



Newsletter

Colebrook

Inspiring people, supporting communities

Issue 42 July 2024

Contact Your Voice for Quality: Email yvfg@colebrooksw.org or telephone 01752 205210



Client of the month nominations in June

DL was highly recommended for making such positive changes in their life over the last few months; stopping drinking for the last 4 weeks, after being alcohol dependent for 18 years and for engaging with support to go for daily walks and batch cook healthy meals to help manage a recent health condition .

EK was highly recommended for being head of 2D art for an online group (Team Folon) and being a big part of developing a mod of Fallout 4 (Fallout London) over the last 4-5 years.

Alex was highly recommended for getting up early to be ready for their appointments, engaging in support, helping out around their supported accommodation and taking pride in where they live.

Remember Anyone can nominate someone who has achieved something no matter how big or small. People who are nominated receive a certificate. On an annual basis there is a prize draw for those people who have been nominated throughout the year.



Colebrook SW 40th anniversary celebration gift bag.

We have had a lot of feedback on the gift bags which people have received. We are really pleased you liked them. Here are some of the comments:

"loved the giftbag, definitely the quiz and the recipe book" | "the giftbag was very sweet and very appreciated" | The snacks were a hit with everyone" | "love the pen and will keep it somewhere special" | "Was thrilled to bits with the bag and said how nice everything was" | "love the pen and the Ferrero Roche were brilliant, love them" | "a nice surprise, thank you!" | "That's really nice! Thank you Colebrook and happy anniversary!" | OOH! Lovely! Thank you" | "Yummy! Thank you!" | "Happy anniversary Colebrook! Thank you!" | "That's a nice surprise!! Thanks for the gifts" | "The pen was awesome and I'm gonna have the choccies after football later" | "it was a lovely thing to do and thank you"



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Congratulations



A very big welcome to a new member of the group. Whilst Paige is away on maternity leave Kris will be joining us as a Colebrook manager representative. We hope it all goes well Paige and see you back in the

group soon.



Hi, I'm Kris, one of the Project managers from the Supported accommodation team. I've been part of the YVFQ group before and I'm looking forward to getting involved again. I've been working for Colebrook for 5 years now and enjoy the different roles I've had and have covered during that time. I have many interests. I enjoy a lot of sport, but I focus specifically on football, the UFC and the NFL. I'm a real foodie and love trying something new. To wind down I enjoy reading fantasy novels and I love film and TV.



Here comes the sun. Maybe!

So far this year we have not had many really hot days. However, in the hope it is going to get hotter here are some tips for keeping cool.

Keep out of the heat if you can. If you have to go outside, stay in the shade especially between 11.00am and 3.00pm (usually the hottest part of the day).

Wear sunscreen, a hat and light clothes.

If you are going to do a physical activity (for example exercise or walking the dog), plan to do these during times of the day when it is cooler such as the morning or evening.

Cool yourself down. Have cold food and drinks.

Avoid alcohol, caffeine and hot drinks.

Have a cool shower or put cool water on your skin or clothes.

Keep your living space cool. Close windows during the day and open them at night when the temperature outside has gone down. Electric fans can help if the temperature is below 35 degrees. Close curtains in rooms that face the sun.

Check on family, friends and neighbours who may be at higher risk of becoming unwell, and if you are at higher risk, ask them to do the same for you.

Know the symptoms of heat exhaustion and heatstroke (and what to do if you or someone else has them).

For more information visit GOV.UK: Beat the heat: staying safe in hot weather.

<https://www.gov.uk/government/collections/hot-weather-and-health-guidance-and-advice> or scan QR code.

