

# THE NAVIGATOR



## AUGUST

### IN THIS ISSUE

August Poem

How to make face  
masks

Summer Puzzle

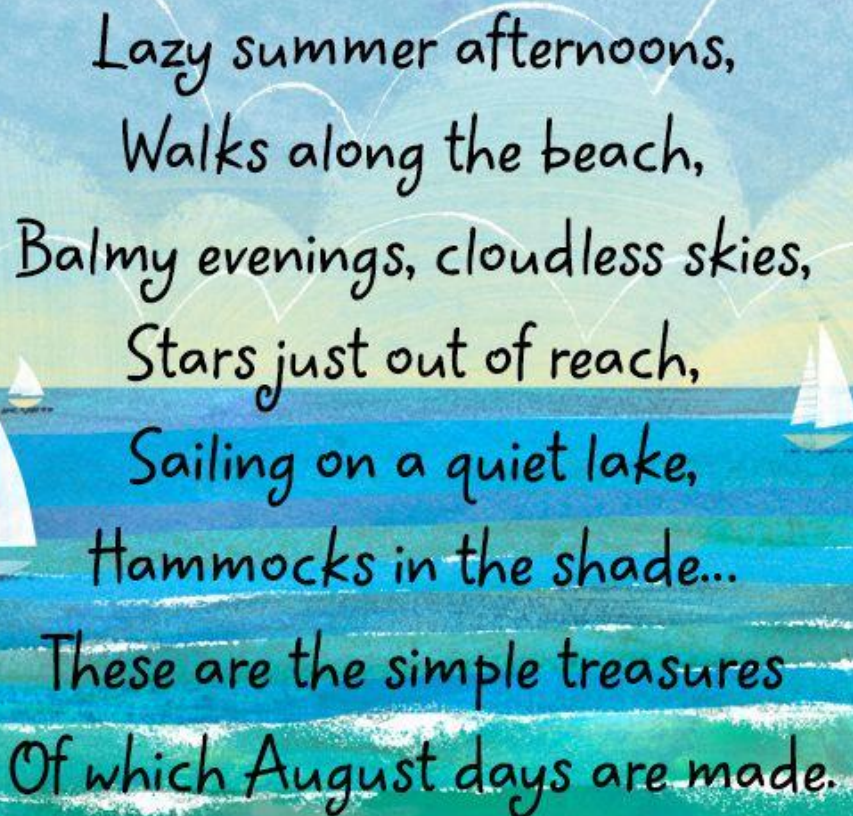
August Recipe

PPE Update

Spot light

Domestic-Abuse-  
Sexual-Violence Policy  
Attached

## August



Lazy summer afternoons,  
Walks along the beach,  
Balmy evenings, cloudless skies,  
Stars just out of reach,  
Sailing on a quiet lake,  
Hammocks in the shade...  
These are the simple treasures  
Of which August days are made.

# *THE NAVIGATOR*

## How to make a Face Mask



### What you will need

- Cotton fabric, a pretty print is best.
- Rope Elastic, beading cord elastic will work (you may also use 1/8" flat elastic)
- Cut the elastic 7" long and tie a knot at each end (DO NOT knot the ends of the flat)

You can make two sizes: Adult or Child

1. Put right sides of cotton fabric together  
Cut 9x6 (Adult) or 7.5 x 5 (Child)
2. Starting at the center of the bottom edge, sew to the first corner, stop. Sew the elastic with the edge out into the corner. A few stitches forward and back will hold this.
3. Sew to the next corner, stop, and bring the other end of the same elastic to the corner and sew a few stitches forward and back.
4. Now sew across that top of the mask to the next corner. Again put an elastic with the edge out.
5. Sew to the next corner and sew in the other end of the same elastic.
6. Sew across the bottom leaving about 1.5" to 2" open. Stop, cut the thread. Turn inside out.
7. Pin 3 tucks on each side of the mask. Make sure the tucks are the same direction
8. Sew around the edge of the mask twice.

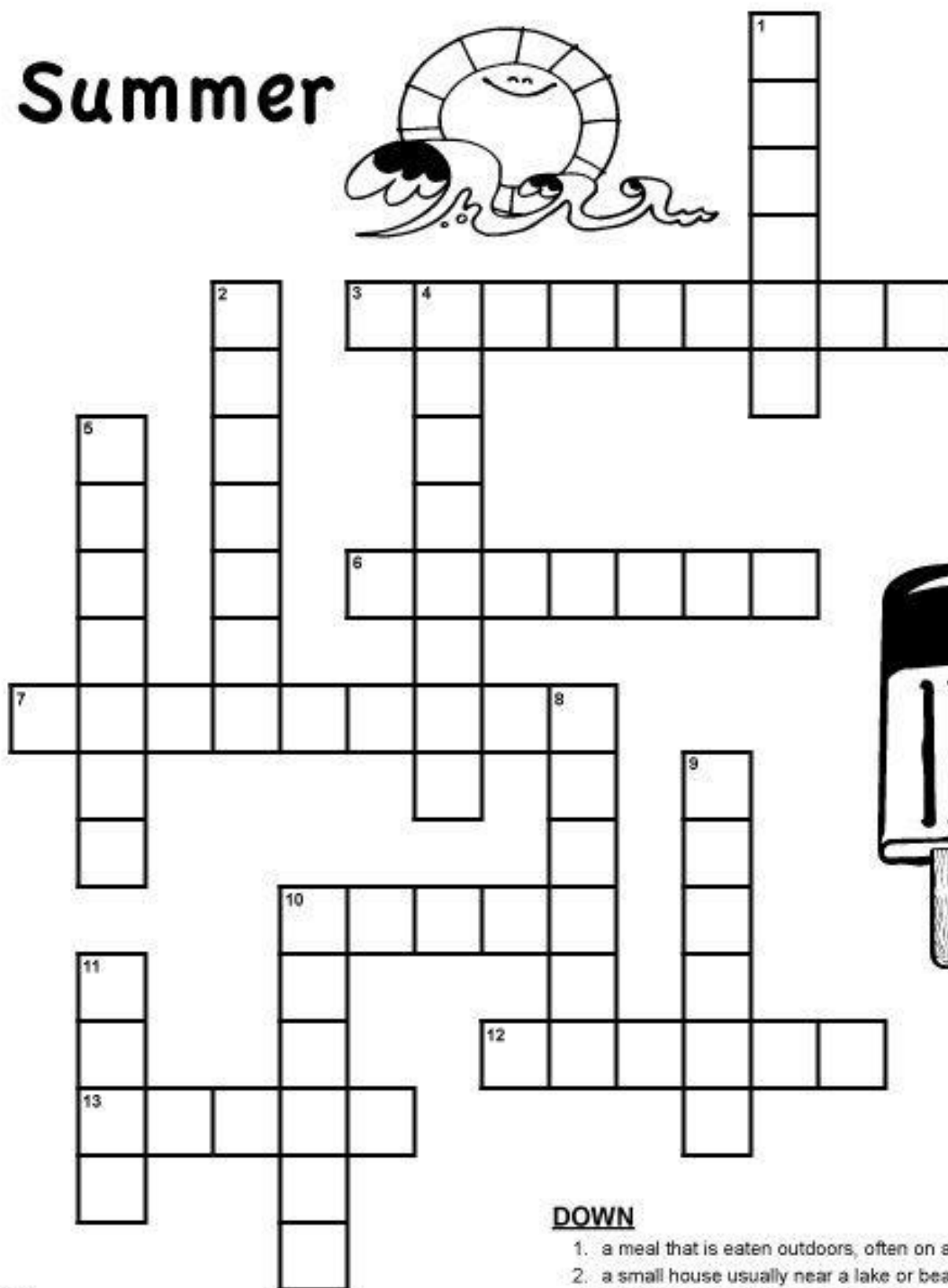
It is so easy to make this.

Be sure any fabric design is placed horizontally.



# THE NAVIGATOR

## Summer



### ACROSS

3. a track or mark left by a foot or shoe
6. a meal or party at which food is cooked and served outdoors
7. explosive chemicals that produce bright coloured patterns or loud noises when they explode in the night sky
10. having a lot of moisture in the air
12. shortly before summer we can say: "It is \_\_\_\_\_ summer."
13. a path through a forest

### DOWN

1. a meal that is eaten outdoors, often on a blanket
2. a small house usually near a lake or beach
4. not inside a building, in the open air
5. "Let's go play \_\_\_\_\_"
8. a shoe with a bottom part that is held in place with straps around the foot and sometimes the ankle
9. one of the four periods of time a year is divided into
10. the activity of going for long walks, often in the woods
11. a track that is made by people or animals walking over the ground



# THE NAVIGATOR

## CLASSIC SCONES WITH JAM & CLOTTED CREAM

### Ingredients

350g self-raising flour, plus more for dusting  
¼ tsp salt  
1 tsp baking powder  
85g butter, cut into cubes  
3 tbsp caster sugar  
175ml milk  
1 tsp vanilla extract  
squeeze lemon juice  
beaten egg, to glaze  
jam and clotted cream, to serve



### Method

Heat oven to 220C/fan 200C/gas 7.

Tip 350g self-raising flour into a large bowl with ¼ tsp salt and 1 tsp baking powder, then mix.

Add 85g butter cubes, then rub in with your fingers until the mix looks like fine crumbs then stir in 3 tbsp caster sugar.

Put 175ml milk into a jug and heat in the microwave for about 30 secs until warm, but not hot.

Add 1 tsp vanilla extract and a squeeze of lemon juice, then set aside for a moment.

Put a baking sheet in the oven.

Make a well in the dry mix, then add the liquid and combine it quickly with a cutlery knife – it will seem pretty wet at first.

Scatter some flour onto the work surface and tip the dough out. Dredge the dough and your hands with a little more flour, then fold the dough over 2-3 times until it's a little smoother. Pat into a round about 4cm deep.

Take a 5cm cutter (smooth-edged cutters tend to cut more cleanly, giving a better rise) and dip it into some flour. Plunge into the dough, then repeat until you have four scones. You may need to press what's left of the dough back into a round to cut out another four.

Brush the tops with a beaten egg, then carefully place onto the hot baking tray.

Bake for 10 mins until risen and golden on the top.

Eat just warm or cold on the day of baking, generously topped with jam and clotted cream.

If freezing, freeze once cool. Defrost, then put in a low oven (about 160C/fan140C/gas 3) for a few mins to refresh.

# THE NAVIGATOR



## P P E D U R I N G T H E P A N E D E M I C



### Amazing Job!

Well you have all done such a amazing job keeping yourselves and the clients well and safe . Despite the Governments decision to ease the lockdown recently imposed can we all be mindful that the threat from the virus is ever present. Therefore, continue to use personal protective equipment for activities that bring you into close personal contact which includes washing and bathing, personal hygiene and contact with bodily fluids. Aprons, gloves and masks should be used in these situations. The office is open as normal if you need to collect personal protective equipment. We also have hand sanitiser here if you bring your containers we can refill them for you.

Face coverings are mandatory in additional enclosed public spaces from Friday 24 July – including shops, supermarkets, shopping centres and transport hubs New measure an important step in lifting lockdown, as the public are encouraged to play their part Venues such as restaurants, pubs and gyms will be exempt Under the new regulations laid today, members of the public will need to wear face coverings – for example, a fabric covering, scarf or bandana – that covers the nose and mouth in additional enclosed public spaces, as well as frequent hand washing and careful social distancing. It will be compulsory to wear a face covering when buying food and drink to take away from cafes and shops. If you are in a premises where you are able to sit down and consume food or drink that you have bought, then you can remove your face covering in order to eat and drink on-site.

Those with the following circumstances are also exempt from wearing a face covering, regardless of the venue:  
children under the age of 11

those with disabilities or the following health conditions:

breathing difficulties and other respiratory conditions

conditions affecting their dexterity, meaning they are not able to put on a face covering

mental health conditions such as anxiety or panic disorders

other non-visible disabilities such as autism

cognitive impairments, including dementia, who may not understand or remember the need to wear a face covering

visual impairments, with a restricted field of vision, particularly if any residual vision is at the lower edge of the normal field of view

impairments which would make it difficult to put on or take off a face covering safely, accurately, consistently or without pain.

This list of exemptions is not exhaustive and extends to anyone with justifiable reason for not wearing one on the grounds of health or disability.

# *THE NAVIGATOR*

## Exemption Cards

Some people may feel more comfortable showing something that says they do not have to wear a face covering. This could be in the form of an exemption card, badge or even a home-made sign. This is a personal choice and is not necessary in law. Those who have an age, health or disability reason for not wearing a face covering should not be routinely asked to give any written evidence of this. Written evidence includes exemption cards.

If you require one of these exemption card for yourself, client and family member you can go onto <https://www.gov.uk/government/publications/face-coverings> and print one off or to go on your mobile.

## CUTENESS ALERT!!!

Gizmo is Gemma's new puppy and her hands are full with this one.

This is Gizmo our 14-week-old Staffordshire bull Terrier puppy enjoying the sunshine and flowers



# THE NAVIGATOR



## HAPPY BIRTHDAY FOR AUGUST



### Our Wonderful Client's

Rosina, Andrew, Stephen, Patricia, Peter, Justin,  
Valerie, Kim, Danny & Alistair

### And our Fantastic Colleagues

Sasha & Renato

## JULY EMPLOYEE OF THE MONTH

During her recent visit to the office Debbie informed Jane that she had received a call from one of her clients late in the evening. She was at home relaxing with her husband after finishing work several hours earlier.

The client was distressed as he had stranded his electric wheelchair in a muddy verge whilst out taking an evening 'stroll'.

He was unable to get himself out of the mud and there were no passers by to assist.

Debbie did not hesitate in reassuring the client and going out with her husband to physically get the wheelchair out of the mud. She did not pass the problem to the on call officer and I would never have been made aware of it had she not come to the office on other business the day following the incident.

Debbie has worked very hard in supporting the client in question and despite his at times challenging behaviour and lifestyle choices they obviously have a great professional bond. This should be commended in our teams and formally recognised.

Well done Debbie! Please call Rose to arrange to collect your voucher.



## Spotlight

- "This morning, the sun endures past dawn. I realise that it is August: the summer's last stand."
- "Learning how to be still, to really be still and let life happen – that stillness becomes a radiance."
- Mileage and expenses due in by 3rd August 2020
- Payday is on the 17th August 2020
- Expenses must be completed with your mileage sheets for payment and handed in on time, please.



## OBITUARIES

RD from Cambourne passed away at home  
on 08.07.2020



A big welcome to Louise , Jemma , Sophie who are on the care at home team.

Karen who will be doing Live In care.

"Congratulations on joining our team! We hope we can work well together and share many successes!"