

Hello from the Able Living Team!

We hope you're enjoying the summer months! August brings longer days, warmer temperatures, and more time to enjoy the fresh air, but it also means we need to be extra mindful of staying safe in the sun and keeping well hydrated. In this issue, we're sharing helpful tips, a fun brain teaser, and resources for your family.

Hydration Reminder: Drink Up!

Staying hydrated is important all year round, but especially in summer when your body loses more water through sweating.

Top hydration tips:

- Aim for 6–8 drinks a day (water, squash, milk, tea – they all count!)
- Keep a jug or bottle of water nearby
- Add lemon, cucumber, or berries for a refreshing twist
- Eat foods with high water content like watermelon, jelly, cucumber, and tomatoes

Signs of dehydration:

Feeling dizzy or tired, having a dry mouth or lips, or noticing darker urine can all be signs. Let your carer know if you're feeling off, we're here to help.

Sun Safety and Protection Tips

It's lovely to enjoy the sunshine, but too much sun can lead to heat exhaustion or sunburn.

Protect yourself by:

- Wearing loose, light clothing and a hat
- Using SPF 30+ sunscreen, even on cloudy days
- Staying out of the direct sun between 11am and 3pm
- Drinking plenty of fluids
- Keeping indoor spaces shaded and cool

We're happy to assist with sunscreen, fetching drinks, or adjusting blinds and curtains to keep your home comfortable.

Brain Teaser Corner

Riddle me this...

I come out at night without being called. I'm lost in the day without being stolen. What am I?

(Answer at the bottom of the newsletter!)

Family Support and Education

We know how important family is in your care journey, and we're here to support them too. This month we're focusing on family education and involvement.

Did you know?

- We offer information to help family members understand how to support hydration, nutrition, dementia care, and managing medication at home.
- Family members are welcome to contact us for advice, resources, or to arrange a joint visit with your carer or care coordinator.
- We're happy to share signs to watch out for during hot weather, and how to help keep you safe and well.

Need support or want to learn more?

Your family can speak to our care team at any time, just call the office. We can provide printed leaflets, email resources, or even arrange a short chat with our care manager.

Just making you aware that Laura the Dementia Nurse at East Cheshire Hospice has let me know that they have places left on their next Dementia Carer Wellbeing Programme starting in September.

The sessions are held on Thursday's at the Civic Hall, run for 8 weeks and provide well-being sessions for carers at the same time that loved ones living with dementia benefit from Cognitive Behavioural Therapy. Contact East Cheshire Hospice on 01625 666990 or email www.echospice.org.uk/dementia-support (Please also see the leaflet attached to the email)

August Birthday Celebrations!

It's a month full of smiles, candles, and cake! 🍰

We're sending a **very special shout out** to all our wonderful clients celebrating their birthdays this August. Whether you're turning 65 or 95, we hope your day is filled with joy, love, and a few sweet treats!

A special shout out to:

Tom, Roberta, Mary, Malcolm, Irene B, Gareth, Irene H, Gwyneth, Shelagh & Peter – thank you for letting us be a part of your day. We're so lucky to support such lovely people.

From all of us at **Able Living Care Services Ltd**, we wish you a **very Happy Birthday!**

Seasonal Spotlight: August Favourites

August brings a harvest of delicious British produce that's perfect for summer dishes.

In season now:

- Strawberries, raspberries, blackberries
- Sweetcorn, tomatoes, courgettes, beetroot
- New potatoes and fresh herbs

Ask your carer for help preparing a fruit salad or simple seasonal snack or just to enjoy a glass of cool berry squash on a sunny day.

Need Anything?

If you need help staying cool, applying sunscreen, making drinks, or would like support for your family, please don't hesitate to speak to your carer or contact us:

Phone: 01625 875865/ 0161 2047968

Email: info@ablelivingcare.co.uk

Website: www.ablelivingcare.co.uk

Stay safe, stay cool, and enjoy August!

With warm wishes,

The team at Able Living Care Services Ltd

Brain Teaser Answer: The stars! 🌟