

# FOOTSTEPS CARE



## Newsletter – September 2025 Issue

As the leaves begin to turn, we find ourselves waving goodbye to summer and welcoming the routines of autumn. The summer holidays already feel like a distant memory, and our children and young people have been busy settling back into school and college routines. Getting back into the swing of things can take time, but we are all finding our rhythm again.

September has been a productive and exciting month across our homes. We're proud to be supporting the Junior Life Skills Education Programme again. We have also been busy redecorating across our homes throughout September. It's amazing how a bit of redecorating can make such a difference, and we're delighted to see the homes looking so lovely and refreshed. The new flooring throughout our Goodmayes home has completely transformed the home's appearance.

We're delighted to welcome our new Regulation 44 Inspector to our services. Their visits play an important role in ensuring that we continue to provide the highest standards of care, safety, and support for all our children. The monthly inspections offer valuable insight, helping us to celebrate what's working well and identify ways we can keep improving. Welcome on board, Gaynor! We look forward to working with you.

Here's looking forward to October. Have a lovely month, everyone.



## NEWS FROM OUR GOODMAYES ADULT SERVICE

### Out and About Adventures

It has been a busy month throughout September in our adult home. With the excitement of summer behind us, we are now looking forward to moving into the slower months of Autumn.

We've had some enjoyable outings this month. As usual, our young people have enjoyed a number of shopping trips. There is nothing like a bit of retail therapy for some, and they took advantage of some great sales! Of course, shopping trips also involve eating out!

One magical evening, we took a trip to Outernet. It was such a great immersive experience, and is a fantastic cultural attraction, which brings together breathtaking arts, culture, and music. It certainly impressed us and left us all in awe!

Bus rides and trips to the park were as popular as ever, perfect for soaking up the fresh air and stretching our legs. A really special day was spent at the Docklands Campus, watching planes take off and land at London City Airport - it was fascinating for everyone

### Fun and Fitness

Back home and out in the community, there's always something to keep us busy. Fairlop Waters offered the perfect place for nature walks and games, while trampolining and swimming brought plenty of smiles and exercise. Walks to Costa Coffee and trips to McDonald's added some extra treats to our adventures, giving everyone a little taste of fun along the way.

### Celebrating Special People

This month we celebrated several staff birthdays — Laruba, Ireti, Chioma, Tola, Jolaade, Aisha, and Emelle — sending lots of love and good wishes their way. We also celebrated one of our young adults birthdays, making the day extra special with a few surprises!

We are looking forward to next month here in our home where we are certain it will be filled with cosy nights as the darker nights draw in.



## 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

October 1: International Day of Older Persons

October 1–31: Black History Month (UK)

October 2: Yom Kippur (Day of Atonement, Jewish)

October 6–13: Sukkot (Jewish)

October 7–13: First Day of Tabernacles (Jewish)

October 10: Mental Health Day

October 20: Southern Deepavali/Diwali (Hindu)

October 21: Northern Deepavali/Diwali (Hindu) and Trafalgar Day (UK)

October 24: United Nations Day

October 31: Halloween and Samhain (Pagan/Wiccan)



## NEWS FROM OUR GOODMAYES CHILDREN'S SERVICE

### Welcome to our new family member!

Well, we have the most exciting news ever! We are all absolutely delighted to have a new member of the Footsteps family. We welcomed our new member at the beginning of September, and they have settled so well, it's like they have always been part of the family!

Welcome into the fold, little lady. We are so pleased to have you here. 😊

### Farewells and New Beginnings

During September, we sadly said goodbye to one of our family members, who transitioned to an adult home after spending many years with us. We cannot believe how quickly his time passed, and although farewells are always bittersweet, we are proud of all he has achieved during his time with us. We wish him the best of luck and gave him a wonderful send-off and leaving party. We will miss you more than you will know, young man. Come back and visit soon. xxxx

### Birthday Celebrations!

This month saw two special birthday milestones. We had two of our young people turn 18!! We were thrilled to celebrate these special occasions, and we celebrated their birthdays in style. It is always bittersweet to celebrate such a milestone birthday for us. On one hand, it fills us with pride to see them moving into adulthood to ready to make choices, and follow a new path. But at the same time, our hearts ache a little.

### September Activities

September has been a fun-filled month for us. We have been adapting back to our school routines after a wonderful summer. Over this month, we have enjoyed lots of activities.

The children have loved our *karaoke and movie nights*, where they've taken turns showing off their singing talents (and dance moves!) before settling in with popcorn and a good film. These nights are always enjoyed by everyone.

Our *park visits* have been full of fun. It has been nice to have some Autumn sunshine, fresh air, and lots of games.

We have enjoyed *trampolining*, with everyone testing their skills, and some of the children are becoming more and more daring as they become more confident.

As usual, we have enjoyed many train rides. This is always a favourite activity for us. We love to sit back, look out of the window, and watch the world go by.

### Staff Updates

We also bid farewell to two of our valued staff members, who have moved on to new chapters in their lives. One staff member, in particular, left after many years of dedicated service across our services, leaving a lasting impact on the children and the team alike. Wishing you both the very best for the future. You will be missed.



# NEWS FROM OUR LEYTON CHILDREN'S SERVICE

## Goodbye September, Hello October!

Well, we have had a very busy month in our home here in Leyton. Getting up early for school and settling back into our routines has been the focus of the month, but we are proud of all our children for managing to adapt so well. The home has been busy with redecoration, new routines, and lots of activities.

## September Activities

The young people continue to enjoy a wide variety of enriching outings in the community. One of the highlights has been attending the prestigious Royal Philharmonic Society Award-winning HMDT music sessions. These music sessions beautifully combine music therapy with fun and interactive activities tailored for young people with additional needs. The variety of drums proved a particular favourite, allowing the children to explore rhythm, sound, and self-expression in a safe and therapeutic environment.

We enjoyed the gravity gaming experience at Westfield, which is an entertainment complex that offers an immersive, high-energy experience. The children really enjoyed this fantastic day, especially the mini golf, Karaoke, and go-karting!

During September, we enjoyed eating out and shopping as well as trips to the park. We have enjoyed bus and train rides and many visits to London.

## Bollywood Fitness

We also celebrated creativity and fitness together during a combined Bollywood and Fitness Day in the local park. The day was filled with lively music, energetic dance routines, and fun exercise games. It was a wonderful way to encourage teamwork, physical activity, and cultural appreciation. The children and staff thoroughly enjoyed this experience.

## Chingford Mount Festival

The Chingford Mount Festival was a fantastic experience which we all enjoyed. It was a vibrant community event over two days. It was a great festival which offered a diverse range of activities. Our children loved the live music and performances. The funfair gave us much fun and laughter. The street food was tasty, and the workshops were informative and practical. It was a great day out and one we intend to do again next year. It was a wonderful celebration of community spirit, creativity, and local heritage.

## Walthamstow Pumphouse Museum

The Walthamstow Pumphouse Museum was a wonderful day out. We enjoyed exploring the unique heritage site. Some of our children loved seeing the original Marshall steam engines from 1895, still operational and powered by compressed air! They were fascinated to say the least! The craft sessions were fun, and we enjoyed exploring our creative sides, and the model railway kept us entertained. It was a day we all enjoyed.

## Achievement

One of our children won an achievement at school for all their continuous hard work and effort. They were invited to a special ceremony to receive this, and had a lovely day with balloons, food, and entertainment. Well done, young man. We are all incredibly proud of you. 😊

## Looking Forward

We have already been discussing plans for Halloween, and we are planning further redecoration projects here at Ambleside, and hope to get new flooring laid throughout the home. We hope by Christmas time, our home will be transformed.

Have a wonderful month ahead.



## 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](mailto: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.