

THE NAVIGATOR



MARCH

IN THIS ISSUE

March Poem

March Recipe

Important News

Dementia UK
Challenge

Mental Wellbeing

Spot light

Smoking Policy
attached

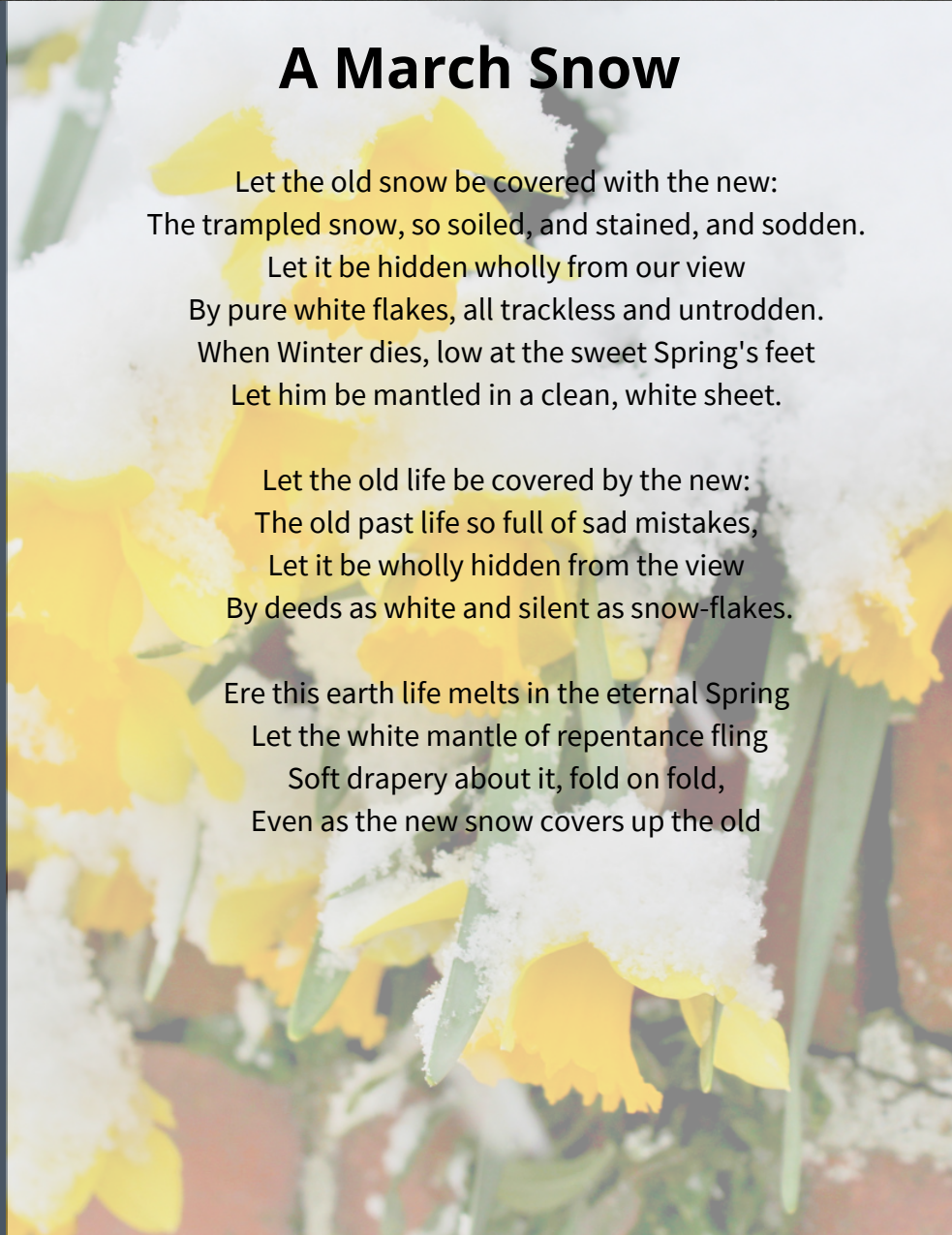
A March Snow

Let the old snow be covered with the new:
The trampled snow, so soiled, and stained, and sodden.

Let it be hidden wholly from our view
By pure white flakes, all trackless and untrodden.
When Winter dies, low at the sweet Spring's feet
Let him be mantled in a clean, white sheet.

Let the old life be covered by the new:
The old past life so full of sad mistakes,
Let it be wholly hidden from the view
By deeds as white and silent as snow-flakes.

Ere this earth life melts in the eternal Spring
Let the white mantle of repentance fling
Soft drapery about it, fold on fold,
Even as the new snow covers up the old



THE NAVIGATOR

MUSHROOM BOURGUIGNON WITH OATMEAL DUMPLINGS

Ingredients

2 tbsp. olive oil
250 g small shallots, halved
500 g baby chestnut mushrooms
2 garlic cloves, crushed
2 tbsp. tomato purée
450 ml red wine, we used French Pinot Noir
300 ml vegetable stock
4 thyme sprigs, leaves picked
2 g tins puy lentils, drained and rinsed

For The Dumplings

100 g rolled oats
40 g butter, chilled and grated
1 tsp. baking powder
1 tbsp. chopped fresh parsley
1 tbsp. wholegrain mustard
1 medium egg, beaten



Method

Step 1

Heat oil in a large pan (that has a lid) over medium-high heat, add shallots and cook for 2-3min until golden. Add mushrooms; fry for 2min, until starting to take on colour, then stir in garlic and tomato purée; cook, stirring, for 1min.

Step 2

Stir in wine and bubble for 2-3min, until slightly reduced, then add the stock and thyme leaves and simmer over medium heat for 10min.

Step 3

Meanwhile, make dumplings. Pulse oats in the small bowl of a food processor to coarse crumbs, then add remaining dumpling ingredients and some seasoning and pulse to combine. Tip into a bowl and mix in 2tbsp cold water to bring the mixture together.

Step 4

Stir lentils into mushroom pan; season. Spoon 4 rugby ball-shaped dumplings on top, cover with a lid and gently simmer for 20-25min, until dumplings are cooked. Serve with steamed Savoy cabbage, if you like.

THE NAVIGATOR

IMPORTANT INFORMATION

Weekly Covid-19 Testing

Please can you email or text your results into Kirstie, Rose, or Jane all results need to added weekly to the spread sheet. Please test only on Thursday, Friday, Saturday or Sunday unless been instructed by a manager.

Your Unique Organisation Number (UON) NHS Test and Trace assigns all organisations a single Unique Organisation Number (UON). Your UON is exclusive to your organisation.

Your UON is 49572209

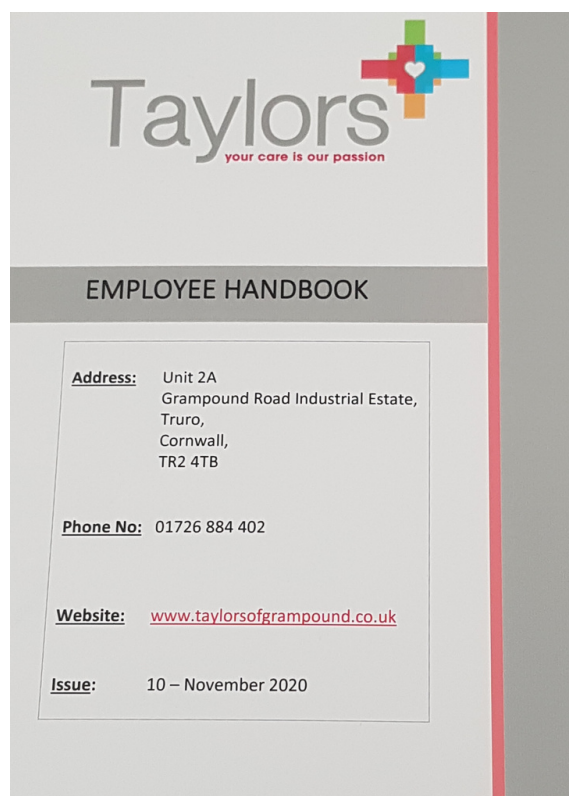
Employment Handbook

1. Introduces you to our culture, mission, and values. The most important aspect of our employee handbook is to introduce you to Taylors of Grampound culture and how you will fit in. This helps you to foster a sense of pride and belonging, which studies have shown will help you to become more productive in a shorter period.

2. Communicates to you what is expected of you. Your handbook also communicates your general responsibilities regarding safety, timekeeping, and reporting.

It serves as a compass for Taylors of Grampound policies and procedures. It will advise you who to contact when you have an unscheduled absence (and what the timing should be).

No policy is effective if it is practiced inconsistently. Your handbook will accurately communicate our policies regarding employment, conduct and behaviour, compensation and other policies and procedures you are requested to follow.



THE NAVIGATOR

MARCH DOG WALKING CHALLENGE



Join the March Dog Walking Challenge, our new virtual Facebook fundraiser, and complete 100km for Dementia UK

Team up with your four-legged buddy, and thousands of other dog lovers, to help families affected by dementia. Sign up now and step up to the challenge of walking 100km in March.

What do you need to do?

- Join our March Dog Walking Challenge Facebook Group
- Set up your Facebook fundraiser and spread the word on your amazing challenge
- Request your FREE Dementia UK t-shirt and doggy bandana (you can do this on the Facebook Group)

It's as simple as that! Join our community of virtual fundraisers today and support each other throughout the challenge whilst sporting our fabulous Dementia UK t-shirt. Post updates on your challenge and ask fellow participants for advice – we are all in this together. Once you've completed your challenge, we'll send you a virtual medal and certificate as a thank you for all your hard work.

Every step you take and every pound you raise will help to ensure that Dementia UK can be there for families and carers in their time of need.

We can't wait to welcome you onto #TeamDementiaUK!



THE NAVIGATOR

MENTAL WELLBEING

Five ways to good wellbeing. They will help protect your mental wellbeing during the current Coronavirus situation.

Connect

Whatever your age or situation, it is important to stay in touch with friends and family and even making new friends. Not getting together with a group of friends and family is an important element of our collective response to COVID-19, however social distancing or if you are having to self-isolate doesn't mean you can't stay in touch by setting up group chats via social media, email, facetime/video calling or just picking up the phone and having a chat with friends and family. It is a good idea to discuss your fears with someone you trust and focus on positive stories (e.g. listen to the voices of local people who have recovered or who have supported a loved one through recovery), practice gratitude together and talk about a mutual topic such as a book or film. If you feel that you are unable to talk about your worries with friends and family, then there are people you can speak to via NHS recommended helplines.

Be active

Whether in or outside your home, it is important to keep active to maintain both your physical and mental wellbeing. Having a daily routine in place is a good idea, and even though we can now meet up with one other person to exercise, please remember to keep two meters apart from people you don't live with. There is a range of exercises at home guided videos designed by the Healthy Cornwall service. They have been designed for anyone to use, you can make them as easy or as hard as you feel comfortable. You won't need any special equipment just a chair, a couple of tins of food or bottles of water, and a couple of shopping bags.

There are also free easy 10 minute work outs and other NHS Fitness Studio sessions.

Keep learning

Doing something different such as trying a new hobby (e.g. a puzzle, craft, drawing, listening to new music or photography) is also a good way to keep your mind active. Whilst it is important to be factual, it is also important to take time away from the news and take part in the things you enjoy.

Give

Supporting others in the community who are in need of help, or volunteering can help make new friends, keep active and gain new skills. Avoiding stigma that may come with the impact of Covid-19 and helping others in your community can make a real difference to your own and someone else's wellbeing. Lots of people are offering help during the outbreak, if you'd like to volunteer you can register with Volunteer Cornwall.

Take notice

Try to be mindful of your environment in and around your home. Make the time to get as much sunlight, fresh air and nature as you can, while still following Public Health social distancing guidelines. If you can't get outside much you can still benefit from these positive effects by spending time with the windows open to let in fresh air and get some natural sunlight.

THE NAVIGATOR

JOKES TO MAKE YOU SMILE



I'll tell you a coronavirus joke now, but you'll have to wait two weeks to see if you got it!

A priest was visiting a small Italian village and was approached by a young woman.

The woman asked to speak to the priest. She said that she thanked God every day for meeting her husband, but they were missing something that would make their lives complete. Despite trying for several years they had not been lucky enough to have children. 'Don't worry my child. I am about to take a sabbatical to Rome. When I reach the Vatican, I will light a candle for you and I am sure God will smile on you and you will have the child you desire'.

The woman thanked the priest and went on to the market.

Some years later the priest returned to the village. A now slightly older woman ran up to him in the street.

'Father do you remember me?' 'Yes of course my child. You were desperate for children and I lit a candle for you in hope.

Have you any news?' 'Oh yes father. My husband and I now have ten children' That is wonderful news, please take me to see your husband, so that I can congratulate him' 'Oh Father I am sorry he is not at home at the moment. He has gone to Rome to blow out the damn candle'.

Two grandmothers were bragging about their precious darlings. One of them says to the other, "Mine are so good at social distancing, they won't even call me!

"Did you hear the joke about coronavirus? Never mind, I don't want to spread it around!

My mum always told me I wouldn't accomplish anything by lying in bed all day. But look at me now! I'm saving the world!

My husband purchased a world map and then gave me a dart and said, "Throw this and wherever it lands – that's where I'm taking you when this pandemic ends." Turns out, we're spending two weeks behind the fridge!

If there's a baby boom nine months from now, what will happen in 2033? There will be a whole bunch of quaranteens!

'Nail salons, hair salons, waxing centres and tanning places are closed. It's about to get ugly out there!

What's the best way to avoid touching your face? A glass of wine in each hand!



THE NAVIGATOR

COVID - 19 IN CORNWALL



50 new deaths in the last 7 days up to 9th February 2021 in Cornwall. That's an increase of 16.3% on the preceding 7 days. It is easy to think that Covid 19 has somehow avoided ravaging Cornwall because maybe we don't see it within our own families or friends. But look closely at the image above. He belongs to a family, he has friends. He isn't fighting for breath anymore because a machine is doing it for him. But every cell in his body is still screaming for oxygen, begging to stay alive.

Each time you decide it's too much trouble to wear your PPE please think about the risk you are taking not only to your own health but to the health and LIFE of others.

The man above could be your father, grandfather, brother, son or best mate you've known all your life. Do you want to be responsible for his pain and suffering?

PPE IS NOT AN OPTION. We have an obligation to protect our society. Shed a tear for your loss of freedom and liberty, but cry a river should you cause the death of someone else.

THE NAVIGATOR

CELEBRATE MOTHER'S DAY SAFELY WITH THOUGHTFUL ACTIVITY AND GIFT IDEAS DURING CORONAVIRUS



2020 has certainly turned out to be a year we'll never forget, and with Mother's Day around the corner, most celebrations across the country will have to take place at a distance. The usual gifts like restaurant reservations, spa visits, and going to the shops to find that perfect perfume or scarf are off the table. But that doesn't mean showing your gratitude is cancelled.

What's the best mother's day gift?

Despite these unusual circumstances, mom deserves the best Mothers day gift this year (lockdown has been tough for her and she's out of wine), so treat her to one of these imaginative and unique Mother's Day gift ideas that are sure to bring a smile to her face.

1. Share a lovely meal

Even though we can't go out to restaurants right now, you can still share a special meal with the special woman in your life. You could order their favorite meal via takeout meal delivery service or if you live with or near them, drop off their favorite homemade dish and maybe some table decor as well. Then, on Mother's Day, you could eat together in person if you're in the same household or eat together virtually via video call or on the phone together.

2. Say hello from a distance

If you live in the same area, a fun thing to do is to make some big Mother's Day signs or giant cards and make a festive, but "distanced," visit to their house. Stand on their sidewalk, outside their closed window, or in the yard and display your lovely, festive signs. You could call them from your mobile phone to speak with them or simply speak loudly through the window glass.

3. Attend a virtual concert or show

Another experience you could enjoy together is to listen to music or attend a virtual concert. Many musicians, orchestras, and Broadway musicals are making shows available online for free. For a list of available virtual live shows, check out our article [Coronavirus Virtual Experiences at Home: Animals, Music, Art, World Travel, Museums, Theme Parks](#).

4. Breakfast in Bed

Start Mothers day right by cooking and serving her favourite breakfast in bed. It is a foolproof way to make any mother feel special! Get goodies delivered directly to your door by food delivery apps.

5. Relax with casual activities

Another relaxing way to spend time together, virtually or in person, is to watch a favorite movie or TV show. Many major TV stations like ABC, NBC, and CBS offer full episodes of their shows for free on their websites and through their apps. You could also do a jigsaw puzzle, sudoku, or crossword puzzle together. If you're not in the same household, it doesn't have to be the same puzzle. The goal is to enjoy an activity together.

6. Bake or cook together

If you're in the same household, you could bake cookies or cook a favorite dish together. Depending on their abilities and interests, they could work side-by-side with you, prep a few simple ingredients, or observe and be your taste tester.



THE NAVIGATOR

FEBRUARY EMPLOYEE OF THE MONTH

It may seem a little late but gratitude and pride has no expiry date. Congratulations to Amanda Herdman for being awarded Employee of the Month for February. Another inspirational support worker who took Christmas lunch to those in the community who would have ordinarily missed out on the festivities. This year's Christmas was very different for Amanda, with her daughter away from home and only Gary to share a cracker with due to travel restrictions. She put her own disappointment (sorry Gary) to one side and went to town preparing a fantastic lunch for more than a couple of our clients. It just goes to show that despite our own disappointment and frustrations, we are capable of putting that to one side to show the better side of what being a human being is all about. Well done Amanda, I hope you got the good end of the cracker.

Please call Rose to arrange to collect your voucher.



THE NAVIGATOR

Spotlight



FOR MARCH



Our Wonderful Client's



Michael, Emma, Christopher, Brian,
Ruth, Alison, Thomas, Barbara, Alexandra,
Charlotte, Majorie, Nigel, Marilyn, Robert &
Yvonne

And our Fantastic Colleagues

Cheryl, Emma, Kelly, Laura, Vicky, Maggie,
Raj, & Tracey

- “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.”
- “For all those finding it difficult: the sun will shine on you again and the clouds will go away” Captain Sir Tom
- Mileage and expenses due in by 15th March 2021
- Payday is on the 29th March 2021
- Mothers Day 14th March



J Lovegrove passed away peacefully at his home on 1st February 2021
G Jenkins passed away peacefully at his home on 21st February 2021