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Quarterly Newsletter

Winter

CORONAVIRUS FACTSHEET

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FOLLOWING GENERATION

Coronavirus (COVID-19) is a new illness that affects the lungs and airways. It is caused by a new virus. The virus is called a 'coronavirus' and the illness it causes is called 'COVID-19'. Most people infected with the virus will experience mild to moderate respiratory illness and recover without needing special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease and cancer are more likely to develop serious illness and need medical attention.

COVID-19 PATIENTS

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Global Psoriasis Awareness Month

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FLU VACCINATION

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WHO IS AT RISK?

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THE VACCINATION PROGRAMME

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WHAT IS THE VACCINE?

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FLU VACCINE DURING PREGNANCY

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KEEPING ACTIVE THIS AUTUMN

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KEEPING ACTIVE THIS AUTUMN

SENIOR - Keeping active is important at any age, but it can be difficult to stay active during the cooler months. Here are some ideas for keeping active this autumn. Walking is a great way to keep active and it can be done at any time of the year. It is important to wear comfortable shoes and clothing that is suitable for the weather. If you are walking in the dark, it is important to wear reflective clothing so that you can be seen by others. Cycling is another great way to keep active and it can be done at any time of the year. It is important to wear a helmet and clothing that is suitable for the weather. If you are cycling in the dark, it is important to wear reflective clothing so that you can be seen by others. Swimming is another great way to keep active and it can be done at any time of the year. It is important to wear a swimming cap and goggles if you are swimming in the dark. Gardening is another great way to keep active and it can be done at any time of the year. It is important to wear gloves and clothing that is suitable for the weather. If you are gardening in the dark, it is important to wear reflective clothing so that you can be seen by others. Dancing is another great way to keep active and it can be done at any time of the year. It is important to wear comfortable shoes and clothing that is suitable for the weather. If you are dancing in the dark, it is important to wear reflective clothing so that you can be seen by others. Yoga is another great way to keep active and it can be done at any time of the year. It is important to wear comfortable clothing that is suitable for the weather. If you are doing yoga in the dark, it is important to wear reflective clothing so that you can be seen by others. Pilates is another great way to keep active and it can be done at any time of the year. It is important to wear comfortable clothing that is suitable for the weather. If you are doing pilates in the dark, it is important to wear reflective clothing so that you can be seen by others. Tai Chi is another great way to keep active and it can be done at any time of the year. It is important to wear comfortable clothing that is suitable for the weather. If you are doing Tai Chi in the dark, it is important to wear reflective clothing so that you can be seen by others. Qigong is another great way to keep active and it can be done at any time of the year. It is important to wear comfortable clothing that is suitable for the weather. If you are doing Qigong in the dark, it is important to wear reflective clothing so that you can be seen by others. Meditation is another great way to keep active and it can be done at any time of the year. It is important to wear comfortable clothing that is suitable for the weather. If you are meditating in the dark, it is important to wear reflective clothing so that you can be seen by others. Mindfulness is another great way to keep active and it can be done at any time of the year. It is important to wear comfortable clothing that is suitable for the weather. If you are doing mindfulness in the dark, it is important to wear reflective clothing so that you can be seen by others. Breathing exercises are another great way to keep active and they can be done at any time of the year. It is important to wear comfortable clothing that is suitable for the weather. If you are doing breathing exercises in the dark, it is important to wear reflective clothing so that you can be seen by others. Stretching is another great way to keep active and it can be done at any time of the year. It is important to wear comfortable clothing that is suitable for the weather. If you are stretching in the dark, it is important to wear reflective clothing so that you can be seen by others. Strengthening exercises are another great way to keep active and they can be done at any time of the year. It is important to wear comfortable clothing that is suitable for the weather. If you are doing strengthening exercises in the dark, it is important to wear reflective clothing so that you can be seen by others. Balance exercises are another great way to keep active and they can be done at any time of the year. It is important to wear comfortable clothing that is suitable for the weather. If you are doing balance exercises in the dark, it is important to wear reflective clothing so that you can be seen by others. Flexibility exercises are another great way to keep active and they can be done at any time of the year. It is important to wear comfortable clothing that is suitable for the weather. If you are doing flexibility exercises in the dark, it is important to wear reflective clothing so that you can be seen by others. Cardiovascular exercises are another great way to keep active and they can be done at any time of the year. It is important to wear comfortable clothing that is suitable for the weather. If you are doing cardiovascular exercises in the dark, it is important to wear reflective clothing so that you can be seen by others. Resistance exercises are another great way to keep active and they can be done at any time of the year. It is important to wear comfortable clothing that is suitable for the weather. If you are doing resistance exercises in the dark, it is important to wear reflective clothing so that you can be seen by others. Aerobic exercises are another great way to keep active and they can be done at any time of the year. It is important to wear comfortable clothing that is suitable for the weather. If you are doing aerobic exercises in the dark, it is important to wear reflective clothing so that you can be seen by others. Anaerobic exercises are another great way to keep active and they can be done at any time of the year. It is important to wear comfortable clothing that is suitable for the weather. If you are doing anaerobic exercises in the dark, it is important to wear reflective clothing so that you can be seen by others. Isometric exercises are another great way to keep active and they can be done at any time of the year. It is important to wear comfortable clothing that is suitable for the weather. If you are doing isometric exercises in the dark, it is important to wear reflective clothing so that you can be seen by others. Isotonic exercises are another great way to keep active and they can be done at any time of the year. It is important to wear comfortable clothing that is suitable for the weather. If you are doing isotonic exercises in the dark, it is important to wear reflective clothing so that you can be seen by others. Plyometric exercises are another great way to keep active and they can be done at any time of the year. 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SEASONAL ACTIVITIES

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LIVE FOR PROGRESS

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FRIENDS OF THE A.DIRECT

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SPRING STAFF PROFILE

CARE ACADEMY

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MY COMPLIMS LEARNING AND CARE ACADEMY

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WHAT THE CARE ACADEMY?

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WHAT'S ON THE CARE ACADEMY

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EMPLOYEE OF THE QUARTER

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AIB EMPLOYEE OF THE QUARTER

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JUNE 2021

JULY 2021

AUGUST 2021

SEPTEMBER 2021

REFER A FRIEND

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ARE YOU ELIGIBLE TO REFER A FRIEND?

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HOW DO I REFER A FRIEND?

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FAQ'S

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LIVE JOKE

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JOKE OF THE MONTH

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