



**March
2026**

Birthdays

Clients and Care Worker

Birthdays this month:

Joan M 2nd March

Elicia R 16th March

Holly WB 17th March

Emma B 27th March

Teresa S 10th March

Sue B 15th March

Aquiline N 15th March

Michelle P 17th March

Happy Birthday!!

Welcome to The Leda Link! 🌸

Sharing stories, celebrating care



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Love, Kindness & Community Care

After a busy start to the year, we're reconnecting with what matters most — our people.

January and February have been a full and focused months for our team, and as we move into March we want to pause and reconnect with what truly matters — caring, compassion and community.

Whether you are receiving care, supporting a loved one, or part of our wonderful team — thank you. Your trust, dedication and kindness are what make Leda Homecare so special.

As we move through 2026, we are proud to be celebrating 20 years of supporting people in our community.

From 2006 to today, our commitment has remained the same — providing safe, compassionate, person-centred care that promotes independence and dignity. Thank you for being part of our journey.

🌱 **Where It All Began**

1st September 2006

Leda Homecare began on 1st September 2006 with a simple but powerful belief: That people deserve to be cared for with dignity, kindness and respect — in the place they call home.

What started as a small, personal commitment to doing care properly has grown into 20 years of supporting people across our community. From those early days — with paper rotas, handwritten notes and a lot of determination — to the service we are today, one thing has never changed:

Care should feel human.

Leda was built on relationships. On trust. On listening. On understanding that care isn't just tasks — it's reassurance, companionship, safety, and being present when it matters most.

Over the years we have:

- Supported people to remain safely at home
- Walked alongside families during difficult times
- Grown and adapted as care standards and expectations evolved
- Learned, improved and strengthened our practice

But the heart of Leda has always been the same — the people.

Our carers.

Our office team.

Our service users.

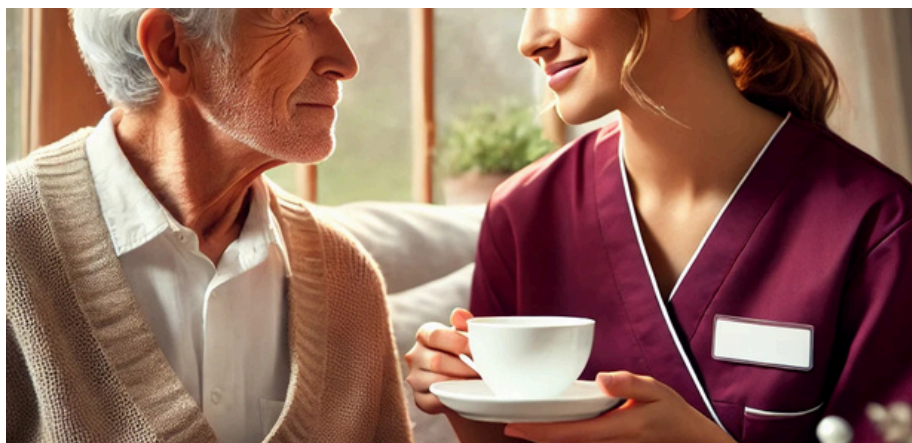
Our families.

Twenty years on, we are proud not just of how long we've been here, but of how we have cared along the way.

As we celebrate our 20th anniversary, we honour where we started — and look forward to continuing to provide thoughtful, compassionate care for many years to come.

More anniversary updates coming soon...





YOU SAID, WE DID

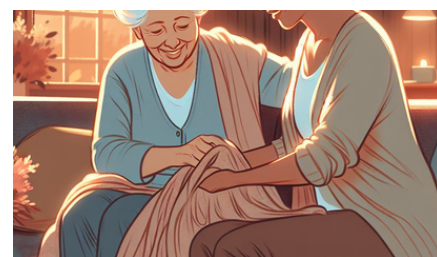
Listening & Improving

We are always reviewing and improving how we deliver care.

Recently we have:

- Continued improving communication within our rota systems
- Strengthened our enquiry process for new private clients
- Reviewed care plans to ensure they reflect current needs

Your feedback genuinely helps shape our service. Please keep sharing your thoughts with us.



Time to Talk – Checking In Matters

February is often associated with love — but not just the romantic kind. The quiet kind. The everyday kind. The kind that shows up in a conversation.

In care, we talk a lot. We discuss medications, mobility, appointments, rotas, updates and tasks. But sometimes the most important words are the simplest ones:

“How are you... really?”

Recently, one of our carers arrived for a routine morning visit. Everything appeared as normal — the kettle went on, medication was prepared, curtains were opened. But something felt different. There was a pause. A heaviness.

Instead of moving straight onto the next task, the carer sat down and asked, gently, “You don’t seem yourself today — do you want to talk?”

What followed wasn’t about care needs. It was about loneliness. About missing a spouse. About worrying over bills. About feeling like a burden.

Nothing in the care plan had changed — but everything had.

That extra five minutes of listening shifted the entire tone of the visit. It didn’t fix the world. But it made someone feel heard.

And that matters.

For Our Team 💛

You do more than provide care. You provide reassurance, dignity and presence.

Please continue to:

- Notice small changes
- Trust your instincts
- Create safe space for conversation
- Support one another when days feel heavy

If you are ever feeling overwhelmed yourself — talk to us. This work is meaningful, but it can also be emotional. You are not expected to carry that alone.

For Families 🌸

Caring doesn’t just affect the person receiving support — it affects you too.

If you are feeling tired, worried, stretched or unsure — please reach out. Sometimes a conversation with the office, a review of care, or simply reassurance can ease the pressure.

You are part of our community, not just a contact number on a file.

Not Sure How to Start?

Sometimes we want to check in but don’t know how to begin. Try:

- “You seem a little quieter today — how are you feeling?”
- “What’s been on your mind this week?”
- “What’s something that’s made you smile recently?”
- “Is there anything worrying you at the moment?”
- “Would you like to talk, or shall we just sit for a minute?”

Silence is okay too. Presence speaks volumes.

For Those Receiving Care 🌻

Your voice matters.

Your feelings matter.

Your preferences matter.

Care is not something that happens to you. It is something we provide with you. If something doesn’t feel right, if something feels lonely, if something feels worrying — please tell us.

We are here to listen.

Because Care Is Not Just Tasks

Yes, we administer medication safely.

Yes, we follow care plans carefully.

Yes, we complete visits professionally.

But at the heart of everything we do is connection.

Care is a conversation.

Care is presence.

Care is noticing.

Care is kindness in ordinary moments.

This March, let’s all take a moment to check in with someone around us.

Sometimes the most powerful part of care... is simply listening.



If You Need Someone to Talk To

Sometimes a conversation with someone outside your immediate circle can help.

If you or someone you support needs additional emotional support, you can contact:

- Your GP
 - Local community wellbeing services
 - Carers' support organisations
 - Faith or community leaders
 - NHS 111 (for urgent but non-emergency advice)
- If you are ever concerned about someone's immediate safety, please contact emergency services.

For staff — please remember you can speak to the office team in confidence at any time.

Asking for support is not weakness. It is strength.

COMMUNITY CORNER

Community of Care

We are proud to be part of the wider Bassetlaw and North Nottinghamshire community.

If you are looking for local groups or support, consider:

- Dementia-friendly coffee mornings
- Gentle community exercise groups
- Local support networks for carers
- Faith or community gatherings

If you would like help finding something suitable, please contact the office — we are happy to help.

Thank You

Care is a partnership.

Whether you are receiving care, providing care, supporting a loved one, or working behind the scenes – you matter.

Thank you for being part of the Leda Homecare community.

**With warmth,
The Leda Team**

HEART OF LEDA (Staff Spotlight)

This month we would like to recognise the everyday kindness shown by our care team.

From taking the time to sit and chat, to supporting independence with patience and encouragement, to going that extra mile when someone is feeling low — these moments matter.

A recent family shared:

"The carers are not just supportive, they genuinely care. It gives us real peace of mind."

To our team — thank you for living our values every single day:

Caring • Supportive • Compassionate • Respectful • Honest & Transparent

If you would like to nominate a team member / Care Worker for recognition, please contact the office 01909 512550 — we love celebrating our staff.



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