

catalyst

INTERIORS

THE OFFICIAL CATALYST INTERIORS NEWSLETTER

January 2021

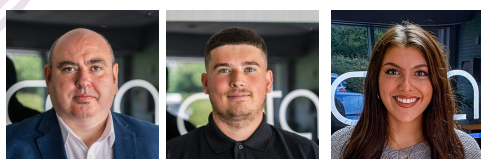
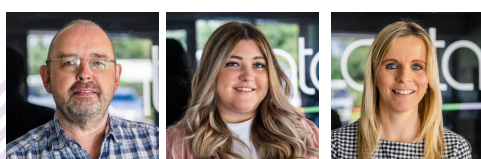
Vol. 3



Welcome to our January Newsletter. We hope you have had an enjoyable festive period and feel refreshed for the new year ahead.

This is our third newsletter and we hope you're enjoying them so far, however, if this is the first time you are reading our content there is the option to unsubscribe (we would of course prefer it if you stuck around but we won't hold any grudges).





Meet The Team

The start of a new year definitely means new introductions and this definitely applies to our meet the team section. We want to introduce you all to some more members of our amazing team and give you a greater insight into the people that work behind the scenes helping to make Catalyst the best at what we do!

First we have Matt, a hard-working project manager here at Catalyst Interiors, he has been at the company for 7 years and has worked his way up from an apprentice project coordinator, progressing through to a full-time project coordinator and later to his current role. Like many of our team members Matt is constantly adding to his skillset, he has recently completed his level 5 Leadership and Management qualification. Outside of work he has a passion for football and generally enjoys all sports.

Next up we have one of our talented interior designers Ashley, she is educated to degree level and has clearly always had an interest in colour and design. Ashley is an expert in AutoCAD and is often found constructing room and electrical layouts and bespoke furniture detail. A love for art and an eye for detail means we feel incredibly lucky to have her as part of our team. Ashley has even volunteered in the design world to help projects from restaurants & bars to home starts for the less fortunate in society.

Industry Updates

Of course, the ongoing pandemic has slowed things down in every sector and we want to share our well wishes to those industries that are really struggling. On a positive note, we are really pleased to see the vaccine being administered to so many care home residents and staff and we hope this is the start of more positive things to come.

We are still working hard behind the scenes here at Catalyst to provide the very best for our clients, pandemic or not we still want to create designs that enhance the quality of life for the residents and we can't wait for you to see some of our upcoming projects.

Round up of our favourite blogs

We also wanted to share our first blog post of the year as we think its an important topic to address particularly at this time of year. The blog explains the importance of keeping older adults safe at Winter, it offers advice on the warning signs of hypothermia and what to do if you suspect your loved one may have it. There is also information regarding how help prevent hyperthermia and keep your elderly relative warm both indoors and outside. Finally, we offer some advice from Age UK about energy efficiency and the finance resources available for help with heating or insulation.

Catalyst Education

This section is a continuation from the past few newsletters, we want to continue to educate our audience and offer up answers to some of the most commonly asked questions regarding dementia in order to increase awareness and knowledge surrounding the condition.

Q. Is dementia a normal part of getting older?

A. Dementia is the result of diseases or trauma to the brain that tend to become more common with age. However, Alzheimer's and dementia are not confined to older people. Alzheimer's can develop in your brain for many years before you start to show any of the common symptoms. It may appear that more people are getting dementia is because of the ageing population, people are living longer and we are seeing the condition fully progress.

Q. Is Dementia just about memory loss?

A. Memory loss is one of the most significant signs of dementia, however, there are other signs and symptoms. Dementia can affect mood and behaviour and often presents itself in the form of distracted behaviour, confusion, angry outbursts or anxiety and depression.

Our Next Issue...

Thank you for reading, we hope by our next issue things are looking a little bit brighter but, in the meantime, stay safe and we will see you soon.