

# Pineapple Care



NEWSLETTER

JANUARY 2026



🎉 Happy New Year to everyone! 🎉

The Pineapple Care team is looking forward to a productive and progressive year ahead.

A huge thank you to our amazing care staff and support team for their dedication over the Christmas period. You truly went above and beyond to ensure our service users received the highest quality of support throughout the festive season.

We would also like to wish a happy anniversary to our internal PA, Leeann, celebrating two years with Pineapple Care. Thank you for your continued dedication, hard work, and for always giving your best to the team.



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 **January Recruitment Bonus** 

Recruit new staff and receive a £100 bonus this January.

Email: [recruitment@pineapple.care](mailto:recruitment@pineapple.care)



## Recruitment Event

@ Pineapple Care Office

28th January 2026

3:00 PM – 7:00 PM

**No appointments needed.**

Pineapple Care is expanding our team and is currently recruiting Care Workers, a Care Coordinator, a Deputy Learning Disabilities Manager, Learning Disability (LD) Support Workers, and Personal Assistants.

Pineapple Care welcomes individuals who are dedicated and committed to improving the quality of life for our most vulnerable service users.



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## Competition and Bonuses

### 💖 Valentine's Competitions 💖

Keep an eye out for our Valentine-themed competitions—details coming soon!



### 👩 Win a Massage Every Month 👩

Each month, we'll be giving away a massage prize—you could win a facial or a full-body massage!

How to enter:

Post something positive about @pineapple on social media on the 1st of the month

The first person to post wins

The winner can come into the office to collect their voucher



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The LD service users thoroughly enjoyed their Christmas party. They participated in karaoke singing and arts and crafts activities, engaging positively with one another and with the staff. The event was well attended, and service users appeared happy and fully engaged throughout.



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*Happy  
New Year*



Today at Club Pineapple, our visitors enjoyed hot drinks and snacks while reminiscing about spending the holidays with family and friends. It was a relaxing day filled with heart-warming, magical moments. 🍷✨



Club Pineapple – Photo of our social group just after the Christmas holidays. Everyone enjoyed hot drinks and snacks while sharing their best memories from the past holidays. A few people took turns knitting, while June kindly shared some fluffy socks with others to help keep their feet warm during the winter season. We also shared a special magical moment with a prayer session, chosen by our visitors.



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## NEWSLETTER

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## Pineapple Club

Our new venue at Headon Hall, Crawford Avenue, Stifford Clays, RM16 2AS, is designed to foster companionship, laughter, and meaningful engagement within our community.

This welcoming space for older adults is perfect for connecting, socialising, and enjoying a variety of fun and stimulating activities. We offer everything from games and gentle exercise to music, crafts, and, of course, lots of tea and conversation — there's truly something for everyone.

Our goal is to create a safe and friendly environment where friendships can flourish, and every member feels valued and supported. If you know someone who might enjoy joining us, please reach out. We would love to hear from you! Don't forget to check out our attached advert for more details.



**PINEAPPLE CARE  
SERVICES LTD**

### 'Club Pineapple' Social Inclusion Hub

Pineapple Care Services would like to invite you to 'Club Pineapple'.

**EVERY WEDNESDAY 10:30-12:30**



Headon Hall,  
Crawford Avenue  
Stifford Clays  
RM16 2AS

Welcome to Club Pineapple, a FREE Social Inclusion Hub based at Headon Hall, Stifford Clays. We are inviting the residents of Thurrock to join us for a chat over a cup of tea and biscuits, games and other organised activities. Whether you want to make new friends or simply enjoy a change of scenery, everyone is welcome. Follow our Facebook (@Pineapple Care Services LTD) for further details and events OR call our office to book your space.

[www.pineapple.care](http://www.pineapple.care)

CALL US: 01375 808303



**PINEAPPLE CARE  
SERVICES LTD**

### *Dementia Carers Coffee Mornings*

Pineapple Care Services would like to invite you to our Dementia Carers coffee mornings

**First Wednesday of every month**



Anytime between  
**10am – 12pm**

**'Club Pineapple'**

Headon Hall,  
Crawford Avenue,  
Stifford Clays  
RM16 2AS

Pineapple Care is running a monthly Dementia coffee morning for carers. This is for anyone who is supporting someone with Dementia or has a family member who is living with Dementia. We are offering the opportunity to get together with professionals and peers and discuss any help or advice that can be given. Please follow our Facebook page, Pineapple Care Services LTD for further details and events. We look forward to meeting you all.

Please call our office 01375 808303 or Email: [mail@pineapple.care](mailto:mail@pineapple.care)

To book your Free space anytime between 10am – 12pm



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## Upcoming Events

**Pineapple Care Office  
Recruitment Event  
@ 3 PM - 7 PM  
28.01.2026**

**LD ROOM  
Pancake Day  
17.02.2026**

**Club Pineapple,  
HEADON HALL  
Pancake day  
18.02.2026**



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## Hand Hygiene Tips



Here are some hand hygiene tips for healthcare workers in the UK:

- Wash Hands: Clean your hands immediately before and after contact with patients, after exposure to blood or body fluids, and before handling food or drink.
- Use Soap and Water: Use liquid soap and warm, running water to wash your hands for at least 20 seconds, ensuring all areas of the hands and wrists are cleaned.
- Alcohol-Based Hand Rub: If hands are not visibly dirty and there has been no risk of exposure to blood or body fluids, you can use an alcohol-based hand rub instead of soap and water.
- Dry Thoroughly: Use soft, absorbent hand towels to dry hands thoroughly after washing.
- Personal Protective Equipment (PPE): Wear gloves and aprons if you expect to come into contact with non-intact skin, mucous membranes, blood, or body fluids.
- Regular Training: Ensure that all healthcare workers receive regular training on hand hygiene and infection prevention measures.
- These practices are essential for preventing the spread of infections and ensuring patient safety.



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## Dementia Tips

- 1 Get to know the person • Know their likes and dislikes • Gather life history • Have three points of conversation.
- 2 Smile! The person with dementia will notice • your emotional state • Your body language • Tone of voice.
- 3 Slow down • Provide care in a relaxed manner • Enable the person to do things for themselves • Keep it simple and slow-one concept at a time.
- 4 Introduce yourself • Let the person know who you are • Tell them what you are there for • Obtain their permission to assist with care.
- 5 Communicate clearly • One point at a time • Make sure glasses and hearing aides are used if needed • Use an interpreter if needed.
- 6 Step back When the person is aggressive • Leave the area • Reassess and try again later • Try to identify the trigger to the behaviour.
- 7 Keep it quiet • Stop and listen • Reduce conflicting noises • Avoid crowds and lots of noise.
- 8 Don't argue • Go with the flow • Acknowledge and respect what the person is saying and doing • Telling them they are wrong may have a negative effect.
- 9 Engage and encourage • Get the person started with a meaningful activity • Set activities up to succeed • Thank them for assisting you and themselves.
- 10 Consider safety • Approach safely • Keep a safe distance • Allow yourself an exit.
- 11 Distract • Talk about their life • Give them something to do • Provide a relaxed environment.
- 12 Talk with others • What has worked and what hasn't • Talk together about what has happened • Record what you did.



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### General Steps to Change a Stoma Bag

(This is educational info, not a replacement for advice from your nurse or doctor.)

#### 1. Get everything ready

New stoma bag (and wafer/baseplate if it's a two-piece system)

Warm water and soft cloths or gauze

Scissors (if the opening needs trimming)

Disposal bag

Optional: barrier spray/wipes or stoma paste

#### 2. Remove the old bag

Gently peel it off, starting at the top and moving down

Support the skin with your other hand so it doesn't pull

Put the old bag in the disposal bag

#### 3. Clean the area

Use warm water only (soap can irritate the skin)

Pat the skin completely dry

Check the skin for redness, sores, or irritation

#### 4. Prepare the new bag

Measure the stoma if needed

Cut the opening so it fits snugly (not too tight, not too loose)

Apply barrier wipe or paste if recommended by your nurse

#### 5. Apply the new bag

Centre it carefully over the stoma

Press gently but firmly around the edges

Hold your hand over it for 30–60 seconds to help it stick

#### 6. Wash hands

Dispose of used supplies properly

Wash your hands well

### Important Tips

Change the bag when it's  $\frac{1}{3}$  to  $\frac{1}{2}$  full, or every few days as advised

The best time is often before eating, when the stoma is less active

If you notice ongoing pain, bleeding, or skin problems, tell a care provider/ nurse or doctor



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**New Year, New Job!**

**🍍 Vacancy now available at Pineapple 🍍  
January bonus available for recruiting new staff**



Due to exciting times for Pineapple Care, we have a range of opportunities, please  
contact us on  
01375 808 303.

Alternatively, please email your CV to:

[Recruitment@pineapple.care](mailto:Recruitment@pineapple.care)

*Thank you as always  
Lavena, Nicola & Lisa  
& our Pineapple Team*



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