



**December
2025**

Birthdays

Clients and Care Worker

Birthdays this month:

Sherrie 9th

Verna 19th

Norma 4th

Margaret S 6th

Mary J 15th

John K 17th

Happy Birthday!!

Welcome to The Leda Link! ❁

Sharing stories, celebrating care

The Leda Link

Sharing stories, celebrating care

A Warm December Welcome

Hello everyone, and welcome to our December newsletter!

As we reach the end of another year, we want to take a moment to celebrate the warmth, kindness, and wonderful sense of community that runs through everything we do at Leda.

December is a month filled with togetherness — sharing stories, staying cosy, and looking out for one another. Whether you're enjoying twinkly lights, a festive film, or a quiet cuppa at home, we hope this season brings comfort, connection, and joy.

Thank you to our carers, service users, and families for the way you support each other all year long. Every visit, every smile, every small act of kindness makes a difference.

As Charles Dickens wrote:

"I will honour Christmas in my heart, and try to keep it all the year."


We see that spirit in our Leda community every day.


Carer of the Month – December

Congratulations again to Samantha our Winner for November!

Nominations now open!

It's that time again — let's celebrate the outstanding care within our Leda community.

 Nominations are open now until 16th December

 Winner announced on 20th December

We love hearing your stories about colleagues who go the extra mile, show exceptional kindness, or simply brighten someone's day. Please let us know who deserves recognition this month — every nomination means so much.

You can call the office, message us, or speak to your Care Coordinator.

Good luck everyone, and thank you for the brilliant work you do every single day.



www.ledahomecare.co.uk



Staff Corner. Looking Out for One Another

December is one of the busiest months of the year, and our team continues to show incredible teamwork, resilience, and kindness.

From welcoming new colleagues to swapping shifts, offering support, sharing festive treats, or simply checking in with each other — every gesture makes Leda such a warm and caring place to work.

We appreciate you more than words can say. ❤️

Connection, Conversation & Companionship

This month, we're highlighting the importance of connection and companionship, especially during winter when days are shorter and routines can feel quieter.

Our care workers have been finding small, meaningful ways to help clients feel more uplifted and included, such as:

💬 Taking a few extra minutes for conversation

Chatting about memories, TV shows, music, or simple everyday things can bring comfort and reduce feelings of loneliness.

📞 Encouraging gentle social contact

Helping clients make a phone call to family or suggesting a community coffee morning can make someone feel more connected.

📖 Sharing an activity together

Reading a poem, doing a puzzle, folding washing together, or listening to a favourite singer can create moments of calm and companionship.

😊 Checking in on emotional wellbeing

Asking "How are you feeling today?" or "Is there anything you'd like to do this week?" can help someone open up.

This spotlight reminds us that connection doesn't need to be big or planned — even brief moments of togetherness can strengthen confidence and brighten someone's day.

Winter Wellbeing & Confidence Building

Winter can feel a little harder at times, with darker evenings and colder weather. We want you to feel safe, warm, and supported over the coming months. Small things can make a big difference — keeping your home cosy, enjoying warm drinks, eating regular meals, and moving gently when you can. Please also make sure you have enough of your usual medication and let us know if anything changes.

Your care workers are here to help you stay comfortable. If you ever feel cold, unwell, or worried, please tell us. We're always happy to make you a warm drink, help prepare food, or spend a little extra time chatting so you don't feel alone.

Together, we can make winter feel a little brighter, one day at a time.

For our care workers, please remember to look after yourselves too: wrap up well for travel between visits, take breaks where you can, stay hydrated, and reach out if you need support. Together, we can make winter feel safer, brighter, and a little more comfortable for everyone.



www.ledahomecare.co.uk

Keeping the Kindness Going

As we move through winter and into the early months of the new year, we'd love to keep this kindness project growing. The colder, darker months can sometimes feel long or a little heavy, so continuing to spread small acts of warmth and compassion can make a real difference — not just to others, but to ourselves too. We encourage everyone to keep noticing and celebrating these moments of kindness, whether it's offering support to a neighbour, brightening someone's day with a kind word, or simply taking a moment to check in on how someone is feeling. Please continue to share your stories with us over the coming months — each one inspires others and helps strengthen the caring, connected community we're so proud of here at Leda.



Secret Santa Reminder

Our festive gift exchange is just around the corner!

If you're taking part, please remember:

- 📺 All Secret Santa gifts need to be dropped off at the office by 16th December
 - 🎄 Secret Santa Swap Day will take place on 18th December
- Need ideas for your gift?
- Take a look at our £10 and under Secret Santa gift list for fun, thoughtful suggestions to make someone smile.
- We can't wait to share the festive cheer!

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 🎄 Christmas Jumper Day – 11th December

We're going green this year!

★ Upcycle an old jumper

★ Find something pre-loved

★ Add your own festive flair with crafty bits

It's fun, creative, sustainable — and all for a great cause supporting

Save the Children.

Inspiration here:

<https://www.savethechildren.org.uk/christmas-jumper-day/about/sustainability-and-inclusivity>

📷 Please share your jumper photos with us — WhatsApp or Access Messenger is perfect!



Looking Ahead to 2026

As we prepare to welcome a new year, we want to thank our carers, clients, families, and community partners for your trust, warmth, and support.

We wish you all a peaceful, joyful, and cosy December.

With love and festive cheer — The Leda Team.

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



www.ledahomecare.co.uk