

# The Optimist

## Director's Update

We would like to take great pleasure in publishing this edition of the newsletter to update on activities across the company and welcome all our Service Users and Staff from Family Care Homes (FCH) into the Optima Care team.

Following the acquisition of FCH in June 2011, it has been a busy period for the team whilst we focused on the integration. Whilst the programme has been fast moving, and intense, we are proud of the journey and success this has brought to both FCH and the existing Optima Care services.

Optima Care services have also been busy with Hamptons and Brookhaven working through the transition of services, with Hamptons specifically now delivering Locked Rehabilitation services for people with Mental health problems.

As we approach the end of a challenging period, the year ahead looks to bring new challenges with continued economic pressures which is effecting us all, and pressures on fee reductions from Local Authorities and PCT. Therefore, one of the primary focal points will be to increase occupancy of our services. To this end, we launched a Commissioning Services function, and we are delighted to introduce Renato Nardiello to the team. He will introduce himself when he visits.

In the January Manager's meeting, we discussed our Change Management strategy to assist all the teams to continue to develop skills, take ownership and provide opportunities for improved working environments.

We have successfully reaccredited with Investors in People, which provides comfort that our program of staff investments returns benefit to all concerned, and provides the foundation for the Change Management program.

Through the course of the coming months, we will focus on delivering key messages which will help everyone to focus and drive their objectives.

The first message is: **Accountability**

**optima**care 

## Let's celebrate together!!!



We have two great reasons to celebrate this year, with the forthcoming Queen's Diamond Jubilee and the London Olympics. How would you like to celebrate? Perhaps a party? A day out? sweep stakes? Send your ideas to [Paula.fitzgerald@optimacare.co.uk](mailto:Paula.fitzgerald@optimacare.co.uk)

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Well done all...



## **On Yer bike!!!**

Chilterns Resident John (below) completed a tough 4 ½ mile cross country bike ride on Sunday 2nd January. The event was part of Thanet Roadrunners annual Duathlon event but the Race Director gave special permission to allow John to do part of the course. The event this year helped raise funds for the local RSPCA Centre at Woodchurch. John found it very tough but was delighted to finish.



## **On Top of The World (almost)!**

A Huge well done to Sharon Foster (above) from the Chilterns who braved the elements successfully completing the gruelling 3 Peak Challenge. Sharon, shown here with fellow climbers at the summit of Ben Nevis recalls of her challenge " The weather was too awful to get the cameras out at Scafell Pike and Snowdon but I can promise you we completed the challenge! It is without doubt the hardest thing I have ever done – the weather was the major factor – torrential rain and 50 mile an hour winds on the summit of Snowdon – we ended up having to walk back down the railway line for safety! However we have raised in the region of £6,000"



## **Red Nose Day**

**The Chilterns raised £66 for Red Nose Day by doing a car wash. This was an idea thought up by some of the residents and supported by staff.**

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## Lancashire's Got Talent



We recently entered the 'Central Lancs has talent 2012' under 'Health and Prevention'.

Myself and Keith (Warburton) attended the awards ceremony last week and set up a marketing stall.

Unfortunately we didn't win, but it's the taking part that counts. (I am a very sore loser!!!) We were up against some big names!!

The stall however was a success and we had lots of interest for our service. It was a good opportunity to network and show case what we do.

I appreciate the Preston site for putting me up for the award. Next year we will be bigger and better!!!!

Nikki Cousins

optimacare<sup>o</sup>

## Boat Trip with a difference....

We have carers who walk to our clients, carers who pedal to our clients, some who use motorbikes or scooters and many who use a car.

But this is a first - with the help of Lancashire Fire and Rescue and their inflatable raft carer Mandi Jones ensured that the client was not left without care.

Yet Another example of Burrowbeck Community Care going the extra mile to deliver our care services.

Alex Johnson  
Manager Burrowbeck Community



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And lastly, some words of wisdom...

## The Goose Story

This winter, when you see geese heading south for the winter--flying along in a "V" formation--you might consider what *science* has discovered as to why they fly that way.

As each bird flaps its wings, it creates uplift for the bird immediately following. By flying in a "V" formation, the whole flock adds at least 71% greater flying range than if each bird flew on its own.

PEOPLE WHO SHARE A COMMON DIRECTION AND SENSE OF COMMUNITY CAN GET WHERE THEY ARE GOING MORE QUICKLY AND EASILY BECAUSE THEY ARE TRAVELING ON THE THRUST OF EACH OTHER.

When a goose falls out of formation, it suddenly feels the drag and resistance of trying to go it alone--and quickly gets back into formation to take advantage of the lifting power of the bird in front.

IF WE HAVE AS MUCH SENSE AS A GOOSE--WE WILL STAY IN FORMATION WITH THOSE WHO ARE HEADED IN THE SAME WAY AS WE ARE.

When the Head Goose gets tired, it rotates back in the wing and another goose flies point. IT IS SENSIBLE TO TAKE TURNS DOING DEMANDING JOBS WITH PEOPLE OR WITH GEESE FLYING SOUTH. GEESE HONK FROM BEHIND TO ENCOURAGE THOSE UP FRONT TO KEEP UP THEIR SPEED.

Finally-- and this is important--when a goose gets sick, or is wounded by gunshots, and falls out of formation, two other geese fall out with that goose and follow it down to lend a helping hand and protection. They stay with the fallen goose until it is able to fly or until it dies; only then do they launch out on their own, or with another formation to catch up with their group.

IF WE HAD THE SENSE OF A GOOSE, WE WOULD STAND BY EACH OTHER LIKE THE GEESE.

**Keith Warburton, Preston**

