



November 2025 *Birthdays*

Clients and Care Worker
Birthdays this month:
Joan Baines - 16th

Happy Birthday!!

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



🏆 *Carer of the Month* – November



♥ Let's Celebrate Our Wonderful Care Team!

It's that time again – nominations are open for Carer of the Month – November!

Every month, we love shining a light on the amazing carers who go above and beyond to make a difference.

📅 Nominations close: 16th November

📢 Winner announced: 20th November

If you know a carer who deserves a little extra recognition, we'd love to hear from you!

Just let us know their name and tell us why they stand out. You can call the office, send us an email, or have a chat with your care coordinator.

🌟 And a huge congratulations once again to Joshua, our October Carer of the Month!

Thank you for your kindness, compassion, and the care you show every single day – we're so proud to have you on the team.

A Warm Welcome

Hello everyone, and welcome to our November newsletter!

As the air turns crisp and the year begins to wind down, it's the perfect time to reflect on all we've achieved together and to celebrate the people who make our community so special. We'd like to extend a heartfelt thank you to our incredible carers, service users, and families. Your kindness, resilience, and dedication continue to shine through – even on the chilliest of days.

November reminds us how powerful small acts of care can be. A comforting chat, a warm smile, or simply showing up for someone – these moments of connection make all the difference.

As Maya Angelou beautifully said:

"People will forget what you said, people will forget what you did, but people will never forget how you made them feel."

At Leda, we see this every single day – in the compassion our carers show and in the warmth and gratitude shared by our service users. Together, you make our community something truly special.

Looking Ahead

With December just around the corner, the festive spirit is starting to sparkle!

We'll soon be organising our Secret Santa – so please make sure your names are in by the end of the month if you'd like to take part.

We're also planning some fun Christmas activities, including Christmas Jumper Day, and will share more details soon. It's a wonderful time to come together, have a laugh, and spread a little extra cheer.

This month's newsletter also includes wellbeing tips for the changing weather, heartwarming stories, and updates from across our Leda community. So grab a cuppa, get cosy, and enjoy catching up on everything that's happening.

Thank you for being such an important part of Leda – your care, compassion, and positivity make all the difference.



Staff Corner. Looking Out for One Another

At Leda, we know that great care starts with great people — and that includes caring for each other. Our team is built on kindness, understanding, and the little acts of support that make every day brighter.

Whether it's offering a listening ear after a long shift, lending a hand with a new task, or simply sharing a smile over a cup of tea, these small moments of connection mean so much. They remind us that none of us are ever alone in what we do.

Whenever new team members join us, it's always wonderful to see how everyone pulls together to help them settle in. From friendly introductions to sharing local tips and advice, every gesture helps new colleagues feel part of the Leda family from day one.

Supporting one another is what makes our team truly special — because when we lift each other up, we all shine a little brighter.

So let's keep checking in, sharing kindness, and celebrating the teamwork that makes Leda such a caring place to be — for staff, clients, and families alike.

A special thank you to every member of our team for the compassion, teamwork, and positivity you bring to Leda every day — you make all the difference.

Client Spotlight: New Beginnings and New Friendships

This month, we're shining a light on one of our lovely clients who recently started attending a local dementia support group — and she's already made some wonderful new friends!

With gentle encouragement and support from her care worker, she decided to give the group a try. Although she felt a little nervous at first, she was soon welcomed with smiles, laughter, and plenty of tea. Now, she looks forward to her weekly sessions — enjoying music, memory games, and sharing stories with others who understand her journey.

Her care worker shared how rewarding it's been to see her take part:

"It's lovely to see her smiling and chatting with new people — she really seems to enjoy it."

Moments like these remind us how important it is to stay connected and try new things, no matter our age or circumstances.

If you or someone you know might be interested in joining community activities — whether it's a coffee morning, craft session, walking group, or dementia-friendly event — we can help you find the right group and provide support to access it.

Building connections and sharing experiences can make a world of difference — sometimes, it just takes that first step.

Wellbeing This November

As the days grow shorter and the weather turns colder, it's more important than ever to take care of ourselves — both body and mind. A little extra attention to your wellbeing can make a big difference through the winter months.

🌿 Keep Moving

Even gentle movement helps boost energy and mood. Try a short walk, some light stretching, or a few minutes of chair exercises. For carers, taking a moment between visits to stretch or breathe deeply can really help ease tension.

🍲 Nourish Yourself

Comfort food can still be healthy! Warm soups, stews, and seasonal vegetables are great for keeping you fuelled and feeling good. Don't forget to eat regular meals — especially on busy days.

🔥 Stay Warm

Layer up, keep your home cosy, and make use of blankets or hot water bottles. For clients, we encourage checking that heating is working properly and that warm clothing is easy to reach. Staying warm supports good health and comfort.

💧 Stay Hydrated

It's easy to forget water when it's cold outside, but hydration is just as important in winter. Herbal teas, warm water with lemon, or sugar-free squash all count toward your fluid intake.

💊 Keep on Top of Medication

With the darker days and busy routines, it's a good idea to double-check medication supplies and keep a clear schedule. If you're ever unsure, please speak to your care team — we're always happy to help.

Taking small steps to look after your wellbeing helps you stay strong, positive, and ready for the season ahead. Let's all make time to care for ourselves, just as we care for each other.



November Kindness Challenge

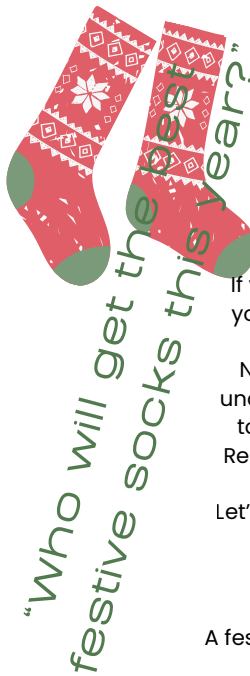
As the darker evenings draw in, it's the perfect time to spread a little extra light. Kindness doesn't have to be grand or planned — it's often the small, thoughtful gestures that mean the most. A warm smile, a helping hand, or a few kind words can truly brighten someone's day.

This month, we're inviting everyone — staff, clients, and families — to take part in our Acts of Kindness Challenge. Think of one kind thing you've done for someone recently, or something thoughtful someone has done for you. It might be:

- Making a cup of tea for a colleague or neighbour
- Taking time to really listen
- Helping someone with shopping
- Sending a kind message or compliment

We'd love to hear your stories! Big or small, every act of kindness makes our community stronger and more connected.

You can share your act of kindness with us by telling your care worker, team leader, or emailing the office — and we'll feature a few of your wonderful stories in next month's newsletter to keep the kindness going. Let's see how many smiles we can create this season — one small act at a time.



Secret Santa Fun!



It's that time of year again — Secret Santa is back! 📺 If you'd like to join in the festive fun, please make sure to add your name to the list by the end of November so we can get everyone matched up in time.

Need some inspiration for your gift? Check out our £10 and under gift ideas below — from cosy comforts and sweet treats to little thoughtful touches, there's something for everyone. Remember, it's not about how much you spend, but the smile your gift brings!

Let's spread some festive cheer and make this Christmas extra special together.

Secret Santa Gift Ideas — £10 and Under!

🍵 Cosy Comforts

- A festive mug with hot chocolate sachets or marshmallows
- Scented candle or wax melts
- Fluffy socks or slipper socks
- Mini hot water bottle or hand warmers

🌿 Self-Care & Relaxation

- Bath salts, bubble bath, or shower gel set
- Hand cream and lip balm duo
- A small journal or gratitude notebook
- Herbal tea selection box

🍫 Tasty Treats

- Box of chocolates, biscuits, or fudge
- Festive snack hamper (crisps, sweets, or popcorn)
- Personalised chocolate bar or name-labelled treat bag

🎮 Fun & Festive

- Mini board game or quiz cards
- Funny calendar or notebook
- Desk toy, stress ball, or fidget cube
- Christmas decoration or ornament

💡 Thoughtful Touches

- Keyring or badge with a positive quote
 - Reusable coffee cup or water bottle
 - Small plant or succulent
 - Custom photo frame (add a quote, not a photo — to keep it general)
- Tip: Wrap it nicely — even a simple gift feels extra special with ribbon, tissue paper, or a handwritten tag!*



Christmas Jumper Day – 11th December

It's nearly time to dust off those festive jumpers — or better yet, get creative and make your own!

This year, we're celebrating Christmas Jumper Day on Wednesday 11th December, and we're encouraging everyone — carers, clients, and families — to join in the fun the green way!

Instead of buying something new, why not upcycle an old jumper or find one second-hand? Add a sprinkle of tinsel, a few buttons, pom-poms, or even some felt cut-outs to turn a plain jumper into a festive masterpiece. It's a great way to get crafty, save money, and do something kind for the planet too.

Whether it's subtle sparkle or full-on festive fabulousness, every jumper (homemade or hand-me-down!) helps raise smiles — and supports a brilliant cause.

You can find fantastic ideas, tips, and inspiration for sustainable jumpers on the Save the Children website here:

👉 [Sustainability & Inclusivity – Save the Children Christmas Jumper Day](#)

Let's make this Christmas Jumper Day full of creativity, laughter, and a touch of festive kindness — because doing good never goes out of style!

📸 Don't Forget!

Wear your festive jumper on Wednesday 11th December! Send us your jumper photos — we'd love to feature some in our next newsletter!

Get your glitter and glue ready — the more creative, the better!

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