

THE NAVIGATOR



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DUTY AND WORK

**Sun rises and sets everyday;
Moon rises and sets everyday;
Plough man ploughs the field;
Poets love to compose poems!**

**Some love to do duty well;
But many do only for profit.
How duty has to be done?
What do duty, work mean?**

**Duty is done expecting none;
Work is done expecting some.
Duty and work all have to do;
But duty, works are different!**

**Duty is life work for everyone;
Work is done to live life here!**

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We are delighted to announce that Taylor's Academy has transformed! Since the 1st January 2020, we have been re-branded as Mitera Training Academy 'Education that relates'

Mitera: – Greek for Mother - we have always maintained the family ethos, and this extends throughout our training delivery. Our training team ensures that we teach every learner to imagine they were caring for their Mum (or loved one), ensuring that your staff receive the highest quality training.

By re-branding ourselves as Mitera Training Academy, the name change allows us to represent ourselves in line with our company core values. Our commitment to our Taylor's staff remains the same.

IMPORTANT

**TO ENSURE TAYLOR'S ARE REPRESENTED IN THE BEST POSSIBLE LIGHT.
ALL STAFF ARE REQUIRED TO WEAR UNIFORM WHEN ATTENDING TRAINING**



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Sepsis

Sepsis is a life-threatening condition that arises when the body's response to infection causes injury to its own tissues and organs. Common signs and symptoms include fever, increased heart rate, increased breathing rate, and confusion. There may also be symptoms related to a specific infection, such as a cough with pneumonia, or painful urination with a kidney infection. In the very young, old, and people with a weakened immune system, there may be no symptoms of a specific infection and the body temperature may be low or normal, rather than high. Severe sepsis is sepsis causing poor organ function or insufficient blood flow. Insufficient blood flow may be evident by low blood pressure, high blood lactate, or low urine output. Septic shock is low blood pressure due to sepsis that does not improve after fluid replacement.

Symptoms

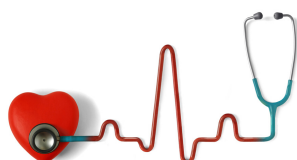
In general, symptoms of sepsis can include:

- Chills
- Confusion or delirium
- Fever or low body temperature (hypothermia)
- Light-headedness due to low blood pressure
- Rapid heartbeat
- Shaking
- Skin rash
- Warm skin

Causes

Any infection can trigger sepsis, but the following types of infections are more likely to cause sepsis:

- Pneumonia
- Abdominal infection
- Kidney infection
- Bloodstream infection



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What's on in Cornwall



St Piran's Day

Celebrations throughout Cornwall on Thursday 5th March will celebrate St Piran, the Patron Saint of Cornwall. The Heart Angels will be in Truro, Penzance, Falmouth, Camborne and Helston joining in the celebrations and handing out tasty treats too all thanks to Rowes Bakery!

Falmouth:

5th March 10.00 to 11.40am - a celebration of St Piran with a Furry Dance by local school children and musicians, all are welcome to join in or line the streets to watch the procession. The parade will leave from the Moor, Webber Street, High Street, Brewery Yard, Prince of Wales Pier and on to Lower Killigrew Street.

Bodmin

11.00am to 12.00 noon - the celebrations will commence with a parade down through the town to the Mount Folly where invited dignitaries will address the gathered crowd, which will be followed by the children singing and dancing. The children will then be escorted to St Petroc's Church where they will present their own contributions to mark St Piran's Day and celebrate by eating a good old Cornish Pasty. Parade will commence at 11.am from the Library on Lower Bore Street.

Penzance

Starting at Causewayhead at 10.15am. This is one of the largest in Cornwall with 600 children from the district's primary schools taking part wearing distinctive black and white. All are given a commemorative rosette to mark the occasion. The processional dance will be led by the Grand Bard, Maureen Fuller and the mayor of Penzance, David Nebesnuick. The children will dance in the St Piran Furry to the Post Office, and then on to Morrab Gardens.

Truro

Starting at Waterfall Gardens at 1pm and finishes at High Cross with performances by schoolchildren, followed by a celebration of Cornish culture at the Cathedral. Expect lots of black and white Cornish flags and traditional Cornish food – lots of pubs and hotels put on a special menu for the day.

8th March

Perranporth,

St Piran's Play: Meeting at Piran Point, Perran Sands Holiday Park, TR6 0AQ, near Perranporth for the Grand Procession to St Piran's Oratory and Church to celebrate the re-excavation of St Piran's Oratory from Penhale Sands. The procession will be led by Falmouth Marine Band to the Oratory where there the audience will be invited to sing along with invited choirs. James Gossip, head archaeologist on the excavation, will give an update on the plans of St Piran Trust and Cornwall Archaeological Unit in connection with the site. Refreshments may be available from a bar at Perran Sands Holiday Park where there will be toilets.



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A Lovely Thank You Card

A SUMMER AFTERNOON AT LAMORNA

BY THE "NEWLYN SCHOOL" ARTIST, FRANK HEATH (1873-1963)



Just a brief note to say how grateful I am to all the staff of Taylor's agency who cared for Auntie Joan over the last few years. After her fall in November 2016.

I was unsure what the future would hold but due to the high standards of care and attention given she was able to have another three years of independent living in her own home, for which I am grateful indeed.

I never needed to worry whether Auntie Joan would be looked after when I was not there as your caring team set very high standards and never failed

to achieve that leave on their visits. Sadly, the last fall with broken ribs was not to be recovered from, despite a brave five-week battle in hospital,

but I knew how much she longed to be back in her bungalow and her daily routine.

Thank you again for your compass on care and when I have sorted out Auntie Joan's affairs I shall be back in touch.

Luke

Fantastic Job, such a lovely compliment.

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HAPPY BIRTHDAY FOR MARCH



Our Wonderful Client's

Ronald, Alexandra, David, Robert, Christopher,
Marilyn, Patricia, Nigel, Daniel, Charlotte, Alison,
Keith, Valerie, Barbara, Graham, Robert, Ewan &
Ruth

And our Fantastic Colleagues

Margaret, Vicky, Michelle, Tracey, Heike, Emma &
Cheryl

FEBRUARY EMPLOYEE OF THE MONTH

Nicola has been nominated for February Employee of the Month. Nicola joined Taylors of Grampound again in August 2016. Nicola has 100% attendance.

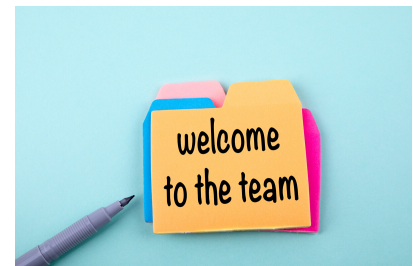
On Sunday 9th February 2020 Nicola was scheduled to fly back from Jersey but the plane was struck by lightning despite this, being diverted from Newquay airport to Bristol airport Nicola still planned to be back on shift by 14.00. Unfortunately, the plane was then delayed again due to storm Ciara, Nicola managed to get a flight back but was diverted to Exeter, Nicola got back late on 10th February 2020 and was still made it to work on the 11th February 2020 for shift that started at 8am. We have had received amazing feedback from current and past Clients.

Nicola, well done you are a valued team member.



Spotlight

- "It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade."
- "The stormy March has come at last, With winds and clouds and changing skies; I hear the rushing of the blast That through the snowy valley flies"
- Mileage and expenses due in by 16th March 2020
- Payday is on the 30th March 2020
- Expenses must be completed with your mileage sheets for payment and handed in on time, please.
- Any member of staff wearing a GREEN uniform please contact Gemma on 01726 884402 for a BLUE uniform.



WELCOME

Please welcome Raj who is joining our team. Raj will be working with the Daily Support Team as a casual support worker.



Thank You

To Everyone who had part in caring for our mum and dad (Maggie & Peter Falmouth)
A huge thank you for being so kind and caring and keeping them safe in their own home for as long possible.
Thank you
Richard, Sally and Philip xxx

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MARCH RECIPE LEEK & GREENS LASAGNE

Ingredients

3 tbsp olive oil, plus extra for the tin
50g butter
1 bay leaf rosemary sprig, leaves picked and roughly chopped
3 leeks, cleaned and rough green ends discarded,
1 finely sliced and 2 cut into medium slices
40g plain flour
500ml milk fresh nutmeg, for grating
100g cheddar, grated
30g parmesan, grated
2 garlic cloves, crushed
½ green chilli, sliced
400g mixed green leaves, such as kale, chard and spinach, roughly chopped
100ml dry white wine
100g walnuts
280g jar preserved artichoke hearts in oil, drained
100g ricotta
6 dried lasagne sheets



Method

Heat oven to 200C/180C fan/ gas 6. Heat 1 tbsp oil with the butter over a medium heat. Add the bay leaf, rosemary and finely sliced leek, season and cook for a few mins until the leek has softened. Add the flour and cook for 1 min more until the roux smells nutty. Take off the heat, slowly pour in the milk and whisk out any lumps. Return to the heat and whisk slowly until thick and smooth, about 5 mins. Season well with grated nutmeg, then add 3/4 of the cheddar and Parmesan, cooking until they are melted. Set aside. In another pan, heat 2 tbsp oil over a medium heat and fry the garlic and chilli for a couple of mins until aromatic. Add the rest of the leeks, season and fry until softened, then add the mixed greens and season a little more. Cook, stirring, until the greens have wilted, about 4 mins, then pour in the wine and cook until it evaporates. Oil a medium roasting tin (about 20cm square) and tip half the greens into the tin. Dot half the walnuts over the top, and nestle in a third of the artichoke hearts. Dot over half the ricotta. Remove the bay leaf from the leek bechamel and pour over a third of it. Top with three lasagne sheets to cover everything in a at layer. Repeat the process, then cover the top layer of lasagne sheets with the remaining bechamel and artichokes and scatter over the remaining cheese. Bake in the oven for 30-40 mins, until golden and bubbling. Rest for 10 mins, then serve with a sharply dressed grated carrot and beetroot salad.

Serves 4

Yummy Yummy enjoy its delicious !!

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WINTER WELLBEING TOP TIPS

1. Keep warm and set your heating correctly Heat main living areas 18-21°C and bedroom min 16°C.
2. Food is a vital source of energy Eat regular hot meals. Keep food and medicines stocked up.
3. Financial help Call us for advice, support, grants or discounts on your energy bill to stay warm.
4. Insulate and draught proof your home Keep the heat in, save money, stay warmer, find out how we can help.
5. Make sure you're on the right energy tariff We can help you to save money by switching tariffs or suppliers.
6. Make sure your heating system is serviced every year Carbon monoxide can kill you.
7. Keep moving to stay warm and healthy.
8. Get your flu jab from your GP or pharmacist Flu vaccination is for those aged 65+, aged 6 months to under 65 in clinical risk groups, pregnant women, those living in a residential or nursing home, the main carer of an older or disabled person, children aged 2-3 (31/8/19) and all primary school aged children.
9. Move towards work Call Inclusion Cornwall Hub for all back to work support in one place 01872 326440.
11. Look after yourself and check on older friends and neighbours.
12. Smoke alarms Make sure they all work. For a free home fire safety check call 0800 358 1999.

For help call Winter Wellbeing 0800 954 1956

Reducing fuel poverty, improving health and progress to work

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THANK YOU TO ALL TAYLORS STAFF FOR YOUR HARD WORK DURING THE INCLEMENT WEATHER

Storm Ciara and Storm Dennis - which has been dubbed the country's 'worst storm in seven years' - has brought heavy rain and winds of more than 80 miles per hour across the UK causing widespread disruption. Thank You to all Taylors Staff for Your Hard Work During the stormy Weather. A heartfelt thank you to all staff who went above and beyond the call of duty on Friday, Saturday, Sunday and Monday to make sure that we were adequately staffed to care for our clients during the stormy weather that hit Cornwall. Due to the Storm Ciara and Storm Dennis Cornwall were warned to stay off the roads, you made sure that you were here. And for that, we are grateful. This just verifies what we already know, that the staff at Taylors is the best – dedicated to their jobs and to the clients we serve.



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N H S C O R N W A L L 1 1 1 * 6 L I N E

D I R E C T A C C E S S T O C O R N W A L L 1 1 1

Do you have a health concern about a resident out of GP hours and
need to access medical advice ?

Call 111 - Press 9 to continue
Press 2
Then immediately press *6

This will take you through to the local call centre in Truro where
your call will be answered and put in a queue for a call back by one
of our local clinicians who will be able to provide you with clinical
support and advice

