



# briarcare bulletin

## January 2024



### Good News!

The difficulty obtaining good quality care is well documented, particularly in the more rural areas. Phoning around to find help can be exhausting and time consuming!

We are pleased to let you know that we have good availability currently in the areas of North Walsham, Aylsham, Sheringham, Cromer & Holt so please pick up the phone and let us know how we can help and to find out more. Keep an eye out for our friendly & committed carers out and about in your community!

#### Here's a Good Idea!

##### Cook Once, Eat Twice!

Think about cooking more than you need for one meal and make another meal or two at the same time. You can buy fresh meat or vegetables that are on offer or reduced for a quick sale and cook them up in one pot.

Pop the surplus into the fridge or the freezer or share with an older person who finds it difficult to cook for themselves. Saves on energy and washing up too!

#### Our Favourite Joke for Jan!

As January is dog walking month we just had to share a dog joke! What do you get if you cross a sheepdog with a jelly?

The Collie Wobbles!



#### Did you know ...

Pets help to relieve feelings of loneliness and isolation, particularly for older people living alone. Not only can they provide emotional support and company, they can encourage activity and mobility. We know that pets can sometimes be a source of worry. We include, and support you with, a pets needs as we do with anything else that is important to you.

# Proud to Make a Difference!

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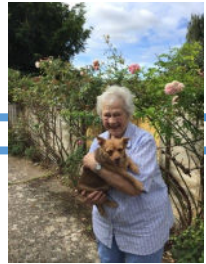
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Date for your Calendar. January 29th Is National Puzzle Day!

Some of our clients love doing Puzzles, great for mental stimulation, manual dexterity and reminiscing. We have established a jigsaw and puzzle library and we are always on the look out for some more to share. If you are having a clear out of puzzles or games or have anything else you might like to donate to our library please get in touch.

Any surplus will be donated to “The Cinnamon Trust”, they are our chosen charity for January and February this year.



### What does the Cinnamon Trust do?

They have a national network of fostering volunteers who can provide care for pets whose owners face a spell in hospital – volunteers take pets into their own homes and supply love and care in abundance until owner and pet can be reunited. When a pet is in the Trust’s care either short term or long term because the owner is in care, the owner is kept in touch with visits, if possible, or regular photos and letters. The Cinnamon Trust also provides long term care for pets whose owners have made arrangements with The Trust well in advance, so owners have peace of mind in the knowledge that their beloved companion will have a safe and happy future, this service is called Pet Profiling.

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