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## Celebrating Cerebral Palsy Day 2021

Did you know that more than 17 million people around the world suffer from Cerebral Palsy? World Cerebral Palsy Day is about support. READ ON...

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## Hello World Mental Health Day 2021

This years slogan from the World Health Organisation is: "Mental health care for all: let's make it a reality". READ ON...

Hi

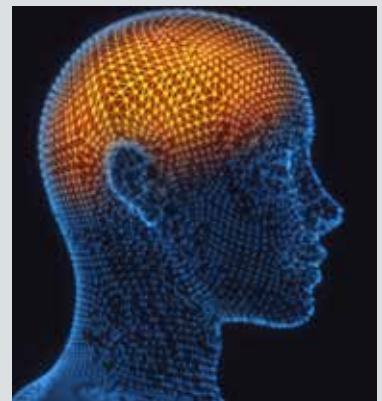
## So much to look forward to!

Hi guys! In this edition, we are looking at some important days coming up in health. This gives us a great opportunity to refresh our knowledge on these areas.

The first one, on 6 October, is World Cerebral Palsy Day 2021. World Cerebral Palsy Day is a movement of people with cerebral palsy and their families, and the organisations that support them, in more than 75 countries.

We are also going to look at World Mental Health Day that

takes place on 10 October 2021. The overall objective is to raise awareness of mental health issues and support around the world.



# World Cerebral Palsy Day

**Cerebral palsy (CP) is a group of disorders that affect a person's ability to move and maintain balance and posture. CP is the most common motor disability in childhood. - CDC**



**Babylon**  
Head: Operations



*A word from our "Babs", the boss of all this Ops & Business Development. Hi Guys, here is a bit more about Cerebral Palsy. Like with all our patients, we need to work with them with care and love!*



06 October 2021 is World Cerebral Palsy Day. Did you know that more than 17 million people around the world suffer from Cerebral Palsy?

"Cerebral palsy (CP) is a group of disorders that affect a person's ability to **move** and **maintain balance** and **posture**. CP is the most common motor disability of childhood. About 1 in 345 children has been identified with CP according to estimates from CDC's Autism and Developmental Disabilities Monitoring (ADDM) Network. CP is more common among boys than girls, and more common among black children than among white children. Most (about 75%-85%) children with CP have spastic CP. This means that their muscles are stiff, and as a result, their movements can be awkward. Over half (about 50%-60%) of children with CP can walk independently. About 1 in 10 children identified with CP walk using a hand-held mobility device.

Most CP is related to brain damage that happened before or during birth and it is called congenital CP. A small percentage of

CP is caused by brain damage that happens more than 28 days after birth. This is called acquired CP. The specific cause of CP in most children is unknown. CP is typically diagnosed during the first or second year after birth. If a child's symptoms are mild, it is sometimes difficult to make a diagnosis until the child is a few years older. With the appropriate services and support, children and adults with CP can stay well, active, and a part of the community. Read the stories of children, adults, and families living with CP." - CDC. So 06 October 2021 is a day to to celebrate and support those living with CP.

### Caring for Cerebral Palsy Patients

Our staff play a significant role when it comes to caring for patients with CP, whether young or old. Even if you have not had much exposure to such patients in the past, their needs are just the same as anyone else... its just their mobility that's a bit tricky. Most adults who have been cared for well on the CP journey, are able to work, and lead a full life. They enjoy wonderful careers and fulfilling family lives.

# Government says, Care Workers must..

**“Self-certification” for Care Workers who do not want to have the Covid-19 job will no longer be permitted. Carers must use a new Government approval scheme.**

Healthcare employees that feel they should be exempt from receiving the Covid-19 vaccination will no longer be able to “self-certify” and will instead be required to use a government-sponsored program for confirmation of their exemption. [Click HERE](#)

As stated by the government, Carers will have to submit an application that will be clinically evaluated before their exemption is approved.

The change follows the 15 September introduction of a temporary self-certification system.

If you had already used the self-certification scheme, you have a 12-week window to have your exemption approved or get the Covid-19 vaccine in order to

work in a care facility.

Following the introduction of compulsory Covid-19 vaccinations for English adult social care workers, unions have expressed worry about an “exodus” of employees.

Care Workers are asked to call 119 to request a medical exemption for the Covid-19 vaccine, and an application form will be sent to them.

Care Workers will be given notice of the results of their application once it has passed a clinical evaluation. As the National Care Forum’s chief executive officer, Vic Rayner, has alerted, the 12-week window for hospital workers who consider they are exempt from the new regulations ends on December 23. Don’t be caught out on this!



As a company, we have not issued a directive for mandatory Covid-19 vaccines, but we do encourage everyone to be vaccinated. Its up to you!

“ COVID-19 highlights how truly INTERDEPENDENT we all are. How reliant we are on cooperation, communication, and compassion to successfully combat the virus.

-Jacinda Ardern, PM of New Zealand



## In Case We Haven’t Met - AGAIN!

As is the world we live in today, and with Covid19 still rampant, we might not have gotten to know each other as we should! The world has changed and a lot of what we do now is online / virtual. So in case we’ve never met, hello from Management to you!!



### Willias Zvobgo - “The Pointing Guy”

Willias is our Managing Director, yup, the Big Boss! He is responsible for ensuring that we are all in a job and that the ship sails smoothly!



### Babylon Zvobgo - “The Cameraman”

Babylon, affectionately known as “Babs” is the Operations & Recruitment Director! Your CV needs to impress Babs before you can make the cut with us.



### Mutsa Kada - “The Awesome Lady”

Mutsa is responsible for Human Resources & Training. She ensures that the company is compliant in terms of policies, and that staff participate in CPDs.





Wear your green ribbon on 06 October for Cerebral Palsy Day, in solidarity with sufferers and their families.



## Caring for a CP Patient? Here is some advice

Cerebral palsy is a kind of condition that has an effect on a person's ability to walk, perform motor skills, and maintain muscle tone, among other things. Generally, if the child's brain has been harmed before birth, this issue may develop in the future. They may also have difficulty interacting orally, hearing difficulties, and learning difficulties. If you have a patient with cerebral palsy, it is always preferable to employ a carer to provide them with support. Caregivers assist them in carrying out their everyday responsibilities effectively. Every parent is unique in their own way. Some people have spare time to devote to their cerebral

palsy sufferer, while others don't have much spare time. As a result, the caregiver plays an essential part in their lives.

The type of care we provide as healthcare professionals will directly impact on the quality of life of the CP patient. A well planned and thought out routine will help in managing the care of the patient. Given that mobility is a major core challenge, the carer must be cautious of all aspects of a patients day-to-day routine, from eating, bathing to dressing and going about their normal activities. As such, our high standards of care must always be maintained.

### CP Patient Care Advice

Assist with personal hygiene tasks - Intellectual palsy patients have limited muscle and strength. As a result, kids are unable to perform some activities on their own, such as washing their faces, brushing their teeth, and bathing. The caregiver will assist them with each activity to ensure their hygiene.

Food assistance: is another important job activity that caregivers have performed for their cerebral palsy patients. Their primary duty will be to assist them in drinking and eating meals. It is difficult for CP children to prepare their own dinner or lunch. Because they have little muscular strength, they need help from caretakers. Caregivers have to be mindful of their food consumption; how much they consume and how often they consume are essential.



#### Daily Personal Care is required

Daily personal care is required - Absolutely Yes, CP patients lack the muscular strength to don clothing properly. As a result, caretakers must assist them appropriately in wearing clothing. They will show you how to dress comfortably. Caregivers must set a specific objective in order for it to be attainable. They may need to bathe & comb their hair, which enables them to dress properly.

#### Check their movement all the time

Monitor their movement - A CP patient has no clue how to do everyday tasks. You must educate them every day and carefully observe how they acquire their learning methods. You may have to focus on them at all times to determine how they are learning and what areas they need to work on.



**Willis Zvobgo**  
Managing Director

### So in conclusion - Show skill, support & extra care!

Working with CP is not easy, but we know that you can provide the support and compassion to our patients, as they too have trusted us to work without hesitation and judgement. You need to be able to know how to work with their mobility. Planning is everything, especially if your CP patient leads an active and outgoing lifestyle. A trip to the mall can be hectic if not properly planned from exiting the house, loading the patient into the car, up to trying on items in the mall. The devil is in the detail. So a lack of planning will always be your biggest downfall. Good prep and planning = happy patient and happy carer / nurse.



## Cerebral Palsy - *Breaking Bad* and reaching for the stars!

Roy Frank "RJ" Mitte is an actor best known for his role as Walter "Flynn" White Jr., a character with cerebral palsy, on the AMC television series *Breaking Bad*. Mitte himself was diagnosed with CP at age 3 and used leg braces and crutches for most of his childhood. By his teen years, in part because of regular exercise, he no longer needed them. Mitte is a prominent voice in cerebral palsy awareness, serving as a spokesperson for actors with disabilities for the Screen Actors Guild and an ambassador for United Cerebral Palsy. - [everydayhealth.com](http://everydayhealth.com)



## Cerebral Palsy - overcoming the challenges and reaching the summit!

Bonner Paddock's parents noticed early on that he moved differently from other kids, and they knew he'd been born with his umbilical cord wrapped twice around his neck. Yet he wasn't diagnosed with cerebral palsy until he was 11. Before the diagnosis he struggled to keep up with his athletic brothers, and after the diagnosis he continued pushing himself physically. In 2008, he became the first person with CP to reach the summit of Mount Kilimanjaro unassisted. His journey was featured in the documentary *Beyond Limits*. - [everydayhealth.com](http://everydayhealth.com)

# Speaking up as an ethnic minority is a challenge in the NHS

Minority ethnic employees were less likely than White employees to speak honestly to a "Right to Speak freely Up Guardian" of a different ethnic group because they worried their issues would not be recognized or considered legitimate.

Because Rights to Express-Up Guardians are mainly White, this acts as a barrier for minority ethnic employees to report discrimination or other workplace problems via the Guardian network.

Difference Matters contains statistics from an online poll of 1,074 employees from eight NHS trusts, with 69 percent being White and 31 percent being Black or minority ethnic.

Over 55percent of the total study participants said they had a problem in the past four years that might have been addressed with the help of a Freedom to Speak Up Guardian. Most minority ethnic individuals (62%) than white people (57%) decided not to tell a Guardian about their concerns.

A significant difference between the groups was that a

significantly greater percentage of minority ethnic respondents (55 percent) identified discrimination as a source of their problems than White respondents (8 percent).

As a result, 41% of minority ethnic employees said they'd want to talk with a Guardian of the same ethnicity as themselves. They were afraid that someone else wouldn't realize or value their problem. Only 7% of White participants, on the other hand, indicated they preferred a Guardian of the same ethnicity.

According to the most current NGO's Freedom to Speak Up Questionnaire, the network of Freedom to Speak Up Guardians is disproportionately White relative to the NHS staff, with just 10% of Guardians having a minority ethnic background in 2020, down by a third from 2019.

According to the study, employees from Black and other ethnic groups who did speak out had similar experiences to White workers.





## WHERE IS MY WORKPLACE



Ellern Mede;  
Moorgate, Barnet, & Ridgeway



The Rotherham NHS Foundation  
Trust:  
Rotherham



Inmind Healthcare: Battersea Bridge  
House  
Battersea



Fernbank Nursing Home:  
West Finchley

## World Mental Health Day A global event! 10 OCT

**This years slogan from the World Health Organisation is: "Mental health care for all: let's make it a reality". The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health. - WHO**

People's mental health has been severely impacted by the COVID-19 epidemic. Many groups have been especially impacted, particularly health and other support staff, students, people living alone, and those with pre-existing mental health problems. Furthermore, assistance for mental, neurological, and drug abuse problems has been severely hampered.

There is, however, a reason to be optimistic. According to the World Health Organisation, authorities from all around the globe acknowledged the need to scale up excellent mental health services at all levels. This commitment was made at the World Health Assembly in May 2021. In addition, several nations have developed novel approaches

to delivering mental health treatment to their citizens.

The World Health Organisation will promote the efforts undertaken in some of these nations as part of this year's World Mental Health Day campaign, and will urge all of us to highlight good stories as part of own efforts as an inspiration to others.

WHO will also offer additional information in easy-to-understand formats on how to look after your own mental health and help others. As SMResources, we too will be sharing this literature as we all need decent access to mental health services. Remember, no man is an island. We all need each other. Once we share the information, we hope you will find them most useful to you.



# Mental Health Tips For Nurses - You need this!

**No one joins the nursing profession expecting a walk in the park. Not only is this a physically hard job, but it is also psychologically and emotionally exhausting as well. It is needed of you to be brave in the face of pain and tragedy while still demonstrating compassion and understanding, and walking this balance can be tough at times.**

## **Don't Put Off Self-Care Until You Have a Day Off**

Self-care doesn't have to take up an entire weekend or a third of your income. In fact, including every day routines is better than "treating yourself" on a weekend or holiday. You may practice self-care by engaging in daily meditation for five minutes, calling an old friend to catch up after a hard day, or relaxing in the tub with a good book. Take a few minutes each day to engage in something restorative, no matter what it is.

## **Make a commitment to a good nutrition.**

Stress has a cumulative impact, which means that the more worried you are, the more severely any new pressures will affect you. Taking a break for a few minutes to practice deep breathing or sit in quiet with a coffee cup may help you release stress and return to extra focused and invigorated work.

## **Take Breaks**

Stress has a cumulative impact, which means that the more worried you are, the more severely any new pressures will affect you.

Taking a break for a few minutes to practice deep breathing or sit in quiet with a coffee cup may help you release stress and return to extra focused and invigorated work.

## **Look for a physical activity that you like.**

You're not the only one who feels this way. One of the most common reasons individuals stop exercising is because they haven't discovered one, they like. Physical activity, on the other hand, is critical for psychological health. As per research published in The Lancet, daily exercise is linked to decreased mental health problems.

## **Consult a therapist or seek counseling.**

It's beneficial to speak with a professional if you're dealing with a mental condition like depression or anxiety, if you've had a particularly tough scenario with a patient, or if you're just anxious. While venting to family and friends is beneficial, a counselor or therapist may provide objective, professional guidance to help you deal with the stresses and problems you encounter at work (and life).



## **Safety & Security FIRST!!**

- Please wear your Photo identification card at all times within the work premises!
- Keep your personal belongings safe and secure at all times.
- Close your office window and lock your door, even if only out for a minute.
- Do not leave anything visible in your car, clothing is the second most stolen item.
- Report all breaches of security & weaknesses in security to your line manager immediately.
- Challenge unknown people in your workplace IF SAFE TO DO SO.
- Use existing security systems such as access control, alarm systems, personal alarms, locks.
- Always think safety, be aware of your surroundings and be safe.
- Report all incidents of violence and aggression, loss and theft on the DATIX system.
- Ensure your escape route is clear when dealing with service users and the public.
- Teamwork, Vigilance and Common Sense tightens Safety and Security at work.



# Mental Health

## Preventing and treating depression as you get older

Some of the life changes that come with ageing can cause depression. If you think you might be at risk, read on...

### What you should know

- Depression can happen to any of us as we age and is not a sign of weakness.
- It's an illness characterized by persistent sadness and a loss of interest in activities that we normally enjoy, accompanied by difficulty carrying out daily activities.
- Depression among older people is often associated with physical conditions, such as heart disease, high blood pressure, diabetes or chronic pain; difficult life events, such as losing a loved one; and a reduced ability to do things that were possible when younger.
- People with depression also normally experience several of the following: a loss of energy; a change in appetite; sleeping more or less; anxiety; reduced concentration; indecisiveness; restlessness; feelings of worthlessness, guilt, or hopelessness; and thoughts of self-harm or suicide.
- Depression can be treated - with talking therapies, medication or both.

### What you can do

- Keep up with activities that you enjoy and find alternatives for things that are no longer possible.
- Stay connected with friends and family.
- Eat at regular intervals and get enough sleep.
- Exercise regularly if you can - even if it's just a short walk.
- Avoid or restrict alcohol intake and only take medicine as prescribed by your health-care provider.
- If you think you may be depressed, talk to someone you trust about your feelings.
- Seek professional help - your local health-care worker or doctor is a good place to start.

**REMEMBER:** Don't lose hope and don't be afraid to ask for help - there's lots that can be done to prevent and treat depression.



### CONTINUOUS LEARNING (CPD)

- Cardiopulmonary resuscitation, the laryngeal mask airway - [More](#)
- Mental health emergencies, using a structured assessment framework - [More](#)
- Well-being, physical and mental health (Patients with Schizophrenia) - [More](#)



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