

FOOTSTEPS CARE



Newsletter – January 2026 Issue

As we begin a brand-new year, we would like to wish you all a very Happy New Year. We hope the year ahead brings health, happiness, and many positive opportunities for us all.

We are delighted to share our January newsletter for the first month of the year from within our Footsteps family.

In 2026, we will focus on providing safe, nurturing, and supportive environments where all our children and young people can feel loved, valued, empowered, and encouraged to reach their full potential.

January brought with it the chill of winter, with cold mornings, frosty days, and shorter hours of daylight. The colder weather provided the perfect opportunity to create warmth in our homes.

Across our homes and services, young people have taken part in a diverse programme of activities, from life-skills development and creative projects to community outings, cultural experiences, and fitness activities. Our wonderful, dedicated staff teams have continued to work with compassion, commitment, and professionalism. A special thank you to all those who worked over the festive period, making this time special for everyone.



NEWS FROM OUR GOODMAYES ADULT SERVICE

HAPPY NEW YEAR, EVERYONE!

Well, January went in a heartbeat, and we cannot believe that the first month of the year has already passed us by. During January, we took part in enjoyable activities within the community.

We really enjoyed attending a local church service, which provided a calm and reflective environment and an opportunity to connect with the wider community. As usual, regular shopping trips were also a key part of the month, supporting the development of essential life skills such as making choices, handling money, understanding value, and navigating busy public spaces with support.

Going bowling provided us with a lot of fun, and we thoroughly enjoyed the trampoline park, which provided us with an energetic and stimulating experience. Some young people also participated in Zumba and yoga classes, which encouraged physical fitness and relaxation.

Another highlight of the month for us was the train and bus journeys, which helped to build confidence in using public transport and understanding routes, timetables, and community environments. These journeys also supported independence and real-world learning in a practical and engaging way. Train and bus journeys are always a hit with our young people.

Lakeside and Westfield provided exciting opportunities for more shopping and choice-making. Young people were supported to select items, enjoy meals out, and practice social skills in busy public settings. Lunch outings in local cafés and restaurants offered relaxed environments for communication, confidence-building, and shared positive experiences.

We also enjoyed visiting the London attractions, including the London Eye and Greenwich Park. Trips to parks and community spaces allowed young people to enjoy fresh air, nature, and gentle physical activity, supporting both physical and emotional well-being.

Some young people also enjoyed swimming sessions, where they had a splashing time! We also enjoyed visiting the aquarium and wildlife centre. As usual, some of our young people attended the ACE group, where they enjoyed social outings, including relaxed pub lunches, provided opportunities for inclusion, communication, and building positive relationships in community settings.

NEWS FROM OUR GOODMAYES CHILDREN SERVICE

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

- 1 Feb – Start of LGBT+ History Month
- 2 Feb – Groundhog Day, Candlemas
- 3 Feb – Birth anniversary - Guru Har Rai
- 4 Feb – World Cancer Day
- 6 Feb – International Day of Zero Tolerance for Female Genital Mutilation
- 10 Feb – Safer Internet Day
- 11 Feb – Our Lady of Lourdes
- 13–14 Feb – Tu B'Shvat
- 14 Feb – Valentine's Day
- 15 Feb – Maha Shivaratri
- 15 Feb – Shab-e-Barat/Laylat al-Bara'ah
- 17 Feb – Shrove Tuesday/Pancake Day
- 17 Feb – Random Acts of Kindness Day
- 17 Feb – Lunar New Year (Year of the Horse begins)
- 18 Feb – Ash Wednesday
- 20 Feb – World Day of Social Justice
- 21 Feb – Mother Language Day
- 28 Feb – Rare Disease Day

As the new year and new school term began and the colder winter weather remains, our home became an even more important place of warmth, comfort, and security for our children. With shorter days and chilly temperatures outside, many of our activities were thoughtfully planned within the home. After a busy and exciting December, the children welcomed a more quieter month.

Throughout January, we took part in a variety of keywork sessions designed to support emotional well-being and personal development. These sessions explored important themes such as emotional regulation, understanding and managing anger, building healthy relationships, and developing positive coping strategies. We worked closely with each child to help them recognise their feelings, express themselves safely, and build confidence in managing everyday challenges.

Alongside this, our children and young people engaged in a wide range of life-skills activities that supported their independence and practical learning. These included cooking sessions where they practiced preparing simple meals, learning about personal hygiene and self-care routines, developing budgeting skills, and taking part in laundry and household tasks. They also worked on keeping their bedrooms and shared spaces clean, organised, and welcoming, helping them to build pride in their environment and develop responsibility in a supportive and encouraging way.

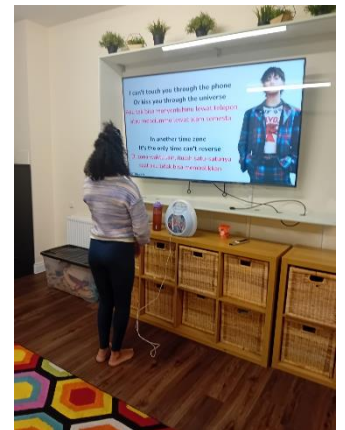
Despite the cold, we were brave and ventured out. We enjoyed some walks in the local area, enjoyed some garden play with bubbles, balls, and games, and we loved exploring sensory experiences using natural materials such as sand, water, leaves, and soil. Visits to a local park allowed us to observe animals and birds, enjoy fresh air, and take part in group games that encouraged movement, cooperation, and social interaction.

In January, we really enjoyed visiting the Twist Museum, where we explored interactive exhibits and enjoyed a stimulating and exciting environment. We also experienced many train and bus journeys across London. What fun we had!

One of the most special moments of the month was the visit from one of our former young people. It was incredibly heart-warming to see him return to the home as a young adult and share his journey with us. We were so proud of the progress he has made and the positive steps he is taking in adulthood. His visit was inspiring for both staff and current residents, reminding us all of the long-term impact of care, support, and perseverance. Well done, young man. We are all incredibly proud of your progress. 😊

This month also marked the launch of our new Spotlight initiative. This award recognises staff members who consistently demonstrate exceptional dedication, compassion, and commitment to supporting our children and young people and creating a positive, nurturing environment within the home. We are thrilled to announce that this month's Spotlight award goes to Nishana, in recognition of her outstanding care, kindness, and support for the children. Her passion and professionalism truly embody the values of our home, and we are grateful for her hard work and commitment.

We are looking forward to seeing what February brings us (hopefully some brighter, lighter days!) and the activities and fun in store.



NEWS FROM OUR LEYTON CHILDREN'S SERVICE

January came and went so quickly! Here at Ambleside, we have enjoyed a busy month, but have also enjoyed spending some quiet time at home in between wintering together.

Supporting healthy lifestyles and physical well-being has been a key focus this month in our home. Our children and young people took part in a wide range of physical activities designed to build confidence, coordination, and enjoyment while encouraging positive routines and teamwork.

We were delighted to partner with Caxton Youth Organisation, who support young people with ADHD and Autism through engaging community-based activities. Together, we enjoyed a refreshing walk through Battersea Park, where the young people explored the beautiful boating lake and admired the historic Victorian green spaces. It was a fantastic opportunity to enjoy fresh air, gentle exercise, and conversation, and we were very proud of how well everyone engaged and persevered throughout the walk.

Winter indoor cricket proved to be an exciting new activity. For some of us, catching and throwing the ball was a significant achievement, and each success was met with smiles and enthusiastic applause. The activity encouraged coordination, confidence, and teamwork.

We especially enjoyed ice-skating at Lea Valley ice rink, which was another highlight of the month. One young person especially impressed everyone by skating confidently and energetically across the ice, whizzing around like a professional! What great fun it was for us all.

Another favourite activity in January was participating in cycling sessions at Jubilee Park. Our children really enjoyed this activity. We also enjoyed visiting the trampoline park.

This month saw us developing practical life skills through cooking and baking. We experimented with a variety of recipes, including stir-fries and homemade cakes. The results were delicious!

We all enjoyed a visit to the V&A East Storehouse in Stratford, which offered a fascinating journey through unique collections, stories, and archives. The children explored an extraordinary range of exhibits, from Elton John's iconic costumes and the Glastonbury Festival Archive to Roman frescoes, Dior haute couture, and Samurai swords. The scale and diversity of the collections made the visit both educational and awe-inspiring, sparking lots of curiosity and questions!

The young people also attended Newham Music's theatre production "The Woods", a creative blend of classic fairy tales including Red Riding Hood, Rapunzel, Cinderella, and Jack and the Beanstalk. The imaginative storytelling, music, and performance captivated the audience, and we utterly enjoyed the magical atmosphere and dramatic scenes.

Further cultural and educational trips included visits to the Science Museum and the Natural History Museum, where we explored interactive exhibits and learned about science, nature, and history in engaging ways. A trip to the Young V&A Story Festival encouraged creativity and imagination, while a visit to Hamleys toy store brought us many smiles and joy. 😊

To mark Martin Luther King Jr. Day, we created artwork, and to celebrate World Religion Day, we explored different beliefs and traditions, enjoying gospel music and discussions.

For the International Day of Education, the young people completed creative worksheets and activities that celebrated learning and personal growth. And of course, International LEGO Day was a relaxed favourite, with young people building imaginative structures.

January has been a fun-filled month, and we look forward to THE ADVENTURES OF February.



NEW SERVICE UPDATE - The registration process with Ofsted is currently ongoing. As we understand it, there is a high volume of applications being processed nationally, which means that registration timelines may take longer than usual. While we await formal confirmation, we are proud to say that the service is looking homely.

A special thank you to Michelle, who gives a lot of time, research, and effort into planning wonderful, creative, and exciting activities for the children. Your hard work does not go unnoticed, Michelle. Thank you for all you do.

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.com>

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.