

THE NAVIGATOR



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January

The days are short,
The sun a spark,
Hung thin between
The dark and dark.

Fat snowy footsteps
Track the floor.
Milk bottles burst
Outside the door.

The river is
A frozen place
Held still beneath
The trees of lace.

The sky is low.
The wind is gray.
The radiator
Purrs all day.

John Updike

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COVID-19 TEST KITS

The announcement that NHS Test and Trace is making weekly COVID-19 testing available to all home care workers in England is welcome news as part of the fight against COVID. As a registered home care agencies Taylors of Grampound has applied for test kits for their home care workers.

Taylors of Grampound will be responsible for ordering and distributing test kits to all home care workers for them to conduct at home on a weekly basis. For providers, this may prove to be logistically challenging; ensuring tests are available, staff can collect them in a COVID secure way, they test themselves and then report their results back to the service.

QCS has created a COVID Staff Testing Tracker so that managers can record all the information related to testing. This tool will evidence to CQC, how often Taylors of Grampound staff are being tested and the presence of COVID within the workforce.



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THANKYOU!

8 Christmas Boxes from Taylors of Grampound

A massive thank you to Clair, Kevin, Jane, Klara, Kirstie, Rose, Gemma, Laura, Steve, Cheryl, Kate, Gary, Amanda, Jeniche & Sophie for their generosity to give towards the 8 Cornwall Christmas Boxes from Taylors of Grampound.



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APPLE CIDER CHICKEN SKILLET

Ingredients

4 teaspoons extra-virgin olive oil
divided 1 1/2 pounds boneless skinless chicken thighs (about 8, depending on size)
1 teaspoon kosher salt divided
1/2 teaspoon freshly ground black pepper divided
1/2 cup fresh apple cider
2 teaspoons Dijon mustard
3 medium firm sweet apples, cored and cut into 1/2-inch slices (I used Gala)
2 teaspoons chopped fresh rosemary plus additional for serving

Method

STEP 1

Heat 2 teaspoons of oil in a large skillet over medium high. Sprinkle the top of the chicken evenly with 1/2 teaspoon kosher salt and 1/4 teaspoon pepper. Once the oil is hot and shimmering, add the chicken to the pan, top-side down. Let cook 4 minutes, then flip and continue cooking until the meat is cooked through and reaches an internal temperature of 160 degrees, 3 to 4 additional minutes. Remove to a plate and cover with foil to keep warm.

STEP 2

In a small bowl or large measuring cup, stir together the apple cider and mustard. With a paper towel, carefully wipe the skillet clean. Add the remaining 2 teaspoons of oil to the pan over medium high. Once the oil is hot, add the apple slices, remaining 1/2 teaspoon salt and 1/4 teaspoon pepper, and rosemary. Cook for 5 minutes, until the apples are lightly tender and begin to turn golden. Return the chicken to the pan and pour the cider mixture over the top. Let cook for 4 to 5 minutes, until the liquid is reduced by half. Serve warm, sprinkled with additional chopped rosemary as desired.

Notes

This recipe is best enjoyed the day it is made, but can last 1 to 2 days in the fridge. Reheat the leftovers gently in the microwave or on the stovetop with a bit of chicken broth to keep the chicken from drying out.

You can swap chicken breasts for the thighs, though I think overall, thighs give this recipe the best flavor. If you use chicken breasts, be sure to watch the cooking time, as it may vary from what is listed in the recipe.



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INVITATION TO BOOK COVID-19 VACCINATION (ON BEHALF OF RCHT)

Dear Colleague

As you will know, the Pfizer/BioNTech COVID-19 vaccine has now been approved by regulators and will be used to provide vaccinations to health and social care staff working across our area.

Royal Cornwall Hospitals Trust opened the first vaccination clinics on Wednesday 9 December at 8am and continues to offer a daily programme of 10 minute appointment slots available from 8am-8pm.

We are pleased to tell you, that as a member of the independent social care workforce in Cornwall, you are now able to book your vaccination.

The vaccination is taken in 2 doses. When booking a first vaccination appointment, the second must also be booked for approximately 21 days later.

You can book your appointment through the online booking system (you must use Google Chrome).

At present, the numbers of vaccinations we can provide per day are limited, and we are adding new slots all the time. If there is no availability when you try to book, please try again a few days later.

Please do not forward or share the booking link and do not book appointments on behalf of anyone else.

Information for individuals

- You will need to make an appointment through our online booking system via the link. Please note: this link is unique to your organisation and should not be shared with anyone else.

To get this Link you will need to contact Kirstie or Rose. Taylors of Grampound will need confirmation of your appointment/vaccine sent to rnorthfield@taylorsofgrampound.co.uk.

- **The Vaccination Centre will be aware of who has been invited to book an appointment and will turn away people if they have not been sent this invitation directly.**

- Vaccinations will be held in the Perranporth Suite of the Health & Wellbeing Innovation Centre at Treliske. A limited amount of car parking for people attending their appointment is available directly opposite the Centre.



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Attending a vaccination appointment and what to expect

- You MUST bring your ID badge with you as this is evidence that you work in the health and care system within Cornwall.
- Please also bring your NHS number, if you have this available as this will assist with recording who has had vaccinations.
- You must arrive on time and no more than five minutes earlier than your appointment. We recognise that people may have to travel some distance for the appointment and where attendance is delayed due to traffic problems, we will do our very best to administer the vaccine. We will do our best to do this as soon as possible, however please be aware that you may have to wait a little while.
- During your appointment you will be clinically assessed to ensure that you are fit and well enough to be vaccinated.
- You will be asked to stay for a 15 minute observation after the vaccination.
- It is possible that you may have some mild side effects from the vaccine and more information about possible side effects will be shared with you during your appointment.
- Please wear a face mask and maintain social distancing during your appointment.
- Wear loose fitting clothing which will provide easy access to the upper arm.

Please also note:

- If you are pregnant or planning to become pregnant in the next three months you should not be vaccinated.
- If you have had a significant allergic reaction to a vaccine, medicine or food (such as previous history of anaphylactoid reaction or if you have been advised to carry an adrenaline autoinjector) you should also not be vaccinated.
- The vaccine does not contain any egg or porcine gelatine.
- It is not a live vaccine

Thank you for acknowledging this information and supporting us in delivering an effective vaccination programme for everyone in our area.

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SAFETY OUT AND ABOUT

Here's our essential tips for you to stay safe on the roads:

1. PREPARE YOUR CAR

Even the most minor faults can cause major safety issues during winter condition. Putting your car through a service will ensure any issues are identified and fixed. Alternatively, you should at least make sure your lights, brakes, tyres, windscreen wipers and car battery are all in tip-top condition ahead of any change in weather. Also check and top-up all your car fluids. A 50-50 mix of water and anti-freeze provides the best protection from severe engine damage caused by a frozen or cracked engine block. This will cost significantly more to repair than a bottle of antifreeze.

2. FIND THE RIGHT TYRES

The legal minimum tyre thread during winter months is 3mm – which is almost twice the 1.6mm minimum tyre thread requirement during any other season. So at the very least, make sure your tyres are legal for winter driving, but also consider investing in some winter or all-season tyres. These retain their softness at lower temperatures and therefore provide a stronger grip on slippery surfaces.

3. PACK THE ESSENTIALS

However long the journey, don't just rely on your car's heating to warm you up. Wear sufficiently warm clothing and take a hot flask out with as well as a snack. You'll surely be glad of it if you break down or hit heavy traffic. A fully charged phone also comes in handy in the event of a breakdown. Here's a list of other essentials that can be left in your car throughout the winter:

A warm blanket, Torch, Wellies, De-icer, Spade, Emergency warning triangle and a Ice-scraper.

4. ALLOW MORE TIME BEFORE ANY JOURNEY

The Highway Code dictates that you must be able to see clearly out of all windows before setting off on your journey. A lot of people don't think to set time aside each morning to properly de-ice and de-mist their car windows. This can lead to people driving with incredibly limited vision of what's ahead and around them, which can easily lead to an accident. Use lukewarm water (never hot or boiling), a good ice-scraper and de-icer whilst running the engine to quicken the process. Just make sure that all windows are clear of ice, snow and mist before you leave.

5. KNOW HOW TO TACKLE FLOODED ROADS

In Britain we're used to regular rainfall all year round, but we tend to receive substantially more during the winter months. Avoid driving in the event of severe floods. Otherwise check weather reports and if there's a chance of flooding, plan your route accordingly and stick to main roads.

If you do encounter a flooded road and you are unsure of how deep the water goes, turn back and find an alternative route. If you're certain the water is shallow enough to drive through, drive slowly in first gear to avoid stalling, as attempting to restart the engine while stranded in water can cause large repair bills.

Stick to the middle of the road where it is at its most shallow and always press your brakes when you reach the other side to dry them off.



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DECEMBER EMPLOYEE OF THE MONTH

Ben Wright you have been nominated for December Employee of the month; Ben has been supporting a client in the Cambourne area. Ben has been taking AJ to the gym and suggesting healthy meal choices, AJ has lost 10kg in weight. Well done Ben

Please call Rose to arrange to collect your voucher.



Important Information

Medical Certification

You should continue to provide medical certificates, completed by your medical practitioner, even if you have exhausted your entitlement to sick pay.

A medical certificate/note will be required for any Absences from 24th December until 2nd January inclusive.



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**HAPPY BIRTHDAY
FOR JANUARY**



Our Wonderful Client's

Jennifer, Michael, George, Teresa, Kathleen,
Sheila, Dennis, Scott, Neil & Sheila

And our Fantastic Colleagues

Amanda, Joanne, Maria & Paul

Spotlight

- “When you give joy to other people, you get more joy in return. You should give a good thought to happiness that you can give out.”
- What has gone, gone. Don't brood over it what was wrong, what was right. Just celebrate the coming New Year that will open new doors of happiness.
- Mileage and expenses due in by 18th January 2021
- Payday is on the 2nd February 2021

Thank You

To All The Team at Taylors
Thank you so much for all your care & attention
Best Wishes
Barbara Ferguson & Katrina Wagstaff



P Tall from Truro sadly passed away on 12th December 2020
M Webb from Probus sadly passed away at home on the 13th December 2020

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Let's Celebrate!

HAPPY
NEW YEAR

