

## **Wellness Wednesdays for staff at Bromley Park Care Home**



**Our fantastic staff at Bromley Park Care Home spend their lives caring for our wonderful residents and are doing an amazing job through the pandemic.**

Our Manager Khadija is always looking for ways to support her team and has recently been focused on wellbeing and making sure her staff look after themselves. She is keen to start '**Wellness Wednesday**' at her **Home**, to focus on **good health** and **hydration** amongst her staff on an ongoing basis.

### **Protein bars from Bidfood**

Nellsar's Director of Operations Glenda Osmotherly and Nutrition and Wellness Manager Leni Wood have been liaising with Jaime Carpenter, Regional Account Executive at **Bidfood** who has kindly arranged a **donation of 750 Eat Natural protein bars to our Homes** for our staff.

These tasty protein bars help sustain energy and support blood sugar balance – perfect for our hard working teams. They have already been sent out to **Bromley Park** and **Princess Christian Care Home**.

Khadija was thrilled to be able to give out the bars to all her colleagues to enjoy. As you can see, they went down very well! **A huge thank you to Bidfood for this generous donation.**

***Explaining the 'Wellness Wednesday' idea, Khadija commented;***

*"Wellness Wednesdays are dedicated to looking at things that are feasible – changes we learn in our Home we can take back to our lives outside. For example, an apple and ginger shot in the morning before a shift, less sugar intake such as chocolate bars, instead having a protein bar. Other things we will discuss is water intake, as fluid and keeping hydrated is key. Sleep too – how can we wind down when getting home, as often staff sleep really late due to not being able to wind down."*

**Fitness focus**

Khadija is also organising some **boxercise classes** for her team with **Ifie Porter, a professional boxer** with a proven amateur track record and ABA champion for many years.

As soon as restrictions are eased, Ifie will come to **Bromley Park** to help boost the **wellbeing** and **fitness** of the team, giving fitness instruction onsite, but also showing exercises that are doable at home.

*So watch this space!*





