SafeNest
CARE SERVICES LTD
Quality Care You Can Trust

OCTOBER 2026

NEWSLETTER

Caring today, for a better tomorrow.



AUTUMN WELLBEING

Safe at home this autumn

Practical support for warmth, wellbeing and independence.

A MESSAGE FROM OUR

REGISTERED MANAGER

Welcome to our October newsletter and thank you for supporting SafeNest.

As the weather becomes colder and the evenings grow darker, early preparation can help people remain safe, comfortable and independent at home.

This month, we share practical guidance on seasonal wellbeing, emotional health and reducing loneliness. We also explain how induction, training and ongoing competency checks support high-quality care.

At SafeNest, we listen carefully, respect individual choices and plan support around what matters to each person.



Patience Doku
Registered Manager

OUR VALUES

SAFETY • TEAMWORK • RESPECT • INTEGRITY • VALUING PERSON-CENTRED CARE • EMPATHY

Committed to delivering person-centred care with integrity, kindness and professionalism.

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SAFENEST TODAY

Company updates

Registered and regulated by the Care Quality Commission.
Accepting enquiries for private homecare services.
Recruiting compassionate care professionals with the right to work in the UK.

Preparing our digital care management and quality assurance systems.
Proud members of HCPA and the Homecare Association.
Building relationships with families, community organisations and health and social care professionals.
Growing carefully so that quality, safety and personal attention remain central.



QUALITY SPOTLIGHT

Induction, training and ongoing competence

Every care professional completes a structured induction before working independently. Training continues throughout employment so knowledge and practical skills remain current.

SafeNest induction and key policies.
Care Certificate standards where applicable.
Safeguarding and infection prevention.
Medication and moving and handling training.
Observed practical competency checks.
Shadowing before independent work.
Supervision, appraisal and spot checks.
Refresher training and development.

Training builds knowledge. Competency checks show that learning is applied safely.

WORLD MENTAL HEALTH DAY

Supporting emotional wellbeing



Changes in health, mobility, routine or social contact can affect emotional wellbeing. Regular conversation, meaningful activity and timely professional support can help someone feel less isolated and more connected.

Changes that may need attention

- Persistent low mood or tearfulness.
- Withdrawing from people or usual activities.
- Changes in sleep, appetite or motivation.
- Increased anxiety or restlessness.
- Loss of interest in personal care.
- Expressions of hopelessness or feeling unsafe.

These signs can have different causes. If changes persist or cause concern, encourage the person to speak with their GP or an appropriate professional.

EVERYDAY CONNECTION

Reducing loneliness at home

Small, regular moments of connection can support wellbeing.

- Arrange regular calls or visits.
- Encourage familiar hobbies and interests.
- Support safe community activities.
- Keep a reassuring daily routine.
- Listen without rushing the conversation.
- Notice changes in mood or behaviour.
- Help the person stay connected with family.
- Offer choices about daily activities.
- Seek help when concerns continue.
- Call 999 if there is immediate danger.

Know your normal. Notice what's new.



TOUCH • LOOK • CHECK

Breasts change naturally. The important thing is knowing what is normal for you and noticing anything new or unusual.

BREAST AWARENESS No special technique. No perfect time. Just get familiar with what is normal for you.

3 THINGS TO KNOW

01

TOUCH

Feel for a new lump or swelling, including around the breast, upper chest or armpit.

02

LOOK

Notice changes such as dimpling, puckering, skin colour, size or shape.

03

CHECK

Notice nipple changes, rash or crusting, unusual discharge and get new changes checked.

NEW ≠ CANCER. BUT NEW ≠ IGNORE IT.

Most breast changes are not cancer. If you notice something new or unusual, speak to your GP.

Breast awareness is for everyone; men can also develop breast cancer.

A SMALL REMINDER FROM SAFENEST

As care professionals, we notice changes in people's health and wellbeing. If someone shares a concern, listen, respect their privacy and encourage appropriate professional advice.

AUTUMN AND WINTER PREPARATION

Helping loved ones stay warm and well

A few practical checks can support comfort, safety and independence as temperatures fall.

01 **Check the heating**
Arrange repairs before colder weather arrives.

02 **Prepare warm clothing**
Keep suitable layers, bedding and footwear close.

03 **Plan meals and drinks**
Encourage regular meals and enough fluids.

04 **Review medicines**
Check supplies and request prescriptions in good time.

05 **Improve visibility**
Use good lighting near entrances, stairs and hallways.

06 **Make a weather plan**
Keep contact numbers and essential supplies available.

> “Preparation can help someone feel more comfortable and confident at home”

Contact NHS 111 for urgent medical advice when you are unsure what to do. Call 999 for a life threatening emergency.

SERVICE SPOTLIGHT

Companionship and personal assistance

Regular company and practical support can help a person maintain routines, interests and contact with the wider community.

- Friendly conversation and reassurance
- Support with hobbies and activities
- Meal preparation and hydration
- Light household support
- Accompaniment to appointments
- Support with community access
- Maintaining contact with loved ones
- Encouraging choice and independence

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BLACK HISTORY MONTH

Culture belongs in person-centred care

Respectful care recognises the person's identity, life experiences and the communities that matter to them.

- Ask about preferred names and language.
- Respect faith, customs and personal routines.
- Include familiar food, music and activities.
- Avoid assumptions based on background.
- Listen to the person's life story.
- Record preferences clearly in the care plan.

Feeling known and understood supports dignity, trust and belonging.

HOW WE CAN HELP

Our homecare services

Personal Care	**Medication Support**	**Dementia Care**	**Mental Health Support**
Personal Assistant and Companionship	**Hospital Discharge and Reablement**	**Live-in Care**	**Overnight Care**

Considering support at home?

Whether you are planning ahead or concerned about a loved one, our friendly team is available for a confidential, no-obligation conversation.

Call 03333 390026

info@safenestcareservices.co.uk

Scan to visit our website