

ORCHARD PLACE NEWSLETTER

ISSUE 5
MAY
2009

HEALTH TRAINER SERVICE

AVAILABLE TO ALL

Worcestershire PCT NHS now have Personal Health Trainers available, to offer practical support for people who want to make changes to their lifestyle. This would include changes such as stopping smoking, becoming more active, eating more healthily and reducing high levels of alcohol in order to become healthier. The Trainers talk with you in the first instance, to find out what your goals are and to put an action plan into place, to help you achieve your individual goals.



They offer practical advice, support and guidance on how to best reach your goals. After

the initial discussion, you will be asked to keep a Personal Health Plan to chart what you hope to achieve, how you are going to achieve them and any difficulties you might have. You would meet with your Trainer for 6 sessions, which can be taken at any time to suit you, and either here at Orchard Place or in your own home. If you wish to take part in this free scheme, or find out more, please contact a member of staff for further details.

TIME TO SAY GOODBYE!

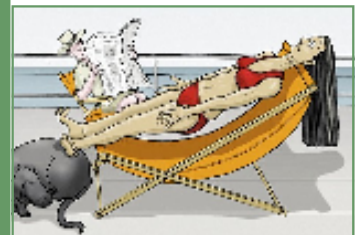
Ray Tanner will be saying his final goodbyes as he goes off to Retirement on Friday 22nd May. We will be sending him off in style with a Party from 12 noon on that day, so any clients who wish to attend, who aren't normally in on Fridays, please let a member of staff know.



BANK HOLIDAY



Orchard Place workshop will be closed for Whitsun bank holiday **MONDAY 25TH MAY**. Also **MONDAY 1ST JUNE** for staff training. Have fun!



"Although exhausted, you may not be able to relax or sit still". For more cartoons like this visit www.dailymail.co.uk/health/article-1128543

NEW DEPUTY MANAGER

It is with great pride that Stephanie Spencer takes over the reins from Ray on 1st June. "I know Ray will be greatly missed, but I hope that I will be able to step in where he left off, and that I can help take Orchard Place and the clients' into whatever the future has to hold".

Have you got something to say, or have something to be included in the next issue?

(Due June 19th 2009)

Contact

Steff Spencer

Peter Bayliss

Or use suggestion box

CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.



SWINE FLU INFORMATION

Any flu virus, including Swine flu, is spread by droplets from coughing and sneezing so always CATCH IT, BIN IT, KILL IT, and wash hands regularly. If you, or anyone you know, has recently returned from Mexico, the traveller must stay at home for 7 days.

SYMPTOMS: Sudden onset of fever, cough, shortness of breath, other symptoms can include headache, sore throat, tiredness, aching muscles, chills, sneezing, runny nose or loss of appetite.

DO NOT GO TO THE GP or A & E

Check your symptoms at www.nhs.uk or telephone 0880 1 513 513 or NHS DIRECT on 0845 4647



FROM LAYING A FLOOR TO
 HANGING A DOOR
 PLUMBING A SINK OR
 PAINTING IT PINK
 FITTING A TRACK OR
 BUILDING FLATPACK
 CHANGING YOUR TAPS OR
 FIXING A SHELF
**GET US TO DO IT, INSTEAD
 OF YOURSELF!**

Orchard Place Handyman Team are here to help you fix those little jobs around the house, as well as undertaking more difficult tasks.

See Rick in the Woodshop or phone 01527 488702 to discuss your requirements

YOU CAN HELP RAISE

£500

FOR ORCHARD PLACE

Just ask your friends and relatives to fill in a form to become members of the Foundation Trust. When we get 100 we will raise another £500 which we are planning to spend on equipment encouraging 'Healthy Lifestyles'. So get recruiting!



Ask a member of staff for details and an application form..

Just for fun!

'CARTOON CHARACTERS' WORDSEARCH

y r m r h t e t s c o g h j a c d i n l e s
 e e l h e o w l o a s a h e d y h e t p a y
 l k s d c h e e m r l o o t i e n n s o o l
 t c t p t c t a e e s n o s p m i s e h t v
 t e a s o e h n e t r n h o s b y t s c s e
 u p r n r n d s a t i f s n s u r s i a e s
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 d o u o h u d e u i k t p d s s e n o t e e
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 a w o o g a m r m a a a y a a b t l s w t y
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 s r s t s a p s f r n r d r t l n f t a t h
 w d o t t i i a e p a c m d l r o e u e t s

WORDS TO FIND

Spongebob
 Squarepants,
 Dastardly And Muttley,
 Roobarb And Custard,
 Huckleberry Hound,
 Dora The Explorer,
 Woody Woodpecker,
 Captain Pugwash,
 Hector's House, Tom
 And Jerry, Mickey
 Mouse, The Simpsons,
 Flintstones, Pink
 Panther, Felix The Cat,
 Donald Duck, Tweetie
 Pie, Bugs Bunny,
 Banana Man, Elmer
 Fudd, Scooby Doo,
 Sylvester, Yogi Bear,
 Rugrats, Mr Magoo,
 Jetsons, Snoopy,
 Popeye, Topcat, Ben
 Ten, Pluto.

GOOD LUCK!