

FOOTSTEPS CARE



Newsletter – May 2025 Issue

Hello and welcome to our May newsletter!

As we drift into June, it's hard to believe we're already halfway through the year. Where has the time gone? With summer just around the corner and brighter days ahead, it's the perfect time to reflect on the journey so far and look ahead to what's next.

Over the past six months, we've continued to grow, adapt, and strive to provide the highest quality care across all our services. This midpoint of the year offers a valuable opportunity to review everything we've achieved and assess where we go next.

With that in mind, we're currently working on our service improvement plans, which will shape how we enhance our services over the next six months and beyond. Our goal remains the same: to deliver the best possible care and outcomes for the children and young people in our care.

New Children's Home Update

We're pleased to share that our application for the new children's home has been submitted. This marks a milestone in the process. We'll keep you updated as we hear back on the next steps.

Cross-service staff programme

Thank you to all staff for your commitment and engagement with the new cross-service staff programme. It is fully appreciated that stepping into a new environment can feel daunting, but you have embraced the experience, and the feedback has been very positive. Your willingness to share your knowledge, adapt to different settings, and learn new skills will have a significant and positive impact long term. The benefits of this initiative include:

- Staff will bring different experiences, approaches, and successful strategies from one setting to another.
- Help standardise good practice across homes.
- Encourage reflective practice and learning through exposure to new methods/practices.
- Enhance skills by exposing staff to different environments, challenges, and team dynamics.
- Encourages alignment of policies and procedures between homes.
- Build relationships across homes.

We appreciate your cooperation and look forward to regular cross-service visits.

Another thank you!

I want to thank all managers and staff for your positive attitude towards the introduction of the new quality assurance auditing process.

These audits have already proven to be incredibly valuable. As a result, several positive changes have been implemented to improve our practice and enhance our quality of care. Managers have expressed that this process has been constructive, and they appreciate the insights and findings from these reports. Thank you, once again. Jo xx 😊

NEWS FROM OUR LEYTON CHILDREN'S SERVICE

May has been a month full of celebrations and exciting activities at Ambleside! We all enjoyed the well-deserved half-term holiday

VE Day – Honouring the Past

We marked VE Day, remembering the end of World War II and honouring the sacrifices made during that time. The young people visited South London's Imperial War Museum, where they explored exhibits featuring war items, vehicles, and historical displays. They also attended a VE Family Fun Day hosted by Ambition Aspire Achieve, a Newham organisation supporting children with a wide range of abilities and needs. The day was packed with face painting, delicious food, and time in the adventure playground! Back at Ambleside, everyone got involved with VE Day-themed scone baking and art worksheets. To continue the spirit of reflection, the young people also visited Asprey House Nursing Home during Dementia Action Week to take part in activities with the residents.

Mental Health Awareness Week – Celebrating Wellbeing

We recognised Mental Health Awareness Week by focusing on the importance of emotional wellbeing and reducing stigma around mental health. Staff and young people proudly wore green, the colour symbolising mental health awareness, and took part in a best-dressed competition. Thank you to Rebecca and Mariya for their fantastic support in organising this. It is important to remember, struggles with mental health is not a sign of weakness, it's a sign of being human. True strength is found in facing what's hard, and that includes asking for help when you need it and choosing healing over hiding.

Africa Day – Celebrating Culture

We had a wonderful day celebrating Africa Day together. This was a day spent celebrating the unity and diversity of African nations, and it was enjoyed by everyone. The tropical rainforest animal balloon display was a particular hit with everyone!

Meditation day

We also celebrated Meditation Day. Our children and young people enjoyed getting creative and took some time to relax. Through creativity they were able to express themselves. Meditation gives us a chance to pause, sit quietly, and simply be. In the stillness, we can allow ourselves the space to breathe. Allowing ourselves to be creative which can also offer the same benefits.



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

1st – Global Day of Parents

1st – Ascension of Bahá'u'lláh

1st–30th – Pride Month

1st – 3rd – Shavuot

2nd–8th – Child Safety Week

2nd–8th – Volunteers Week

3rd – World Bicycle Day

5th – World Environment Day

6th–7th – Eid al-Adha

14th – King Charles III's Official Birthday

15th – Father's Day

16th – Martyrdom of Guru Arjan Dev

21st – Summer Solstice

21st–22nd – West End Live

29th – Feast of Saints Peter and Paul

30th – Wimbledon Championships

Activities

We were thrilled to experience Circus Acrobat performances, which left us watching in awe.

During National Children's Gardening Week, we joined Leyton Boundary Community Gardening Club. The children and young people learned about composting, organic gardening, and the importance of teamwork.

The children and young people also took part in a variety of engaging sessions that supported both their physical health and creative expression. These included: Tennis, Trampolining, Asian Fitness, Deep Music Therapy, Dash Dot Dance Sessions, Weekly Music Sessions

Alongside these fun activities, we've been focusing on important life skills and learning. This month, we explored topics such as road safety and stranger awareness, helping the children build their understanding of staying safe.

Well-being

We also spent time learning about communication, self-awareness, oral hygiene and personal care, empowering the children to take ownership of their wellbeing.

It's been a busy month, and we look forward to seeing what June has in store!



NEWS FROM OUR GOODMAYES CHILDREN SERVICE

Well, what a busy month we had here at our Goodmayes home! May was full of fun and celebrations, and we are excited for the season of summer!

Exciting News!

This month, we had a new family member join us and they have settled in very well. The children have all warmly welcomed them to our home and we are delighted to have them with us. Welcome to the family!

Birthday Celebrations

May seems to be the month for birthdays as we celebrated the birthdays of three wonderful team members – Dei, Alice and Fumi! Happy birthday ladies, we hope you had a wonderful day!

VE Day Party

To mark the 80th anniversary of VE Day, we hosted a special party at the home. The children learned about this historic day through stories and crafts, followed by a fun-filled afternoon of music, games, and themed treats. It was a wonderful opportunity for everyone to reflect and celebrate peace and unity.

Lennox Children's Charity – "Name the Bear"

We were thrilled to support the Lennox Children's Charity once again! This month, we participated in a "Name the Bear" challenge. Congratulations to Marios, whose winning name for the bear was Norman! You must be getting quite a collection of bears by now Marios! 😊 The charity representative was overjoyed when collecting the donation, thank you to everyone who contributed!

Half-Term Adventures

The children eagerly awaited their half-term break, and it was well-deserved after they have all worked hard in school this term. We enjoyed a fun filled, bouncy day out at Flip Out, which provided much amusement and laughter.

Our trip to Southend was a perfect day of sunshine, sea air, and sandcastles. The children enjoyed playing in the sand and enjoyed the usual traditional seaside treats! We made lots of memories and had much fun together. A train journey into London turned into an exciting adventure! From seeing the landmarks to watching street performers, the children had a chance to experience the buzz of the big city. With lots of opportunities for exploring, conversation and learning it was a very successful day.

We had a great time at the bowling alley, arcade games and bumper cars added to the excitement. These are always some of our favourite activities which never fail to bring a smile to everyone's face.

Our Garden

Our garden was filled with textures, sounds, and colour. Sensory play sessions gave us all a chance to relax and explore, whether through water play, sand, or nature-inspired crafts. It's been a calming space for self-expression and mindfulness and has allowed us to explore and express ourselves through creating.

Our Activity Room

Our activity room has been active throughout the holidays with endless creative activities. Lots of fun was had by those working together on a fun and imaginative project of building a robot! This friendly creation now stands in our entrance as a warm welcome to visitors.

This month's key work sessions focused on wishes and feelings and understanding boundaries. These sessions are helping children reflect and express themselves in a safe and supportive space.

As we enter June we are excited to see what adventures it will bring.



NEWS FROM OUR GOODMAYES ADULT SERVICE

Well, we have had a busy month here in our supported living service. Our young people have been enjoying the warmer weather, and we have enjoyed a variety of activities.

Barleylands Adventures

Some of us enjoyed visiting Barleylands Farm Park, where we enjoyed meeting up with friends, exploring the farm, and spending time in the fresh air, seeing the animals. It was a wonderful day and very informative.

Some of us have been making the most of the lovely sunshine we have been experiencing. We have enjoyed spending time outdoors in the local parks and enjoying peaceful walks in the fresh air, enjoying moments of calm in nature.

As usual, eating out is a social activity that we enjoy here and the month of May was no different with lots of lunch outings enjoying time together in local cafes and restaurants.

Some of the young people have enjoyed visiting London and exploring the city by train, bus and boat! A river cruise down the Thames was enjoyable and relaxing. We also visited Chinatown for a cultural experience filled with sights, sounds, and tastes.

Our trip to Southend Beach was enjoyed by all as we took in fresh sea air, and plenty of sunshine! We have also enjoyed a number of shopping trips and even a game of darts!

A visit to Fairlop waters was a really pleasant experience. We enjoyed time spent in nature and got our steps in! It was lovely to see the animals and take a walk through the trees.

As usual, we have enjoyed trampolining, bowling, and swimming.

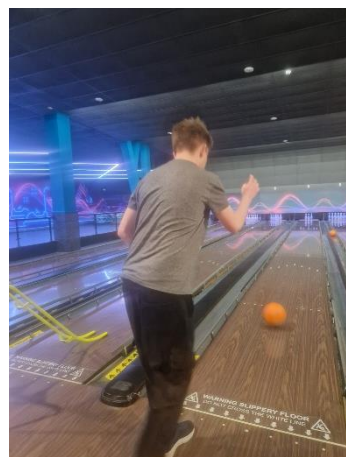
A visit to Woburn Safari Park was an unforgettable adventure! An exciting drive-through safari allowed us to see lions, giraffes, monkeys, and rhinos roaming freely. It was a memorable day of discovery and learning lots about the animals.

Our New Deputy Manager

We're excited to announce that Olu has officially joined the management team as our new Deputy Manager. His commitment to high-quality care will make him a fantastic addition to the management team. Congratulations, Olu!

Birthday Celebrations

The month of May was a busy month for staff birthdays! We celebrated the birthdays of our amazing staff members: Aarron, Prince, and Ursulin. Happy birthday to you all. We hope you had a fantastic day!



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

We currently have full-time support worker roles available in our Goodmayes Services. 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!

POLICIES & PROCEDURES

Our policies and procedures are available to view and read on the FODS system.