



A Merry Christmas to all

This is the first newsletter from Embec Care Ltd.

We have launched this newsletter in time for the festive season and I hope it proves to be not only informative but also fun.

Embec Care Ltd is a domiciliary care service offering support to people in their own homes living within the Sutton Coldfield and surrounding areas. For more information please see over leaf.

Your top five tips for keeping warm this winter and save you money!

These top tips are some of the best ways to keep your home warm, keep on top of your bills, and keep healthy. Some may seem obvious, but they could help you stay warmer throughout winter.

1. Heat your home well

By setting your heating to the right temperature (between 18–21°C or 64–70°F), you can still keep your home warm and lower your bills. If you feel cold at night, use a hot water bottle or electric blanket – but never use both together.

2. Get financial support

There are grants, benefits and sources of advice available to make your home more energy efficient, improve your heating or help with bills. Its worthwhile claiming all of the benefits you are entitled to.

3. Eat well

Food is a vital source of energy, which helps to keep your body warm. Try to make sure you have hot meals and drinks regularly throughout the day.

4. Get a flu jab

You can get a free jab to protect against seasonal flu from your GP if you are over 65 or if you have a long-term health condition.

5. Look after yourself and others

On cold days try to avoid going outside; however, if you do need to, remember to wrap up warm. If you have an older neighbour or relative, look out for them during winter to make sure they are safe and well.

STAYING WARM IN WINTER IS CURRENTLY AVAILABLE FROM THE EMBEC OFFICE IF YOU HAVE NOT YET GOT YOUR COPY PLEASE CONTACT US AND WE WILL SEND ONE OUT.

Christmas Raffle



There will be a Christmas Raffle and all our service user names will be entered for a chance to win a

Festive food hamper

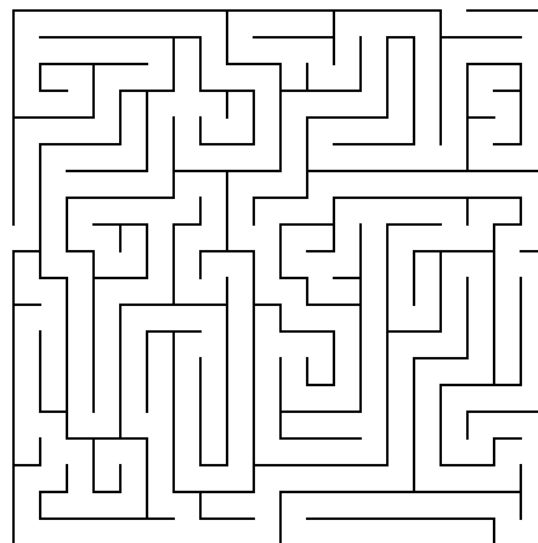


Christmas word search

m	h	z	b	x	i	z	h	i	k	y	p
e	q	t	c	c	l	s	t	a	r	k	r
r	h	i	r	h	l	n	h	c	j	e	e
r	o	m	s	e	r	g	q	m	j	m	s
y	l	l	c	a	e	i	p	i	p	b	e
p	l	r	a	j	u	v	s	s	h	e	n
j	y	k	r	u	w	x	e	t	y	c	t
g	k	i	o	h	r	w	u	l	m	c	s
x	n	z	l	p	e	e	y	e	j	a	a
l	v	r	s	g	a	o	l	t	n	r	s
s	a	n	t	a	t	v	z	o	h	e	m
v	w	t	x	h	h	b	g	e	m	z	t

merry	christmas	carols	holly
santa	presents	tree	star
mistletoe	wreath	embec	care

Any contributions would be greatly received; deadline for next publication will be Feb 20th 2010 please forward to The Editor at Embec Care Ltd
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Santa is lost! Can you help him find his way back to the North Pole?