

# *THE NAVIGATOR*



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### **A SEASHORE SONG**

The little waves of water  
Ripple over the thirsting sands  
The little shafts of sunlight  
Sail of to distant lands

The little clam and seashells  
Are ships of the ocean blue  
The seashells are the captains  
And the clam shells are the crew

By Lenore Hetrick



# *THE NAVIGATOR*

## Information from Kirstie

### **CUPCAKE DAY - ALZHEIMER'S SOCIETY**

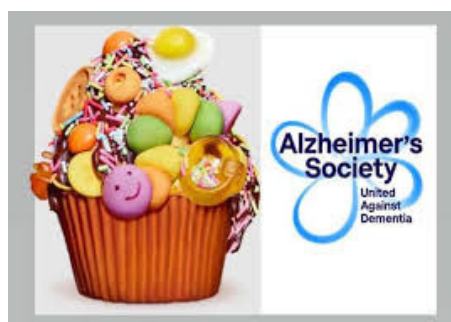
How you're baking a difference

In the average time it takes to bake a batch of cakes, six people in the UK will develop dementia. It is now the leading cause of death in England and Wales, overtaking both cancer and heart disease.

Your Cupcake Day can help to fund pioneering research, crucial support services and vital care. By hosting your day, you are uniting with us in the fight against the UK's biggest killer.

Until the day we find a cure, because of Cupcakers like you, Alzheimer's Society can continue to be here for anyone affected by dementia - wherever they are, whatever they're going through.

Cupcake Day has raised £2.7 million since 2016 – let's make this year our biggest yet! If you see a cupcake event pop in and support Alzheimer's or treat your client to a cupcake.



We have got a Care Quality Commission Inspection on Friday 7th June 2019. Please call in if you have time and meet Becky Featherstone. Please be aware CQC may phone any of you during or after their visit at Taylors to ask a few questions. Your clients may have already been contacted by the CQC team.

On the 30th May 2019 the following policies Diabetes, Nutritional and Hydration Needs, Prevention of Pressure Ulcer and Sexuality have had an update. Rose will be sending these out in the next few Navigators. If any one would like a copy before than please email Rose on [rbrown@taylorsofgrampond.co.uk](mailto:rbrown@taylorsofgrampond.co.uk) or you can call to the office.



# *THE NAVIGATOR*

## **Things to do with dad on Father's Day in Cornwall**

Father's Day is approaching (June 19th), with the annual, age-old question – what do you buy for Dad? There's the usual run of tankards, mugs, novelty beers, and sporting equipment on display in the shops – however this year, why not treat your dad to a special day out instead?

There's plenty for Dad to do in Cornwall on and around Father's Day. To help you decide, we've round up some of the more unusual suspects. Here are some ideas of activities you can all enjoy together this Father's Day.

### **Take him for a drink**

Camel Valley, producers of Cornwall's award-winning wines, offer guided tours of their beautiful vineyards. The guided tours take place on Monday to Friday at 14:30, and last about an hour (longer, if you decide to spend the rest of the afternoon wine-tasting on the sunny terrace!). Or, for a real celebration, book Dad onto a Grand Tour, which run on Wednesday evenings. These tours are lead by a wine maker and include a wine-tasting session. If your dad isn't able to attend a tour, send him a bottle of Camel Valley's finest by post.

We're not stereotyping dads, honest – but St Austell Brewery's revamped visitor centre is a great trip out. Plus, it's very close to The Cornwall, so if you're staying with us, Dad can enjoy a pint of Cornwall's finest with just a short taxi ride back afterwards.

### **Go wild in the country**

If your dad likes the great outdoors, treat him to a day in the country with a difference. Book a wild food course with Fat Hen, who offer days of foraging in the beautiful west Cornish countryside, followed by cooking and feasting on what you've found. Or, Philleigh Way in Roseland, a fantastic new cookery school, also offers foraging and bushcraft days, as well as cooking courses ranging from bread making to shellfish to woodfired sessions. If you can't book a day close to Father's Day, treat dad to a Philleigh Way gift voucher.

### **Go on a boat trip**

It's a short drive or cycle ride from The Cornwall to Mevagissey, where you can pick up the famous Fowey to Mevagissey ferry. Both towns have plenty of places to eat and drink, so you can really make a whole day of it. Have a look at their helpful website for crossing times, and also to double-check that it's running.

Or, take a fishing trip on the Diligence. Skipper Matt has been fishing the waters around Mevagissey all his life, and knows where to find the fish. Once you've reached the fishing grounds, you'll get a training session with the rods, and hopefully go home with a haul of mackerel. Ideal if you're self-catering and fancy a barbie! You need to pre-book, so please contact Matt.

### **See a show**

Celebrate Father's Eve by seeing a show the day before. Hall for Cornwall in Truro has a production of King Lear running from Monday 13 June to Saturday 18 June. Shakespeare's exploration of filial relationships is an interesting way to mark Father's Day; however it's an exciting new interpretation, starring Michael Pennington. Truro has many excellent bars and restaurants if you want to catch a show before the performance.

# THE NAVIGATOR



## HAPPY BIRTHDAY TO

Our Wonderful Client's

Margaret, Annie, Jacqueline, Anna,  
Peter & Andrew

## Spotlight

- Keep your dreams alive. Understand to achieve anything requires faith and belief in yourself, vision, hard work, determination, and dedication. Remember all things are possible for those who believe.
- Mileage claims are due in by 10th June 2019
- Payday is on the 24th June 2019
- There are waking nights ongoing in Carnon Downs. If anyone is interested please contact Jenn or Kirstie.

## MAY EMPLOYEE OF THE MONTH

Well Done Stella for all your hard work We have received some lovely feedback . Please call in to the office and see Rose for your voucher.



## MEL IS GOING TO BECOME A GRANDPARENT

Congratulations to Mel on the news she is going to be a Grandparent in December and also her Daughters birthing partner.

