

NEWSLETTER

31st March 2024

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

WELCOME

Welcome to the latest edition of our monthly newsletter! We are excited to share some exciting news and updates from the Footsteps Family.

It is hard to believe that we have just celebrated Easter and the children have now broken up from school. It certainly gets busy at Footsteps during the April holidays.

STAFF

We encourage our staff team to keep up the excellent work, and we will continue to support their growth and development within the organisation.

We would like to take this opportunity to thank our staff team once again for all that they do. They are valued members of the organisation and we appreciate their hard work and dedication. Specifically, we want to recognise their efforts on attendance and training.

LEADERSHIP

Our leadership and their attention to detail have been instrumental in achieving our goals and exceeding the young people and adults' expectations. Their contributions have not gone unnoticed, and we want to publicly acknowledge their efforts.

Finally, we would like to thank the area manager, Jo Wright, for her passion, hard work and dedication. Jo has been with the organisation for 18 years now and never ceased to go above and beyond in all aspects of her work.

OUR VISION

We endeavor 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.

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 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.

- F**amily
- O**pportunity
- O**utcome
- T**eamwork
- S**uccess
- T**ransition
- E**quality
- P**assion
- S**upport

20 YEAR REUNION

This year will mark our 20-year anniversary and we would like to celebrate this special occasion with our staff, young people and adults. Any suggestions and ideas are all welcome.

FEEDBACK

We are still awaiting some staff feedback forms. 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.

RECRUITMENT

We are currently fully staffed and not recruiting.

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 ready for when we start recruiting again.

DATES FOR THE DIARY

9th Apr - Eid al-Fitr

14th Apr - Ambedkar Jayanti

POLICIES & PROCEDURES

All policies and procedures have now been updated. They are saved on the system and you have access to this. Please read these.

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

Our website is updated regularly and can be found by clicking on the following link.

<https://www.footstepscaregroup.com>

STAFF HANDBOOKS

We have recently updated our staff handbook. Please take the time to read through this. This can be found on our computer system. There is also a hard copy in each office.

NEWS FROM OUR HOMES

Goodmayes Children's home

We have had a busy month in our home in the month of March. We thoroughly enjoyed celebrating red nose day and raising money for charity.

We have enjoyed experiencing the warmer weather which has resulted in more time spent in the park and going for walks which has been very enjoyable.

The children have enjoyed baking cakes and we all had immense fun at a birthday party held in the home for one of our children with party games, laughter and excitement.

We have enjoyed bus and train rides as well as having lots of fun at the trampoline park. We are looking forward to the Easter period and a well deserved holiday from school!

We are excited to announce that we are currently redecorating certain areas in the home and are looking forward to sharing some updates with you.



Leyton Children's home

We have had a very busy month here in our Leyton home. We had an exhilarating experience rock climbing and reaching great heights at the climbing centre. It was extremely enjoyable and we enjoyed the challenge and the feeling of accomplishment when reaching the top.

A visit to London zoo was also very enjoyable and we had the opportunity to see a variety of animals, including a Bengal tiger. We enjoyed observing and interacting with the animals, which was both educational and entertaining. Much fun was had by all.

The activities also continued in the home with the children enjoying a fun baking activity at home, where they baked cakes. They enjoyed the entire process, from preparing the ingredients to decorating the finished cakes. Of course, they also savoured the delicious end result!

Celebration of Greek Independence Day:

On the 25th of February, the children celebrated Greek Independence Day. They decorated the home to represent the occasion and participated in Greek-themed activities. This included enjoying Greek snacks and engaging in cultural activities to commemorate the significance of the day.

Overall, the young people had a well-rounded and enjoyable month, filled with adventure, exploration, creativity, and cultural celebration. These experiences provided them with valuable opportunities for learning, socializing, and personal growth.



Adult services

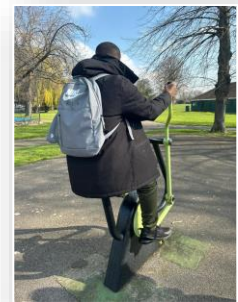
Here in the adult services, we have enjoyed a range of different activities throughout the month of March.

We have spent time in our local community, enjoying lovely walks to the park in the Spring sunshine. We have enjoyed experimenting with the exercise equipment and have enjoyed visiting the cafe which is always a favourite!

We have continued to attend the ACE group where we meet with our friends and new members. We always do lots of fun activities with ACE group and enjoy this very much. ACE and will return from Easter break on 24th April.

We have really enjoyed bowling, taking part in Zumba which is always great fun and causes a few giggles! The Yoga class is always a hit as well as visiting Southend which was a wonderful day out for all involved.

The young adults have also enjoyed visiting the arcades and Barleyland farm to feed the animals. We are really looking forward to weather warming up and accessing more outdoors activities in the coming months.



Our adult services wish you all a Happy Easter.

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.

