

# FOOTSTEPS CARE



## Newsletter – August 2025 Issue

Well, what a wonderful summer we have all had! It has been filled with laughter, adventure, and lovely memories. From exciting holidays and trips away, where we had the chance to relax, explore new places, and try new experiences, to fun at home with games, creative activities, and shared moments, it really has been a summer to remember.

A huge thank you goes to our wonderful staff, whose dedication, care, and thoughtful planning made the holidays so memorable and enjoyable for all our children, young people, and adults. Your hard work truly makes a difference.

### Supporting Child Safety Media

In August, we were proud once again to support the Child Safety Media (CSM) campaign. CSM works with schools and communities to deliver fun, interactive, and engaging education around safety—helping children and young people learn how to make positive choices and stay safe in everyday life.

Through workshops, resources, and creative activities, CSM empowers children to build confidence, understand risks, and develop skills that will support them well into the future. We are delighted to partner with them again and play a role in giving our young people the tools they need to thrive.

### Welcome September!

As much as we have enjoyed the sunshine, we now look forward to September, a month of gentle change as warm air meets cool winds, the leaves begin to turn, and we settle back into school routines and busy days.



## NEWS FROM OUR GOODMAYES ADULT SERVICE

### Amazing August!

What a fantastic month it has been in our home! With the summer in full swing, we have been busy making memories, trying new things, and enjoying plenty of time outdoors, soaking up the sunshine and bright days.

### Days Out in the Sunshine

We had many days out over summer which we enjoyed thoroughly. We enjoyed a trip to the stables, where we loved meeting the horses and learning all about them. Being so close to the animals and riding the horses was such a memorable experience, and it sparked lots of conversation. We also had a fantastic day at Clacton-on-Sea. The sea air, the sound of the waves, and the chance to explore the seaside made it a day to remember. Another favourite was Greenwich Park, plenty of space to run and enjoy the sunshine together.

### A Holiday to Remember

This month also brought an exciting holiday to Portsmouth. We enjoyed exploring somewhere new. From enjoying the seaside atmosphere to discovering more about the city's history, there was so much to take in. It was a wonderful chance for everyone to step outside of routine and spend time in a new environment.

## 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

3 September: St. Gregory the Great  
4 September: Mawlid al-Nabi  
5 September: International Day of Charity  
6 September: Read a Book Day  
8 September: Nativity of the Virgin Mary  
8 September: International Literacy Day  
10 September: World Suicide Prevention Day  
14 September: Holy Cross Day  
21 September: St. Matthew  
22 September: Autumn Equinox  
Around 22 September: Mabon  
Around 22 September: Navaratri  
Around 22–23 September: Rosh Hashanah  
23 September: International Day of Sign Languages  
27 September: Durga Puja  
29 September: Feast of St. Michael and All Angels  
29 September: End Food Waste Day

### Holiday Club Fun

The holiday clubs were another big success, and we looked forward to them each time. We enjoyed meeting up with friends and taking part in a whole range of activities, everything from music to face painting and Zumba. There were quieter moments too, with meditation sessions and sensory play, as well as lots of dancing, games, and even karaoke.

### Exploring Our Community

As usual, we enjoyed bus rides and walks in the community, giving us a chance to explore our surroundings and feel part of the wider world. Trips to the park were always popular, full of fresh air and games, while car rides provided a more relaxed way to get out and about and admire the scenery with little effort.

### Active Days and New Challenges

Fairlop Waters gave us another brilliant day out, with so much space for us to walk in nature and enjoy the tranquil surroundings. Swimming continues to be a big favourite too, not just for fun, but for the confidence it brings in the water.

### Looking Ahead with Excitement

It really has been a lovely summer for us all. It has been a time of growing in confidence and experiencing new places and people.



## NEWS FROM OUR GOODMAYES CHILDREN'S SERVICE

### A Fun-Filled Month in Our Home

It has been a really busy summer here in our home throughout the month of August. The children have been making the most of their summer break from school. We have been soaking up the sunshine, trying new activities, and sharing many laughs along the way.

### August Highlights

August has been packed with fun and activity, with something new to enjoy almost every day. The brand-new trampoline in the garden has certainly been well used over the summer and is a firm favourite! Swimming has continued to be a hit, giving everyone a chance to cool off, get active, and enjoy time together. Our trips to the local park were full of games and fresh air, while days out in London brought even more excitement. The children loved exploring the Aquarium, the Zoo, and the Science Museum, and they had a fantastic time taking a city cruise to see the sights. A visit to the O2 added a touch of city buzz and plenty of new experiences to enjoy.

### Fun and Creative Activities

There was plenty of variety in our activities this month. Golfing brought both fun and friendly competition, while cinema visits offered a relaxing break with films to enjoy, treats, sweets, and popcorn. Back at home, cooking and baking were a real treat, with the children creating their own delicious desserts. Seeing their excitement and pride was warming to us all.

### Summer Holidays

The highlight of the month, of course, was our summer holidays. We loved our Haven holiday! Fresh sea air, wide-open spaces, varied activities on offer, and days of endless fun. We also enjoyed a brilliant break at Butlins, packed with entertainment, games, and unforgettable experiences. Both trips gave the children the chance to relax, have fun, and make memories that they will treasure forever.

### Home Improvements

August saw lots of home improvements and redecoration throughout our home. There have been many talks of colour schemes, materials, soft furnishings, and new flooring. We are fortunate that much of the work was carried out whilst the children were on their holidays, and we look forward to the result once the work is completed.

### Summer Stories

In August, we were excited to purchase a large collection of new books for everyone to enjoy. Reading brings so many benefits; it sparks imagination, builds language skills, and opens doors to new ideas and adventures. We are really looking forward to many quiet moments of reading together. Books have a wonderful way of bringing people together, and we can't wait to discover all the new tales waiting for us.





## 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](mailto: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.co.uk>

## 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 your 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.

## NEWS FROM OUR LEYTON CHILDREN'S SERVICE

It's been a busy month from trying new experiences, activities, achievements and of course having fun, the staff can now take a sigh of relief, particularly after stepping off the rollercoaster rides!!

### Achievements

One of our young people attended Newham's show for the successful week-long campaign workshop, which was formed to highlight the need for employers to be educated and understand disability, and value the skills that each individual can bring, and allow them to do so.

The young person learnt more about themselves through group discussions on personal branding and development on who they are, to learning a range of transferable skills from being creative, such as upcycling, mood boards, photography, and screen printing.

The young person also achieved understanding organisational skills in developing a personal statement, experimenting with creative expression in drama and music workshops, using sustainable materials, as well as public speaking, which he used all that he had learnt through speaking in the end-of-week exhibition. Well done!!!! We are incredibly proud! 😊

### Summer Fun!

We have had the best summer! Our summer holiday to Butlins was an amazing holiday. There was so much to see and do, and we especially loved the Splash Waterworld. We had so many enjoyable days with laughter and fun, but returned home exhausted after our fun-filled adventure!

### Thorpe Park Adventure

A trip to Thorpe Park was adventurous and enjoyed by all. The atmosphere and the rides were enjoyed by us all. The staff were just as excited as the young people!! In particular, getting wet on the wave ride and seeing the whole of the theme park from the top of the rollercoasters, as well as the twists and turns of the swarm, was fun for all. What a day to remember!

### Pony Love

We enjoyed a fantastic trip to Lea Valley riding centre to learn and help look after ponies; they appreciated having their hair combed and plaited. It was a wonderful day and a chance for us to show our compassion to animals.

### Safari Park

One of the highlights of the summer was our trip to Woburn Safari Park. The children had a fantastic time seeing animals up close, from lions and tigers to monkeys and giraffes! There were plenty of smiles and excitement as we learned more about the animals and their habitats, and of course, lots of stories to share afterwards.

Haven House Children's Hospice Farm Day was another way for us to get close and build our confidence around animals. We all really enjoyed this experience and had an opportunity to hold and care for many animals. The hospice also hosted music workshops, which have been a favourite for many of our children.

### Other activities

We did lots of activities, including National Play Day at Coram's Fields, National Allotment week, Leyton Boundary gardening club, and lots of creative activities. Staff and young people participating in Ability cycle sessions, Disability Day at Golden Lane Sports fitness, Wheelchair basketball, kite making, karting, East Asian Cultural Festival, Cinema, Trampoline Park, Baking, and visiting the Mosque.

A Wonderful Summer For Us All. 😊

