

FOOTSTEPS CARE

Newsletter - December 2024 Issue



Welcome to the festive December edition of the Footsteps Care newsletter!

As we welcome the New Year, we are excited to share our updates from December. The end of the year is always a time to reflect on the past whilst looking forward to new opportunities in the year ahead.

Inside this issue, you'll find information and updates, along with news from our services. We've also included helpful reminders and tips to keep you informed, connected, and prepared for what's to come.

We trust your holiday season was filled with joy, love, and peace. We are delighted to share this final chapter of the year with you. Here's to closing out the year on a high note and stepping into the next with hope and enthusiasm. Enjoy this month's read!

OUR MISSION

Working together to create one 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

Family, Compassion & Empathy, Safety & Security, Nurture & Empower, Passion, Opportunity.

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.

DATES FOR THE DIARY

1st January – New Year's Day

6th January – Epiphany Day

7th January – Orthodox Christmas

15th January – Magh Bihu

16th January – Martin Luther King Day

20th January – National Cheese Day

24th January – Compliment Day

31st January – End of Month Wrap-Up

WE'D LOVE TO HEAR FROM YOU!

As we approach the end of 2024, we want to make sure your voice is heard!

We have sent out quality assurance questionnaires to all staff, and we would really appreciate it if you could take a few minutes to complete them.

Your feedback is incredibly valuable and helps us improve the workplace for everyone. This is your chance to share your thoughts, suggestions and an opportunity to help us improve the working environment.

Please take some time to fill out the form before the deadline, as your responses will help shape decisions for the coming year. Thank you for helping us improve our workplace.

TFL DONATES TOYS TO FOOTSTEPS CARE

Transport for London (TFL) recently made a very generous donation of toys and games to Footsteps Care for Children and Young People. This kind act brought lots of joy to children and young people.

The donation included a variety of items, such as puzzles, board games, and soft toys and lots more. TFL's gift was so generous and we are very appreciative.

The toys and games were shared across all of Footsteps' services.

Sharing the Joy with More Children

Due to the incredibly large donation, we shared some of the toys with a local Primary School.

It was a wonderful way to "pay it forward," spreading kindness and joy to even more children. This donation from TFL was a great example of how kindness can make a big difference.

A special thank you to Simon at TFL and all your teams.



HEALTH & WELLBEING

SUPPORT

All staff members have access to the 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

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.

WEBSITE

Our website is regularly updated. To access information about the organisation, commitment to safeguarding, important contact details, newsletters and the gallery, please follow the link below.

<https://www.footstepscaregroup.com>

NEWS FROM GOODMAYES ADULT SUPPORT

December was a memorable month here at Footsteps Care. It was packed with fun activities and we are proud of the progress of the young adults in our care.

As we celebrated the holiday season, we also celebrated the incredible growth of our service.

Contact with Family

Family is such an important part of the holidays, and we made sure everyone had the chance to stay connected with their loved ones. Whether through visits, phone calls, or holiday greetings, our young adults shared wonderful moments with their families.

Exploring the Outdoors

December brought some chilly, but exciting adventures! We went on long winter walks where we enjoyed the fresh air and beautiful scenery.

One of the highlights was a train ride, where we got to relax and enjoy the journey together. These outings gave everyone a chance to recharge and connect with nature.

Fun and Games for Everyone

We filled the month with group activities that brought joy and excitement.

Our ACE sessions encouraged creativity, teamwork, and problem-solving, while our trips to bowling, Flip Out, and laser tag were full of laughter.

These activities were not just fun but also helped our young adults build confidence and strengthen relationships.

Festive Celebrations

We enjoyed some wonderful meals out at local restaurants, where everyone enjoyed delicious meals and enjoyed great company. Back at home, the festive spirit was evident as we enjoyed decorating our home together.

The Christmas tree sparkled and we enjoyed making the home look festive.

On Christmas Day, we celebrated in style with gifts, music, and the joy that comes with the holiday season. It was a truly memorable day for everyone.

Daily Growth and Achievements

Beyond the festive fun, December was also a month of incredible progress. Every day, our young adults worked on their personal goals, whether it was building social skills, trying new activities, or becoming more independent.

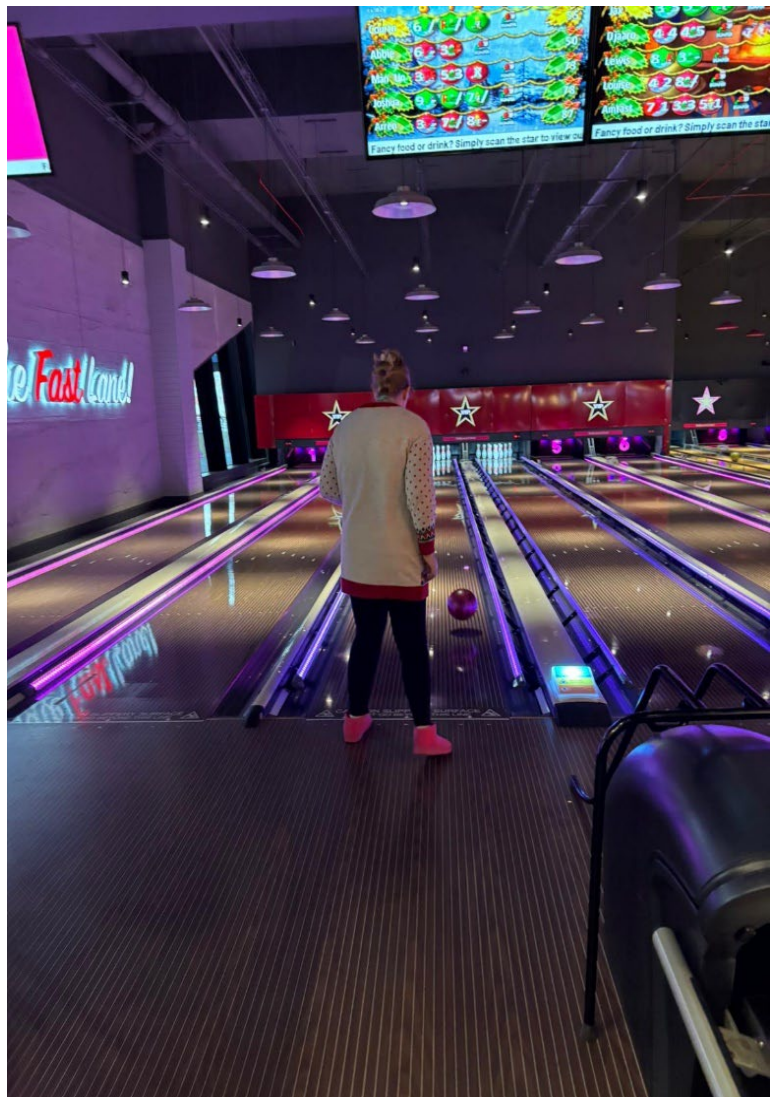
Watching their determination and seeing their successes, both big and small, was the most rewarding part of the month.

Looking Ahead to a Bright New Year

As we look back over the year, we are filled with gratitude for the growth we've experienced together.

Thank you to our young adults, families, and dedicated staff for making this holiday season so special.

We are excited for what the new year will bring and look forward to continuing this journey of progress.



NEWS FROM LEYTON CHILDREN'S HOME

Here at Ambleside, we have been busy celebrating the season with various events, including the staff Christmas party, Young People's Volunteers Day, and fulfilling Wish List experiences.

Wish List Experiences

For the Wish List experiences, we helped young people enjoy their dream activities, from visiting Winter Wonderland to driving luxury cars. One young person even had the chance to drive a Porsche and Lamborghini with an instructor! Others enjoyed outings like the Ugly Duckling Panto at the Circus, Shrek Adventure, the Pinocchio Panto at Stratford Theatre, the London Eye, and Hyde Park's Winter Wonderland.

We really made the most of the festive period and the children got to experience some wonderful activities and adventures!

Community

Intergenerational Session at Aspray House: In the spirit of community, we held an intergenerational session at Aspray House, a nursing care home for older adults with varying needs. The session, called "Bridging the Gap," encouraged connection between generations through shared activities. Our children and young people baked brownies and decorated cakes to present to the residents, and in return, Aspray House provided arts and crafts materials and gifted hand-knitted teddies. Everyone enjoyed the experience, and we look forward to continuing these sessions in the New Year. It was a wonderful experience for all involved and it was a privilege to spend time with the residents of Asprey House.

Festive Celebrations

In December, we embraced the festive spirit, bringing the magic of Christmas and the joy of the season to all our young people. A highlight was the special Christmas-themed activities that brought smiles to everyone. We hosted a festive baking session where young people had the chance to decorate Christmas cookies and cakes, sharing their creations with staff and peers.

There were also themed activities at the local church, which included Christmas carol singing and festive crafts, allowing young people to get involved and celebrate together.

Local Christmas Events

We also participated in local Christmas events, such as a visit to Hyde Park Winter Wonderland, where young people enjoyed the festive decorations, ice skating, and the fun of the fairground rides. The season's spirit continued with movie nights featuring Christmas classics, where young people gathered to watch festive films, enjoy snacks, and get into the holiday mood.

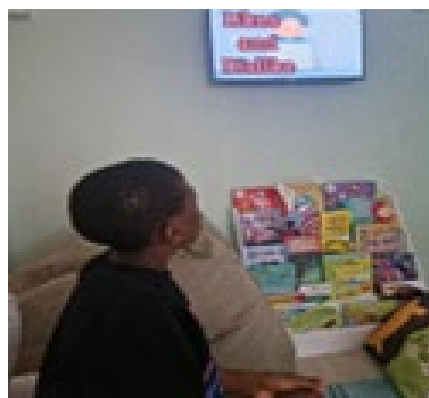
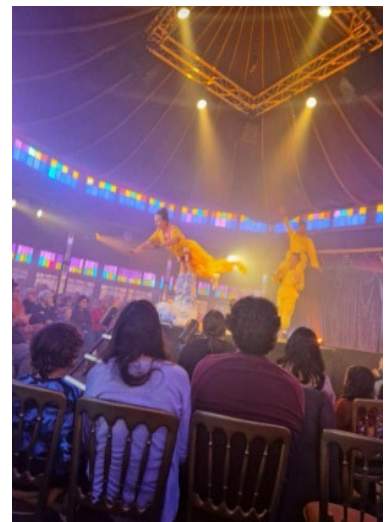
We also celebrated Christmas with our children and young people by sharing gifts and creating a warm and festive atmosphere, reminding them of the importance of kindness during the holidays.

Life Skills and Key Work Sessions

Throughout the month, young people participated in life skills and key work sessions. These included learning responsibilities at home, such as doing laundry and helping with household tasks. They also reflected on their likes, dislikes, and future plans for 2025.

Other Activities

Other activities this month included a pony ride in Beckton, a visit to HMS Belfast, local junior gym sessions, arcade games at Gravity, karting, multi-activity sessions in Newham, cinema trips, a trampoline park, library visits, park exercises, and festive baking. Young people also enjoyed outings to the Science Museum, local mosques, church Christmas activities, and bus rides around the city. One young person especially appreciated visiting the London Muslim Centre, one of the largest mosques in London, highlighting our acknowledgment of diverse religious celebrations during the festive season.



NEWS FROM GOODMAYES CHILDREN SERVICE

December was an exciting month for us here in the children's service. There was lots of excitement both in school and at home. The children participated in their Christmas plays and activities and, in the home, they were all very excited to decorate the home. They all enjoyed a well-deserved holiday from school and made them most of the festive period by sharing joy and laughter.

The holiday spirit was alive and well as we celebrated together throughout the month. Everyone took part in a variety of fun events. Our Christmas Jumper Day was a highlight, with all the children and staff donning their festive attire and creating special Moonpig Christmas cards to send their wishes to other services.

The children had the chance to take part in a Christmas performance at a local theater, where they enthusiastically engaged with the actors and enjoyed the magic of live theatre.

In the classroom, children received praise for their hard work and achievements. School recognised one child's improvement in practical skills, and their dedication earned them high praise. One child even showcased their talents by performing songs at the New Year's Eve party, demonstrating a big boost in confidence.

On Christmas Eve, the children opened their Christmas Eve boxes all in matching pyjamas, and had a great time at the Havering Christmas Land, where they participated in a day full of activities. The following morning, the children were filled with excitement as they discovered their Christmas presents under the tree. Santa himself made a surprise visit, delighting everyone with songs, magic, and fun activities, creating cherished memories.

We were overwhelmed with the generosity of others. We received visits from local organisations such as the TFL and Redbridge fire station staff who brought joy and excitement by delivering thoughtful gifts. The children were thrilled with all the presents they receive and we would like to say a huge thank you to TFL and Redbridge Fire station.

Our Secret Santa event was another wonderful way to spread joy, with staff and children exchanging presents.

The children also participated in a variety of fun activities, from karaoke to performance rock songs at the New Year's Eve party.



A BIG THANK YOU TO OUR AMAZING TEAM

As we wrap up another year, we want to take a moment to express our deepest gratitude to each and every one of you. This year has brought its own set of challenges, but thanks to your hard work, resilience, and commitment, we've been able to make a meaningful difference in the lives of the children and young people we care for.

A special thank you to all staff who worked over Christmas and New Year. We understand that this meant being away from your own family and friends, and we are appreciative of this. Your willingness to work during such a special time of year speaks volumes about the commitment and dedication of our staff teams who make a difference every day to our children and young people.

As we welcome in the new year, we want to take a moment to send our warmest wishes to each of you. We hope this year brings you good health, happiness, and continued success in everything you do.