

FOOTSTEPS CARE



Newsletter – March 2026 Issue

March was the arrival of brighter days and longer evenings at last. With the clocks having gone forward, the lighter nights will give us more time to enjoy outdoor activities, soak up the fresh air, and embrace the changing seasons. Signs of spring are springing up everywhere, and March brought a sense of renewal, hope, and positivity throughout our homes. It was a month full of celebrations, and we have certainly been busy! We marked cultural and religious occasions such as St Patrick's Day, Lent, Eid and celebrated lots of birthdays.

As we move into April, we are especially looking forward to the Easter holidays and the well-earned break from school. It's a time for rest, relaxation, and enjoying fun activities together, making the most of the lighter evenings and springtime energy. We can't wait to create more happy memories. 😊



NEWS FROM OUR GOODMAYES ADULT SERVICE

Here in our adult service, March has been full of engaging activities that have supported our social connections, independence, and well-being across the service.

With the occasional beautiful spring day we experienced, we enjoyed picnics in the park with friends, making the most of the fresh air and creating opportunities to socialise in a peaceful environment. Train rides were another highlight, helping to build confidence with travel while also offering adventure. Inclusive sports sessions with friends were particularly positive, encouraging teamwork, physical activity, and lots of fun. Pub lunches provided a great setting to unwind and enjoy good food.

We also came together to celebrate Eid, embracing the joy and cultural importance of the occasion. It was a special time for reflection, celebration, and sharing experiences. We also enjoyed car rides and regular visits to the park, trips to the trampoline park, and swimming.

Eating out gave everyone the opportunity to experience new environments and continue developing independence skills in the community. These outings were both enjoyable and beneficial in building confidence in everyday activities.

Shopping trips remained a favourite this month, giving individuals the chance to make choices, develop budgeting skills, and enjoy time out. A standout social event was attending a vibrant neon disco which was full of energy and music. Participation in Zumba and yoga classes supported both physical health and emotional wellbeing, encouraging relaxation, movement, and mindfulness.

Bus rides and a visit to Westfield for shopping, as well as a train journey to Whitechapel were all great fun and some of us enjoyed going to church.

We also made the most of the outdoors with regular walks, taking time to enjoy nature, stay active, and unwind. These simple but meaningful activities contributed to a sense of calm and routine.

March has been a lovely month and we are looking forward to seeing what fun April will bring us.

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 Apr – April Fool's Day
- 2 Apr – World Autism Awareness Day
- 2 Apr – Maundy Thursday (Christian)
- 2–10 Apr – Passover
- 3 Apr – Good Friday
- 5 Apr – Easter Sunday
- 6 Apr – Easter Monday
- 6 Apr – International Day of Sport for Development and Peace
- 6 Apr – Rama Navami (Hindu)
- 7 Apr – World Health Day
- 10 Apr – Siblings Day
- 11 Apr – World Parkinson's Day
- 14 Apr – Vaisakhi / Baisakhi
- 15 Apr – World Art Day
- 18 Apr – World Heritage Day
- 21 Apr – World Creativity and Innovation Day
- 22 Apr – Earth Day
- 23 Apr – St George's Day (England)
- 23 Apr – World Book and Copyright Day
- 24 Apr – World Immunisation Week
- 25 Apr – World Malaria Day
- 28 Apr – World Day for Safety and Health at Work
- 29 Apr – International Dance Day
- 30 Apr – International Jazz Day



NEWS FROM OUR GOODMAYES CHILDREN SERVICE

Well, what a wonderful month we had in the month of March! It was certainly a month of celebration with no less than three of our children having birthdays! We have eaten so much cake, party food, and we have danced and bounced on bouncy castles, leaving us all feeling a bit partied out!

This month, we have enjoyed exploring the different textures and materials through our spring-themed sensory bins. The children loved scooping, pouring, and searching for hidden objects, which supported their sensory development, focus, and imaginative play.

A nature hunt at the park was also enjoyed by everyone. The children excitedly searched for flowers, leaves, and signs of spring. This helped build their observation skills and encouraged curiosity about the natural world. It was lovely to spend time in nature.

Creative painting inspired by music was a great activity we all participated in. We loved expressing ourselves through painting while listening to music. The children explored colours, movement, and emotions, creating unique artwork inspired by the sounds and rhythms they heard. We had some beautiful end results, and there are certainly some budding artists amongst us!

We had great fun building and completing an obstacle course at home. This was a fun way to encourage physical activity, coordination, and problem-solving, while also promoting teamwork and confidence.

Celebrating Eid Mubarak

We enjoyed celebrating Eid Mubarak together, creating a warm and inclusive environment where the children could learn about and appreciate different cultures and traditions. It was fun and enjoyed by us all.

Spring is here at last! We welcomed the lovely spring days that we experienced in March. To mark and celebrate spring, we created beautiful spring-themed collages, allowing us to express ourselves freely and imaginatively. On the warmer days, we loved getting into the garden to plant seeds and flowers. We really look forward to seeing them grow in the coming months.

Fun at Home

At home, the children participated in a variety of activities. They practiced important life skills such as laundry and sorting clothes, while also engaging in learning-based games like story sequencing, emotion matching, and letter and number hunts. In the kitchen, they enjoyed preparing simple recipes, including smoothies and sandwiches, helping to build independence and confidence.

A Big Thank You!

A special mention goes to Marios, who has created a fantastic artwork inspired by the young people's interests. This artwork added colour, creativity, and a strong sense of identity to their bedrooms, and they love their new murals! Thank you so much Marios for your wonderful, creative work.

Star of the Month

Rashidat was our Star of the Month, showing outstanding enthusiasm, creativity, and kindness throughout March. Well done Rashidat!



NEWS FROM OUR LEYTON CHILDREN'S SERVICE

What a lovely month March has been. It looked like spring had sprung for a period of time, now we seem to have reverted back! The weather has not stopped us though. March was a vibrant month filled with celebrations and new experiences.

We proudly celebrated and honoured the diverse cultural backgrounds within our home, creating opportunities for everyone to feel seen, valued, and connected. Highlights included recognising Greek and Bangladesh Independence Days, where the home was brought to life with beautifully colour-coordinated, flag-inspired balloons. The decorations added a festive atmosphere, and we had a great time celebrating the backgrounds and heritage of those in our home.

We also marked Ghana Independence Day, St Patrick's Day, Lent, and Eid. Each celebration was approached with enthusiasm, learning, respect, and shared experiences across cultures. The children and young people especially enjoyed learning about different traditions, foods, and meanings behind each event, helping to build a deeper sense of inclusivity within the home.

Red Nose Day brought plenty of laughter and smiles. The young people embraced the spirit of the day, enjoying the chance to be playful while also understanding the importance of helping others, and we enjoyed raising money for charity.

March offered exciting opportunities for creativity, movement, and personal growth. One standout experience was the "Let's Dance" Swan Lake session at the Royal Ballet School. This was an inspiring experience where the children and young people explored classical dance in a fun and accessible way. Another new and enriching activity was a Bollywood exercise class, which introduced energetic dance styles and cultural expression, leaving one of our young people especially inspired and enthusiastic.

As part of one young person's journey towards transitioning into adulthood, it was especially important to provide opportunities that encourage independence, self-advocacy, and active participation in society. With this in mind, they took part in a youth workshop focused on exploring strategies that contribute to positive change at both a local and national level.

The National Youth Strategy: Seen and Heard session was a particularly valuable experience. It brought together young people from a wide range of backgrounds, creating an inclusive space where they could share ideas, voice their opinions, and engage in meaningful discussions on topics that matter to them. The event aimed to empower young people to champion social action, while also reinforcing the importance of their voices in shaping the future.

Our young person shared that they thoroughly enjoyed being surrounded by others their age and valued the opportunity to engage in like-minded conversations. This experience not only allowed them to express their views but also supported their confidence-building and sense of belonging.

We are incredibly proud of their participation and willingness to step forward, contribute, and grow. Well done – a fantastic achievement and a great example of positive engagement

Alongside these events, we continued to enjoy a wide range of regular activities that support wellbeing and development. These included attending an Eid al-Fitr festival celebration, music therapy sessions, junior gym activities, movie nights, and arts and crafts. Each activity provided valuable opportunities for self-expression, relaxation, and building confidence.

To top off an already exciting month, we were delighted to host a double birthday celebration, making it a truly joyful occasion filled with laughter, cake, and lots of games.

A very big and heartfelt Happy Birthday to Deepa, Mariya, and Rachel! We hope your celebrations were as special and wonderful as you are.

March was a lovely month for us at Ambleside, and we are looking forward to enjoying the Easter break, which is well deserved after a busy term at school. 😊



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.