

# THE NAVIGATOR



## IN THIS ISSUE

September Poem

Information from  
Kirstie

Competition Time

What's on in  
Cornwall

Sportlight

What 3 Words

Bowel Cancer Group

Diabetes Myths

Bullying &  
Harrassment  
Policy Attached

## THE EIGHTH OF SEPTEMBER

This day, Today, was a brimming glass.  
This day, Today, was an immense wave.  
This day was all the Earth.  
This day, the storm-driven oceanlifted us up in a  
kisso exalted we trembledat the lightning  
flashand bound as one, fell,and drowned, without  
being unbound.  
This day our bodies grewstretched out to Earth's  
limits,orbited there, melded thereto one globe of  
wax, or a meteor's flame.  
A strange door opened, between us,and someone,  
with no face as yet,waited for us there.

Pablo Neruda

# THE NAVIGATOR



## Information from Kirstie

### ABSENCE AND SICKNESS

#### Sickness absence reporting

You must notify the Company as soon as possible of your sickness absence.

You should do this personally, by telephone.

Colleagues working out of office hours or at weekends should do this at the earliest opportunity to the Line Manager / On Call Officer by ringing the office number and choosing the relevant option for your area, and by no later than **one** hour before their normal start time, on the first day of the absence.

It is not acceptable for you to call during the hours of **23:00 - 05:45** do not text, email, contact a colleague, leave a message or have a friend or relative call on your behalf.

If your manager is unavailable, you should contact someone in a position of authority in the Company. You should provide the reason for your absence, an estimate of how long you expect to be off work, a telephone number by which you can be contacted and details of any outstanding or urgent work that requires attention.



### Farewell on your Retirement

Phillip has worked for Taylors of Grampound for six years and after having his last birthday he has come to the decision to retire from the company.

Taylors of Grampound would like to wish you well for the future. Taylors of Grampound would like to thank you for all your dedicated work over the years. Retirement will be a difficult time for you: no getting up with an alarm, no boring staff meetings, no watching the clock tick down those last, long minutes before quitting time. However will you manage?


---

### COMPETITION TIME

After a hectic week, everyone's ready to start winding down and getting ready for the weekend.

I've found the perfect challenge to sharpen your brain and test your eyes. Can you find how many Taylors

symbol hiding in this month's Navigator?

Once you have found all the symbol's  please email Rose at [rbrown@taylorsofgrampound.co.uk](mailto:rbrown@taylorsofgrampound.co.uk) Before the 13th September at 17:00.

The first correct answer will receive a voucher for £10.00.

The winner will be announced in The Navigators October Issue

Good Luck

# THE NAVIGATOR

## What3words: The app that can save your life

Police have urged everyone to download a smartphone app they say has already saved several lives.



The what3words app helps you find, share and navigate to any precise location.

We've given every 3m x 3m in the world a unique 3 word address. This simple and accurate way to talk about location makes it easier to meet up with friends, discover and tell others about amazing places, and explore the world without getting lost.

You'll see 3 word addresses displayed by hotels, restaurants, travel guides and websites. They can be used in 20+ languages and are much simpler to remember, use and communicate than regular addresses. They're also far more accurate and reliable.

### Use the app to:

- Find your way to anywhere in the world, even where street addresses don't exist
- Tell your friends precisely where your picnic is
- Always find your tent at festivals
- Tell your taxi exactly where you want to go
- Plan and share your off-roading or hiking waypoints
- Know exactly where you parked your car
- Get deliveries to a specific entrance

### Key App Features:

- Compatible with navigation and messaging apps including Google Maps
- Search for 3 word addresses or street addresses
- Save your favourite locations
- Autosuggest feature prevents mistakes
- Available in 20+ languages
- Offline navigation with compass mode

If you experience any problems or have any questions, please get in touch with [support@what3words.com](mailto:support@what3words.com)





# THE NAVIGATOR

## What's on in Cornwall



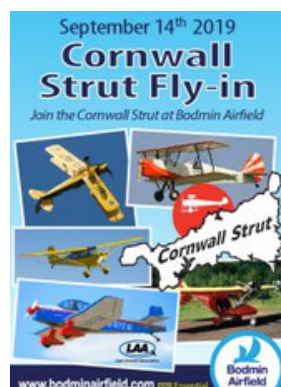
### Newquay Fish Festival (13th – 15th September 2019)

Newquay Fish Festival promises to be the best yet with more great music, harbour entertainment, refreshments, arts and crafts for all the family and of course lashings of food! Newquay Harbour will serve up its excellent sandy beach location for all the family. One of Cornwall's celebrated seafood and crafts weekends gives Newquay an opportunity to showcase one of its hidden gems, 'the fishing harbour' with a dazzling menu of delicious dishes cooked on the quay by local Chefs using fresh local produce along with some of the best entertainment Newquay has to offer! There's always a special atmosphere at Newquay Fish Festival, a unique mix of Newquay's vibrant holiday scene and the traditional fishing community of the Harbour. The practical cookery demonstrations are undoubtedly the highlight of the weekend and hosting the cookery demonstrations are "The Chefs" local characters offering flamboyant and entertaining insights into their culinary skills – and you get to eat the results!! The event attracts top chefs to demonstrate their cooking skills, with the Atlantic Ocean just metres from their microphones as they give away the secrets of enjoying the bounty on our doorstep.. As well as live cookery there will be smoked fish, a pilchard BBQ, on site fish sales, crab sandwiches, oysters, fish filleting demos and all sorts of other 'fishy' goings on. To wash down your freshly cooked or barbecued food there's an entertainment marquee with a bar featuring Newquay's own award winning "real ale" brews while on stage the weekend features a rolling programme of sea shanty singers and local groups.



### Cornwall Strut Fly-in: 14th September

Join us for this Cornwall Strut Fly In .....based at Bodmin Airfield and covering the west in conjunction with the Devon Strut. A Strut is the name given to a branch of the Light Aircraft Association (LAA) and each Strut works in unison with and under the LAA which in turn has produced the UK's largest general aviation organisation. The LAA not only enables people to build and maintain their own aircraft, renovate and enjoy vintage and classic types, it also has a coaching scheme amongst its many assets and attributes. In fact it is pretty essential to be a member of the LAA if you are pilot or enthusiast in the UK.







# THE NAVIGATOR



## HAPPY BIRTHDAY FOR SEPTEMBER



### Our Wonderful Client's

Anthony, Alfred, Muriel, David, Audrey,  
Andrew, Barbara, Joanna, Doreen, Mary & Vicky

### And our Fantastic Colleagues

Aaron & Amy



## AUGUST EMPLOYEE OF THE MONTH

Tracey has been nominated for employee of the month because of her compassion and calm during the recent loss of SB. Tracey, from the outset, was incredibly positive when working with SB and saw beyond the life that he currently led to the man that he was.

She built a very strong working relationship with SB and we truly believe that she was a great influence to him in turning his life around.

On the morning in question she remained calm and methodical, liaised effectively with the authorities, helped to ensure SB remained dignified without interfering with any processes necessary. A small part of me is glad that Tracey was the staff member involved and her conduct is something Taylors can be proud of.



## Spotlight

- You had better live your best and act your best and think your best today; for today is the sure preparation for tomorrow and all the other tomorrows that follow. Today is a most unusual day, because we have never lived it before; we will never live it again; it is the only day we have.
- Mileage claims are due in by 2nd September 2019
- Payday is on the 16th September 2019
- Expenses must be completed with your mileage sheets for payment and handed in on time, please.



## OBITUARIES

SB from Truro sadly passed away on the 1st August 2019

CW from Falmouth sadly passed away on the 14th August 2019

MJ from Truro sadly passed away on 19th August 2019

DF from St Austell sadly passed away on 24th August 2019





# *THE NAVIGATOR*

## **BOWEL CANCER GROUP**

Cornwall Bowel Cancer Support Group.

We campaign to raise awareness of bowel cancer and offer support to those who are on their journey. We meet every 3 months  
March, June, September and December from 10.00am to 4.00pm at Probus Village Hall, near Truro.

Dates for 2019 are 7th September and 7th December

You DO NOT have to be a member to attend family and friends will be made most welcome, we have tea, coffee, soft drinks and food available for the duration of the day, and around mid-day there's a free hot pasty for all. We have entertainment, a Tombola and Mega Raffle. Please join us, you will be made most welcome.

### Entertainment

for our Autumn get together on 7th September is yet to be arranged. Probus village hall has its own car park, it's wheelchair friendly with disabled toilets, and if the weather is inclement, they have a wonderful heating system, please come along and join us for a relaxing and a very enjoyable day.

PLEASE come along and join us, you DON'T have to be a member, bring your client, family or friends, aunty, uncle, granny or the missus next door. You will be all made most welcome and you will be guaranteed a very enjoyable day.

## **The symptoms of bowel cancer can include:**

Bleeding from your bottom and/or blood in your poo  
A persistent and unexplained change in bowel habit  
Unexplained weight loss  
Extreme tiredness for no obvious reason  
A pain or lump in your tummy

Most people with these symptoms don't have bowel cancer. Other health problems can cause similar symptoms. But if you have one or more of these, or if things just don't feel right, go to see your GP. Sometimes, a tumour can block the bowel, causing sudden strong pains in the stomach area, bloating and feeling or being sick. This is called a bowel obstruction. You may also be unable to empty your bowels or pass wind. If you think you have a blocked bowel, see your GP straight away or go to a hospital accident and emergency department



# *THE NAVIGATOR*

## **DIABETES MYTHS**

There are a number of myths about diabetes that are all too commonly reported as facts. These misrepresentations of diabetes can sometimes be harmful and lead to an unfair stigma around the condition. It can be hard to know what is accurate, so this page aims to highlight the top ten of the most common diabetes myths.

### **Myth 1:**

People with diabetes can't eat sugar

This is one of the most common diabetes myths; that people with the condition have to eat a sugar-free diet.

People with diabetes need to eat a diet that is balanced, which can include some sugar in moderation. People with diabetes can eat sugar.

### **Myth 2: Type**

2 diabetes is mild

This diabetes myth is widely repeated, but of course it isn't true.

No form of diabetes is mild. If type 2 diabetes is poorly managed it can lead to serious (even life-threatening) complications. Good control of diabetes can significantly decrease the risk of complications but this doesn't mean the condition itself is not serious.

### **Myth 3: Type**

2 diabetes only affects fat people

Whilst type 2 diabetes is often associated with being overweight and obese by the media, it is patently untrue that type 2 diabetes only affects overweight people.

Around 20% of people with type 2 diabetes are of a normal weight, or underweight.

### **Myth 4:**

People with diabetes should only eat diabetic food

Diabetic food is one of the most common myths of the last ten years. The label 'diabetic' is often used on sweets foods. Often sugar alcohols, or other sweeteners, will be used instead of sugar. Diabetic food will often still affect blood glucose levels, is expensive, and may also cause adverse side effects.

### **Myth 5:**

People with diabetes go blind and lose their legs

Diabetes is a leading cause of blindness and also causes many amputations each year. However, those people with diabetes that control blood pressure, glucose, weight and quit smoking all increase their chances of remaining complication free.

Good luck Steve and Helen on the London Bridgers on 29 September 2019. Steve will let us know how much they have raised in the next issue.



# *THE NAVIGATOR*

## **DIABETES MYTHS**

### Myth 6:

People with diabetes are dangerous drivers

This myth is based around an inaccurate generalisation. The main danger of driving for people with diabetes is if hypoglycemia occurs. However, hypoglycemia is a preventable state and the vast majority of people with diabetes at risk of hypos exercise care to avoid hypos taking place whilst driving. Statistics show that diabetics are no less safe on the road than anyone else with significant accidents being attributed to hypoglycemia affecting less 0.2% of drivers treated with insulin.

### Myth 7:

People with diabetes shouldn't play sport

High-prominence diabetic sportsmen and women have disproved this diabetes myth. People with diabetes should take part in exercise to maintain a healthy lifestyle.

### Myth 8:

People with diabetes can't do many jobs

Having diabetes won't stop you from having a job and with the improvements that have been made in treatment of diabetes, the number of jobs that people with diabetes are ineligible for is now very small. The armed forces is one profession which may prevent people with diabetes from entering specific roles, such as front line service, but many other positions will be accessible.

### Myth 9:

People with diabetes are more likely to be ill

People with diabetes are not more likely to have colds or other illnesses. The significance of illness for people with diabetes is that it can make the management of blood glucose levels more difficult which can increase the severity of an illness or infection. Prevention of illness is particularly important and therefore flu jabs are advisable and free.

### Myth 10:

Diabetes is contagious

Something of a classic playground myth, diabetes cannot be caught off someone else. Diabetes is categorised as being a non-communicable illness meaning it cannot be passed on by sneezing, through touch, nor via blood or any other person to person means.

The only way in which diabetes can be passed on is from parents to their own children but even this is only a genetic likelihood of diabetes and not the condition itself.