



Allander Homecare Limited

Providing Quality Care Within Your Home

Welcome to our Christmas Edition of our newsletter. We hope that this finds you, our service users safe and well.

We would like to thank you all for your continued use of our service.

For some service users this may be your first newsletter and we would like to welcome you and your families to Allander Homecare.



Please remember to cancel any services that you do not require over the festive period. Your carer will help you do this nearer the time.

Please feel free to contact our office staff, who will be happy to assist you with any queries that you may have.

***On behalf of all the staff at Allander Homecare,
We would like to wish you all a very Merry Christmas,
and a Happy New Year!***

Contact Details

We would like to take this opportunity to introduce you to your designated Team leaders:

Grace O'Neil – Operations Manager

Emma Hendry – Team Leader

Fiona Brand – Team Leader

Susan Devenay - Administrator

Telephone Numbers

Office. 0141 942 1001

Out of Hours No. 07505 566014

If you wish to speak to a designated coordinator and they are not available, please ask for another member of staff who will be happy to help you.

Please feel free to contact us by email (should you have access)

contact@allanderhomecare.co.uk



CHRISTMAS LIGHTS SWITCH ON

The latest switch-on times are (please check locally for more details of each event and any changes):

Milngavie - Saturday 21 November - 5pm
Bishopbriggs - Thursday 26 November - 5pm
Lennoxton - Friday 27 November - 4.50pm
Haughhead - Friday 27 November - 5.30pm
Torrance - Friday 27 November - 6.45pm
Kirkintilloch - Saturday 28 November - 5pm
Milton of Campsie - Friday 4 December - 6pm
Lenzie - Saturday 5 December - 5.30pm

In addition, Mugdock Country Park is hosting a Christmas Fayre on Friday 27 November (5pm-9pm) - featuring Santa's Grotto, food and drink, market stalls, children's rides, archery, carol singers, arts and crafts, and more. The Christmas lights will be switched on at 6pm.

STAY SAFE THIS WINTER



SCOTTISH
FIRE AND RESCUE SERVICE
Working together for a safer Scotland

Get your free smoke alarms

A short visit from the fire and rescue service will help make sure your home is as safe as it can be.

They can even install smoke alarms, free, if you need them.

It only takes about 20 minutes, and their advice and help could save your life.

For a [free home safety visit](#) call 0800 0731 999.

Our Mission Statement

"Making a Positive Difference to Peoples Lives"

Christmas Poem

The shepherds came from
out the north,
Their coats were brown
and old;
They brought Him little
new-born lambs--
They had not any gold.

The wise men came from
out the east,
And they were wrapped in
white;
The star that led them all
the way
Did glorify the night.

The angels came from
heaven high,
And they were clad with
wings;
And lo, they brought a
joyful song
The host of heaven sings.

The kings they knocked
upon the door,
The wise men entered in,
The shepherds followed
after them
To hear the song begin.

The angels sang through
all the night
Until the rising sun,
But little Jesus fell asleep
Before the song was done.

Sara Teasdale





CHRISTMAS WORD SEARCH

F I C V Y S S H L Y V H M A
 J U R Z S C R O O G E O A G
 O S Y E E U C C T F P P R M
 F N Q H G B Z I G C S N L A
 C E Z X Y G H M B H A H E H
 C K S N T C O Q D I T I Y U
 H C O G T R O H R P G V L M
 R I F A H J R O Y H Y P A B
 I D R N U O T M H E H U S U
 S C V O I C S K N P N F R G
 T Q G B I G K T O D B O F G
 M L Y V F K X Z P K I W M V
 A G R F J R C K V E U N L C
 S U K W Z P G I W I Z Z E F

CHRISTMAS
 CRATCHIT
 DICKENS
 FEZZIWIG

GHOST
 HUMBUG
 MARLEY
 MONEYHOGGER

SCROOGE
 VICTORIAN

CHRISTMAS EVENTS IN YOUR AREA:

Bearsden Cross Church:

Friday 11th December at 2pm-3.30pm: Mind That Song Alzheimer Scotland.

Sunday 13th December at 4pm: Christmas Carol Service.

Sunday 20th December at 10.30am: Christmas Nativity.



MERRY CHRISTMAS & HAPPY NEW YEAR

CHRISTMAS CARROT AND CORIANDER SOUP

INGREDIENTS

Ingredients

- 1 tbsp vegetable oil
- 1 onion, chopped
- 1 tsp ground coriander
- 1 potato, chopped
- 450g carrots, peeled and chopped
- 1.2l vegetable or chicken stock
- handful coriander (about ½ a supermarket packet)

Method

1. Heat the oil in a large pan, add the onion, then fry for 5 mins until softened. Stir in the ground coriander and potato, then cook for 1 min. Add the carrots and stock, bring to the boil, then reduce the heat. Cover and cook for 20 mins until the carrots are tender.
2. Tip into food processor with the coriander, then blitz until smooth (you may need to do this in two batches). Return to pan, taste, add salt if necessary, then reheat to serve.



EVENTS 2015



Congratulations to Arlene, Emma and Amanda on receiving accreditation as qualified trainers in the administration and promotion of oral hygiene.

CARING FOR SMILES is Scotland's national oral health promotion, training and support programme, which aims to improve the oral health of older people.



200+ "Message in a Bottle" containers handed over to Allander Homecare and 7,500 pairs of specs recycled. The plastic bottles, kept handily in each client's room, provide a unique way for vulnerable people to store vital personal information about their health, regular medicines, and emergency contacts and fits with Allander's philosophy of going the extra mile.



Key members of our care team at the East Dunbartonshire Council Business Awards where we were nominated as finalists in the Service Business category. Left to right - Grace O'Neil, Susan Devenay, Fiona Brand & Angela Coburn.

PLEASE REMEMBER
TO REQUEST
REPEAT
PRESCRIPTIONS
FROM YOUR GP
FOR YOUR
MEDICATION OVER
THE FESTIVE
PERIOD!



WE NEED YOUR
HELP!

We are looking for keen volunteers to assist our office team with certain tasks.

We would love to hear from any of our Service Users or family members, who would be interested in being on our interview panel during our recruitment process!

If this is something you would be interested in, please contact a member of our office team on **0141 942 1001**.

