



NEWSLETTER

September 2021

Pop—up Painting

In August, Socially Yours allotment hosted it's very first pop up painting event. The very talented Natalie Kaciubskij led the session and even provided some delicious warm home made food! There were some beautiful sunflower paintings produced despite the weather threatening to ruin the day. We will provide details of the next pop up painting events for anyone who may wish to attend.



Socially Yours Allotment Open Day

It may be coming to the end of the growing season but that means it's very nearly harvest season! It is a great time to visit the allotment and see what has been achieved this year. Gardening has been a brilliant, safe, outdoor activity this year and although the weather may not have been the best we have still managed to grow many different things. There will be an open day on September 12th 2021 from 1pm. If you have ever wondered what it may be like down there then why not come and see for yourself?

Stockport Together Again

We are very excited to be showcasing some artwork with the help of some of our Socially Yours members at the upcoming Stockport Together Again exhibition at Stockport War Memorial Art Gallery. This exhibition showcases the creativity of Stockport's community groups, artists and individuals as Stockport comes back together following the pandemic. Our display will showcase our love of the outdoors, bringing together our friendship group who have been meeting outdoors and the allotment and all it grows outdoors! We really hope you can come along and see some of the artwork that has been produced. For more information visit <https://arc-centre.org/exhibition-stockport-together-again/>



Nutrition and Hydration

You may remember back in June, that we encouraged staff and service users to focus on good hydration and nutrition. Quality Care of Cheadle were involved in a pilot programme headed by GM Nutrition and Hydration Programme. This involved monitoring service users, ensuring they ate and drank enough, didn't lose a drastic amount of weight and having conversations about food. We were able to use the Paperweight Armband to help determine if a person may have needed some extra input. The findings were evaluated by the University of Manchester and it was found that 81% people who were at risk of malnutrition, had a positive outcome with some early intervention. Full details can be found here <https://www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration/> Our staff had some great training to allow us to successfully take part in this pilot and now the findings are out, Natalie has offered to take what she has learnt to others and last week she provided some Nutrition and Hydration and Paperweight Armband training to Stockport Signpost for Carers. If you are interested in finding out more, please get in touch.



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