Ensures seamless continuity of care and proves our high standards of safety.
Proactive Safeguarding	Report even minor changes in skin integrity, mood, or mobility immediately to the office.	Prevents small issues from turning into major health concerns.
Active Listening	Greet every service user warmly by their preferred name and give them your full, unhurried attention.	Creates a safe environment where clients feel truly heard.

HO HO HO - SANTA'S GROTTO IS BACK

FRIDAY 18TH DECEMBER 2026



Santa enjoyed his visit to Peach Care Activities Centre so much last year that he's making us a permanent stop on his sleigh tour!

Our Christmas Grotto is back this December–bigger, brighter, and full of festive activities for all ages. Enjoy music, festive games, our charity raffle, a slice of something sweet from the cake sale, and the chance to meet the big man in red himself.

Tickets are **£5.00,** and every penny supports Harry's Rainbow, an incredible Milton Keynes charity dedicated to helping bereaved children through their hardest times.

Reserve Your Spot:
Scan the QR code, visit our website, call 01908 686 869, or book in person at our Activities Centre. We can't wait to celebrate with you!

SCAN ME

HEALTH AND WELLBEING CORNER:



Feeling Drained? Try This Morning Trick

Getting up in the dark and working cold shifts takes a real toll on your mood and energy. If you're feeling sluggish, low, or stressed, your brain simply hasn't had the wake-up signal it needs. Standard house lights aren't bright enough to switch off your sleep hormones, leaving you in a lingering mental fog.

The fix is simple: get real, bright light into your eyes within an hour of waking.

- Option 1: Drink your morning cuppa outside or by an open door for 10–15 minutes (even on cloudy days, outdoor light does the job).
- Option 2: Pick up a cheap "daylight lamp" online and have it on your table while you eat breakfast.

This naturally boosts your brain's feel-good chemicals, cuts through low winter mood, and gives you steady energy for your rounds without extra caffeine. Give it a go for one week–you'll feel the difference.

WHAT PEOPLE HAVE TO SAY....

"The two ladies who were here today are brilliant. I'm calling to see if I can have them back every weekend.

They got M on his first walk in 3 months."

Parent of a young person we support



MANAGING COMMUNITY OUTINGS & EARLY DARKNESS

Community access is vital, but early dusk alters how the outside world looks and feels.

- Re-orient spatial familiarity: A familiar park, street, or high street can look threatening and unfamiliar under sodium streetlamps or in twilight.
  - Take daytime photos of your usual destinations alongside twilight/night photos to show on their schedule before setting off: "The park looks like this at 4 PM now."
  - Carry a dedicated torch or let them hold a durable, dimmable lantern. Giving them control over light provides autonomy and reduces disorientation.

