

THE NAVIGATOR



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5 Ways to Beat the Winter Blues

VITAMIN D:

Vitamin D3 deficiency is one of the primary causes of seasonal depression, due to our reduced exposure to sunlight. Supplementing with at least 400 IUs of D3 daily may support a healthy mood during the winter.



OMEGA-3 FATTY ACIDS:

Omega 3 fatty acids derived from oily fish like salmon and mackerel may also help relieve occasional seasonal depression. Omega 3 fatty acids help form cell membranes and keep them soft and flexible, which allows for better passage of serotonin.

AMINO ACIDS:

Choose foods that contain tryptophan (like turkey, fish, whole grains and spinach) which the body converts into serotonin, the neurotransmitter responsible for mood and sleep.



EXERCISE:

Exercise releases endorphins which help memory and brain function, and make you feel happy and satisfied!



IMMUNE SUPPORT:

Select medicinal mushrooms can effectively support immune function. **MycoPhyto® Complex** contains six potent medicinal mushrooms and additional beta-glucans to enhance immunity all winter long!



Visit www.econugenics.com to learn more!

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January Blues: Guide to Beating That Winter Slump

The first few weeks of January are often perceived as a challenging time for the workforce from a mental wellbeing perspective.

It is the new year and while some will rejoice and create a list of resolutions, it can also be a difficult period for those with a mental health issue.

The day which is the major focus in January is the so-called 'Blue Monday' – the third Monday in January. Although there is no scientific evidence this is a more difficult day of the year for mental health, it has become a standard by which to look at the broader picture of mid-winter well-being.

Despite a lack of firm scientific evidence, there is some empirical research that suggests January is a particularly difficult time for workers.

One study, by consultancy Mercer, claims that sick leave is at its highest rate in January – more than a third of all sick days are taken in this month, according to its research. Additionally, Monday is the most common day for sickness.

Also, the government's official data provider, the Office for National Statistics, reveals that in excess of 130 million days are lost to sickness each year – and recently stress has become the biggest workplace sickness issue.

The issues for workers are three-fold, according to the man behind the Blue Monday concept, Dr Cliff Arnall, who created it during his time at Cardiff University: debt levels, weather and the associated seasonal affective disorder (SAD), and a failure to keep to new year's resolutions or lifestyle issues.

Seasonal Affective Disorder

Office managers can do much to impact the negative effects of SAD when workers return from the Christmas break as well.

The workforce is one of a business' most important assets and, generally, happy and comfortable employees make for a successful company. Travelling to work and leaving in the dark can often have a negative effect on workers' wellbeing. According to the Seasonal Affective Disorder Association, around 21 per cent of people will notice a change in mood and attitude over winter with a further 8 per cent of people needing treatment.

Here is a useful infographic from the econugeneics blog to illustrate ways in which to beat the winter blues from a health perspective.

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HAPPY BIRTHDAY TO



Our Wonderful Client's



**John, Denise, George ,
Margaret & Dennis**

**And our Fantastic Colleagues
Paul, Amanda & Dylan**

Spotlight

- This was in the Falmouth packet – published today, thought it might be interesting and good to let our staff know.

<https://www.falmouthpacket.co.uk/news/17341884.carers-to-get-permits-to-park-on-yellow-lines-and-for-free-in-cornwall-council-car-parks/>

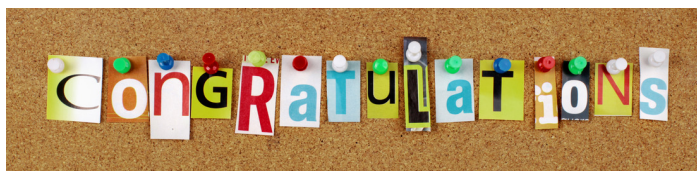
“Cornwall Council will be one of the first areas in the South West to introduce the new permits from April this year.

The permits will work in a similar way to blue badges issued to disabled motorists and will allow accredited carers to park on yellow lines or for free in council car parks.”

“He said: “It will allow carers to park more easily and closer to those they are visiting so that they can spend their time looking after those they are caring for rather than having to look for a parking space.”

The permits will have a charge just to cover the administration of them and Cllr Brown said it would be no more than £10 a year.”

- Mileage claims due in by 21st January 2019
- Payday is on 4th February 2019



December Employee of the month is Mandy McFarlane

Mandy has shown dedicated work ethic, her adaptability, willingness and always going beyond the job role for her clients. A great asset to Taylors team.

Mandy please ring Rose to arrange a time to collect your voucher.

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TAGTRONICS MOBILE APP UPDATE

Scan Button

We have now moved the scan button function from the menu bar and added it to the rota page. You will see Scan in/Start Visit and Scan out/End Visit along with Task List /Feedback /Assessment /Medication depending on how you have the Mobile App options set.

Medication History

The Medication button will display on the mobile app but only if the number of days is set to greater than zero. The medication tasks that have been submitted from previous visits by employees will be displayed with the date, time, task name, given – Yes or No and any comments made on this task.

Unallocated Employees

If an employee has not been assigned to a visit but is required to log in to the visit, they must select the Unallocated Scan button to be able to open the camera on the phone and scan the QR code which is in the Settings option on the mobile app. The visit will then automatically appear on the employee's rota, which will allow them to access all the information, tasks and medication history for that client.

Settings

In settings, Login will only show if not logged in and Logout if already logged in, not both as before.

N.B. A suitable data signal is required for the visit to automatically display on the carer's rota.



Welcome Aboard

David who will be working
within our Care at Home
Team



Check out our facebook page.