



Newsletter

Dec/Jan/Feb
2009/10

www.motivationandco.com

Welcome

Motivation & Co is an award winning International Company who specialises in Motivational techniques within the Care Sector. The Motivation Class is fully researched by Leeds University. All our Motivational Therapists go through an intense training programme, part of which includes the Yesterday, Today, Tomorrow developed by the Alzheimer's Society.



Head Office News

Tel: 01937 557166

Are you ready for the Dementia Strategy?

(Dementia News & links are regularly updated on our website) www.motivationandco.com

I recently attended the Harrogate Dementia Care Conference to bring me up to speed with the Dementia Strategy.

There were lots of people wondering what, how, where & when all this is going to be implemented, including myself. This is a huge task that the government is taking on.

Let's have groups resolving the problems, action it and implement it. I am really passionate about the end user getting what they need today!

I started to think what we could do that would help. After a long ponder we have come up with our own strategy. At the end of each class we fill in our Motivation Class Participation record of who has taken part, what level of Motivation Class has been delivered and the observations that have taken place with: **Memory recall, Orientation, Engagement, Interaction, Physical abilities, Non-verbal behaviour & Mood & well being.** This is then handed in at the Office.

To improve on this method we thought that if we placed a Motivation Class **File** in each home, we would insert our record sheets along with an individual single **Life History** information sheet on each resident. This is our task to be implemented during 2010.

Motivation & Co have quietly been working away for the past 11 years in creating this service specifically for the purpose of working with Dementia residents.

Some of you may not know how Motivation & Co all started, 11 years ago. My Grandfather James Stephen was diagnosed with Alzheimer's and towards the latter stages of the dementia was taken into a Nursing Home, totally unfamiliar with the Care Sector I was slightly shocked that the only stimulation available for my Grandfather was bingo, which he disliked, he basically sat and rolled a fork up in a serviette all day.

My 'get up and get on with it' set me on my mission to make a difference. For those of you who are our existing customers know how we strive to make an exceptional, first class Motivation Class tailored for your resident's needs that is both physically and mentally challenging.

Franchisee News

Congratulations to Peter & Cathy Stafford Motivation & Co Kent & Sussex, they have renewed their Contract for a further 5 years! To enable them to continue this excellent service to you. They now have 6 motivational therapists fully trained, to deliver the Motivation Class. They are both as passionate about the effects the Motivation Class has upon your residents as they were when they first came on board.



A very Merry Christmas to all staff and residents in our homes from the team in Kent & Sussex.
Cathy and Peter Stafford.





This year we have decided not to send out the Traditional Christmas Cards but instead donate a sum of money to the Alzheimer's Society. Spending the money where it's really needed.

We would like to thank all our service users and wish you all the best for 2010.

Why Motivation & Co?

We deliver!



Sarah Day, PA to Elaine Everett, Managing Director of Motivation & Co

Bring in 2010 with the chimes of Big Ben, All our staff armed at the ready, Keeping your residents alert and steady, Spreading the word of our good work. Motivating your residents is our ambition, We hope you help us complete our mission. Pick up the phone for a demonstration, We'll make a difference, we're Motivation!

From all at Head Office



Julie Waites, Director of Motivation & Co and Zoe Collins, Franchisee Liaison Manager



Thank you for your ongoing support throughout the year; we know how much work goes on behind the scenes to ensure that all residents are ready for the Motivation classes and this really does make a difference, so many thanks. With all best wishes for a very Merry Christmas and a healthy New Year!
Claire Mitchell
(Franchisee of Mid Kent) and Sue Newman.



Merry Christmas and a Happy New Year to all residents and staff!
With love, Janet, Shirley and Kat x
North East Yorkshire team.



A very Merry Christmas to all staff and residents in our homes.
From the Kent & Sussex team.



Merry Christmas from Sue x
Sue Barlow, Reading franchisee.



Merry Christmas from Paul Thomas, manager of the Bournemouth area.



Life's not really a humbug, when you're really motivated! With all good wishes David Knowles and Joy Friend in South Birmingham.



Claire Takos, Zoe Collins and Zara Liddle.
The Wakefield/Bradford area staff.

Christmas cards have all been sent and when the rush is through, make a little wish for the elderly who have seen another year through, The christmas season may be over but let's not forget, all of our friends and relatives, even those we've never met, a little gift of time and thought needs little preparation, when you can give us a call, here at Motivation. So we hope you've all enjoyed your Christmas, and all the festive cheer we'd like to wish all our customers a very Happy New Year.



The Notts Robin Hood and Maid Marion team.
Mark and Isobel Warren, franchisees for Nottinghamshire.



Merry Christmas and a Happy New Year from Jane Bell, franchisee for the Central area.



Warm wishes for Christmas from Hazel and all the team in the North East. We look forward to seeing you all in the New Year!
Hazel Robinson for the Teesside area.



Merry Christmas and all the best for 2010!
from Michele Wilson
Motivation & Co. South.



Merry Christmas to all our clients and thank you all for a fun year. We wish you all a very healthy 2010, Emma & Beccie x Franchisee for Motivation & Co. Doncaster.



Enjoy your turkey, pudding and cake, As we will, make no mistake. From South Midlands we wish you a great time and fun from Rosemary, Ilona, Steve and Alison.



Wishing you a Merry Christmas from members of staff for the Leeds area.

Motivation & Co Local Services

HEAD OFFICE: ELAINE EVERETT **01937 557166**
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DONCASTER: EMMA CAIN **01472 311324**
NOTTINGHAM: MARK & ISOBEL WARREN **01159 312695**

SOUTH BIRMINGHAM: DAVID KNOWLES & JOY FRIEND **0121 742 5221**
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