



NEWSLETTER

30th April 2024

We are excited to launch the fourth 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 in the last term of the school year, and we are already looking forward to the May half term.

STAFF AND CARE SERVICE

Once again, we would like to thank our staff team for all their hard work and dedication.

Our staff have unique skills that enable them to provide consistent, individualised care and support to the young people and adults in our homes.

Though working in a care home is demanding, our staff find that caring for others is incredibly rewarding. A big part of the work of support worker is building a productive, therapeutic relationship with young people and adults to help them have the best quality of life possible.

As staff go about their duties, they find the time to engage the young people and adults in meaningful interactions. Their daily work and effort make a tangible difference in our young people and adult's lives. They are creative thinkers that come up with ways to engage and motivate young people and adults who may have severe physical, learning, and mental disabilities. Their problem-solving skills are valuable and helping them to stay responsive to the changing needs of individuals in our care.

We encourage our staff team to attend specialised training and continue to support their personal development. Our carefully designed induction program covers all aspects of the role as a support worker, which leads to excellent quality of care and promotes achievement and success.

Our staff members work well together to ensure that the young people and adults receive a high standard of care. Our staff are flexible, adaptable and willing to help each other, especially if there are new challenges, or emergencies.

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 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.

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.

- Family
- Opportunity
- Outcome
- Teamwork
- Success
- Transition
- Equality
- Passion
- Support

FEEDBACK

We are still awaiting some online 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 currently have 3 full time support worker roles available in our Leyton Home.

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.

POLICIES & PROCEDURES

All policies and procedures are saved on the system, and you have access to this. Please read these.

STAFF HANDBOOK

Please take the time to read through the staff handbook which can be found on our system and in each office. The staff handbook contains all the HR policies.

SOCIAL MEDIA & WEBSITE

If you are yet to join us, please click on the link below. <https://www.facebook.com/groups/2371576226365372/>

Our website is updated regularly and can be found by clicking on the following link. <https://www.footstepscaregroup.com>.

DATES FOR THE DIARY

6th May – Early May Bank Holiday

27th Spring Bank Holiday

NEWS FROM OUR HOMES

Goodmayes Children's home

Throughout the month of April, we had a very busy month here at the children's service in Goodmayes. We participated in many activities including visiting the transport museum which was a great day which was enjoyed by all.

The children also enjoyed a day in central London using different modes of transport and looking at the famous landmarks.

It was a bit of a London month for us as we also enjoyed a trip to China town and exploring London by foot, which was a very tiring, but memorable day.

In-between the unpredictable weather, we took advantage of the warmer days when they arrived with visits to the park and being out in the local community. Another favorite activity was a trip to the Aquarium where we saw many types of fish which fascinated some of our children.

In the home, we enjoyed a wide variety of activities such as painting, arts and crafts and cooking some delicious foods. We enjoyed movie night after transforming the lounge into a cinema, where a ticket was purchased, and we all enjoyed snacks and popcorn together.

Our new lounge looks wonderful after a refurbishment and its final touches. Thank you to Mel and Sophie for all your help with this, it is greatly appreciated.

It is wonderful to be able to share the news that two staff members have announced the arrival of new babies. A boy and a girl. We cannot wait to meet the new additions! Congratulations to both families.

Leyton Children's home

It is always a joy to see our young people utilizing their talents. Especially through the medium of art. Celebrating their creativity and fostering an environment where they feel encouraged to explore their artistic capabilities. Providing an opportunity for them to showcase their work.



Going to the cinema to watch a thrilling movie like King Kong can be a fantastic experience, especially for a young person. It's wonderful to hear that they enjoyed it so much. These kinds of experiences not only provide entertainment but also spark imagination and creativity.

Discussing the movie afterwards could be a great opportunity to engage in meaningful conversations about themes, characters, and storytelling. This young person enjoyed the movie, especially with the loud noises and bangs!

The young people in the home are always so helpful and this particular young person displays this on a regular basis. This young person can be seen here helping to take out the trash as part of his weekly chores!

Adult services

April has been a busy month for us here in the adult service. The April showers have not deterred us from engaging in outdoor activities, but we are certainly looking forward to warmer weather!

Over the course of the month, we have enjoyed eating out lots. Our young adults like nothing more than lunch out at our favourite restaurants.

The ACE group is back which is a welcome return as our adults enjoy attending the varied activities programme and they look forward to socialising with friends on these activities.

As usual a sure hit with everyone has been the shopping trips which is always a positive a fun experience. Shopping is always a fun and sensory experience which is enjoyed by all.

We have enjoyed train rides into London. The experience of the noise, busy atmosphere, sounds, lights, smells, and the general experience is always enjoyed by all.

We thoroughly enjoyed celebrating Easter and Eid. We have also enjoyed some family time and time spent with friends.

We look forward to celebrating the warmer weather and the approaching summer.



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.

Care first Zest

