

CARE NEWSLETTER

Issue 2 - October 2025



MESSAGE FROM OUR REGISTERED MANAGER

As the seasons change, we are reminded of the natural rhythms around us, each bringing new opportunities for growth, reflection, and renewal. Now, as summer wave goodbye and autumn settles in, change allows us to embrace fresh perspectives and make the most of what's to come. Here's to making the best of the remaining months of 2025!



Sherita Ncube

Care Manager

What did one autumn leaf say to another?
-I'm falling for you. ☺



COMMUNITY CORNER

Star will be taking part in the **Run 50 Miles** in October for **Prostate Cancer Research** where participants commit to running 50 miles during the month of October. The event is designed to raise awareness and funds for prostate cancer research. This challenge aims to help Prostate Cancer Research UK advance its mission of creating a world free from the impact of prostate cancer. It's a wonderful way to support a great cause while engaging in a healthy activity! We are incredibly proud of Star for taking on this inspiring challenge. If you'd like to show your support, please consider making a donation — no matter the amount, your contribution will make a real difference. Together, we can help create a future free from the impact of prostate cancer.



Sithabile, Carer



HEALTH AND WELLBEING THIS AUTUMN

As the days get shorter and the weather turns colder, it's more important than ever to look after ourselves — inside and out. Staying healthy isn't just about avoiding colds and flu, it's about keeping our bodies strong, our minds positive, and our energy levels up.



EXERCISE

Try simple indoor exercises such as chair stretches, light weights, or even walking on the spot while watching TV. Just 10–15 minutes of activity each day can help keep your joints mobile and energy levels up

Don't Forget!

From October 2025, flu vaccines will be available for:

- Everyone aged 65 and over
- All frontline health care workers
- Anyone who is the main carer of an elderly or disabled person

Get in touch with us if you need assistance booking yours.



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MENTAL HEALTH

Make time to connect with others — a phone call, a cuppa together, or joining a local group. Open curtains during the day and step outside when possible. Hobbies, like reading, or journaling, can also lift your mood.



NUTRITION

Fuel your body with warming, nutrient-rich meals. Add seasonal vegetables like carrots, parsnips, and pumpkins to your meals. They're packed with vitamins that help strengthen your immune system. Try the recipe. →

Why didn't the skeleton see a doctor?
-He didn't have the guts. ☺



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Beetroot, Carrot and Ginger Soup

Method

1. Heat 1 tablespoon of oil in a saucepan. Add the onion and fry gently for 10 minutes without colouring, until soft and translucent.
2. Add the beetroot, carrot and ginger. Stir for 1 minute. Add the orange juice and stock. Season with salt and pepper.
3. Bring to the boil, reduce the heat and simmer until the veg is tender, about 25–30 minutes or so, depending on how small you've cut your veg. Blend until smooth.
4. Gently reheat if needed and check the seasoning before serving.

Ingredients

- oil for frying, e.g. rapeseed
- 1 large onion, chopped
- 3 medium beetroot, peeled and diced
- 2 large carrots, diced
- 25g fresh ginger, peeled and grated
- juice of 1 orange
- 1½ litre veg stock
- salt and pepper

Serves 4 : 50 min

Riverford.co.uk

What do you get when you drop a pumpkin?
-Squash. 

STAY UPDATED.

CONNECT WITH US



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GET INVOLVED

We would love to hear from you! Feel free to contribute your ideas, recipes, poems, or artwork. Email keit@adelikhealthcare.co.uk

JOIN THE TEAM

We welcome your interest in joining Adelik Healthcare. Please send us your CV to admin.enquiries@adelikhealthcare.co.uk

We hope we made you chuckle with the humour in this month's newsletter.
Make someone else smile this **World Smile Day, 3 October 2025**.

THEIR SERVICE, OUR HISTORY

For generations, Black men and women have stood at Britain's frontlines – on land, at sea, and in the air – serving with skill, discipline, and pride. The six lives remembered here reflect a far greater story: one of courage, loyalty, and service that strengthened Britain and earned a lasting place in its history.



WALTER TULL

Professional footballer who became a commissioned officer in the British Army during the First World War. He led his men on the Western Front with courage until his death in 1918.



JOHNNY SMYTHE

RAF navigator in the Second World War who flew hazardous missions over Europe, survived being shot down and held prisoner, and later served Britain in distinguished public roles.



ULRIC CROSS

The most decorated West Indian serviceman of the Second World War, whose RAF missions preceded a diplomatic career that shaped newly independent African nations.



DAVID CLEMETSON

Cambridge-educated Jamaican who served as a commissioned officer in the First World War – a rare distinction at the time. He saw front-line service before his death in 1918.



RICHARD (DICKIE) BARR

Royal Navy veteran whose notable career reflects the long-standing tradition of Black sailors defending Britain at sea and proudly serving with skill across the world's oceans.



LILIAN BADER

Among the first Black women in Britain's armed forces, she trained as an instrument repairer in the WAAF during the Second World War, keeping aircraft ready for combat.

Why did the scarecrow win an award?

-Because he was outstanding in his field.