



The Butterfly is YOUR new company magazine. Through The Butterfly we hope to keep you informed, give you feedback, make you smile, make you laugh, let you tell colleagues what you have done, let you read what THEY have done...

The Editorial email is (for now anyway) david.perry@abicare.co.uk.

Inside this issue:

Dealing with stress

You are what you eat!

Trying to slim?

At last—a website to be proud of.

The Butterfly Awards time...

Do you GIVE too much?

Watch the booze!

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Welcome to 2014...

Welcome to 2014, and welcome to The Butterfly!

The Butterfly is a new innovation for AbiGroup, and you should treat it as YOUR magazine. Your Editor (that's ME!!!) hopes to get you a new magazine every month...but for that to happen I need YOUR input, your photos and your comments.

We really want The Butterfly to be up-to-date, informative, enjoyable and useful. It's meant to be fun to read of course, but I hope it also manages to help you do your jobs better. Initially the magazine will be fully in-house only, that's to say only

AbiGroup staff will be sent a copy. We hope that eventually we will be able to end it to oth-



What we do...make the vulnerable smile!

er outside parties who might be interested in it and in us and what we have to say: it can't hurt for example to get the local surgery reading about us in an interested manner!! Of course, to really get their atten-

tion we need interesting articles and stories from you and your colleagues, so please, send me ideas, things to publish, photographs, letters, emails and questions. The more you send me the more I can write about (or get people to write about...be a tad boring if it was ALL mine!)

Finally, have a read about the new badge scheme we are introducing ...the Butterfly Awards should fun and exciting and well worth the effort. There are only forty badges to be won this year, so do read the article and have a chat with your manager! I'd love to win a Butterfly but I'm not eligible...

A website to be proud of..

After much hard work we finally have a website for the whole company.

If you Google us, or simply enter AbiCare (or any of the others) you SHOULD find our webpages. They aren't perfect

yet, there's much left to do, but they are looking good and we are proud of them!

In the near future we will be adding videos, photographs, forms and all sorts of stuff to turn the website into not just a

shop window but a staff resource as well. Have a look and tell us what you think.

www.abicare.co.uk

Do you give too much..?



Many carers can all too easily get caught in a cycle of resentment and guilt - resentful that their

life is no longer their own - and guilty for feeling like this. It is important to acknowledge these feelings and not bottle them up.

Resentment

It is normal to feel resentful that your life is not perhaps the one you imagined. Perhaps your relationship with the person you care for has changed and you miss how it used to be. The person you are caring for may not always seem to appreciate what you are doing for them. You are bound to be affected by this.

Guilt

You may feel that you should be doing more, or doing something better, in terms of your actual caring role. Then you feel guilty because you "aren't doing a good job". Remember too that in some situations the person you are caring for may also feel guilty. It is possible they feel guilty about being a "burden" or they see the effect caring has on your life.

Talk about it

The important thing is not to

push those feelings away - it is important to allow yourself to feel these perfectly normal feelings and not get overwhelmed with guilt. Talk about it - either to the person you are caring for or to someone else that you trust. If you can, talk to your friends and family. Let them know how you are managing and ask them for their support and help.

If you don't feel able to share these feelings with friends and family, talking to other carers can help.

Co-workers will be familiar with what you are going through and may be able to suggest solutions that have worked for them. Do you know someone who has been a carer? Is there a carers' group nearby?

Can you join an online carers' discussion forum? Talking to others about it will help give some context to how you feel so the feelings don't get built up out of proportion. Carers UK's website forum can be a source of help and support.

You could also talk to your GP. They may be able to refer you to a counselling service, or give you information about local support groups, as could your local social services who may also be able to provide a sitting or break service so you can have some time to yourself.



“It is normal...that your life is not the one you imagined”

STRESS

If you can answer yes to 5 or more of these symptoms then you may be suffering with stress.

- Obesity and Over-eating
- Increased or excessive drinking of alcohol
- Loss of appetite
- If you smoke – you'll smoke more
- Increased coffee consumption
- Excessive and continuing irritability with other people

- Substance Abuse
 - You can't make decisions, large or small.
 - Unable to concentrate – (common symptom of stress)
 - Increased and suppressed anger
 - Not be able to cope with life, feeling out of control
 - Jump from one job to another without finishing things
 - Excessive emotion & crying at small irritations
 - Lack of interest in anything other than work
 - Permanently tired even after sleep – (another very common symptom of stress)
 - Decreased sex drive / libido
- Stress can cause Nail biting.

Don't suffer from stress in silence. Everyone suffers, everyone understands...AbiCare can help you deal with stress but only if you tell us...

Call HR (Sandra Pitcairn) for a confidential discussion.01722 343989



You are what you eat...

If you are worried that someone you care for is struggling to eat enough food, trying to base their meals and snacks on the following foods may help, as they are high in energy and protein. Food which provides protein and energy:

- Meat, oily fish, eggs, nuts, full fat dairy, such as yoghurt or cheese.

Foods which are a great source of energy:

- Pasta, potatoes, bread, rice, crackers or oat-cakes, and snacks such as biscuits, cakes, chocolate or crisps. Furthermore, some practical tips to help improve nutritional intake include:
- Eating small, frequent meals and snacks every 2-3 hours
- Avoid drinking fluids at the same time as eating. Whilst keeping well hydrated is very

important, drinking during or just before a meal may limit how much is eaten. However anyone who has specific advice from their health professional regarding fluids, should continue to follow this.

- Get some fresh air outside or sit by an open window prior to, or during eating.
- Use smaller portions on small plates.

*alcohol,
one of the
most
common
and
addictive
drugs of
our time*

Should we be taking supplements?

There is not a straightforward yes or no answer to this question, both because of the range of products available and because an individual's circumstances will govern whether they would benefit from using a particular supplement.

For example, even with popular, well-known products such as multivitamins things are not

The British Nutrition Foundation advises anyone concerned about whether their diet is providing enough nutrients to discuss this with a health professional. It's always a good idea to talk to your GP or to a registered dietitian if you're considering supplementing your diet.

They can give you advice about whether supplements will have health benefits for you in your particular circumstances. The most comprehensive evidence reviews to date suggest that there is no overall benefit, and bodies such as the National Institute for Health and Clinical Excellence (NICE) do not recommend its use. However, there are certainly still plenty of people buying glucosamine, and in these cases it's best that this per-

sonal choice is made in an informed way, with knowledge about what the evidence says and any potential harms.

At the other end of the scale some supplements sold over the internet, such as certain herbal weight-loss products, have been found to contain banned substances that carry a significant risk to health. It's clear that in these cases nobody should be taking these dangerous products. In short, there is no easy answer to the question of whether we should be taking supplements, but what is clear is the need for people to know what they are taking, to know whether it is likely to help and to know whether it is likely to harm.

Trying to lose weight?

Losing weight can be tough, but being overweight can make us less mobile, and being very overweight puts us at risk of serious diseases including heart disease, stroke, diabetes and some cancers, including bowel cancer and breast cancer after the menopause. The media often talks about obesity in

the younger population, but it's a problem among older people too.

If you've gradually gained weight over the years, try to lose it slowly but steadily, for example by losing 1 kg (1–2lb) a week

rather than crash dieting.

Try keeping a food diary for a week. Write down everything you eat each day then check through to see where you might cut down or change your habits.

Being physically active is good for everyone and can also help you maintain a healthy weight, or lose excess weight and successfully keep it off. Aim to be moderately active for at least half an hour on most days of the week – this means doing exercise that makes you breathe harder and your heart beat faster. This can be split into ten minutes, three times a day, or 15 minutes, twice a day.

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**AbiCare. Achieving
 Better Independence**

**“What’s
 your drug
 of
 choice..?”**

Called by many names—honey, brown sugar, corn syrup, fructose—sugar is sugar. Sugar causes dental cavities, obesity, and mood swings. It wreaks havoc with diabetes and hypoglycemia. Cut back on your daily use of sugar and eat more fruit to satisfy your natural craving for a sweet taste.

As for salt, most people consume 5 to 25 times more salt than they need, leading to hypertension and kidney disease.

Caffeine, a relatively mild stimulant, promotes irritability, anxiety, and mood disturbances.

And alcohol, one of the most common and addictive drugs of our time, is a factor in many killer diseases: hypoglycemia (abnormally low blood sugar), brain and heart damage, enlarged blood vessels in the skin, chronic gastritis, and pancreatitis.

Source: Well=Being for Dummies Published by John Wiley & Sons, Inc.



Butterfly Awards

The Butterfly Awards.

What are they?

As part of our efforts to recognise those carers and staff who make huge contributions to care and to the organisation we have instigated the Butterfly Award.

The top prize is a beautiful butterfly badge—the one you can see here - which you can wear with pride! The fact is, there are only about forty of these badges and there will never be anymore made. Next years butterfly will be a different colour and bear a different date!

How do you win one?

Firstly, anyone CAN win one. Whether you are a carer, a senior carer, an office admin, an AbiCleaner or a manager...anyone can win a butterfly.

In order to get one you will have to be exceptional. It’s that



The beautiful Butterfly...be the best, win a Butterfly!

simple. The work you do, the

attitudes you display, the care you bring to your job...all will be exceptional. You will be nominated by at least one person, probably several, then your nomination will be assessed and questioned and your managers will examine the proposal. If everyone agrees, you’ll be publically awarded a Butterfly! Make no mistakes, if you get to wear the Butterfly, you’re special!

We hope that everyone will find the Butterfly Awards fun and inspiring: wear the Butterfly and you’re the best we’ve got!