

GOODCARE
Hertfordshire

MONTH

January 2025



***Good Care Month is about
your staff, celebrate them!***

I am so excited to come and join you for #GoodCareMonth!

As a gnome, I may be small, but my heart is big, and I believe that even a little gnome like me can make a difference. I'm eager to lend a hand and join in with any activities or events you have planned over the next few days. Whether it's helping to cook, clean, or simply spread kindness and support in the community I would love to get involved however I can!

Together, lets show the public how truly special working in care is and celebrate the incredible dedication and commitment of Care Professionals across Hertfordshire and beyond!

If you need some inspiration on how to get the very best content then you're in luck, as my wonderful friends at Herts Good Care recruitment have put together this handy guide to help.

**#GoodCare #GCM
#GoodCareMonth**



**Let's create
some amazing
content in care**



Real-life content stands out as the most engaging type of content on social media because it resonates with people the most.

**? So, what
do I want
to see?**



I want to join the people you support in activities and events or staff with their day-to-day tasks. Let's get lots of smiles, laughter and fun.

Get your camera at the ready and snap away – the more photos the better! Any incredible stories? Share them! The more details you can give me, the more we can shout from the rooftops about the amazing #GOODCARE happening in Hertfordshire!



Here are some ideas of things we could do together:



If you are a homecare provider, then please take me to visit a person you support in their own home. I make a great cup of tea and am always up for a chit chat!



If you're a residential or nursing home provider, then I would love to get to know residents and their families more. We could have a chat, do an activity together or even play a game (I have included a colouring sheet for residents to enjoy!)



Let's not forget the wonderful care professionals who provide support to those who need it most. Can I help any staff with their day-to-day tasks? I think it's important that we show the public all the different roles and duties available when working in care. I could join your chef and cook up a tasty treat or perhaps help your housekeeping staff with making the beds.



Exercise session? Count me in! Whether it's a chair-based exercise session, a walk around the local park or a splash in the pool, I'd love to be involved! It's great to show how important staying active is to improve mobility and reduce the risk of falls.



Are you going on an outing? I would love to come along. Let's show the public the variety of activities that happen within adult social care.



Ask your staff to share what they enjoy most about working in care or what the individuals they support appreciate about them. I've included some signs that you can print out. Simply write on these signs and have a photo taken with them – let's inspire others to join this incredible sector!



**Here are
some other
ideas...**



Let's do some arts and crafts together – painting, colouring or even baking!



Is it someone's birthday in January? Let's hold a little party, eat some cake and perhaps have a sing song.



Have you got any entertainment joining you this month? A singer, dancer or perhaps some pet therapy?



Why not organise an event to celebrate the month? It could be a picnic party, themed dinner or sport event where the local community can get involved.



**Sharing
is caring..**

Here are some top tips for making sure your content gets seen by as many people as possible...

- Please tag Herts Good Care recruitment** in any photos/videos that you share on your social media during #GoodCareMonth you can do this by tagging @hertsgoodcare – we are **Facebook, Instagram, X (Twitter) and LinkedIn.**
- Please use the hashtag #GoodCareMonth** in anything that you post on social media during the month – this can help our reach go even further!
- Complete our consent form!** Hopefully you have done this already, but if you haven't then now is the perfect time to do so. **Simply visit our webpage here to complete the form.** If you don't complete this form, then we can't share your photos/videos on our social media platforms!
- Tell a story!** The more you can tell us about your organisation and the people in the photos the better content we can provide to the public. When sending over your photos and videos please provide some details.
- Be creative!** The ideas provided in this guide are just a few of our suggestions. We would love to see what ideas you come up with too. What makes your organisation and the people there special? Show us!
- Ready to send us your content? [Click here!](#)**

Why should I get involved with Good Care Month?



The purpose of the Good Care Month campaign is to shine an **incredibly deserved spotlight** on the remarkable **contributions and commitment** of care professionals across Hertfordshire and beyond.

It also serves as an inspiration to the public, showcasing care as a fulfilling and viable career choice.

Here are just a few of the benefits of getting involved:

- It demonstrates your commitment to seeing care as a professional career choice.
- It can help with your recruitment – you may inspire other people to begin a career in care.
- It provides you with an opportunity to really thank, appreciate and celebrate your staff.
- It showcases your amazing organisation, which may lead to further enquiries for people who need support.
- It's fun and everyone can get involved!





Print out this page at home and give Buggy some colour! Don't forget to share your artwork with us using the tags #GoodCareMonth #GCM #Goodcare



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The people that support me
are great because...

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***I chose care
because...***

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