



NEWSLETTER

Contrast Care



Nutrition Update

We would like to update you on the nutritional assessments previously undertaken. We screened 69 of our clients and 7% of you were at risk of malnutrition, those identified have been notified and supported individually.

Our Dietician, Jen Grant, informed us that the usual prevalence rate is 4-31%, with an average of 16%, so we were congratulated on our efforts in supporting our clients nutritional health.

Data shows that the likelihood of malnutrition tends to increase with age. If you or a family member is concerned about nutrition please do let us know. We will continue to support with this in every way we can. Eating well means you're more likely to feel healthier, stay active for longer and protect yourself against illness.

It's never too late to start eating healthily.

Newsletter - Summer 2025

During hot summer months, it is advised to take several steps to protect ourselves from heat-related illnesses. ***Stay hydrated*** by drinking plenty of water and other fluids, see more on page two. ***Stay cool*** by staying in cooler spaces or shaded areas, especially during the hottest parts of the day. ***Keep your home cool*** by closing curtains or blinds on sun-facing windows, using fans, and opening windows at night to let in cool air. ***Dress for the heat*** by wearing lightweight, light-coloured, loose-fitting clothing. ***Avoid strenuous activities*** during the hottest parts of the day (usually between 11am and 3pm) and take regular breaks in cool spaces.

The UK's National Health Service (NHS) recommends that older adults:

- Take cool baths or showers to help lower body temperature
- Wear a hat and sunglasses when going outside
- Avoid cooking or using ovens during the hottest parts of the day
- Check on friends and family members who may be more vulnerable to heat-related illnesses

Be aware of heat-related illnesses, such as heat exhaustion and heatstroke, and seek medical attention if you experience symptoms like dizziness, nausea, headaches, or rapid heartbeat. If you're concerned about your health or someone else's, don't hesitate to contact your GP or NHS 111 for advice.





Hydration Matters

During the summer months, high temperatures and humidity can increase the risk of dehydration. Age Scotland warns that signs of dehydration may include: thirst and lightheadedness, dry mouth, dry lips and eyes, tiredness, headache, dark coloured urine, passing urine less often, and confusion and irritability. Hydration is crucial for maintaining our optimum body temperature and to help move oxygen and nutrients around our body. It also helps regulate our blood pressure and support our immune system. Swallowing and the digestion of food is also aided by proper hydration.

Most people know they should drink more water; if you don't remember to do this, try to keep water with you during the day to remind you. Age Scotland state the following advice to keep hydrated.

National guidance is that you should drink around 6-8 glasses of fluid a day (roughly 1.5 to 2 litres).

One of your best options is to drink clear water as your body does not have to process out any of the additives. Other drinks like tea, coffee, hot water, herbal teas, milk, diluted fruit juices or squash all count too. Avoid having sugary fizzy drinks too often as they have a surprising amount of sugar in them: a 330ml can of fizzy juice could contain up to 10 teaspoons of sugar. Get into the habit of always having a glass or refillable bottle of water handy wherever you are. You could keep a record or chart of the number of drinks you are having for a few days to give you a clear idea whether you are drinking enough fluids. The easiest thing you can do to feel better today is to keep your body hydrated. Around 60% of your body is water, and you won't feel as well as you could if you don't keep your water levels right throughout the day.

Age Scotland have published a hydration matter information booklet. If you would like to receive a copy please just let us know, or for more information call Age Scotland on 0800 12 44 222.





Recipes

We would love to share your treasured recipes for all to enjoy! If you have any recipes you would like to share please let us know and we will share with everyone at Contrast Care!

First up - Mary's fluffy pancakes!

6oz plain flour

1/2 level teaspoon of bicarbonate of soda

1 tablespoon caster sugar

1 teaspoon of golden syrup

Pinch of salt

1 level teaspoon of cream of tartar

1 beaten egg

Splash of milk

Sieve dry ingredients then add enough milk to make a smooth batter.

* Ensure to let your mixture stand



How do I complain?



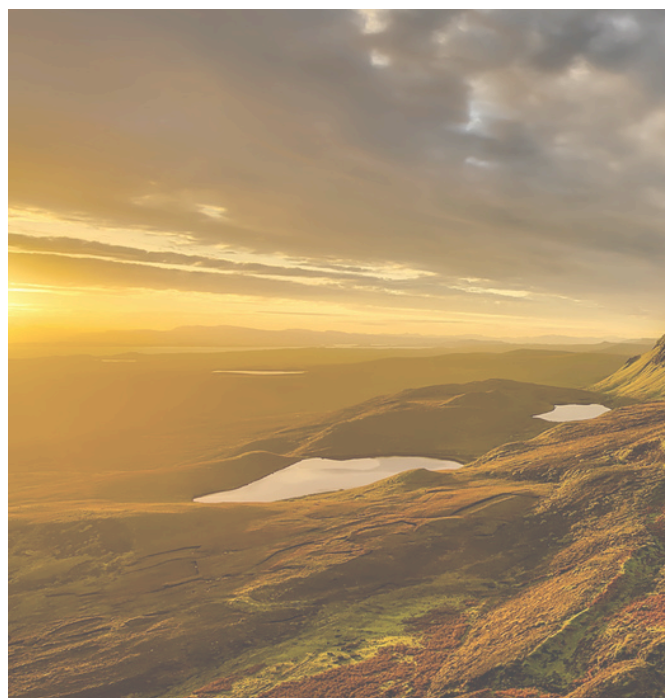
If there is an issue you would like to raise, you can do so by calling 07388918983, emailing angela@contrastcare.co.uk or alternatively by writing to us at our office address below.

Angela Davidson
Contrast Care Ltd
Registered Manager
3 Mid Street
Beaulieu
Inverness-shire
IV47DP



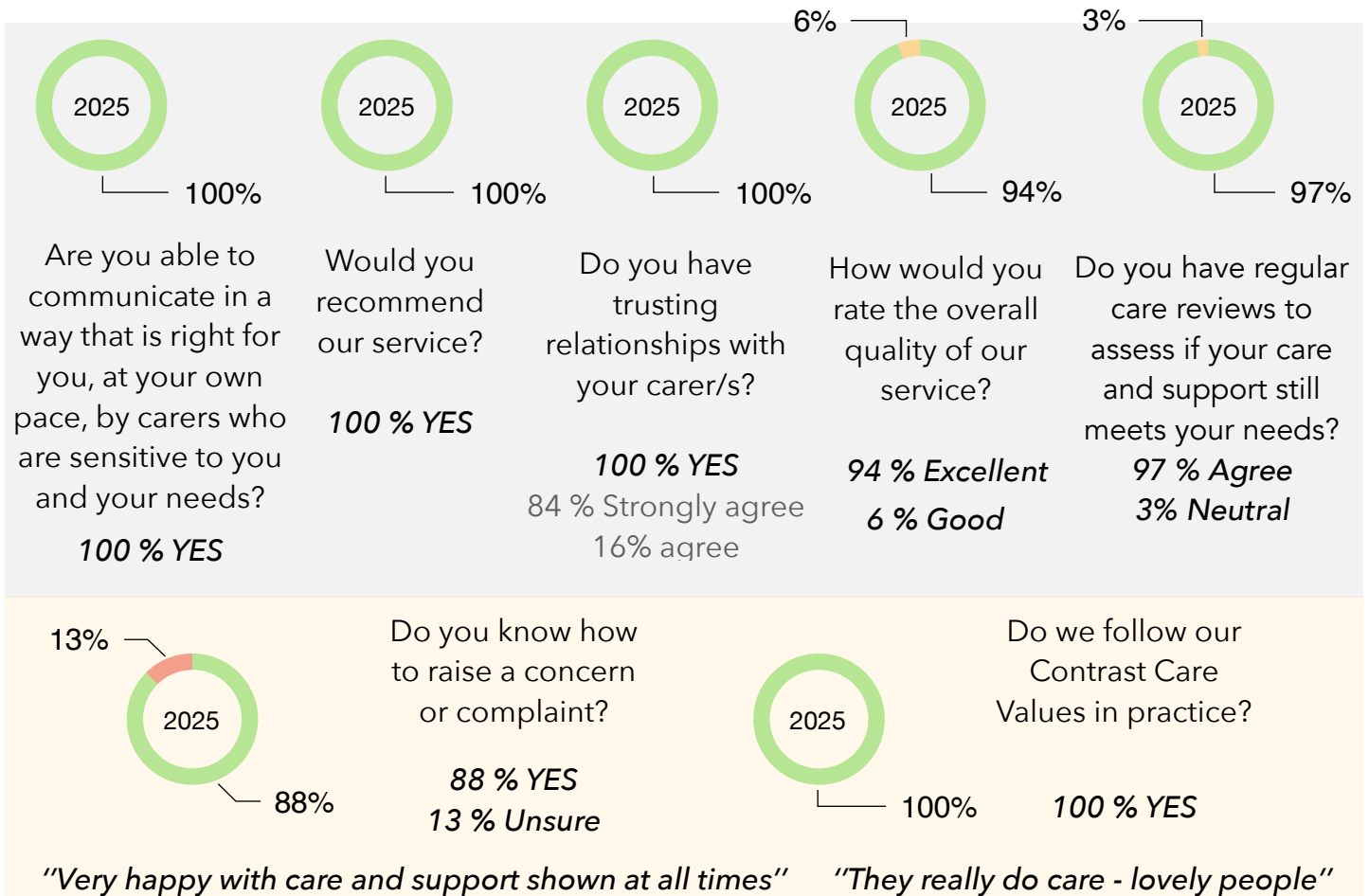
The Care Inspectorate encourages complainants to raise matters of concern in the first instance with the provider. However, if you are dissatisfied with the way we have dealt with your complaint, you can ask the Care Inspectorate to look at it. You can contact the Care Inspectorate by calling the national enquiries line on 0845 600 9527, or in writing to the local office at:

Great Glen House
Leachkin Road
INVERNESS



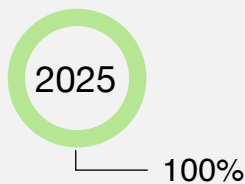
Contrast Survey Results - 2025

Please see some collated results for the latest completed



We are proud to report that the results of our latest surveys continue to be positive

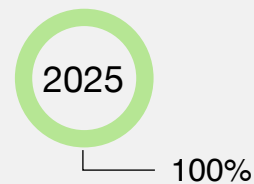
Staff Results



100% of staff who completed the staff survey were happy at work, and would recommend Contrast Care to others as a good place to work. **100%** of staff believe Contrast Care sets high standards and is run well and efficiently.

"Contrast Care is by far the best care company I have ever worked for and I am very happy to be a part of the team."

Stakeholder Results



100% of Stakeholders who completed the survey would recommend our service

100% have received prompt responses to queries and believe Contrast is a flexible service.

"We have an excellent working relationship with Contrast Care, they are responsive to their clients needs highlighting any issues or concerns as soon as they arise ensuring prompt action is taken."

As always, we really appreciate your feedback and very much welcome any suggestions.

Please also see page 3 for a reminder on how to raise any issues or complaints.

Summer Quizzes

Anagrams

RTOALPIC

AYHODLI

SEUNBD

PMAL ETRE

WTRABSERESRI

DSNA

ARBBEUEC

SOLPARA

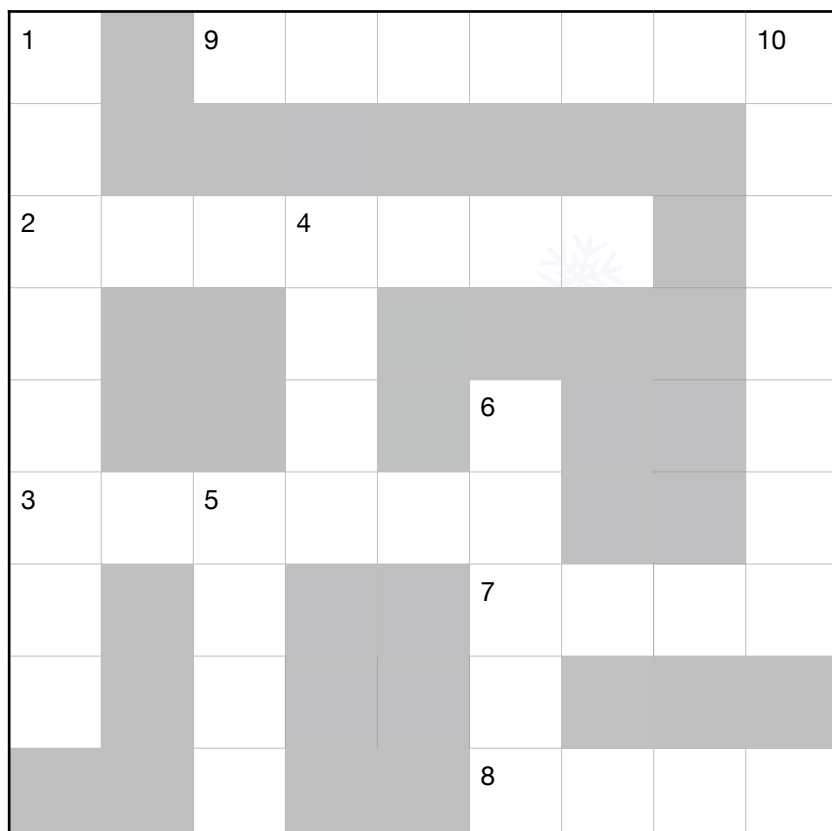
UNEACRMS

SAEDH

Sudoku

9		6		1	3			8
	5	8					9	
	3						1	
	6		8			9	2	
		3	4		9	1		
	4	9			6		3	
	9						8	
	1					6	7	
4			9	6		3		1

Summer Crossword



1. Spanish hat
2. Spanish island
3. French palace
4. Used on a row boat
5. Form of exercise
6. A place to enjoy warm weather
7. Insects that like the summer
8. Worn to protect us from the sun
9. By the ocean
10. Gets away

Please let us know if you would like an answer sheet.



Poor appetite?

*Unplanned
weight loss?*

*Looking for
advice about
your diet?*



OPENING HOURS

Mon: 9am - 4pm

Wed: 9am - 4pm

Thurs: 9am - 4pm

**EAT WELL AGE WELL
ADVICE LINE**

0131 447 8151

For those aged 65+ in Scotland