

THE NAVIGATOR



IN THIS ISSUE

May Poem

May Recipe

Lockdown Road Map

Bunny Egg Winner

May Day

CPR

A Letter of Thanks

Care Workers Charity

Spot light

Staff Working Nights
Policy attached

May Is Pretty, May Is Mild

May is pretty, May is mild,
Dances like a happy child;
Sing out, robin; spring out, flowers;
April went with all her showers,
And the world is green again;
Come out, children, to the glen,
To the meadows, to the wood,
For the earth is clean and good,
And the sky is clear and blue,
And bright May is calling you!

May is pretty, May is mild,
Dances like a happy child,
On a blessed holiday,
Come out, children, join the play!

by Annette Wynne

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RAINBOW SUMMER ROLLS WITH A QUICK SATAY SAUCE

Ingredients

- ¼ small red cabbage
- 2 spring onions
- 1 carrot
- 1 mango
- 1 red pepper
- 2 sweetheart cabbages

For the spicy peanut dip

- 100g peanut butter
- 1 tbsp lime juice
- 1 tsp light brown sugar
- 2½ tsp tabasco pepper sauce



Method

Step 1

Shred the cabbage thinly, removing the thick core. Trim the spring onion, then slice into thin strips. Top and tail the carrot, peel and then julienne into thin strips, slicing in half. Peel the mango and slice into thin strips, removing the stone. Remove the stalk and seeds from the red pepper and cut into thin strips. Set all the sliced veg aside.

Step 2

Bring a large pan of salted water to the boil. Set a large bowl of ice water near by and lay out kitchen towel on your kitchen side. Carefully peel away the leaves from the sweetheart cabbage, being careful not to rip any and saving the 12 largest ones. Rinse carefully.

Step 3

Turn the heat down on the boiling water and add the cabbage leaves three at a time. Blanch them for 2 minutes, gently pushing them down, then remove them with a slotted spoon, instantly transferring to the iced water to stop the cooking process. Use the slotted spoon to lift them out, draining off any water, and carefully fan out on the kitchen towel, leaving to cool. Repeat with the remaining leaves.

Step 4

Once all the leaves have been blanched and cooled, take one and place with the root end closest to you. At the closest end, place some of the shredded veg. Fold in the left and right side, then tightly roll away from you until you have a cigar-like shape. Repeat until all the leaves have been used

Step 5

In a small bowl, combine the peanut butter, lime juice, sugar, tabasco and seasoning with 75ml hot water until smooth. Serve with the wraps.

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MAY 17TH COVID LOCKDOWN ROADMAP STEP 3



From Monday, 17 May:

- You can meet who you like outdoors
- But you can't meet people in a group of over 30 people.
- It will be looked at whether it is OK to be closer to people. It will be looked at whether it is OK to hug people.
- Restaurants, cafés and pubs will be able to serve people sitting at a table inside.
- Other indoor places will also open, like cinemas, children's play areas, hotels and bed and breakfast places.
- Some larger outdoor sports and shows will be able to have people watching.
- Up to 30 people will be able to go to weddings, funerals and events to remember someone.

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Bunny Egg Winner



1



2



3

Prizes Go To:-

1st Prize - Steve

2nd Prize - Rose

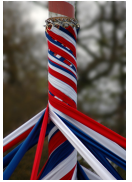
3rd Prize - Lilly

Well done to everyone who entered.



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7 FUN WAYS TO CELEBRATE MAY DAY DURING COVID - 19!



Light a bonfire.

One standard tradition of May Day is to light a bonfire. But perhaps we can skip the contests where people would take turns jumping over it...that seems crazy. Maybe I can relate to the Puritans after all! If you are not into bonfires, use a regular firepit and enjoy your favourite tippie while toasting your marshmallows.

Gather wildflowers and green branches.

It's time to decorate your home with arrangements of all the things you can find outside! Traditionally this was called "Bringing in the May". If you're like me, you might head outside and snip some flowers growing on your bushes. Seriously, I had one daffodil bloom in our garden and I snip them immediately to bring inside.

Otherwise, try and find some wildflowers and twigs with new green growth to collect! Then, make pretty arrangements with them in jars or vases and spread them around your home!

Make and dance around a maypole. ...

Maybe the most recognizable of all May Day traditions is the dance around the maypole. If you're not up for the construction of an actual pole, an alternative is to decorate a bush or tree in your garden simply by tying ribbons onto it.

Since inviting more people over isn't really an option at the moment (and dancing around the maypole kind of requires a lot of people) or you can opt for some simple ribbon decorations on trees or bushes. You can make these by cutting long ribbons from fabric and tying them onto some embroidery hoops!

Go barefoot outside. ...

May Day was traditionally when children would go outside barefoot for the first time that year. Why not join the tradition and ditch the shoes while you frolic outside today? Weather permitting, of course.

Leave a May Day basket for your neighbours.

May Day baskets can be given to friends and family, as well as taken to elderly neighbours or nursing homes. While fresh flowers and candy treats are usually left in the baskets, you can put other things as well. I think fresh flowers, a few tea bags and some little homemade cookies would be wonderful!

Make a flower crown.

I like a good flower crown, and May Day is the perfect opportunity! Gather or purchase some flowers and greenery and weave it into a festive crown for the occasion!

Artificial flowers that you already have could be good too.

Decorate the front door of your house (and your livestock!).

I had a little laugh over this idea of decorating livestock with flowers. But at the same time I was wishing for a cow or perhaps a nice goat so I could make a lovely flower garland for its neck.

So if you happen to have livestock or pets that will tolerate such things, go crazy! And send me pictures, for the next navigator because I'd really love to see that! Otherwise, like me, you'll just have to settle for decorating the front door.



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CPR DURING THE COVID PANDEMIC

Because of the heightened awareness of the possibility that the victim may have COVID-19, Resuscitation Council UK offers this advice:

- **Recognise** - Recognise cardiac arrest by looking for the absence of signs of life and the absence of normal breathing. Do not listen or feel for breathing by placing your ear and cheek close to the patient's mouth. If you are in any doubt about confirming cardiac arrest, the default position is to start chest compressions until help arrives.
- **Call the Ambulance** - Make sure an ambulance is on its way. If COVID 19 is suspected, tell them when you call 999.
- **Do not attempt Mouth to Mouth Resuscitation.** - If there is a perceived risk of infection, rescuers should place a cloth/towel over the victim's mouth and nose and attempt compression only CPR and early defibrillation until the ambulance (or advanced care team) arrives. Put hands together in the middle of the chest and push hard and fast.
- **Defibrillate** - Early use of a defibrillator significantly increases the person's chances of survival and does not increase risk of infection.
- **PPE** - If the rescuer has access to any form of personal protective equipment (PPE) this should be worn.
- **After** - After performing compression-only CPR, all rescuers should wash their hands thoroughly with soap and water; alcohol-based hand gel is a convenient alternative. They should also seek advice from the NHS 111 coronavirus advice service or medical adviser.

If you need any further information please contact Steve, Cheryl or Kate at Mitera Training Academy on 01726 885123



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A LETTER OF THANKS

Dear Taylors

I am writing to you because that I wanted to let you know that Ben has done the most fantastic job, he has helped me turn my life around and given me a reason to smile and never self harm again.

Every single session I have had with him has given me the building blocks to learn to cope with what life throws at me, the training and weight loss has given me a new lease of life. So please can you make sure Ben knows the amazing work he's doing with me.

Thank you

Andrew Jones

Well done Ben
great work!!



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CARE WORKERS

The Care Workers Charity - www.thecareworkerscharity.org.uk

Provide crisis grants to people who have worked in a paid role in the UK's care sector and are involved in or support the provision of care. This includes people who have been involved in residential social care, home care, supported living care or day care.

The Care Workers Charity offer two types of grants, typically limited to £500:

Essential needs grants

One-off payment towards the cost of an item or a need necessary to sustain the basic health, or to improve a poor quality of life of the person or family – for example, essential appliances, keeping a home warm, essential household requirements or health improvement aids.

Crisis grants

One-off payment to support someone experiencing an unforeseen or life changing circumstance, such as bereavement, illness or injury and who has no resources to meet associated costs which could include funeral expenses, moving home, travel to hospital expenses, home repairs.

Grant awards are typically limited to a maximum of £500. Maximum grants for daily living costs are limited to £250.

The care workers charity may be able to assist with:

- Daily living expenses
- Essential whitegoods
- Essential household items
- Moving costs
- Health improvement aids and adaptations
- Travel expenses to hospital
- Essential household repairs
- Car repairs
- Funeral costs
- Bankruptcy and Debt Relief Order (DRO) application fee
- Fees to prevent eviction

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APRIL EMPLOYEE OF THE MONTH

Stella Sharkey has been nominated as April's Employee of the month. Jane P said the team are all wonderful but Stella shines above. Stella has transformed Jane's life. She has given her the confidence to make some significant positive lifestyle changes. Jane P now sleeps upstairs in her bed; she has not done this in over a year. Jane P now has the confidence to shower with supervision; again she has not done this in over a year. Jane P said she does not know what she would do without the 'friendship' she has with Stella and the difference Stella has made to her life. Well done Stella, this is amazing.

Please call Rose to arrange to collect your voucher.



Please welcome Paul, Kelly & Melissa who are joining our team.

Kelly & Melissa will be working with the Daily Support Team.

Paul will be working on both teams.

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HAPPY BIRTHDAY FOR MAY



Our Wonderful Client's

Samantha, Christine, Brian, Michael,
Heather, Bradley, Caroline & Maureen

And our Fantastic Colleagues

Ben, Kirstie, Lara, Mia, Peter, Robin & Kim

Spotlight

- "The more we work to help others get ahead, the more we begin to enjoy the life we are living."
- "Follow your passion, stay true to yourself, never follow someone else's path unless you're in the woods and you're lost and you see a path then by all means you should follow that."
- Mileage and expenses due in by 10th May 2021
- Payday is on the 24th May 2021
- 3rd May Early May Bank Holiday
- 31st May Spring Bank Holiday

As you know we are trying to recruit staff and I have been informed to ask you all to leave a review on our Indeed profile. This will help our advert to be seen which is something that we all would like. These reviews can also be used on our website but anonymously. Can you please use the link below and leave a review? It should only take a few minutes and you only need to complete the * sections. However, if you want to complete all the sections that's fine too. We would be very grateful ☺

<https://uk.indeed.com/cmp/Taylors-of-Grampound/reviews>.



S McKenzie passed away peacefully in a carehome in Hayle on 11th April 2021
G Jenkins passed away peacefully at home on 11th April 2021
B Mathews passed away peacefully at his home on 20th April 2021
T Stephens passed away peacefully at his home in Threemilestone on 29 April 2021

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Kelly Clarke

Kelly worked for Taylors of Grampound
from
January 2013 to December 2017



Kelly sadly passed away in Mount Edgumbe Hospice on 11th April 2021. Kelly became ill in 2016. Kelly had been fighting cancer. Despite the devastating diagnosis Kelly always remained positive and stoical, never allowing the disease to get the better of her. Her ongoing life lesson was to always live life one day at a time, never get bogged down or held back by material gains and that is so very true. Kelly's funeral was on Friday 23rd April 2021 at Treswithian Downs Crematorium. Due to Covid-19 only 25 people could attend. Our thoughts were with Kelly's family and her partner Connie.

