

# Battlefield Healthcare

## Spring Newsletter

**Happy Easter Everyone**



Easter is when Christians remember the Death and Resurrection of Jesus Christ, the son of God. The full Easter period lasts a long time. Easter officially starts with Lent on Ash Wednesday. Then Christians celebrate Ascension Day, remembering when Jesus went back to Heaven. Easter officially ends with Pentecost or Whitsun, when God sent his Holy Spirit to help Christians. The word 'Easter' potentially comes from 2 old pagan spring festivals, 'Ostara' (celebrating new life) and 'Ishtar' (relating to the goddess of heaven).



### Welcome Back

Clare Jones Gray has returned to her role as senior care coordinator after her maternity leave. Clare will be working Monday to Thursday. Clare will also be returning to her role as staff trainer in the area of Moving and Handling.



### Word Search

March  
April  
May  
Rain  
Windy  
Bud  
Butterfly  
Bee  
Tulip  
Easter  
Flower  
Passover

### Carer of the Quarter

Jo Hough has been nominated for carer of the quarter by Mrs L "Jo always goes above and beyond and is very helpful and supportive. Jo was wonderfully reassuring recently at a time of great need."



Mandy presenting Jo with her certificate for Carer of the Quarter



**Good Friday March 30th – Office closed**  
**Easter Monday April 2nd – Office closed**  
**Out of Hours Emergency Line: 07814051391**

### Suggestions for Carer of the Quarter

Please remember to nominate your carer of the quarter if you feel a particular member of staff goes over and above what is normally expected, or simply for them providing very high standards of care. You can nominate your carer by either phoning us at the office or you can email us on [info@battlefieldhealthcare.co.uk](mailto:info@battlefieldhealthcare.co.uk)



## "Spring"

(to the tune of "Twinkle, Twinkle, Little Star")

Spring, spring is coming soon,  
Grass is green and flowers bloom,  
Birds returning from the south,  
Bees are buzzing all about,  
Leaves are budding everywhere,  
Spring, spring is finally here!



## Mental Capacity Act 2005

Mental Capacity refers to the ability to make your own decisions. It is important that you are involved in any decisions being made about you or your care.

## 5 rules for supporting me

- 1 Start by thinking I can make a decision
- 2 Do all you can to help me make a decision
- 3 You must **not** say I lack capacity just because my decision seems unwise
- 4 Use a **best interest checklist** for me if I can't make a decision
- 5 Check the decision made **does not** stop my freedom more than needed

## Maternity Leave

Just to wish Natalie Cooke all the best for the arrival of her baby. The baby is due around the end of April or early May time. I'm sure that Natalie will be missed whilst she is away by her regular Service Users



## Massive Thank You

I just want to apologise to everyone who was affected by cancelled calls during the severe weather conditions on 3 occasions this winter. I would also like to thank you for your understanding and tolerance during this time.



250g kale stalks removed  
4 garlic cloves, finely chopped  
4 anchovies, finely chopped  
1 lemon zested  
70g fresh breadcrumbs  
1½ kg leg of lamb, part tunnel-boned, shank still attached  
2 bunches rosemary  
1 bunch thyme  
100g hay, toasted (for 8-10 mins at 160C/140C fan/ gas 3, optional)  
500ml lamb or chicken stock  
2 tbsp olive oil

## Method

- Cook the kale in boiling water until just wilted, then refresh in iced water.
- Drain and carefully squeeze the excess water from the kale, then roughly chop.
- Tip into a mixing bowl, stir in the garlic, anchovies, zest and breadcrumbs, and season (add lots of pepper).
- Pack the stuffing into the cavity of the lamb and tie with string – it doesn't matter if it's messy; just make sure the filling is secured. Can be prepared up to a day ahead and kept in the fridge.
- Heat oven to 190C/170C fan/ gas 5.
- Mix the herbs with the hay (if using), transfer to a deep roasting tin, and then pour over the stock.
- Nestle the lamb on top, drizzle with oil and sprinkle with salt. Roast for 1 hr 20 mins for pink lamb, adding 10 mins if you want it cooked through and another 10 mins for well done.
- Rest for 20 mins, then carve into thick slices and serve.

## Keep a note of our contact details:

Unit 38D Vanguard Way, Battlefield Enterprise Park, Shrewsbury, SY1 3TG

Tel: 01743 443076 Out of hours 'on-call' number: 07814051391

Email: [info@battlefieldhealthcare.co.uk](mailto:info@battlefieldhealthcare.co.uk) Website: [www.battlefieldhealthcare.co.uk](http://www.battlefieldhealthcare.co.uk)

Normal office opening hours: Monday to Thursday 9am to 5pm, Friday 9am to 4pm.

