

A Healthy Body for a Better Life: Celebrating February and Embracing March

At Right at Home Chippenham, we know that staying active is key to maintaining good health and independence. That's why we're celebrating the incredible success of our February Exercise Challenge, where Clients and Caregivers took small but meaningful steps toward better well-being!

February Challenge: A Heartfelt Success! As part of British Heart Foundation's Heart Month, our team proudly joined in daily 5-10 minute indoor walks, wearing red to show support. The impact was amazing:



Achievement in February Challenge


- ✓ **Some walked every day, even around the house or garden.**
- ✓ **One client pushed herself up in her wheelchair on shower mornings.**
- ✓ **Another made it to the gym after recovering from Covid.**





This simple routine helped boost mobility, heart health, and confidence—proving that every step counts! Our CareGivers were fantastic in encouraging and supporting clients throughout the challenge.

Amazing effort from everyone—well done!

March Challenge: Arm Yourself for Flexibility & Strength

 Goal: Perform arm circles and raises for 5 mins, 2-3 times a day

 Impact: Arm mobility exercises help reduce stiffness and improve the range of motion in the shoulders and arms.

A huge well done to everyone who took part! Let's keep up the great work and continue prioritising our health together! 



CLIENT'S COMPLIMENT

We're proud to share these wonderful reviews from our valued clients.

Thank you for placing your trust in us!

"Natasha is absolutely lovely and always so helpful—we love having her here! She consistently goes above and beyond."



"The care you provide for my mum is exceptional—no one could do it better."

A client shared a wonderful compliment about Kudzai, praising his kindness, compassion, and the joy he brings to the Right at Home Chippenham team.

"We are really pleased with Lordina—she has built a fantastic relationship with us and is incredibly attentive to my daughter throughout the day."

"I'm so pleased with how everything has come together for my mum's care, especially given how quickly it was arranged. Thank you!"

Share Your Experience at Google Review

We'd Love Your Feedback! Your feedback is invaluable in helping us grow and continue providing the best care for our clients. If you've had a positive experience with us, we'd love to hear from you! Scan the QR code to log in, leave a review and share your thoughts. **Thank you for your support!**



VALENTINE'S DAY

🌸❤️ **Plant Love, Watch It Bloom!** ❤️🌸

This Valentine's Day, we're sharing a little surprise with our wonderful Clients—Wildflower Seed Hearts and a sweet Valentine's card! Instead of sending flowers, why not grow your own? 🌱❤️

Just plant the heart, nurture it with love, and watch beautiful flowers bloom—just like the care and kindness we share every day.

A little reminder that love, like flowers, flourishes when we nurture it. 🌷🌟



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www.rightathome.co.uk/chippenham

COMMUNITY INVOLVEMENT

Walk All Over Cancer with Caroline!

This March, Caroline, our incredible Registered Manager, is taking on Walk All Over Cancer—a challenge by Cancer Research UK to walk 10,000 steps every day to raise funds for life-saving cancer research.

Nearly 1 in 2 of us will be affected by cancer in our lifetime, but together, we can make a difference. Let's cheer on Caroline and remind her to get up from her desk and keep moving!

Show your support by donating to her page:



Inspiring the Care Leaders of Tomorrow



We were delighted to attend the Career Fair at **Kingsbury Green Academy** in Calne on 3rd February as representatives of the care industry.

Our team, Caroline and Moses, shared insights into our business goals, the rewarding career paths in the care sector, and the incredible success stories of our team members who have grown through dedication and passion for helping others.

It was a fantastic opportunity to connect with pupils, parents, and carers, showcasing our work and inspiring the future workforce about the meaningful opportunities available in the care industry.

UPCOMING EVENTS

- **13th March (Thurs), 9:00am-1:30pm**
Work Experience Day at Kingsbury Green Academy
We're thrilled to introduce students to the rewarding opportunities within the care industry at Career Day.
- **16th April (Wed), 2-4pm**
Easter Party - Join us for a fun-filled Easter with us! Enjoy sweet treats, festive activities, and great company as we celebrate the season together.



OUR PEOPLE CORNER

Continuously Improving and Growing: Our Leadership Journey

At Right at Home Chippenham, we believe that providing top-notch training is essential for our new CareGivers. We're committed to continuous improvement and have recently added practical training sessions to make the learning experience both effective & enjoyable! Our new caregivers will gain hands-on experience in important areas such as:

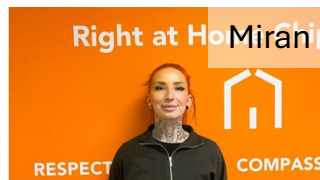


- Assisting clients with dressing
- Shaving techniques
- Medication instructions with dosette boxes

This practical approach helps our CareGivers feel more confident and ready to provide the best support for our Clients.

Let's Welcome some of the new faces into the team!

Our newest CareGivers have successfully completed their comprehensive three-day training and are now gaining hands-on experience with our experienced team. Some have already finished their shadowing and are ready to provide exceptional care! ❤️



Our Training package:

- 1 Induction
- 2 Moving and Handling Workshop
- 3 Medication Administration Workshop
- 4 Basic Life Support Workshop

We're thrilled to have them on board and can't wait to see them **make a difference!**

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our Brochure