



## October 2025 Birthdays

Clients and Care Worker  
Birthdays this month:  
Tracey Clarke - 3rd

Sam C - 3rd  
Alexandra D - 5th

Happy Birthday!!

**Welcome to The Leda Link!** 🌸  
*Sharing stories, celebrating care*

### A Warm Welcome

Hello everyone, and welcome to our October newsletter! As the leaves turn golden and the days grow shorter, we'd like to take a moment to thank all of our wonderful carers, service users, and families for being part of our community.

This month we have some exciting updates, wellbeing tips, and of course, the chance to celebrate our amazing carers.

At Leda, we know that care isn't just about tasks – it's about connection, kindness, and the little moments that mean the most. Every smile shared, every listening ear, and every thoughtful gesture makes a difference to someone's day.

As A.A. Milne once said:

"Sometimes the smallest things take up the most room in your heart."

We see this truth every day in the work our carers do and the way our service users brighten our community with their stories and strength. Thank you for being part of this journey with us.

**The  
Leda  
Link**   
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## *Carer of the Month – October*

It's time to recognise the dedication and kindness of our care team!

Nominations are now open for Carer of the Month – October.

📅 Closing date: 16th October

📢 Winner announced: 20th October

To nominate, simply let us know the name of the carer and why you feel they deserve to be recognised. You can call the office, email us, or let your care coordinator know.

★ Congratulations again to Kathryn, our September Carer of the Month! Thank you for going above and beyond.



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## Spotlight

# Staff Corner

Behind the scenes, our care team and office staff have been busy keeping everything running smoothly. Here's a little glimpse of some of what we've been working on this month:

- Preparing and managing rotas to make sure care is covered smoothly.
- Speaking with families and clients to ensure they're happy with the care provided.
- Handling emergencies quickly and calmly.
- Liaising with other professionals such as the local authority, GPs, and district nurses to make sure everyone is supported.
- Managing day-to-day concerns and problem-solving as they arise.
- And please don't forget the admin!!!! 😊
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We'd also like your input on training opportunities!

📧 A poll will be going out shortly for the next round of external and internal training. Please take part – we want to make sure our training is engaging, useful, and supportive for everyone.

💡 Carer Tip of the Month: Remember to take 5 minutes for yourself whenever you can – whether it's a cup of tea, a stretch, or a deep breath. Small breaks make a big difference on busy days!

Instead of a single story this month, we thought we'd share a little seasonal inspiration. Did you know that the month of October has long been associated with harvest, reflection, and preparation for winter? In years gone by, communities would gather to share food, warmth, and stories – much like the way we come together today in support and care for one another.

## Health & Wellbeing Tips for October

Keep warm as the weather turns chilly – layers are your best friend.

Flu season is here: check with your GP or pharmacy about the flu jab.

Autumn recipe idea: warm yourself up with a simple butternut squash soup – delicious, budget-friendly, and easy to make!

<https://www.bhf.org.uk/information-support/support/healthy-living/healthy-eating/recipe-finder/butternut-squash-soup>





# Dates to Remember

10th October – World Mental Health Day  
16th October – Carer of the Month Nominations Close  
20th October – Carer of the Month Announced  
31st October – Halloween fun – don't forget your pumpkins!

# REMEMBER

## Thank You Wall

This month, we've had some lovely feedback, here are a couple of examples:

"Your team are doing an excellent job caring for Mrs H, and in particular KH who was very professional when I spoke to her about this case." – Safeguarding Officer re: Service User

"The office staff are always so supportive and helpful." – Service User

We are grateful for each kind word – they mean so much to the team!



## Share Your Stories with Us

We'd love to include more voices from our Leda community in future editions of The Leda Link.

Carers – share your tips, experiences, or a special moment from your work.

Service users and families – tell us about hobbies, memories, or something that makes you smile.

If you'd like to be featured in the next newsletter, please get in touch with the office team. Your stories, big or small, help us celebrate the heart of our community. ❤️

If you would like to be added to our email list for this newsletter please call 01909 512550 or email [admin@ledahomecare.co.uk](mailto:admin@ledahomecare.co.uk)