



# NEWSLETTER

31<sup>st</sup> August 2024

We are excited to launch the eight issue of our newsletter.

## WELCOME

Welcome to the newest edition of our monthly newsletter! We're excited to bring you the latest news and updates from the Footsteps Family. We truly appreciate your continued support and involvement in our community. We hope you enjoy discovering all the amazing things happening within our Footsteps Family!

## EMPLOYEE SPOTLIGHT – JAMES SHAW

### How long have you worked at Footsteps?

I joined Footsteps Care in 2015.

### Which home/department do you work in?

IT Support

### What is your role?

My role in the Footsteps Care Group is to ensure staff can support their clients and achieve the best level of care for children and adults living in the care group by ensuring all computer systems, data, and information can be readily and reliably accessed. Client data and information are stored and safeguarded according to GDPR and government requirements. While ensuring staff are kept happy by ensuring any IT issues preventing staff from completing their work are swiftly resolved.

### What do you enjoy most about your work?

One of the best aspects of working in my role at Footsteps Care group is resolving issues that can be at times challenging. It can be very rewarding solving these issues while simultaneously knowing that by doing so I am helping staff members who through their work are caring for vulnerable children or adults.

### Tell us something about you that we may not know?

One thing that people may not know about me is that I'm a bit of a health freak. Every Sunday, I wake up at 4am to prepare my meals for the rest of the week, cooking 8kg of chicken.

### If you could say something telepathically to all 8 billion people in the world, what would you say?

I would say, "Take a moment to appreciate the beauty in the small things around you and in the people you meet. A little kindness and understanding can go a long way in making the world a better place for all."

## OUR MISSION

### Nurturing, caring and empowering.

We provide a nurturing, encouraging, environment which enables children and young people to feel safe and secure. Our passion and dedication drive us to support each individual to reach their highest potential. We understand that every child is different and carries a unique story which shapes the way they think, behave, and perceives the world around them.

Our person-centered care is tailored to the individual needs of each child, embracing a therapeutic approach consisting of trauma-informed practices to ensure children and young people flourish and thrive in our care. We believe it is imperative for their self-confidence that their views, wishes and feelings are valued, heard and understood.

**Your home, our home, one family.**

## OUR VISION

We endeavour to ensure every child and young person in our care feels respected, happy, safe, loved, valued, and cared for. We provide a homely environment which supports children and young people to build on their skills and abilities enabling them to develop greater independence and confidence to take them into adulthood. We are empowering children and young people with learning disabilities and additional support needs to overcome obstacles and reach their highest potential, whilst promoting welfare and wellbeing.

## VALUES

Our company values are the core principles that define who we are. We aim to create a healthy culture, within a long-lasting, successful, motivating, and safe home, where we embrace diversity and uniqueness. We celebrate great teamwork and foster an atmosphere of respect, support, positivity, and kindness.

- Family
- Opportunity
- Outcome
- Teamwork
- Success
- Transition
- Equality
- Passion
- Support



## HEALTH & WELLBEING SUPPORT

We are pleased to announce that Footsteps Care Group has engaged the services of an Employee Assistance Program. All staff members have access to the all-new Care first Zest platform provided by My Possible Self. The platform offers fully confidential Health and Wellbeing Support Services, including 24 hour fully confidential telephone counselling, with an interactive health and wellbeing management portal.

## RECRUITMENT

We currently have full time support worker roles available in our Goodmayes & Leyton.

If you know someone who would like to join us, please direct them to our website where they can download an application pack to complete and return to [applications@footstepscare.net](mailto:applications@footstepscare.net).

## DATES FOR THE DIARY

- September 2: Back to School
- September 6: National Read a Book Day
- September 8: International Literacy Day
- September 9: International Sudoku Day and Teddy Bear Day
- September 13–17: London Fashion Week
- September 18: National Fitness Day
- September 19: Talk Like a Pirate Day
- September 21: International Red Panda Day and U.N. International Day of Peace
- September 22: Autumn begins
- September 23–29: National Eye Health Week
- September 27: World's Biggest Coffee Morning

## WEBSITE

Our website is updated regularly and can be found by clicking on the following link. <https://www.footstepscaregroup.com>. Access information about the organization, important contact details, employee handbook, newsletters and the gallery.

## STAFF HANDBOOK

Please take the time to read through the staff handbook which can be found on our system, in each office and on our website.

The staff handbook contains all the HR policies.

# NEWS FROM OUR HOMES

## Adult Services

It has been an enjoyable, but quieter than usual month here in our adult services. We have really enjoyed the sunny weather and some walks in the local community.

Some of our young adults enjoyed a summer camp with the ACE group. This was great fun and they enjoyed doing a variety of activities including yoga, magic shows, Karaoke, disco, water fun day, silent disco, and bouncy castles.

We also enjoyed trips into London which were both educational and exciting. We enjoyed visiting various landmarks. Our usual favourite of meals out at various restaurants was no different in August and we enjoyed swimming, walks, and a visit to Kew gardens.



## Goodmayes Children's Home

It has been a fun and exciting time here at Goodmayes.

The children have enjoyed their well-deserved summer break from school and we have been lucky to have some glorious sunshine to allow us to participate in activities outside. We have especially enjoyed the use of the outdoor pool and trampoline.

As well as some wonderful activities, August was also the month of celebrating the birthdays of three cherished staff members: Cristabel, Halima, and Nishana. The children and team also marked an important milestone, celebrating the first anniversary of Natasha as our Home Manager. Natasha was honoured with flowers and a special crown during the celebration.

A thrilling highlight this month was our trip to Alton Towers. Two of our young people and three staff members enjoyed a memorable two-night getaway, filled with fun and laughter, providing everyone a refreshing break and an opportunity to bond further.

Adding a rhythmic beat to our activities, the children and staff participated in an African drumming session. This special event was tailored to meet the diverse needs of our children, complete with vibrant costumes that added to the excitement and enjoyment of the day.

Our usual local outings continued, with visits to parks, engaging bus rides, and leisurely walks. One of the creative highlights is the ongoing mural project in our activity room, brilliantly led by our staff member, Marios. This project has been a fantastic outlet for expression and creativity for both the children and staff.

We were delighted to welcome three new starters to our team this month.



## Leyton Children's Home

Well, what a wonderful summer it has been here at Ambleside! We have enjoyed some wonderful sunny weather which has allowed us to spend much time exploring the outdoors.

We have enjoyed a variety of exciting activities and outings including a memorable trip to Legoland which was great fun. We were very lucky to have sunshine and blue skies throughout the visit.

The children enjoyed the colourful and exciting surroundings and the adventure of it all. A favourite was the intricate Lego models and of course, the rides, which were enjoyed by all. The real challenge of the day was trying to eat the ice-cream before it melted!

The fun continued throughout the holidays. We especially enjoyed visiting the zoo and watching all the animals. It was a very educational visit. Visiting the National History Museum was also incredibly educational and interesting. The children learnt lots of new facts and were thoroughly immersed in the experience.

There was lots of swimming and bowling and we enjoyed a visit to Haven House and Ifly.

Throughout the summer there has been lots of memories made and laughter shared. Another special experience was a limousine ride which was very luxurious.

Along with theme park visits to Chessington's, go karting and cookie island, the children also did their bit for the environment by taking part in litter picking in Epping Forest. This was also an enjoyable day, walking through the trees, listening to birds and enjoying nature.

As we prepare for our return to school, we are excited about a new start, but sad for the ending summer. We look forward to doing it all again next year!



## FUN CORNER

Welcome to the Fun Corner, where we bring a touch of joy and creativity to your day! This is your go-to spot for some light-hearted fun and friendly competition. Each month, we'll feature a variety of activities designed to spark a smile, challenge your mind, and bring a bit of excitement to your workday. Whether you're looking to solve a tricky puzzle or participate in a quick quiz, the Fun Corner has something for everyone. Dive in and enjoy a moment of relaxation and camaraderie with your fellow team members!



### FUN FACT

Did you know that laughing at work not only reduces stress but also boosts productivity? Studies show that laughter can enhance teamwork, creativity, and overall job satisfaction. So, the next time you share a joke or a funny story with a colleague, you're actually helping create a happier and more productive workplace!

### WORD SEARCH

Participate and locate the WORDS in the word search.

- CARE
- RESIDENT
- DIGNITY
- COMPASSION
- INDEPENDENCE
- CARER
- ACTIVITIES
- SAFETY
- WELLNESS
- COMFORT
- HEALTH
- SUPPORT

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E	P	E	J	O	T	E	A	M	W	O	R	N
R	S	U	C	C	E	S	A	F	E	T	Y	D
M	E	H	E	A	L	T	H	O	T	R	Y	E
W	Q	S	L	P	O	P	U	I	Y	O	L	P
A	C	T	I	V	I	T	I	E	S	F	I	E
W	E	T	F	D	S	R	O	N	L	M	O	N
E	U	S	I	M	E	P	U	M	U	O	R	D
L	T	P	E	R	S	N	O	L	P	C	I	E
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S	O	I	S	S	A	T	R	O	P	P	U	S
T	D	I	G	N	I	T	Y	O	C	S	S	E

### RIDDLE

I have cities, but no houses.  
 I have mountains, but no trees.  
 I have water, but no fish.  
 You can explore me, but you'll never live on me.  
 What am I?

Answer: A Map

## QUIZ TIME

- What is the most important factor in ensuring residents' well-being in a care home?**
  - Nutritious meals
  - Regular exercise
  - Social interaction
  - All of the above
- What is a common therapy used to improve memory and cognitive skills in care home residents?**
  - Music therapy
  - Dance therapy
  - Art therapy
  - Speech therapy
- How often should residents' care plans be reviewed?**
  - Every year
  - Every six months
  - Every three months
  - As needed
- What is the role of a caregiver in a care home?**
  - Providing personal care and assistance
  - Organizing activities
  - Administering medication
  - All of the above
- What kind of activities are most beneficial for improving residents' social engagement?**
  - Group games
  - Reading
  - Outdoor walks
  - Watching TV

### SPOT THE DIFFERENCE (11 DIFFERENCES)



### JOKE OF THE DAY

Three coworkers—a software developer, a graphic designer, and a project manager—are having a coffee break and start discussing the most unusual places they've ever had to work.

The software developer says, "I once had to debug code from a cabin in the middle of a forest. The only connection I had was a satellite link, and I was surrounded by nothing but trees and wildlife. It was a bit distracting, but I got the job done!"

The graphic designer laughs and says, "That's nothing. I had to design a whole campaign from a tiny café in Paris. The ambiance was lovely, but the Wi-Fi was spotty, and I had to work with a view of the Eiffel Tower distracting me!"

The project manager looks at them both and says, "Well, I had to manage a project from a cruise ship in the middle of the Caribbean. My team and I had to handle a major deadline while dealing with waves and sea breezes. The toughest part? Trying to keep everyone's focus while they were tempted by sunbathing and swimming!"

The developer and designer both look at the project manager in awe. "Wow, that sounds incredible!"

The project manager smiles and says, "Yes, but the real challenge was not losing my job to the ship's buffet!"