



Continued from page 1
Hazel and Eileen, our dedicated
HR department (left).

How to make:

How to make lavender hearts:

1. If you have lavender in your garden, you can dry your own flowers. Harvesting just as the top florets are opening ensures the strongest scent, but after flowering, when the blooms are already drying on the stems, is also fine. Cut the flowers with long stems, tie with string in bunches of 30 or so stems. Place the head of each bunch in a brown paper bag, tie up with string and hang, flowers downwards, in a dry place for ten days to two weeks. When the flowers are fully dry, open the bags and pull off any remaining florets that have not fallen from the stems.
2. Stitch together some scraps of fabric with romantic associations – from some favourite old shirts, for instances – and cut out two heart shapes. With right sides facing, sew together, leaving a small gap for turning through. Turn right sides out and use fancy traditional stitches to decorate the seams. Then stuff with dried lavender and stitch the gap to close.



*** Don't forget to 'Like' us on facebook for all our Private Home Care updates.**

Dear Friends...

Welcome to our *Spring Newsletter 2011* which includes articles on training, testimonials and things to make in your home. I am pleased to say that we have completed two orientation and information evenings on FETAC Level 5 Practical Home Care Skills. I feel this course is very beneficial to carers and I am delighted that there was so much interest in it. We have a range of services in Private Home Care and then a testimonial "Our daughter slept through our wedding vows" on page 2 shows just one of the ways Private Home Care can be there for you. As the weather is getting warmer why not try to make a lavender heart for your home. We have the simple instructions for you to follow.



Elizabeth Nicholson
Managing Director

Thank you for your continued support

Elizabeth Nicholson **MANAGING DIRECTOR**

Carers Orientation and FETAC Information Evening

In the last two months we have held two training evenings for our carers on the subject of the new policies and procedures and information on the FETAC level 5 Practical Home Care Skills course. The training was given by Elizabeth Nicholson, Managing Director and also by our Nurse Manager Margaret Behan. Representatives from CPL Healthcare also gave information on the FETAC training course they are running for carers. This course comprises of four units which are communication and listening skills, safe caring, practical care skills and care support. The training evenings were held in the Hospice in Harold's Cross and updated the carers on the policies and procedures of Private Home Care and went through the details of filling out the forms required by carers.



Above: Some of our carers during the evening

Since these evenings 59 carers have completed the FETAC course and all the comments from the carers have been positive. *Continued on back page...*



‘Our daughter slept through our wedding vows’

Our wedding was coming up and we still hadn’t confirmed who would mind our daughter. There was a lot to be considered: she would stay with me the night before but the next day the house would be full of people, I would need to get my hair and make-up done and also need to get dressed but she needed to stay in her routine and be happy. My now husband and I debated the options many times but we needed a concrete solution to make sure our daughter would be happy. Option 1 was to bring her to crèche for the morning but she needed to be taken to crèche, collected and dressed for the wedding. Who would do this and would she be as clean as we would like her for the pictures. Option 2 was that my parents could mind her for the day but considering that I am their only daughter they wanted to enjoy the day and be able to take part fully.

Option 3 was that there would be plenty of family there to mind her but who would bring her up to bed, who would watch her and bring her to play, would people really like to change her when they were all dressed up, feed her and bring her from the church to the reception. Option 4 was a babysitter at the hotel but this didn’t allow for someone minding her in the morning and to make sure she got dressed, got to play and was able to have her breakfast and lunch. Then Option 5 was suggested to me and it so obvious this whole time. I work for Private Home Care who provide carers for a lot of situations including functions. I enquired for our wedding and it was possible.

My daughter met the carer before hand and immediately took to her. She came to the house that morning and gave her breakfast, played with her toys and gave her lunch, got her dressed and walked to the church with her which was around the corner. This allowed me to go and get my hair and make-up done feeling confident that my daughter was happy. When I got back she was in great form and all ready. We had a few hugs and talked but the carer was able to take her while I got dressed. This was the moment I was thinking of for ages getting into the car and preparing to walk down the aisle. It was so exciting and I was so happy that I didn’t have to worry about my daughter being upset. She was so comfortable



Above Photo:
Carer from *Private Home Care* with our sleeping daughter at our wedding ceremony.

that she fell asleep in the carers’ arms while we said our wedding vows. We wanted her to be a big part of the day aswell so during the service we wanted her at the top for the blessing and this was no problem. The carer brought her to the top of the alter and stood back while we had her. It was the best of both worlds, our daughter got to be part of everything and was minded. They travelled in the car to the hotel with my mom and dad and when they got there I had dinner organised so she got something to eat. While we had to do a bit of mingling our daughter took to the floor and was able to play with her cousins while the carer watched her. During the photos our daughter took part but again the carer was on hand. She was there to take responsibility for our daughter but knew when to stand back and let family

hold her. When it was bed time my husband wanted to change her into pyjamas and we both said good night. The carer watched her and she went to sleep. Some of our friends and family came up to me afterwards to tell me how good they thought the carer was.

“Having a carer to watch our daughter on our big day gave us peace of mind in knowing that she was looked after but still able to take part and enjoy the day”

As seen in this story a carer can be booked for a family function but this is not restricted to weddings and can be booked for as long as is needed.