

FOOTSTEPS CARE



Newsletter – October 2025 Issue

As the leaves of October turn golden and fall away, we step into November. October was a busy month, but what a wonderful month it was! It brought us lots of opportunities to walk amongst the crunching leaves and a chance for our children and young people to recharge over the half-term break.

We were touched this month to hear from one of our former residents, who reached out to say hello and share her news on how she is doing living independently, which was wonderful to hear. She also went on to share some heartfelt memories of her time living within our family for over ten years, speaking with such warmth about the love, care, and sense of belonging she felt- a true testament to the environment we continue to build each day.

As November settles in and the evenings grow darker, we look forward to many cosy nights in the warmth of our four walls with fleecy blankets and films. There's also a certain excitement in the air as there always is at this time of year, with some already mentioning the word Christmas! It won't be long before we are planning our festive activities, but for now, we will enjoy the final month of Autumn and all it has to offer.



NEWS FROM OUR GOODMAYES ADULT SERVICE

This autumn, our young people have been very busy. We have enjoyed exploring the community, trying new things, and enjoying our favourite activities.

There's been plenty of bouncing fun at Flip Out and Oxygen trampolining. This is always a favourite with some of our young people, and we are sure they'd bounce all day if they were able to!

Water rolling at Thriftwood offered a calming sensory experience, with gentle movement and quiet focus. It was lovely to see our young people enjoying such a calming experience. We had a lot of fun carving our pumpkins for Halloween. It did become quite competitive for the best pumpkin, and the results were fantastic!

Shopping trips were a big hit, giving everyone a chance to make choices and enjoy time with staff. Some paired it with lunch out- a lovely experience for staff and our young people.

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

November 5: Guy Fawkes Night

November 9: Remembrance Sunday

November 11: Armistice Day

November 14: World Diabetes Day and Children In Need

November 14: Birthday - King Charles III

November 27: US Thanksgiving

November 28: Black Friday

November 30: St. Andrew's Day

November 30: First Sunday of Advent

As we do every month and probably always will, we enjoyed a number of train and bus rides during October.

We enjoyed a number of Autumn walks and visits to the park. There was lots of discussion about colours and changing seasons.

Another highlight this month was a trip to the farm that everyone thoroughly enjoyed. The day was full of discovery- from seeing the animals and learning about how they're cared for, to understanding where our food comes from and how farms change with the seasons.

Sensory play was enjoyed by all, as were a number of swimming sessions. We also enjoyed food shopping and filling our baskets with our favourite treats!

We also enjoyed a fantastic trip to the stables, which was a great outing. The young people had the chance to meet the horses and ponies up close, learning about their routines, diets, and the care that goes into keeping them healthy and happy. The visit encouraged empathy and trust, and it was wonderful to see how the children connected with the animals, showing such gentleness and respect.

We look forward to seeing what November brings us all.



NEWS FROM OUR GOODMAYES CHILDREN'S SERVICE

October has been a fun-filled month here at Green Lane. As the days have grown shorter and nights growing longer, we have enjoyed a lot of family time together as well as some great activities during the half-term holidays, which were very welcomed by us all.

Out and About

Our young people have enjoyed soaking up the last of the autumn sunshine with trips to some of our favourite parks, including Goodmayes, Fairlop Waters, Valentines, and Wanstead Park. The children (and staff!) enjoyed kicking up piles of crunchy leaves, spotting squirrels, and enjoying all the beauty Autumn walks have to offer. There was much conversation about seasonal changes in the trees and lots of enjoyment running around in the fresh, cool autumn air.

We also kept the fun rolling with bowling trips, arcade games, and even some scenic train and bus rides. A day exploring Central London was a real highlight, which was full of excitement and laughter.

One of our young people has also started attending the ChickenShed theatre group- a brilliant opportunity to build confidence, creativity, and new friendships. We couldn't be prouder!

Home Comforts

Back at home, we've been finding joy in the little things, including sensory play sessions filled with soothing textures and calming sounds, to energetic trampoline park visits that left us all bouncing (literally!). There's always time for a cheeky treat or two on the way back, of course. Cosy movie nights, baking sessions, and arts-and-crafts afternoons have also been big hits through October and we are enjoying spending time together indoors.

Celebrating Black History Month

Throughout October, we've celebrated Black History Month with creativity, reflection, and pride. The children and young people took part in art projects, storytelling, and discussions about heritage, culture, and the amazing contributions of Black communities past and present. It's been inspiring to see everyone engage so thoughtfully and express themselves in such wonderful ways. Well done to the staff for decorating the home so well for this occasion.

Halloween

Our children and young people enjoyed Halloween so much! We all enjoyed decorating the home and digging out the scariest costumes we could find!

We loved trick or treating locally, and we returned with more sweets than we count!

Finishing Touches

During October, we completed our decorating and the home looks and feels wonderfully fresh and inviting. We've given our communal spaces and bedrooms a fresh splash of colour, and our new flooring throughout looks fantastic!

Birthday wish

Finally, a big, HUGE happy birthday to our wonderful Shayfa! We loved celebrating with you! Hope your day was as special as you are!



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 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

October has been a fantastic month here at Ambleside. We had an exciting half-term and enjoyed and appreciated the break from school, which was well-deserved. It was bittersweet to bid farewell to one of our young people moving on, but we celebrated in style with a fantastic send-off. With the celebration of two birthdays and Halloween, it was certainly the month of parties!

BHM

We really enjoyed taking part in the Black History Month fun run in Chingford. This event also included a well-informed session and fundraiser for Diabetes UK, which we were very pleased to support. Our children and young people did amazingly well to complete the course! Well done, everyone!

Young volunteer litter picking

Our children and young people have always been intrigued by the natural world around them and take great pride in caring for our planet. With this in mind, they were excited to take part in a community litter-picking activity in Epping Forest.

The theme for the day was 'Batty About Epping Forest', for Halloween. Everyone got into the spirit, collecting litter and learning more about local wildlife- especially the bats that call Epping Forest home.

It was a great day filled with dedicated teamwork and a sense of purpose. All our children and staff did a fantastic job, which was rounded off with some Halloween treats and hot chocolate, celebrating our efforts to keep our local spaces clean and safe for everyone- humans and bats alike! Well done, everyone!

International day of older persons

In light of raising awareness among the elders in the community, we visited Aspray House. Our children are always happy to visit and enjoy their time there. They enjoyed a tour of the home and learnt about the intergenerational link between the young and older people. It is always such a joy to see how our children interact with the residents of Aspray House, and we are very proud of them all.

Activities

The young people embraced a wonderful, cultural celebration by attending London's Trafalgar Square Diwali event, where they enjoyed the cultural festivities of music, dance, and vibrant displays. The atmosphere was infectious, and we all had such a memorable day, which was enjoyed by us all.

In light of Mental Health Awareness Month, we attended a special organised Sports day where we were able to compete in sporting activities. It was a wonderful experience and great fun for us all. We also enjoyed a multi-sports session at the leisure centre, and we had bouncing fun at the trampoline park. Our children and young people loved attending the junior gym, where a previous resident now works, and had organised lots of sporting events.

The holidays ended with a Halloween-decorated party, which was a fun-filled day. We enjoyed lots of dancing, laughter, and food!

October also saw us enjoy performing arts sessions, a trip to the Young V&A, which was a big hit with everyone. We experienced the different activity spaces such as Spiderman, making an Egyptian project, and musical instruments. This is something we all definitely will do again!

We also enjoyed visits to the cinema, Gravity amusement, Halloween mask making, crafting, baking, and shopping! It has been a truly enjoyable month.

