

FOOTSTEPS CARE



NEWSLETTER – JULY 2026 ISSUE

As we reach the height of summer, and what summer it is, we are pleased to share news and activities from across our services during July. We have all been making the most of the beautiful weather, taking part in exciting day trips, holidays, community activities, sensory play, and opportunities to develop new skills. It's been wonderful to see everyone embracing new experiences and having fun outdoors.

Alongside all the summer adventures, our dedicated teams have continued to provide the high-quality, person-centered care and support that sits at the heart of everything we do. We are incredibly grateful for the commitment, compassion, and enthusiasm shown by our staff every day, helping our children and young people to thrive.

We hope you enjoy reading about everything that has been happening across Footsteps Care Group and would like to thank all of our colleagues, families, professionals, and partners for your continued support. We look forward to sharing even more exciting updates with you in next month's edition.



NEWS FROM OUR GOODMAYES ADULT SERVICE

It's been another fantastic month for our Supported Living service, with everyone making the most of the summer by getting out into the community, spending time with friends, and enjoying a wide variety of activities. The focus has been on promoting independence, building confidence, encouraging healthy lifestyles, and, most importantly, having fun together.

There have been plenty of opportunities to enjoy the outdoors, with regular community walks, visits to local parks, sensory play sessions, and days spent at Goodmayes Park, Fairlop Waters, and Barking Splash Park, where everyone enjoyed the sunshine and keeping active. Several of us also took trips to Southend-on-Sea, making the most of the beach, arcades, seaside walks, and the fresh sea air.

This month also included some exciting attractions and days out. Individuals enjoyed visits to Chessington World of Adventures, the London Aquarium, Outernet at Tottenham Court Road, the National Portrait Gallery, the Garden Museum, and the Olympic Stadium, giving everyone the opportunity to experience something new while exploring different parts of London.

Socialising with friends has continued to be an important part of life within Supported Living. We enjoyed shopping trips, lunches out, breakfast at Harvester, delicious meals in Chinatown, birthday celebrations, Aqua Zumba sessions with friends, Music in the Park events, and a fun-filled Circus Day at Thriftwood Scout Camp.

Health and wellbeing have also remained a priority throughout the month. We have enjoyed regular swimming sessions, energetic visits to Oxygen trampoline park, and continued attending church services, ensuring there has been a good balance of physical activity, personal interests, and spiritual wellbeing.

Overall, it has been a wonderful month packed with exciting experiences, new adventures, and opportunities to enjoy the local community. Whether exploring London, relaxing by the seaside, celebrating special occasions, or simply enjoying time together, everyone has embraced the summer with enthusiasm, creating plenty of happy memories along the way.

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

August – National Wellness Month
August – Happiness Happens Month
August – Children's Eye Health and Safety Month

1 August – World Lung Cancer Day
1 August – World Wide Web Day
2 August – International Friendship Day (Women's Friendship Day)
4 August – Assistance Dog Day
7 August – Purple Heart Day
8 August – International Cat Day
9 August – National Book Lovers Day
12 August – International Youth Day
13 August – International Left-Handers Day
15 August – Feast of the Assumption of the Blessed Virgin Mary
19 August – World Humanitarian Day
19 August – World Photography Day
21 August – Senior Citizens Day
22 August – Be an Angel Day
26 August – Women's Equality Day
26 August – International Dog Day

NEWS FROM OUR GOODMAYES CHILDREN SERVICE

The summer holidays have been in full swing, and our children have been making the most of every opportunity to get out, explore, and create some wonderful memories together. We have been really enjoying the warm weather but are grateful to have aircon in the home for those extra warm days!

Throughout July, we've continued to offer lots of sensory activities that everyone loves. Water play has been a firm favourite during the warmer weather, alongside exploring different textures, playing basketball and football, and enjoying creative sensory games that encourage fun, learning, and interaction. Our sensory room is often in full use and is such a safe, secure space for relaxing and exploring with our senses.

Our regular walks to the local park have remained a favorite activity. Whether it's racing to the swings, exploring nature, or feeding the ducks by the pond, these outings provide a fantastic opportunity for fresh air, exercise, and enjoying the simple pleasures of being outdoors together and enjoying being in nature.

This month has also been packed with some unforgettable days out. One of the biggest highlights was our visit to London Zoo, where we were fascinated by the incredible range of animals from all over the world. From towering giraffes to playful monkeys, there was plenty to see, and everyone had their own favourite animal to talk about on the journey home.

Another exciting adventure took us to the London Transport Museum, where we stepped back in time to discover the history of London's transport network. The children loved climbing aboard the historic buses and trains, learning how transport has changed over the years, and taking part in the interactive exhibits.

Closer to home, our balloons and bubbles sensory play session brought lots of smiles and laughter. The garden was filled with bubbles floating through the air while everyone enjoyed making balloon animals and getting creative with their colourful creations.

We also enjoyed a fantastic day trip into Central London, where we became tourists for the day. The children explored the sights of Buckingham Palace, walked through the beautiful St James's Park, admired the famous Big Ben, and finished the day with a relaxing picnic in the park. It was a brilliant opportunity to experience some of London's most iconic landmarks while spending quality time together.

One of the biggest highlights of the summer so far was that we enjoyed a four-night holiday at Butlin's. The break was packed with fun from start to finish, with entertainment, activities, swimming, fairground rides, and plenty of opportunities to make new memories. The holiday gave everyone a chance to enjoy a change of scenery and have some well-deserved fun after a busy school year.

Overall, it has been a fantastic month full of adventure, and we can't wait to see what the rest of the summer holidays have in store!



NEWS FROM OUR LEYTON CHILDREN'S SERVICE

July was another exciting and enriching month at Ambleside, filled with a wide range of educational, recreational and therapeutic activities that promoted our children's wellbeing, independence and personal development. It has been a perfect time to get out and about in the sunshine and enjoy activities both indoors and out.

Celebrating Special Events and Community Engagement - Throughout July, children participated in a variety of community events and educational programmes that encouraged inclusion and social participation. Highlights included attending the Children in Care and Care Leavers Celebration Event, taking part in the Jubilee Park All Ability Cycling Club, enjoying East Asian Rhythms and Movements at Walthamstow Library and attending Books and Crafts sessions at Lea Bridge Library.

Children also visited the Children's Board Games and Puzzle Club at Leyton Library, supporting social interaction, teamwork and problem-solving skills.

Educational Visits and Learning Opportunities - Learning continued beyond the classroom through a variety of educational and cultural visits. Children enjoyed trips to William Morris Gallery, Natural History Museum, God's own Junkyard, Walthamstow Wetlands, , Lea Bridge Library, Leyton Library, Butterfly Trail (Charing Cross), Shrek Adventure, Oxford Circus, Cable Cars, Travel to explore Canning Town, and Various train and bus travel experiences.

These outings encouraged curiosity, independence, communication skills and greater confidence when accessing community resources and public transport. A particular highlight was the “Try the Train Experience”, where children enjoyed complimentary rail travel while developing practical travel awareness, confidence using public transport and greater independence within the community.

Developing Independence and Life Skills - Promoting independence remained a key focus throughout the month. Children continued practising daily routines including making their beds, tidying their bedrooms, personal hygiene, handwashing and completing mindful household tasks such as taking out the kitchen rubbish. Structured life skills sessions also focused on Money recognition and matching activities, Literacy and reading, home education, Practical key work sessions, and Decision-making and choice activities. These activities helped children develop confidence in everyday living skills while promoting responsibility and independence.

Health, Wellbeing and Physical Activity - Children enjoyed a wide variety of physical activities that promoted healthy lifestyles and emotional wellbeing, including Jubilee Park All Ability Cycling, Gravity Max, Gym sessions, Garden, trampoline, Park visits, Community walks, Water play, Bubble play, SEND swimming sessions, Picnics at Leyton Manor Park. These activities encouraged exercise, resilience, teamwork and confidence while supporting children’s physical health.

Sensory and Therapeutic Activities - A broad range of sensory experiences continued to support emotional regulation and individual wellbeing throughout the month. These sessions were tailored to individual needs and supported self-regulation, communication and emotional wellbeing.

Creativity, Leisure and Social Development - Children explored their creativity and developed friendships through a variety of enjoyable activities including Baking, Colouring, Lego play, Reading with staff, Music and dance sessions, Animation, Socialising with peers in the lounge, iPad and computer activities, and Choice-led play. These opportunities promoted imagination, communication, confidence and positive relationships with both peers and staff.

Team Bonding and Staff Wellbeing - At Ambleside, we recognise that a strong team delivers the best outcomes for our children. During the period, staff came together for a team bonding event at Victoria Park, filled with fun, games, great food and laughter, providing an opportunity to step away from the demands of the role, let our hair down and enjoy each other's company. The event strengthened camaraderie, celebrated individual and team achievements, and reinforced the positive relationships that underpin our culture. Investing in staff wellbeing and creating opportunities to connect outside the workplace continues to enhance teamwork, morale and collaboration, ultimately benefiting the children and young people we support.

Looking Ahead - As we continue through the summer, we remain committed to providing meaningful opportunities that promote learning, independence, inclusion and positive childhood experiences. We look forward to creating many more memorable moments while continuing to support every child to achieve their full potential. Thank you to our dedicated staff team for your continued compassion, professionalism and commitment. Your hard work and enthusiasm continue to make a lasting difference to the lives of the children and young people in our care. This month, we were also delighted to celebrate the birthdays of two valued members of our team. Happy Birthday to Oyinola and Ernest! We hope you both had a wonderful celebration and thank you for your continued dedication and commitment. While we say goodbye to Fiona who has been with Footsteps for 8 years. We wish you nothing but the very best for the future. Remember, once you're part of the Footsteps family, you'll always have a place in our hearts.



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.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 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.