



ISSUE 1



JANUARY 2024



# NEWSLETTER

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

## STAKEHOLDERS

We would like to take this opportunity, on behalf of us all, to wish you a Happy New Year. We hope you enjoyed the festive season and had a lovely time with friends and family. We have to say the young people and adults that we care for are nothing but a credit to you and to us. Thank you for your continued support and enabling us to provide the excellent quality of care, enrich their lives and equip them with the tools they need to become well-rounded individuals.

## STAFF TRAINING

Our staff go above and beyond to provide excellent care and have recently attended a specialised psychology training program which has received very positive feedback. The training, developed by a psychologist with extensive experience in CAMHS, offers essential insights and effective evidence-based psychological strategies for emotional dysregulation and positive caregiving. It lays the groundwork for creating empathetic, nurturing interactions with children & young people and builds expertise in understanding Adverse Childhood Experiences, (ACEs) from psychological and social work perspectives. The training delivers trauma-informed approaches in supporting children with complex backgrounds as well as implementing enhanced strategies for managing emotional dysregulation and challenging behaviors, applying in-depth psychological knowledge in practical scenarios. Our managers and senior staff have been working immensely hard to ensure the smooth running of each service. We are grateful to have such loyal and dedicated staff on board.

## TEAMBUILDING

We are looking forward to organising teambuilding sessions for all services to create strong working relationships and have some fun!

## OUR 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** - Ensuring each child and young person feels a sense of belonging in our home. Children are heard, valued and understood. We foster a homely atmosphere which promotes respect, dignity, positivity, choice, compassion and kindness. It is important to us that children and young people feel they are part of our family and we encourage open and honest communication where they are free to express their feelings and emotions in a safe environment.

**Opportunity** - Offering opportunities for children to learn and develop in a safe environment, respecting that each child is an individual with their own needs and abilities. We tailor care to meet individual needs, setting realistic goals and celebrating each success and achievement. We promote a positive environment which supports them to overcome adversities and difficulties, breaking through the stigma of disability.

**Outcome** - Promoting positive outcomes and investing in high quality care to ensure children reach their highest potential. We actively encourage children to share their views, wishes and aspirations and encourage them to believe in themselves. We strive to instill a desire in them to aim and achieve.

**Teamwork** - We are a committed, dedicated professional team who work in a flexible, compassionate manner, responding to the ever-changing needs of children in our care. Together, we work in an open and honest way, and in collaboration with external agencies to ensure children have the best care and opportunities available to them.

**Success** - We aspire for each child to be successful. We positively promote education and opportunities for children to learn and grow. We aim for children to learn to be respectful, responsible and resilient and develop self-help skills to be as independent as they can be for their future success.

**Transition** - We support children and young people to have a seamless transition into adulthood by building on their self-help skills and independence, offering greater confidence to empower them to further future opportunities.

**Equality** - We embrace equality, diversity and inclusion in our organisation. We celebrate our diverse family and foster an inclusive approach in all aspects of our work.

**Passion** - We are passionate about the work we do. We strive to make a difference to lives of children and young people, promoting their rights and respecting their wishes in a safe, loving, nurturing environment which offering equal rights and fairness to all. We work with a caring and holistic approach and hold ourselves to high standards, ensuring the children are at the forefront of all the decisions we make.

**Support** - We provide a supportive, non-judgemental environment where equality and diversity are celebrated and promoted. Children are actively encouraged to make choices and decisions and we believe in opportunities and fairness for all. We aim for children and young people to experience a fulfilled and meaningful life full of positive experiences.

## DISCOUNTS AND VOUCHERS

As health/social care worker's you are entitled to apply for a blue light card and enjoy discounts, money-saving deals and vouchers, holiday deals, top fashion discounts, money off electricals and homeware, through to deals on mobile phones, utilities, and an exclusive cashback card. Sign up now by using this link. <https://www.bluelightcard.co.uk/>

## RECRUITMENT

We are currently looking to recruit full time support workers. 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 [Sophie.russell@footstepscare.net](mailto:Sophie.russell@footstepscare.net). Please note that we do not have any part time positions available.

## DATES FOR THE DIARY

- 1st Feb – Black History Month
- 10th Feb - Chinese New Year
- 13th Feb - Pancake Day
- 14th Feb - Valentines Day
- 1st Mar - St Davids Day
- 10th Mar - Mother's Day
- 11th Mar - Ramadan
- 17th Mar - St Patrick's Day
- 29th Mar - Good Friday
- 31st Mar - Easter Sunday
- 9th Apr - Eid al-Fitr
- 14th Apr - Ambedkar Jayanti

## SOCIAL MEDIA

A warm welcome to each one of you who's joined our Footsteps Care Ltd group! If you are yet to join us, please click on the link below. <https://www.facebook.com/groups/2371576226365372/> Make sure to hit the "Like" button and turn on notifications, so you never miss an update!

## WEBSITE

We are launching our new look website soon. It's now even easier to find the information you need and discover more. Our website can be found by clicking on the following link. <https://www.footstepscare.net> Special thanks to Mel and Shamus for all their hard work on the website. It's greatly appreciated.

## NON-SICK BONUSES

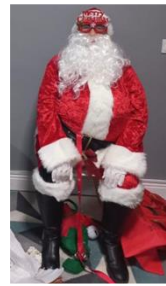
A huge congratulations to our staff who were issued non-sick bonuses.

## WE NEED YOUR FEEDBACK

Staff/external questionnaires will be issued soon.

Please complete and return these as soon as possible.

Your feedback is invaluable! We use the information to identify trends, tackle issues before they arise, improve quality of care, work environment and people relations.



## NEWS FROM OUR HOMES

### Goodmayes Children's home

We have had a wonderful Christmas period here in our cosy home in Goodmayes. The children have enjoyed the well-earned break from school and have loved all the magic that the festive period brings. It has been filled with joy and creativity, as the children engaged in delightful activities. Throughout the Christmas holidays and there has been much laughter and enjoyment throughout the home. The children particularly enjoyed writing their endless Christmas gift lists for Santa and thoroughly enjoyed making Christmas cookies and gingerbread houses and enjoyed eating them even more! Christmas day was as lovely as it always is. The lounge was full of very excited children opening a huge number of gifts and we all enjoyed a lazy Christmas day in our Christmas pyjamas and we all enjoyed the wonderful Christmas dinner. Equally, our staff team enjoyed a wonderful time, celebrating with an excellent Christmas meal and a night out. These moments of joy and camaraderie among the staff not only enhanced our festive spirit but also strengthened the bonds within our team. We enjoyed celebrating a birthday of a very special young girl who was spoiled with lots of gifts and a wonderful party for her which we all enjoyed attending as a family. On 5th January, we bid farewell to a young person who has been with us for over two years. Being an integral part of the Footsteps family, his departure has left a hole in our hearts; however, we will meet with him regularly and wish him well for the future. We enjoyed celebrating the new year together and look forward to seeing what this year brings us! We are thrilled to showcase the artistic talents of Marios who has brightened our home with two stunning pieces of art. His creations, a vibrant bicycle themed mural in the kitchen and an enchanted hallway mural, not only enhance our environment but also reflect the creativity and passion inherent in the team.



### Leyton Children's home

We have had a wonderfully magical time over the Christmas break here in Leyton. The children have enjoyed lots of varied activities with go-karting, mini golf, and going to Oxford Street to see the Christmas lights being voted the favourite activities. The children loved helping to decorate the home and the Christmas trees. Our staff member Beverly dressed as Santa and gave out gifts, she also cooked a wonderful breakfast, dinner and tea for us all. Thank you Beverly! We had an amazing Christmas party full of dancing and games. During our house meeting, we introduced show and tell where all the children bring an item or have something to share with the rest of the group. We have also introduced Blue Peter where the young people will watch a video on YouTube, so that they are up to date about what is happening in the world. We enjoyed the new year celebrations and have lots of lovely activities planned for the year ahead of us.

### 16-18 Supported Accommodation

Well, we had a wonderful Christmas period with lots of magical activities and everyone enjoying the festivities. Our home was decorated beautifully and brightly and we all enjoyed a lovely, homely Christmas day and a tasty, delicious dinner with lots of lovely presents and laughter throughout. The games brought much enjoyment and we just did not want Christmas to end. Since returning to school and college in January, this has not prevented us filling the late afternoons and evenings with endless activities including visiting the nail salon to have our nails painted, arts & crafts, shopping, shopping and more shopping! We have enjoyed visits to the arcades, making short videos for social media and we had great fun at laser tag, we are not sure if the young adults or staff had the most fun! With visits to the gym, ice-skating, board games and dinner out, it has certainly been a busy start to the year in our home and we are looking forward to more action-filled days.



### Adult services

At Footsteps Adult Services, we celebrated Christmas with the magical joy that only Christmas can bring. Christmas day itself, was enjoyed by all. By the twinkling lights of the tree, or young adults enjoyed opening their presents. Some of the adults enjoyed helping to prepare our delicious Christmas dinner which we all enjoyed. A huge thank you for all the staff who worked over the Christmas period to bring joy and Christmas spirit to our service. The staff enjoyed a well-deserved Christmas party to say thank you to all our staff for their hard work over the past year. We all had great fun and enjoyment. A special trip to Winter Wonderland got us all in the festive mood and what a truly special day that was for all. It has been very busy throughout January with our adults engaging in several outdoor activities such as private swimming pool hire, many visits to the trampoline park which was enjoyed by all. There have also been many day trips and a firm favourite being activities organised by the ACE group and visits to various museums. In January we opened our new sensory room adding a new space to our service. Our adults have enjoyed spending time in there with our sensory toys, tactile floor tiles, variety of wall and ceiling lights as well as a ball pool. We have also created a quiet, private space to carry out practices of religion including Friday prayers and Sunday worship. This space is greatly appreciated by all who use it.

## HEALTH AND WELLBEING SUPPORT SERVICES

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, to support you with your daily life and it is completely free to use. Create your account now! You can benefit from recognized psychological strategies and clinically backed methods, from Priory Healthcare. The new Care first Zest app will teach you coping mechanisms, to handle situations life may throw your way. You will also discover interactive tools, helpful tips, visual and mental exercises, and engaging activities. Each designed with you in mind to start your journey to becoming the best version of yourself. These include meditation exercises, mindfulness exercises, breathing exercises, toolkits to identify behaviors and monitor progress, mood trackers and more.



Care first Zest