FOOTSTEPS CARE

Newsletter – October 2026 Issue

Well, here we are, entering yet another month! October certainly seemed to fly by. We've definitely noticed the days getting shorter, and with the clocks going back, the darker evenings are well and truly here. There's something lovely about this time of year, with cosy autumn evenings spent snuggled up, safe and warm indoors.

The weather has certainly taken a turn, and the heating is definitely being turned up! October half term gave our children and young people a much-needed break and a chance to enjoy some well-earned rest. Halloween was a spooktacular time, and we even enjoyed a Halloween party or two! It's been a busy month across our services, with lots of lovely moments along the way. As we say goodbye to October and welcome November, we're looking forward to another exciting month and all that it may bring.



NEWS FROM OUR GOODMAYES ADULT SERVICE

It has been another busy month in our supported living service, with plenty of opportunities to get out into the community, enjoy favourite activities, explore new places and spend quality time with friends.

Exploring London and Beyond – Throughout the month, we have been making the most of everything London and the surrounding areas have to offer. From visits to the British Museum, V&A East Museum and Valence Museum to exploring Chinatown, London Bridge and the O2 Arena, there have been plenty of opportunities to discover new places and enjoy different experiences. One of the highlights was a Paddington Bear hunt, combined with a lovely visit to Kensington Gardens. Other adventures included trips to Barking Riverside, Manor Park, Seven Kings Park, Goodmayes Park and Fairlop Waters, where everyone could enjoy some fresh air and a change of scenery.

Fun, Fitness and Favourite Activities - There has certainly been no shortage of fun! Bowling has continued to be a popular activity, with us enjoying games with friends. Visits to Oxygen, Gravity Centre, arcades and Barleylands Golf have also provided plenty of fun and laughter. Swimming, community walks, train journeys, bus rides and car trips have also featured regularly throughout the month. These everyday experiences are just as important, helping individuals develop confidence, maintain independence and enjoy being part of their local communities.

Friendships, Food and Fantastic Days Out - Spending time with friends has been another wonderful part of recent activities. Trips to Barleylands Farm and Call of the Wild Zoo provided opportunities to enjoy animals and the outdoors, while scarecrow making at the allotments brought everyone together for some creativity and fun. There have also been some lovely meals out, including breakfast at Harvester, lunch outings and visits to Toby Carvery with friends. Shopping trips and visits to favourite places have added even more variety to the weeks. For some, attending church has continued to be an important and meaningful part of their routine.

A big thank you to our dedicated staff for continuing to support and encourage everyone to make the most of the opportunities available to them.

NEWS FROM OUR GOODMAYES CHILDREN'S SERVICE

Here in our home in Goodmayes, October has been a truly lovely month. We thoroughly enjoyed half term. The children have certainly earned this holiday after what felt like a long term in school. We had such a wonderful week off, and this added to our busy month **of** African drumming, exciting adventures around London, delicious cultural dishes, creative activities and Halloween fun! We are exhausted just recalling all the amazing fun we've had!

Celebrating Black History Month: A Journey Through Culture, Music and Heritage

In October we came together to celebrate Black History Month, embracing the beauty, diversity and richness of Black history and culture. Through music, storytelling, food, dance and hands-on experiences, our children and young people were encouraged to explore different traditions, celebrate cultural diversity and learn about the contributions of Black communities around the world.

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 respect, support, positivity, and kindness.

IMPORTANT DATES

Movember – Men's Health Awareness Month
Men's Mental Health Awareness Month
Lung Cancer Awareness Month
Pancreatic Cancer Awareness Month
Mouth Cancer Action Month
Islamophobia Awareness Month
1 Nov – All Saints' Day
2 Nov – All Souls' Day
2–6 Nov – Stress Awareness Week
4 Nov – Stress Awareness Day
5 Nov – Bonfire Night
8 Nov – Diwali 8 November
8 Nov – Bandi Chhor Divas
8 Nov – Remembrance Sunday
8–15 Nov – Inter Faith Week
9 Nov – Jain New Year
11 Nov – Armistice Day
13 Nov – World Kindness Day
13 Nov – BBC Children in Need
14 Nov – World Diabetes Day
16 Nov – Odd Socks Day
16–20 Nov – Anti-Bullying Week
16–22 Nov – Self-Care Week
16 Nov – UK Disability History Month
19 Nov – International Men's Day
20 Nov – World Children's Day
24 Nov – Guru Nanak Gurpurab
25 November – White Ribbon Day
25 Nov – International Day for the Elimination of Violence Against Women
29 Nov – First Sunday of Advent
30 Nov – St Andrew's Day

A Musical Adventure at Ilford Library
We enjoyed a fantastic visit to Ilford Library, where we took part in an exciting Black History Month drumming workshop. The session was filled with rhythm, energy and wonderful sounds and we enthusiastically played the drums to experience African-inspired music.

We also enjoyed a special storytelling session exploring Black history, heritage and culture. We listened to meaningful stories, discovered inspiring quotes from influential Black leaders and historical figures, and explored the powerful messages behind their words. It was lovely to see our children and young people showing interest, listening and engaging with the activities while discovering more about the world around them.

Around Africa and the Caribbean: A Delicious Cultural Journey!
Our home was filled with wonderful aromas and exciting flavours as we enjoyed a number of diches from around the world including;

KE Kenya: Delicious Kenyan-style rice.
JM Jamaica: Flavourful jerk salmon and traditional rice and beans.
CI Côte d'Ivoire: Tasty grilled meat inspired by Ivorian cuisine.
NG Nigeria: Sweet and delicious Nigerian-style plantain.
AO Angola: Angolan-inspired fries.
GH Ghana: Soft, golden puff-puff.
SN Senegal: Delicious Senegalese-inspired pies.
ZA South Africa: Grilled chicken served with refreshing coleslaw.

It was wonderful to bring different cultures together around the dining table and create enjoyable shared experiences through food. The dishes were delicious!

The Rhythm of Africa Comes to Our Garden!
One of October's most exciting highlights was welcoming a talented African drummer into our garden for a lively and interactive drumming workshop!
Our garden came alive with energetic beats, captivating rhythms, and the wonderful sounds of traditional drums. The children had the opportunity to listen, explore the instruments, and join in the musical fun. One of our children particularly embraced the experience, showing fantastic enthusiasm and engagement throughout the session. The workshop offered a brilliant combination of music, movement, sensory exploration and cultural appreciation.

Music, Movement and Tanzanian Celebrations!
The celebrations continued as we explored the vibrant sounds and flavours of Tanzania! We enjoyed listening and dancing to Tanzanian music while experiencing delicious Tanzanian-inspired food. Our home was full of positive energy, movement, and enjoyment as we had the opportunity to experience a different musical tradition. What a wonderful experience this was for us all!

Ready, Set, Play! Arcade Adventures
Lights, games and plenty of excitement!
During this month, we enjoyed a fantastic trip to the arcades, where we explored a variety of exciting activities. From thrilling car racing and bike racing to interactive shooting games, there was plenty to keep everyone entertained. It was a day enjoyed by everyone and we all slept well that evening!

Game On! An Exciting Experience at The O2
Our adventures continued with an exciting visit to The O2 in London, where he had the opportunity to enjoy the gaming attraction. This provided a fun and different experience away from home, offering opportunities for exploration, entertainment, and engagement in a new environment.

A Splash of Mexican Culture at Wanstead Library
We loved the colourful cultural experience during a visit to Wanstead Library, where we watched a vibrant Mexican dance performance. The lively music, colourful presentation and energetic movements provided a wonderful opportunity to experience a different culture and appreciate traditional dance.

London Calling!
There is always something exciting about a trip into London! We love a day out in the city, and this time we enjoyed a trip to the capital, taking in the sights, sounds and the vibrant atmosphere of the city.

Jump, Splash and Play!
There was plenty of energy and excitement as our young people enjoyed trampolining, water play and a variety of sensory activities. From bouncing on the trampoline to exploring water and sensory materials, there were plenty of opportunities for playful learning and enjoyment.

Halloween Fun!
As October drew to a close, a little Halloween magic made its way into our home! We loved decorating the home for Halloween. The decorations brought a sense of excitement and anticipation, giving everyone the opportunity to get involved in the seasonal celebrations. There were lots of Halloween activities and arts and crafts.

Goodbye October; you were great fun, and we look forward to seeing what fun November brings to our home.









NEWS FROM OUR LEYTON CHILDREN'S SERVICE

It has been an exciting month here at Ambleside in October and we have been making memories and keeping busy!

Celebrating Diversity and Culture - October was a special month for celebrating culture and diversity. We marked Black History Month, recognising the importance of Black history, heritage and achievements while promoting equality, respect and inclusion. We also celebrated Uganda's Independence Day, embracing the opportunity to recognise different cultures and encourage appreciation of the diverse backgrounds within our community. These celebrations reflected our commitment to creating an inclusive home where every young person feels valued and respected.

Halloween Fun - Halloween brought plenty of fun. Our activity programme included Halloween craft clubs in Walthamstow, Halloween-themed activities at Hyde Park Learning Centre, shopping for Halloween snacks and a Halloween party at home. What a wonderful spooky time we had!

Out & About - October's activity programme offered a mixture of community outings, physical activities and creative experiences. We enjoyed 'All Ability Cycling' at Leyton Jubilee Park, SEN swimming at Leyton Leisure Centre and multisport at YMCA Walthamstow. Creative and educational opportunities included drumming sessions, East Asian Rhythms and Movements at Walthamstow Library, IT classes at Sarah Bonnell School and recycling craft sessions at Wood Street Library. Other planned experiences included visits to Forest Cinema, Lea Bridge Library, local parks and community outings by bus, alongside sensory activities, music and arts and crafts at home.

Celebrating Our Young People – Well, well, well, we do love a celebration, and we had no less than three this month! Two of our young people attended an awards ceremony where they both won an award. The awards were given for showing a positive attitude to education, and another was awarded for resilience and maturity. Very well done to you both; we are all incredibly proud. 😊

Something for Everyone - The October half-term offered activities for everyone, including creative activities, arts and crafts, swimming, cycling, multisport and Halloween outings, drumming, sensory play and music, reading, garden trampoline sessions, and animation, ensuring opportunities for both stimulation and relaxation. Our priority continues to be creating an environment where every child can enjoy meaningful experiences, exercise choice, and feel included.

We also enjoyed celebrating the birthday of one of our young people. Happy birthday, young man 😊

October Birthdays - A very happy birthday to our team members Shahida and Hyacinth! We hope you both enjoyed your special day and thank you for your continued dedication and contribution to our young people and the home. 😊







Planning Ahead – 72-Hour Emergency Preparedness
Our managers recently came together to discuss the Government's 72-hour emergency preparedness guidance and how we can ensure all our homes are well prepared for unexpected situations. The meeting focused on the importance of having clear emergency plans in place, ensuring essential supplies are available and supporting the safety and wellbeing of everyone in our care.

A birthday shoutout!
A HUGE birthday shoutout to Shamus. Thank you for all the support you gave on your birthday! It truly is appreciated xxxx

Living Our Footsteps Values Every Day

❤️ **Family –** Standing together, supporting one another and creating a sense of belonging.
💜 **Compassion & Empathy –** Treating everyone with kindness, understanding, dignity, and respect.
💙 **Safety & Security** – Providing safe, nurturing environments where everyone feels protected and valued.
💚 **Nurture & Empower** – Encouraging independence and helping everyone reach their full potential.
❤️ **Passion** – Bringing dedication, enthusiasm and genuine care to everything we do.
💛 **Opportunity** – Creating opportunities, inspiring hope and empowering everyone to reach their full potential and embrace a brighter future.

HEALTH & WELLBEING

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 and an interactive health and wellbeing management portal.

RECRUITMENT

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

YOUR FEEDBACK

Your input means so much to us, and we truly appreciate your thoughtful feedback. The survey is also available on the website. This helps us better understand your thoughts, suggestions, and ideas for improving our workplace. Your feedback plays a key role in shaping our plans for the year ahead. Thank you again for helping us build a better and more inclusive workplace. Stay tuned for updates on our progress and next steps! Click on the QR code and leave you feedback.

POLICIES & PROCEDURES

Our policies and procedures are available to view and read on the FODS system and Footsteps Care Drive. Our core HR policies are also in the staff handbook.