



Season's Greetings!

As we enter the festive season and reflect on the past year, we want to reach out with warm wishes and heartfelt gratitude. This season is a time of connection, care and togetherness, values that lie at the heart of everything we do in Primary Homecare. Our team remains committed to supporting you and your loved ones, providing comfort, companionship and essential care that makes a difference. Thank you for allowing us to be a part in your lives; it is a privilege to support you. From all of us here at Primary Homecare, we wish you a season filled with warmth, health and happiness!

Each month we like to recognise a carer as our 'Carer of the Month'. Whilst we value all our carers these are the ones who stood out and have gone the extra mile for the past 10 months:

- Sandy (Ipswich)**
- Cynthia (Felixstowe)**
- Shaline (Ipswich)**
- Laina (Felixstowe)**
- Paida (Ipswich)**
- Rumbi (Stowmarket)**
- Mohit (Felixstowe)**
- Mia (Felixstowe Coordinator)**

If you feel one of your carers has gone the extra mile and deserves a compliment, please give our office a call and let us know!



What's on near you?

[Illuminated garden trail at Helmingham Hall](#)

17th November – 18th December

[Ipswich Christmas light switch on](#)

17th November

[Carols on the green at St Augustines church](#)

2nd December at 3pm

[Stowmarket Christmas Fayre](#)

Last Sunday of November (24th)

[Felixstowe Christmas Market](#)

30th November

Puff Pastry Mince pies!

Ingredients

- 320g Puff pastry
- 250g mincemeat
- 1 egg beaten
- ½ tbsp demerara sugar
- ¼ tsp ground cinnamon



1. Heat your oven to 200c/180c fan. Unroll the pastry and cut half into 8cm circles and half into 6cm. press the 8cm circles into a muffin tray.
2. Fill the pastry with the mincemeat and brush around the edges of the pastry with a beaten egg, Put the 6cm lid on top and press down. Poke a whole in the top to let the steam escape.
3. Brush the tops with beaten egg and mix the sugar and cinnamon together, sprinkle this on top.
4. Bake for 25 minutes or until golden and puffed up
5. Once finished let cool in the tin for 10 minutes and then transfer to a rack to cool completely.

Winter

When the geese are flying south
And the sky is grey, my dears,
Close your eyes and lift your nose;
Listen with your careful ears.

Feel the winter coming on;
Hear it in the crackling trees;
Note the crisping, quivering wind
Sharply snapping at their leaves.

Feel it on the windowpanes—
Chilly glass on fingertips—
Mark the biting of the air,
Heated breath on numbing lips.

See it in the early eves,
In the glowing sunset where
Shadows of the naked trees
Rattle in the biting air.

Watch the nuthatch and the wren;
They know it is time once more
To abandon careful nests,
As they've done each year before.

Let the frost rest on your face;
Sense a shiver on your skin.
See how pretty nature is
When she ushers winter in.





Here are some highlights we have recognised from the past year!



On the 16th of September one of our brilliant team Members Neshmiya had the joy of Welcoming a baby boy to the world! Both Mum and baby are healthy and enjoying time together at home.



Congratulations to both Toni and Mia for winning the 'Developing Young People' award at the Suffolk Care Awards 2024, recognising their outstanding dedication to nurturing the next generation in the care industry!

On the same day, Mrs Fairburn our director also earned a 'Lifetime Contribution Award'. Fantastic!



Whether it be a stroll around the park or assistance with shopping, carers love doing what they do!

One of our lovely clients has showed us her amazing artistic skills. This client loves to paint and do anything crafty. As you can see she is amazing at this!



Sunshine in May

If you have any pictures of yourself over the festive period, this year we would love to see them! Please email us your photo's to tiegan@primaryhomecare.co.uk Please let us know if we have permission to post to our social media channels! Find us on Facebook and Instagram



Facebook: Primary Homecare



Instagram: Primary Homecare

This Christmas, if you wish to show your gratitude with a small token gift, it would be greatly appreciated. Simple gestures such as a card, homemade treats, or a small gift can bring immense joy to our carers. However, we kindly ask that you refrain from giving larger items or gifts of significant value including money. This helps us maintain a fair and consistent approach for all our carers.