

# *THE NAVIGATOR*



## *IN THIS ISSUE*

ELF and Safety

My Special List

Moving & Handling  
Policy Attached

Spotlight

Employee of the  
Month

### **"ELF and SAFETY"**

TV presenter, Kirsty Gallacher, was convicted of drink driving after a night out with friends. Ms Gallacher had taken a taxi home and was returning the following morning to pick up her car. When breathalysed she had three times the legal alcohol limit in her system. The Sky Sports presenter received a two-year driving ban and two years' unpaid community service. People charged with this offence are not necessarily habitual risk takers or drink drivers disregarding the safety of others. But if someone has consumed a significant amount of alcohol the night before then wakes up and gets behind the wheel – even if they feel fine or just tired - then they can easily fall foul of the law as alcohol takes time to leave a person's body depending on their height and weight, the quantity of alcohol and the period of time over which it was consumed.

Generally speaking, if you drink a significant amount of alcohol late into the night and have an early start the following day then YOU are at risk.

See for yourself by going onto [morning-after.org.uk](http://morning-after.org.uk). You can calculate when it is safe to drive after having a drink. Obviously it is not absolutely accurate and will not be a defence should you be breathalysed but it certainly gives food for thought. BE SAFE – you are all too important

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## CHRISTMAS POEM

### My Special List

I have a list of folks I know, all written in a book  
and every year at Christmas time I go and take a look.  
That is when I realize that these names are a part  
Not of the book they're written in, but of my very heart.

For each name stands for someone who has crossed my path sometime  
And in that meeting they've become the reason and the rhyme.  
Although it sounds fantastic of me to make this claim,  
I really feel that I am composed of each remembered name.

Although you're not aware of any special link,  
just meeting you has shaped my life much more than you could think

So please don't think my greeting as just a mere routine.  
Your name was NOT forgotten in between.  
For when I send a greeting that is addressed to you,  
it's because you're on that list of folks I am indebted to.

Whether I have known you for many days or few,  
in some ways you have had a part in shaping things I do.  
I am but a total of the many folks I've met.  
And you are one of those folks that I would prefer never to forget.

Thank you for being my friend.

—Helen Steiner Rice

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## Spotlight

- Office closed from 13.00 on 24th December 2018 and will reopen on Thursday 27th December 2018 at 09:00
- Pay date is 7th January 2019
- Mileage due date is 24th December 2018
- 5 Days to Christmas
- Please can you remember if you receive any gifts they must be reported to managers/office, and must be documented on your Tagtronics App. They must not exceed £10.00, If you are unsure accepting a gift please seek advice from your manager.
- Christmas is of course about spending time with family and friends but some of our clients will have no one. We have tried to reduce the non essential visits and alot of the clients have cancelled themselves; for the best part because they want you all to have time off. However some visits still have to take place. You could be the only friendly face a client may see so please make sure you smile the biggest smiles and make each visit positive and joyful. If you put your heart into the visits you will be home before you know it. You can then enjoy your own Christmas celebrations knowing that you have given the greatest gift possible to your clients; your time.

## HAPPY BIRTHDAY TO

Our Wonderful Client's



**Peter, John  
Patricia, Dorothy , Betty  
&  
Eunice**



## Don't forget Employee of the month

Who deserves an award?

The awards recognize the achievements and contributions of individuals within Taylors of Grampound Ltd.

Nominate someone!

Please take the time to nominate a colleague within the company, who deserves to be celebrated!

Nominate Today!

Employee of the Month is involving the whole company in the nomination process. This can be achieved by emailing Rose your nomination to [rbrown@taylorsofgrampound.co.uk](mailto:rbrown@taylorsofgrampound.co.uk). Each nominator can enter the name of their nominee along with a short paragraph justifying their decision. Please send all nominations by the 28th December 2018. The winner will be announced in January 2019. The employee of the month will win a £20.00 voucher of your choice.





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## Welcome Aboard

Heike who will be working  
with our Live-In Team.

Monica and Renato who will  
be working within our Care at  
Home Team

## CHRISTMAS WISHES FROM OUR CLIENTS



Jo & Chris  
Richard  
Joan & Robin  
Jan  
Ruth  
Val  
Ken & Alma  
Donald  
Ray  
Ann  
Lee



## CHRISTMAS GIFTS FROM TAYLORS FOR ALL STAFF

Fabulous choice of Christmas gifts for our fantastic work colleagues.....first  
come first serve for all support workers so be quick to pop in and claim  
your gift



Check out our facebook page.