

THE NAVIGATOR



IN THIS ISSUE

Nutrition Day

Whats on in Cornwall

Birthdays

Medication policy
attached

Spotlight

The Riddle Winner

NUTRITION DAY 15 NOVEMBER

Why nutrition is important. Eating a balanced diet is vital for good health and wellbeing. Food provides our bodies with the energy, protein, essential fats, vitamins and minerals to live, grow and function properly. We need a wide variety of different foods to provide the right amounts of nutrients for good health.

Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health.

Good nutrition can help:

Reduce the risk of some diseases, including heart disease, diabetes, stroke, some cancers, and osteoporosis.

Reduce high blood pressure.

Lower high cholesterol.

Improve your well-being.

Improve your ability to fight off illness.

Improve your ability to recover from illness or injury



THE NAVIGATOR



TRAINING COURSES

**MANUAL HANDLING 01/11/2018
AT 13:30 TO 16:30**

**BASIC LIFE SUPPORT 02/11/2018
AT 13:30 TO 16:30**



**Please contact Steve if you would like to
update your training or interested in any
of our e-learning courses**

01726 884402

SDickson@taylorsofgrampound.co.uk



Happy Birthday to

**OUR WONDERFUL CLIENTS:
DONALD, JOHN,
DOREEN, RICHARD & JEANETTE.
AND TO OUR FANTASTIC
COLLEAGUE'S: LOUISE, SARAH
& GARY**

WHATS ON IN CORNWALL

Enjoy a fright-fully good time with these
spooktacular Halloween events in Cornwall...

Fright Night at Newquay Zoo, 30th October.

Halloweden at the Eden Project, 20th October – 4th
November.

Pirate's Quest, Trick or Treasure?

Spooky trails and a fireworks spectacular at
Flambards, 24th – 26th October.



THE NAVIGATOR

SPOTLIGHT

- Holidays. Please can you book any outstanding holidays up to 31st March 2019. Use them or loose them.
- Don't forget Clocks go back on 28th October. Remember your torches, change the client's clocks back, take a hot flask with you and park your cars close to the properties.
- **Klara will be at the Carnon Downs Premier Inn on Monday 29th October 14.00 to 16.00. If you would like to drop in between these times for a free coffee and a chat about any work issues, feedback or a catch up on your team, pick up some gloves & aprons.**
- **On Wednesday 31st October at 14.00 to 16.00. Klara will do the same at Costa Coffee, Pentewan Park St Austell. Please give Klara a text if you are going to see her.**



THE RIDDLE FROM ISSUE 1

Gemma is trapped in a large room containing two chairs, a sofa and a bed. The room has only two possible exits: a blue door and a green door. Through the blue door there is a room constructed from magnifying glass. The blazing hot sun instantly fries everything that enters the blue door. Through the green door there is a red and black fire-breathing dragon with protruding eyes . How does the Gemma escape from the large room?

Answer: Gemma waits for it to go dark and goes through the blue door.

The first person to ring Rose with the correct answer was Natasha Jacques.
Congratulations Natasha, we hope you enjoy the Warwick Hamper!

Happy Halloween to you all



Visit our page