



# ICARE RESOURCE LIMITED

NEWSLETTER: JANUARY 2023

## ORAL CARE (LOOK AT THAT SMILE!)



### VISITING DENTIST

The service aspires to providing high-quality oral healthcare based upon individual's needs and as recorded in our clients' individual plans. Each plan is determined by a full needs assessment which will identify any mouth care needs.

This plan is drawn up in partnership between the organisation and the person using services, and any relatives or carers that the person using services wants involved.

In ICare we have a visiting dentist who provide dental care to all our clients as and when is required but most importantly our service recognises that good dental health is vital for the wellbeing of people who uses our services and that a healthy mouth and teeth are important for speaking, chewing and for general overall health.

## SHOPPING TRIPS

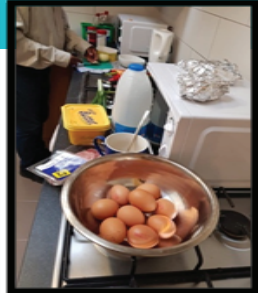
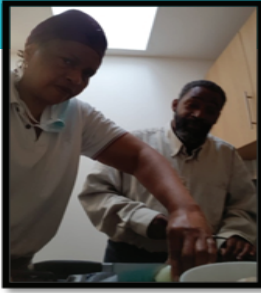


Enhancing independence and confidence through access to the community allows our clients to participate in various activities that improve their quality of life.

In ICare our clients are supported to access the community on a weekly basis or as and when they want depending on their care plan.

Trips such as shopping, visiting friends, going to the cinema, swimming and simply attending to whatever they want.

# LIFE SKILLS – COOKING



## EMPOWERMENT (CLIENT'S MAKING OWN MEALS)



BREAKFAST



SNACK TIME – ICE CREAM

It is important to empower clients for a variety of reasons: It enables them to recognize their strengths and abilities and perform on their own. It enables them to solve problems in the future on their own and successfully.

In ICare Our clients are empowered and encouraged to participate in cooking, bakings well as choosing what they want to cook and bake in the week  
Our clients are also empowered to making their own breakfast and drinks with supervision.

## SUPPORTING CLIENTS TO ACCESS BENEFITS



We also empower clients to access their benefits. This also allows them to manage their money independently which is part of client empowerment.

## OUR VISITING BARBER



The most important aspect of maintaining good health is good personal hygiene. Personal hygiene which is also referred to as personal care includes all of the following:

Bathing and Showering

Hair care

Nail care

Foot care

Genital care

Dental care

Personal hygiene is keeping the body clean and helps prevent the spread of germs. Grooming is caring for fingernails and hair examples of these activities would be styling hair, shaving, trimming and painting fingernails. In ICare we have a visiting barber who makes our clients look good, clean and tidy. Our clients look forward to having this service whenever they want.

# SUMMER – 2022 BBQ





Being around others has the natural tendency to make us feel safer. Being alone and isolated from a friend, family, and a community tends to bring about a more fearful emotional state whereas companionship lets us know that we are not alone, that help is not far away. This is one of the major benefits of social interaction. When you are alone at home, a fall can be a scary notion, but being around others provides comfort in case of an accident.



In Icare we make sure our clients are engaged in social interaction and gathering at all times . This also is part of our yearly BBQ where we invite our clients, carers, family and neighbours .



Please join us for our this years  
BBQ on Saturday the  
1st of July 2023



# CHRISTMAS PARTY – 2022





Taking good care of employees can lead to increased productivity and creativity. For businesses to thrive, we must take care of our employees' personal and professional lives. In ICare we reward our carers by nominating our Carer of the month.

We also have our end of year fancy dress party where our staff cash a vote of where they want to go and we eat , wine and dine there. We then have a raffle and exchange gifts to one another to end the year in style.

We value our staff and there is a saying “when you look after your Carers, they will look after your clients”. And in Icare we achieve this on a day to day basis.



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