



briarcare bulletin

March 2024



Hello Again!

March brings increasingly lighter evenings and of course the clocks goes forward by 1 hour on 31st March. March is a great time to get some seeds planted. Our carers support many of our clients to remain in touch with their gardens. Planting seeds in pots is a great way of bringing the garden in. Try planting some tasty cherry tomatoes or some aromatic herbs to enjoy.

Hooray!

Cromer Crabs are back in season at the end of March.

Crab is packed with protein, which is important for building and maintaining muscle. Crab also contains high levels of omega-3 fatty acids, vitamin B12, and selenium. These nutrients play vital roles in improving general health.

Sounds like a good excuse to head to the coast!



Our favourite riddles...



Forward, I am heavy; backward, I am not. What am I?

Answer: A ton

What is so fragile that saying its name breaks it?

Answer: Silence.



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Proud to Make a Difference!

Personal Care Home Help Companion

Home from Hospital Dementia Care

If your choice is to remain living at home

We are here for you.

01263 688000

norfolk@briarcare.co.uk

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Did you know...

about “Norfolk Easy Ambles”, Dementia Walk Maps? A dementia walk is a route, trail or area that has been tested to check it is dementia-friendly. These walks are tested with a strict checklist to assess their suitability for those with dementia, and also their carers.

Each of the 9 walks contains a large map. These are easy to follow. They also have a key which highlights where toilets and benches are. Disabled parking and refreshments stops are also shown.

In addition, each walk highlights points of historical interest and sensory prompts. These features are also designed to be talking points, which can help to bring up memories.

These leaflets can be downloaded from www.activenorfolk.org.

Sheringham Easy Amble (PDF, 357.41 KB)

[Download The Sheringham Easy Amble](#)



Important News! Telecoms companies in the UK are replacing the technology they use to provide landlines. The upgrade is expected to be complete by 2025.

If you, or someone you know, is a vulnerable consumer or depends on a landline, you should notify the provider so that they can advise on how the change could affect you. If you have other devices connected to your phone line e.g. alarms / tel-care devices you should check to ensure they will continue to function correctly following the change to a digital phone line. If you are buying a new alarm or device, you should check will continue working on digital services.

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