

FOOTSTEPS CARE



Newsletter – February 2026 Issue

Welcome to our February newsletter. It has been a lovely month for us throughout our services.

We are beginning to notice the early signs of spring all around us. The days are slowly becoming longer, there is a little more brightness in the mornings and evenings, and there is a sense that the colder winter months are gradually making way for warmer and lighter days ahead.

This time of year always brings a feeling of renewed energy and optimism. It's a lovely reminder that brighter days are just around the corner, and we are looking forward to spending more time outdoors, enjoying the fresh air, and continuing to explore new activities and opportunities outdoors.

We hope you enjoy reading about what we have been up to this month.



Goodbye February,
Hello March!

NEWS FROM OUR GOODMAYES ADULT SERVICE

February has been very busy for us here at the adult service. As usual, we had a great time taking part in shopping trips, which allowed us to practise everyday life skills such as choosing items, making purchases, and interacting with people in the community.

Some of us enjoyed attending church, offering some reflective time, and we also enjoyed an exciting boat ride along the River Thames, where everyone had the opportunity to take in the beautiful sights of London from the water while enjoying the fresh air and unique experience of travelling by boat. Trips into central London, including visits to areas such as London Bridge and Tottenham Court Road. We enjoyed travelling across the city by train and bus, building confidence with public transport while experiencing the busy and vibrant atmosphere of different parts of London.

There were also several fun and energetic activities throughout the month. We had a fantastic time visiting a trampoline park, and a trip to the bowling alley brought plenty of smiles and laughter, with everyone enjoying the friendly competition and cheering each other on.

Physical well-being was supported through participation in Zumba and yoga classes, where we enjoyed moving to music, stretching, and a relaxing environment. Swimming also provided a great way to stay active while building confidence in the water. We also enjoyed attending the colourful and interactive Mundo Pixar Experience at Wembley, where we had the chance to explore immersive displays inspired by well-known animated films. The experience was fantastic and visually engaging. It brought lots of excitement as everyone explored the different themed areas.

Of course, the month cannot pass by without us eating out! We all love to experience dining at various restaurants and pubs. 😊

Outdoor activities continued to be a favourite for many. We spent time going on walks around the community, visiting local parks, and enjoying the fresh air. A lovely trip to Fairlop Waters allowed us to feed the ducks and spend time by the water in a calm and peaceful setting. We also celebrated Pancake Day together, which was a fun and tasty occasion.

For some, a pedicure session offered a relaxing opportunity for self-care and well-being. We had a fun outing to the Sea Life Centre, where we enjoyed seeing a variety of fascinating sea creatures and colourful marine life up close.

Overall, it has been a wonderful month filled with varied experiences that supported independence, confidence, well-being, and fun. We are looking forward to seeing what adventures March brings.

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 Mar – St David's Day
- 1 Mar – Zero Discrimination Day
- 1 Mar – Self-Injury Awareness Day
- 3 Mar – World Wildlife Day
- 4 Mar – Shrove Tuesday / Pancake Day (in some years)
- 5 Mar – Ash Wednesday (in some years)
- 8 Mar – International Women's Day
- 10 Mar – Commonwealth Day
- 12 Mar – Ramadan begins (subject to moon sighting, varies by year)
- 14 Mar – Holi (Hindu Festival of Colours)
- 15 Mar – World Consumer Rights Day
- 17 Mar – St Patrick's Day
- 18 Mar – Global Recycling Day
- 20 Mar – International Day of Happiness
- 20 Mar – Spring Equinox (First Day of Spring)
- 21 Mar – International Day for the Elimination of Racial Discrimination
- 21 Mar – World Poetry Day
- 21 Mar – World Down Syndrome Day
- 22 Mar – World Water Day
- 24 Mar – World Tuberculosis Day
- 25 Mar – International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade
- 25 Mar – Annunciation (Christian)
- 30 Mar – Mother's Day (UK) (date varies each year)

NEWS FROM OUR GOODMAYES CHILDREN SERVICE

It has been a wonderfully active and exciting month for the children here at Green Lane. February has been a month filled with adventures, celebrations, and lots of opportunities for fun.

One of the highlights of the month was a fantastic trip to the London Transport Museum, where the children had the chance to explore the wonderful world of trains and transport. They were excited to see the different exhibits, learn about how trains work, and enjoyed the day immensely.

Speaking of trains, we have enjoyed many train and bus rides throughout the month, travelling across London from East to West and experiencing the city and its views.

The children have also enjoyed several fun outings to the arcades. We had great fun throwing balls into basketball hoops, trying our luck catching flying money in the grab machines, and playing a variety of games that kept us all entertained.

As usual, we enjoyed the trampoline park, where we had the opportunity to burn off lots of energy. We loved climbing, jumping, and bouncing on the trampolines, exploring the different play areas, and trying new activities.

Back at home, the children have spent time exploring the sensory room, which continues to be a calming and engaging space for them. This month, they particularly enjoyed the interactive underwater experience, where they could move through a virtual ocean environment displayed on the screen. Watching the sea life and feeling as though they were travelling through the ocean was a wonderful experience.

We marked Valentine's Day with love and appreciation, and we especially loved the Valentine's Day treats we made for one another! There were lots of creative activities and heart stickers everywhere!

Pancake Day was enjoyed by us all, and we enjoyed getting involved in the kitchen, with everyone making their very own pancakes. There were certainly some interesting choices in toppings!

On some of the colder days, we enjoyed some family time at home together. We shared in making puzzles together, while others spent time playing creatively with Lego. A cosy movie and popcorn night was another highlight, bringing everyone together to relax and enjoy a film.

We were also delighted to announce our Spotlight of the Month, which this month shone on Ayo! Well done, Ayo!

It has truly been a month full of fun experiences for everyone here at Green Lane. 😊



NEWS FROM OUR LEYTON CHILDREN'S SERVICE

Random Acts of Kindness

In acknowledgement to Random Acts of Kindness Day at Ambleside the children young people participated in contributing small gestures thought the month. The young people continue to help with tasks within the home, from advocating for themselves and each other in the young people's meetings to mindful tasks around the home, such as helping with tidying tasks, to supporting with the weekly shopping. This supports our values of a nurturing, supportive environment, which works on encouraging kindness, compassion, and understanding of self and others.

We made a return visit to Aspray House nursing home for an intergenerational session. The children and young people enjoyed a joint arts session which consisted of creative painting and craft, and making a bird's house. It was such a wonderfully pleasant experience for us all.

We made a return to Epping Forest Visitors centre to participate in a youth litter picking volunteer session. Participating in such projects has supported the young people to develop social, emotional and mental well-being, building their confidence and continued ethos of 'I CAN' attitude, by recognising how much difference their contribution makes to the environment and community. Certificates of their contribution were accepted with appreciation. Excellent job, everyone! 😊

Celebrations

Children's Mental Health Week -The children and young people participated and were very much involved in key work sessions relating to mental health, such as 'Managing big emotions' and completing mental health worksheets. Celebrations also included a 'Love Your Mind' themed party event, which was enjoyed by all.

Chinese New Year - With the emphasis on the year of the fire horse being celebrated, we enjoyed a much-loved party with themed balloons and decorations. It was a wonderful, colourful event.

Valentine's Day - One of our young people attended a School Valentines party looking very suave in pink. The children and young people also showed their creativity, making cards and decorations for each other and their loved ones. Other celebrated acknowledgements included World Hippo Day craft and World Thinking Day, where the children and young people learnt about different countries through art

The half term saw various activities such as: SEND Sports Days at both Britannia and Golden Lane Leisure centre. We enjoyed all the activities from bouncy castles to multi-sports, which were great fun. Other activities also included: Cinema Day, Siblings' Day out, Library visits, visiting Madame Tussauds, Dancing and Acrobatics at Southbank Zoo Nation Festival, and a trip to the local horse-riding centre. (Well, it is the year of the fire of the fire horse!)

Card rides were also a big hit from exploring Windsor Castle, a stroll at South End Seaside, viewing at City Airport and venturing out to Greenwich Park.

Cosy days in were also favoured and included, movie night, Karaoke, baking lots of lovely treats, and arts and crafts. It has been a fantastic month throughout February!



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.