

THE NAVIGATOR



A Day At The Beach

Information from
Kirstie

What's on in
Cornwall

June Employee of
the Month

Spotlight

Breast Cancer
Awareness

Diabetes Policy
Attached

A DAY AT THE BEACH

A day at the beach
What could be
More fun
Than playing in
The sand
The surf
The sun
Building castles
And rivers
And splashing
In the waves
There's no better
Way to spend
Hot summer days

Author: Sharon Froese

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Information from Kirstie

CQC INSPECTION REPORT RATINGS FOR THE 5th and 7th JUNE 2019

Overall rating for this service Good

Is the service safe? Good
Is the service effective? Good
Is the service caring? Good
Is the service responsive? Good
Is the service well-led? Good

Thankyou to all the staff at Taylors of Grampound for achieving this rating

TAGTRONICS APP

Please can you follow up any important feed back to your line manager or to the office. Feedback is left on each individual Client in their history notes. Office staff, Line Managers and On Call Officers do not get alerted to this. Please follow feedback with a call/text to one off the above. Unfortunately, we have not got the time to open each client to see what has happened during their visit. I hope this will prevent any further misunderstanding on feedback.

Norovirus (vomiting bug)

Norovirus, is a stomach bug that causes vomiting and diarrhoea. It can be very unpleasant, but usually goes away in about 2 days.

Check if you have norovirus

The main symptoms of norovirus are:

feeling sick (nausea)

diarrhoea

being sick (vomiting)

You may also have:

a high temperature of 38C or above

a headache

aching arms and legs

The symptoms start suddenly within 1 to 2 days of being infected.

How to treat norovirus yourself

You can usually treat yourself or your child at home.

You should start to feel better in a day or two.

Stay off school or work until the symptoms have stopped for 2 days. Also avoid visiting anyone in hospital during this time.

This is when you're most infectious.

How norovirus is spread

Norovirus can spread very easily.

You can catch norovirus from:

close contact with someone with norovirus

touching surfaces or objects that have the virus on them, then touching your mouth

eating food that's been prepared or handled by someone with norovirus

Washing your hands frequently with soap and water is the best way to stop it spreading. Alcohol hand gels don't kill norovirus.

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What's on in Cornwall

Classic cars, music & food on the Promenade

The annual gathering of vintage and classic cars on Penzance Promenade.

Refreshment stalls and live traditional music.

10am to 4pm. Sunday 7th July 2019

Fundraising in aid of the Fishermen's Mission and other Rotary causes.

GeekFest returns in 2019 with GeekFest 5.0!

Heartlands, Redruth

Sat 6th July, 2019 — Sun 7th July, 2019 |

11am - 5pm daily

Seafood Fire & Feast Night

Bedruthan Hotel & Spa, Newquay

Fri 12th July, 2019 |

7.30pm

Arrive and find a place at the long wooden trestle tables. Tuck into nibbles to get you started, then enjoy hearty platters of delicious local food.

On arrival gather around long wooden trestle tables for a delicious feast to devour whilst gazing out onto the spectacular Cornish coast. Sharing platters arrive from our open kitchen: think local mussels, Cornish lamb curry, fresh seafood.

Plates cleared, wrap up warm, grab one of our blankets and gather around the fire pit amongst the dunes. Relive dream-filled campfire nights by toasting marshmallows on the open flames. Sit back around the warm glow of the embers and listen to the Atlantic lapping on to the beach below whilst the sun dips into the horizon – the perfect end to a perfect evening.

Arrive at 7.30pm to find your spot at the table and dinner will be served at 8pm. Please note, Fire and Feast evenings are created with adults in mind and it is recommended that children are not booked for this event without speaking to the events team first.

To Start

Bedruthan Sourdough, cultured butter

Crispy native oysters, green mayo, pickled shallots

Brandade, chorizo & caper dressing

Seafood Feast

Whole roasted bream, broiled crayfish, garlic & herb butter

Baked fennel with lemon, new potatoes, spring onions & parsley

Braised cabbage

To Finish

Sour doughnuts, cinnamon sugar, chocolate mouse

The Fire Pit

Hot chocolate & marshmallows



THE NAVIGATOR

Spotlight



HAPPY BIRTHDAY FOR JULY



Our Wonderful Client's

Joan, Kate, Roderick, Peter, Simon, Frank & Maureen



And our Fantastic Colleagues

Klara, Shari, Olivia, Teresa, Phillip & Beverley

- “You can only become truly accomplished at something you love. Don’t make money your goal. Instead pursue the things you love doing and then do them so well that people can’t take their eyes off of you.”
- Mileage claims are due in by 8th July 2019
- Payday is on the 22nd July 2019
- Expences must be completed with your mileage sheets for payment and handed in on time, please.

JUNE EMPLOYEE OF THE MONTH

Well Done Amanda H for all your hard work with completing clients benefit forms and getting great results. The clients are very happy with what you have achieved .



WELCOME ABOARD !

Danielle who will be working with our Live In Team

Aaron who will be working within our Daily Support Team

Karen who will be working with our Live In Team



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TAYLORS NEW WEBSITE

We are launching our new Taylors of Grampound website . Check the New Website out. We will keep you updated on the site.



From Kevin

“Let’s face it, sometimes being a Support Worker is challenging BUT, no matter how many issues they face, our wonderful, fantastic and brilliant Support Workers ALWAYS manage to simply pick themselves up and carry on!

You are ALL amazing! Thank you!”



Sometimes you just gotta pick yourself up and carry on!

HOT WEATHER SAFETY TIPS:

Take Action to Protect Yourself

Adjust the times you go outside, avoiding the heat of the day. If you can go outside when the sun is still rising or is already setting, this can make a difference in the temperature by several degrees.

Make sure to drink plenty of cool liquids, choosing water and clear juices rather than alcohol or caffeinated beverages. If your urine becomes darker, increase your fluid intake.

Dress in loose, light-colored clothing along with a broad-brimmed hat. This will help you to stay cool and protect you against sunburn.

Use sunscreen with a sun protection factor of at least 15, and use it even when it’s cloudy outside. Reapply every couple of hours and after you swim.

Enjoy cooling showers or baths when you’re feeling too warm. If you don’t have time for that, take a quick sponge bath—or even dab your wrists, armpits, neck and ankles with a washcloth with cool water.

Take advantage of air conditioning! If you have air conditioning in your home, use it when temperatures climb. If you don’t, visit a library, mall, theater or other cool place when necessary. If you are outside, take breaks by sitting in shaded areas.

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THIS MONTH TAYLORS ARE HELPING RAISE AWARENESS OF BREAST CANCER.

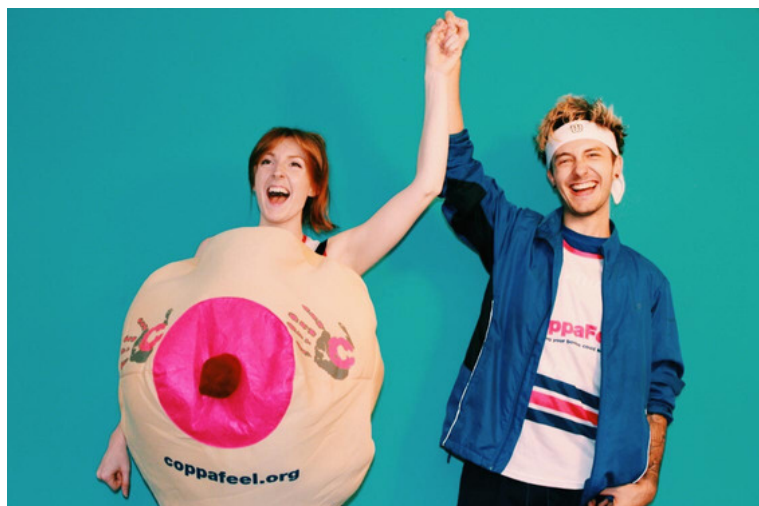
GUYS IT CAN AFFECT YOU TOO!

Did you know? - Men also have some breast tissue in their chest and under their armpit, so it is important they get anything unusual checked out too. Almost 400 men are diagnosed with breast cancer in the UK every year.

Reasons why you should check your boobs or pecs

1. **YOU ARE NEVER TOO YOUNG TO START** - Although breast cancer is rare in younger people, it can still happen as both men and women have breast tissue. Breast cancer is still the most commonly diagnosed cancer in women under 40, with 1 in 8 women in the UK being affected by breast cancer in their lifetime.
2. **BREAST SCREENING IS GREAT BUT LIMITED** - In the UK, only women will be invited to routine breast screening from the age of 47-50 years old, which takes place every 3 years. For that reason, checking your boobs is especially important for younger women and men. But even if you have mammograms (the breast screening test – which we encourage you to do) it is important to check in between your appointments.
3. **IT ISN'T ALWAYS HEREDITARY** - Less than 10% of breast cancers are caused by a family history. Most men and women who are diagnosed are simply unlucky and there is no specific reason why they have the disease. There's no real excuse not to check!
In the UK...

- 1 in 8 women will be affected by breast cancer in their lifetime.
- Around 400 men are diagnosed every year.
- Breast cancer is still the most commonly diagnosed cancer in women under 40.
- Every year in the UK, around 5,000 women under the age of 45 are diagnosed with breast cancer.



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BOOB CHECK BASICS

Whatever your age or gender, knowing your body and being aware of the symptoms of breast cancer is really important.



Check regularly

We believe boob checking should be a monthly habit, so that you will notice any unusual changes quickly. By checking on a regular basis, you will also build confidence of knowing what is normal for you each month. Everyone has to start somewhere, so don't worry if you're not feeling confident straight away.



Know what's normal for you

Being breast aware simply means knowing what is normal for your boobs or pecs. If you have periods, it's likely you'll find that your boobs will naturally change as part of your cycle each month. It is important to get to know the normal rhythm of your boobs so you will be able to detect anything unusual quickly.



Look and Feel

Many of the signs and symptoms of breast cancer are changes you would only notice by looking at the appearance of your boobs. We recommend coppin' a feel and taking a look during your checks.



Remember your Collarbone and armpits

Breast tissue isn't only found in your boobs. It reaches all the way up to your collarbone and underneath your armpit so this whole area should be checked each time too. This is the same for both men and women.



If in doubt, get it checked out

Your doctor is the only person who can refer you for further examination so we encourage people to visit their doctor after a week of monitoring the symptom if it doesn't go away.

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YOUR SERVICE USERS!

Remember - Breast cancer doesn't just show up as a lump so getting to know all the symptoms will help you detect anything suspect quickly.

You Can Make a Difference - You work closely with your service users and therefore that makes you one of the best people to spot any changes. During personal care or assisting your service user to get dressed you can:

LOOK – Changes in skin texture e.g puckering/dimpling

LOOK – Nipple discharge

LOOK – Swelling in the Armpit or around the collar bone

LOOK – A sudden unusual change in size or shape

FEEL – During personal care you may feel lumps and thickening

LOOK – Nipple inversion and changes in direction

FEEL – Does the service user feel constant, unusual pain in your breast or armpit?

LOOK – A rash or crusting of the nipple or surrounding area

IF IN DOUBT, GET IT CHECKED OUT.

If you suspect any signs or symptoms of Breast Cancer, report it to your Line Manager so it can be investigated further.

For More Information

