



NEWSLETTER

We are excited to launch the second 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 are two months into the new year already.

ABOUT US

We believe that children should have an enjoyable childhood, and benefit from excellent parenting and education, enjoying a wide range of opportunities to develop their talents and skills in order for them to reach their full potential.

We are very passionate about the work that we do and as the cooperate parent; we act with the best interest of the children and young people at all times. We work tirelessly to ensure the children have an enjoyable experience in childhood and we believe that having a learning/physical disability should not stop a child from having a full and enjoyable life.

Our homes provide a welcoming environment where children can grow up in a loving environment where they feel loved, understood and valued. We invest to ensure each child and young person have their wishes and feelings understood. Each child should be valued as an individual and given personalised support in line with their individual needs and background to develop their identity, self-confidence and self-worth.

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 and find stability in a family environment which mirrors a typical family home-life as much as possible.

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

FEEDBACK

Staff/external questionnaires have now been issued. 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 begin recruiting again.

DATES FOR THE DIARY

- 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 have now launched our new look website. 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.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 very busy month here at our home in Goodmayes. We are pleased to see the nights getting lighter and the mornings getting brighter. It certainly helps with waking sleepy children up for school!

During our very busy half term, we enjoyed various activities and loved exploring our new sensory toys. We particularly enjoyed a large group outing to the park together (13 of us in total!!) The children loved showing off their bowling skills and had immense fun trying to out-bowl one another. There was much fun and laughter around the home throughout the holidays and it was a very busy day time. The children particularly enjoyed a visit to the arcades, the trampoline park and shopping.

We loved Pancake Day and our pancakes were delicious. Special thanks to Amy for purchasing all the ingredients and making Shrove Tuesday so tasty!

Our beautiful murals have now been completed, thanks to Marius who is our very own talented artist. Thank you for contributing to making our home so beautifully unique.



Leyton Children's home

This month at Footsteps Ambleside the children and young people have requested that they would like to engage in more activities during the week. Currently our weekends are jam packed with activities but, the young people have requested that they would like to do more physical things such as swimming and bike riding after their education is completed, so this is something we are looking in to and will be planning to make sure we fulfil this request. We are all looking forward to the changes and new routines.

The children have enjoyed a well-deserved half-term which was action-packed and full of fun and laughter. We enjoyed a varied activities including visiting the maritime museum in Greenwich which was very educational and the children enjoyed exploring the exhibits and admiring the Art in the galleries. Of course, the local park is always a firm favourite and we visited many times throughout the holiday. Some of the children enjoyed learning about and seeing the animals at the zoo and not forgetting our memorable visit to the farm where the children enjoyed

looking at the animals and even petting some of them! Trampolining and bus rides were also thoroughly enjoyed.

The children have been learning about road safety.

The young people are also preparing and looking forward to celebrating world book day! The young people have been preparing for this event by getting costumes in preparation. We'll have lots of pictures to mark the event.



Adult services

Here in our adult service, the young adults have enjoyed watching the sensory room come together which they all enjoy using.

We have enjoyed a quieter month in February but have had lots of fun and went on various activities including some visiting the museum where they learnt and discovered a lot of new information. Trampolining is always a big hit and remains to be among the adults in our service. Swimming and shopping have also been enjoyed.

We are certainly looking forward to the springtime and better weather so we can spend more time in the outdoors having fun. We have also welcomed some new staff to this service and offer them a very warm welcome.



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.

