

FOOTSTEPS CARE



Newsletter – May 2026 Issue

We are delighted to share our May newsletter. It has been a great month for all of our children and young adults.

May brought with it a well-deserved half-term break, and we are so pleased that the children and young people were able to make the most of the beautiful weather. The longer, sunnier days meant we were able to spend more time outdoors. The sunshine lifted everyone's mood and created the perfect setting for play, exploration, and social time together.

As we now welcome the month of June, we also look ahead to the final school term of the academic year. We are looking forward to another positive and activity-filled month ahead as we move closer to the summer holidays. Please enjoy this month's newsletter.



NEWS FROM OUR GOODMAYES ADULT SERVICE

We've had a fantastic time getting out and about and enjoying a wide range of activities in the month of May. What beautiful weather we had!

We had a great time on bus rides. It was relaxing sitting back and watching the world go by. We also enjoyed visiting arcades, where there was lots of excitement and lots of 2p's to be won!

Trips to Hyde Park and other local parks gave us the chance to enjoy the beautiful weather and enjoy being out in nature. All that fresh air made some of us very tired! As usual, we enjoyed several lunches out. We do love the experience of eating out and the variety it brings.

We enjoyed exploring some interesting places, including the Natural History Museum, Southend Sealife Centre, and Call of the Wild Zoo, where we got to see lots of interesting animals and sea life. We also visited Wat Tyler Park, Belhus Park, Hainault Forest, and Fairlop Waters, making the most of the fresh air and beautiful surroundings.

In May, we kept active too, taking part in Zumba and yoga sessions, going swimming, and enjoying energetic trips to Oxygen. There were also visits to Goodmayes Fun Park, which everyone really enjoyed.

Social time has been just as important, with shopping trips, pub lunches, and seeing friends which gave us the chance to build confidence and independence skills.

It's been a very enjoyable month and we are looking forward to June and the start of summer!

NEWS FROM OUR GOODMAYES CHILDREN SERVICE

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

- 1 June – Global Day of Parents
- 5 June – World Environment Day
- 7 June – Pentecost Sunday
- 8 June – World Oceans Day
- 14 June – World Blood Donor Day
- 15–21 June – Carers Week
- 18 June – Autistic Pride Day
- 19 June – National Picnic Day
- 19 June – Sacred Heart of Jesus
- 21 June – Father's Day
- 21 June – Summer Solstice
- 21 June – International Day of Yoga
- 22 June – Windrush Day
- 24 June – Feast of St John the Baptist
- 30 June – Social Media Day

What a wonderful month it was for us in our children's service here at Goodmayes. The weather was glorious throughout the half-term, and we certainly made the most of it.

The children have had a very busy and enjoyable time taking part in a wide range of fun activities both in the home and out in the community.

Within the home, the children enjoyed spending time in the sensory room, where they explored different textures, lights, and materials. These sessions encourage curiosity and engagement.

Our activity room was well used as we enjoyed working on puzzles and arts and crafts. There are certainly some budding artists among us creating some beautiful artwork that is now being proudly displayed.

They also enjoyed quieter activities such as colouring and watching TV, which provided opportunities for relaxation.

What fun we had with a number of music sessions! The children enjoyed actively engaging by singing, clapping and dancing. Some staff were definitely aiming for a Grammy with their performances! 😊

Some standout experiences this month included a visit to the Mundo Pixar Experience, where the children were fully engaged in the interactive displays. Trips to amusement parks were also very popular, with the children enjoying a variety of rides and treats. Regular visits to local parks provided endless opportunities to play football, basketball, and group games, and as usual, we loved spending time in the park.

The children also enjoyed trips to arcades, where they played games and shared in the excitement of the experience. A movie night at home was another highlight, where the children helped to create a cinema atmosphere by "buying tickets" and watching Zootropolis 2 with popcorn, drinks, and snacks.

Imaginative and creative play was fun, with the children enjoying building forts using chairs and blankets, showing imagination and teamwork.

Throughout May we have continued to develop important life skills. Cooking sessions taught us about safe use of the kitchen and equipment as well as measuring ingredients and learning about temperature control and the importance of hygiene.

Further life skills activities included practicing cleaning routines, tidying up after activities, setting the table, and completing simple cleaning tasks. These were approached in a fun and supportive way, with children often encouraging and helping one another.

The children thoroughly enjoyed their half-term holiday and were all ready to return to school for the final term of the year. We are already on countdown to the summer holidays and all the wonderful adventures these will bring.



NEWS FROM OUR LEYTON CHILDREN'S SERVICE

Here at Ambleside, we have had a wonderful month! It has been a very enjoyable and busy time filled with lots of activities and celebrations. We have enjoyed recognising and celebrating important themes including age, culture, diversity, achievement, and wellbeing. As usual, Michelle has worked her magic in planning and organising exciting activities for us all. Thank you, Michelle for all your time, efforts and creative thinking that you put into planning such memorable and interesting activities. 😊

VE Day Celebrations

We enjoyed marking Victory in Europe Day with a range of thoughtful and engaging activities. One of the highlights was our community visit to our neighbouring nursing home, Aspray House, where we took part in an intergenerational VE Day arts and crafts session. We also enjoyed spending time with the residents, who enjoyed reminiscing and reflecting on their experiences. It was so lovely to see the connections formed, as the residents always respond warmly to the familiar faces of our children and young people.

Back at the home, we enjoyed a VE Day celebration party with decorations, music, and shared activities. This was alongside our recognition of World Day for Cultural Diversity and Mental Health Awareness Week, where we took time to reflect on inclusion, well-being, and supporting one another.

To deepen understanding, we enjoyed learning about these important themes through videos, colouring activities, and interactive worksheets focused on equality, diversity, and human rights.

Achievements

We enjoyed supporting two of our children and young people to take part in the Mini London Marathon, where around 20,000 participants of all abilities take part. The route through central London, including iconic sights such as Buckingham Palace, made it a truly memorable experience, and we enjoyed celebrating their participation and determination.

Across the home, we enjoyed continuing to build independence through everyday life skills. The children and young people have been helping with tasks such as taking out the rubbish, cleaning tables after meals, and supporting with general tidying.

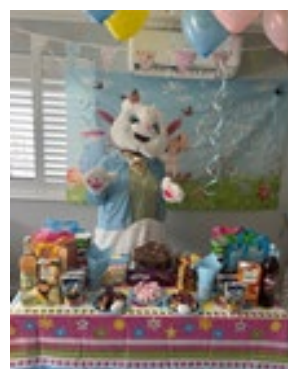
With the longer and warmer days, we have enjoyed spending more time out in the community. We took part in Kite Day, where we enjoyed making our own kites and flying them at the local park, making the most of the open space and fresh air. We also enjoyed using local facilities such as basketball courts and outdoor gym equipment, supporting both physical health and social interaction.

This month also included a range of exciting outings and experiences:

- We enjoyed therapeutic and creative sessions through In Deep Music Therapy at Millbank and HMDT music sessions, where children and young people explored sound, rhythm and self-expression.
- We had a fantastic time at the Ambition Aspire Achieve SEND family fun day at Terence Brown ARC adventure playground, where there were lots of opportunities for play, exploration and socialising.
- We enjoyed a cinema day, providing a relaxed and shared experience.
- We took part in a SEND multisports day at Newham Leisure Centre, which was a great opportunity to try different activities in an inclusive environment.

Happy Birthday!

We also enjoyed celebrating birthdays this month. Big birthday wishes to Sana, Olufemi, and Tony- we hope you all had a wonderful time celebrating! 😊



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.