

THE NAVIGATOR



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AUGUST

When my eyes are weeds,
And my lips are petals, spinning
Down the wind that has beginning
Where the crumpled beeches start
In a fringe of salty reeds;
When my arms are elder-bushes,
And the rangy lilac pushes
Upward, upward through my heart;
Summer, do your worst!

Light your tinsel moon, and call on
Your performing stars to fall on
Headlong through your paper sky;
Nevermore shall I be cursed
By a flushed and amorous slattern,
With her dusty laces' pattern
Trailing, as she straggles by.

Author: Dorothy Parker

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Information from Kirstie

Heatwave Advice

When we get to the summer, most of us look forward to the hot weather. However, for some people, in particular, the very young, the elderly and those who have chronic or severe illness, the health risks can be increased. Prolonged hot weather can exacerbate heart and breathing problems, cause dehydration, increase the risks of fainting or falling and worsen the symptoms of asthma.

Those exposed to the sun for long periods e.g. outdoor workers, homeless and people living in top floor flats are also at greater risk of feeling the effects of heat.

While it is ok to enjoy the hot weather here are a few tips to keep you cool and well:

Keep out of the sun between 11am and 3pm.

If you have to go out in the heat, walk in the shade, apply sunscreen and wear a hat

Avoid extreme physical exertion, remember to drink lots of water when active

Wear light, loose-fitting cotton clothes

Have plenty of cold drinks, avoid excessive alcohol, caffeine and hot drinks

Eat cold foods, particularly salads and fruit with high water content

Take a cool shower, bath or body wash

Keep windows that are exposed to the sun closed during the day, open windows at night when the temperature has dropped

If you have an elderly neighbour check they are ok

Do not leave pets in cars or conservatories, make sure they have access to water, avoid walking them 11am -3pm

Plan ahead and follow these Heatwave tips on staying cool during the hot days ahead and advice on what to do if someone feels unwell. .

NHS Choices provides a lot of helpful advice and further information on how to be prepared during a heatwave.



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What's on in Cornwall

St Mawes Carnival 10th August

Tregony Heavy Horse Show and Country Fayre - 11th August @ 13.00 Tregony

St Mawes Town Regatta

Charity/Not-for-profit event

Saturday 3rd August, 2019 9:00am

Celebrating 180 years!

3rd of August 2019

Beach sports for all the family

Brass band & Live music

Entertainment , Sailing, Boat races, Stalls, Refreshments & Prize Giving

Follow us on Facebook for further updates

Programmes available soon from St Mawes Post Office

Extra parking available at St Mawes Gerrans Football club- £3 all day

Charity Golf Day - Cornwall Hospice Care

Charity/Not-for-profit event

Friday 2nd August, 2019 12:00pm

Tehidy Park Golf Club

Camborne

TR14 0HH

01736 755770

Join us for a fantastic day out at the impressive Tehidy Park Golf Club, for the Cornwall Hospice Care Charity Golf Day.

Priced for Teams of 4 at £140 per team, the day includes a two course evening buffet meal.

number of prizes will be up for grabs including nearest the pin and longest drive games.

Also, each player is asked to bring a bottle which is used to fill a wheelbarrow. A team ticket to win the wheelbarrow, full of excellent bottles is just £10.

Penryn Fair Day

Charity/Not-for-profit event

Saturday 24th August, 2019 1:00pm to 5:00pm

Saturday 24th August 1pm-5pm

This years special guest 'Titan the Robot' will be performing twice during the day. The event includes performances by The Blues Brothers and dance group Co-Act the Collective, Soul Sensations & Celtic Steps. There will be displays, craft stalls, bouncy castles and much much more.

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HAPPY BIRTHDAY FOR AUGUST



Our Wonderful Client's

Anthony, Andrew, Stephen Peter, Justin, Kim,
Harry, Alison & Danny

And our Fantastic Colleagues

Sasha, Curt & Renato

Spotlight

- "I always give 100% at work! 12% on Monday, 23% on Tuesday, 40% on Wednesday, 20% on Thursday and 5% on Friday. Welcome back weekend."
- Mileage claims are due in by 5th August 2019
- Payday is on the 19th August 2019
- Expenses must be completed with your mileage sheets for payment and handed in on time, please.

JULY EMPLOYEE OF THE MONTH

Rachel has now been with Taylors for fourteen years. Last week we have had some lovely feedback regarding RP respite. The family was very please to see their son smiling and happy. Please call in to the office and see Rose for your voucher. Well done Rachel



THANK YOU

I went out and visited with this lady(A A)this afternoon.

She told me that Taylor's were excellent. She said that she misses her carers and that she was really upset that she could not keep them.

Kind regards
Sharon (Safeguarding Officer)

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MESSAGES FROM OUR CLIENTS IN SUPPORTED LIFESTYLES

I've just got a call from Lorraine, from ESA, Magic Mandy! Xx. Your company & the unerring & absolute support I have received from both. Truly, without the support I've had, and the quality as regarding myself - don't know if I'd still be around for my girl, dog & fish! furthermore, may I add, even though I'm shy, you can print this out & put it in your file, if you have one, or people that are being helped to be better by your company & especially you. You've been really good to talk to, or with should I say. Thanx Mandy, u r priceless!!! Kim & Zeke

To Taylors, I would like to thank all the staff that helped me for the 6.5 weeks while my husband is now recovering from a hip operation. Especially Trina, Mandy H & Maggie they have been very kind and helpful

Thank you

From

J H



Well done to you all such lovely feedback



Taylors Academy New Website

Steve wants to let you know that Taylors Academy new website is now live www.taylorsacademy.co.uk.

These are just some of the features that our website now includes:

Easy search function + plus category buttons helping our clients to home in on the right course

Book staff onto courses and enter their contact details.

Book as a company or as an individual.

Invoice sent as an attachment, not contained within the email.

Confirmation email sent automatically to staff booked onto the courses with joining instructions.

Reminder email sent to staff booked on courses 5 days before and 1 day before the course is scheduled.

Follow up email sent to staff with the opportunity to provide feedback.

Please help me to promote the site and let me know what you think.

From Steve, Training and Development Manager

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STEVE DICKSON – TRAINING MANAGER – LIVING WITH DIABETES

You may or may not know that I have had type 1 diabetes for 31 years?

More people than ever have diabetes and the number of people experiencing complications or dying because of their diabetes is growing too. Did you know that diabetes now accounts for 10% of the entire NHS budget? Therefore it is important that research increases what we know about diabetes, discover new treatments and one day, find a cure.

Living with Type 1 diabetes certainly has had its challenges. I currently take 4 insulin injections and test my blood sugar 8 times a day. I became diabetic when I was 15 years old whilst on holiday with my parents. I was very poorly and displayed some of the classic symptoms of diabetes including tiredness and an overwhelming thirst. Drinking so much meant I was also going to the toilet a lot as well. Looking back, it was so obvious as to what was happening to me but at the time I struggled through until the end of the holiday and even went back to school for a couple of days. It was only when the weight loss became significant and walking up the hill on the way home from school was like climbing a mountain, my parents felt it was time I went to the doctors. That night I was rushed into hospital as it was confirmed that my pancreas was no longer producing insulin. I remember feeling quite depressed when I heard the news as my only exposure to diabetes at that age was my uncle who was blind, and his quality of life was reduced which was to this disease.

Although diabetes has been an inconvenience throughout my life, to say the least! I consider myself very lucky with the support I have received from clinical staff and experts over the years. I have regular checks ups for any kidney damage, my eyes are checked for leaking blood vessels and I have regular check ups for circulation in my feet. I suspect you know some service users who have experienced these ongoing issues and complications with their diabetes. I have also been very fortunate to go on the DAFNE (Dose Adjustment for Normal Eating) course which allowed me to control my diabetes through counting the carbohydrates in foods and adjusting my insulin accordingly. Most type 1 diabetics now control their diabetes in this way.

The way diabetes is managed today is completely different to the way I managed my diabetes 31 years ago. I have already mentioned adjusting doses of insulin depending on the food I eat. The increased number of injections doesn't mean that I have 'really bad diabetes'! It simply means that diabetics can have more flexibility about what they eat and when they eat it! It makes sense when you think about it... when a person without diabetes eats, the pancreas secretes insulin to act as a key, allowing glucose into the muscles for energy. So why not simply inject when you eat to simulate the pancreas? It's not quite as simple as this, but it's not far off!

The other significant change in my life was the way we test our sugar in the blood. 31 years ago I had to put blood on a test strip and leave it for 1 minute, wipe the blood off and leave it for another minute before trying to match the colour on the test strip with a colour chart on the side of the tube. Before my time (fortunately!) they had to urinate on a stick! Now I simply put a drop of blood on a test strip and within 5 seconds I have a digital readout of my blood sugar. Within recent years, pain free non-invasive testing has been developed and I am now hoping to meet a set of criteria which will mean that I can get a blood sugar reading by simply swiping a device across a small disc on my arm, watch this space!

So, going back to my original statement. Diabetes still costs the NHS 10% of their budget and research must continue to reduce complications and one day, find a cure!

Next Month – Diabetes Myth Buster!

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LONDON BRIDGES CHALLENGE 2019

Join Steve, Helen and 5,000 fellow London Bridgers on 29 September as, united, we walk to change our future across 10 miles and 12 iconic bridges.

Bring family and friends together for a special day

See the best sights in our capital

Support someone you love affected by diabetes

Stand beside thousands of others living with the condition

Make walking a lifestyle and challenge yourself to complete 10 miles

Event details:

Sunday 29 September 2019

A 10 mile walk starting in Battersea Park and finishing in Potters Fields Par

Car Wash from Steve



On the 08th August, Steve will be at Taylors of Grampound Office with a bucket and sponge in hand. Steve has taken bookings to clean cars (wheel clean, snowfoam, jetwash, handwash, dry, tyre dressing) and all this for the bargain price of £10 (£15 for larger vehicles). So not only can you feel good about yourself because you've contributed to a worthwhile cause, you'll be feeling extra smug as your drive home in your clean, shiny car. Im sure you will see some photo's on the webpage or facebook.

If you would like to donate, we have a Just Giving page: <https://www.justgiving.com/fundraising/pastyplodders>