

# *THE NAVIGATOR*



## *IN THIS ISSUE*

July Poem

July Recipe

Awareness Dates

The Starfish Story

Garden Ideas on a Budget

Thank you

Mitera training academy  
News

Spotlight

5k In A Day – Superhero  
Challenge

Attached Letter from  
Department of Health &  
Social Care

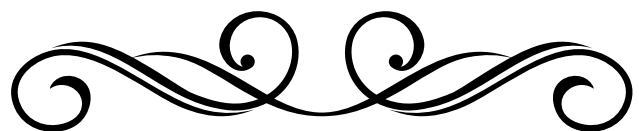


## July

Butterflies in the day  
Fireflies at night  
Adding more beauty to my surrounding  
Here in the middle of July

People head for the pools to splash around  
The laughter of children what a beautiful sound  
People lathering up and soaking up the sun  
The middle of July; everybody is having fun

There are concerts and festivals, state and county fairs  
Summertime fun can be found almost everywhere  
Amusement parks and swimming during the day  
Campfires and outdoors concerts at night  
What a beautiful month; the month of July



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## PORK TENDERLOIN WITH RHUBARB, ONION AND TARRAGON

### Ingredients

- 2 x 600g pork tenderloins, trimmed
- 50g salted butter
- 4 shallots, peeled and cut into wedges
- 200g rhubarb, cut into 2cm pieces
- 50g caster sugar
- 1tbsp whole black peppercorns, crushed
- 10 sprigs tarragon

### Method



Rhubarb - which is actually a vegetable, not a fruit - is served as a compote in Denmark with chicken, pork or fried fish. Here the tart rhubarb is a perfect match for the sweet-tasting pork. The crushed peppercorns give it a spark of spiciness, but you can use less if you prefer.

1.Heat the oven to 200°C/fan oven 180°C/mark 6. Cut the tenderloins into 12 small steaks and sear in a hot frying pan for 1-2 minutes on each side, then lay in an ovenproof dish and sprinkle with salt. Set aside. Using the same frying pan, melt the butter and add the shallots, frying until lightly coloured. Add the rhubarb, sugar and pepper, stirring well. Turn off the heat and add the tarragon. Stir before pouring the mixture over the pork.

2.Cover the pork dish with foil and roast for 10 minutes. Remove the foil and roast for another 2 minutes.

### Low Carb Strawberry Ice Cream

Healthy Low Carb Strawberry Ice Cream with just 3 ingredients.

### Ingredients

- 1 lb bag Frozen Strawberries
- 1/4 cup Erythritol or sweetener of your choice
- 3/4-1 cup heavy whipping cream



### Instructions

- Add everything to a blender and blend until smooth. Store in an air tight container for several hours until frozen.
- Eat to cool down on a hot summer day. Or any day.

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## AWARENESS DATES FOR JULY

### **National Good Care Month July 1st to 31st July 2021**

July is #GoodCareMonth and Panoramic Care are proudly supporting the Good Care Campaign! Good Care Month is hosted by Herts Good Care and has since become a national awareness month, used to celebrate all the great work staff in the care sector deliver each and every day



### **National Picnic Month July 1st to 31st July 2021**

Did you know that July is National Picnic Month? Picnics during the summer are a great way to soak up the good weather and eat outdoors while enjoying another person's company - whether it be for a romantic date or with the whole family.



### **National BBQ week July 2nd to 11th July 2021**

From the 2nd – 11th July 2021, up and down the country, restaurants, pubs and homes will all be encouraged to fire up the grill, filling the air with the smells and sounds of summer.



### **National Doughnut week July 10th to 18th July 2021**

Raise Funds for The Children's Trust by Supporting National Doughnut Week. National Doughnut Week takes place from the 10th to the 18th of July. Businesses and educational establishments are encouraged to take part with the aim to raise money for The Children's Trust.

The Children's Trust and other sponsors of the event encourage bakers, coffee shops, schools and offices to bake and sell doughnuts. There is no fee to participate, just a simple registration form to complete online. Once registered, a pack of goodies is available to help with the organisation and promotion of your doughnut event. All the funds raised go straight to the charity.





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## THE STARFISH STORY BY LOREN EISE



One day, a man was walking along the beach, when he noticed a boy picking something up and gently throwing it back into the ocean.

Approaching the boy, he asked, "What are you doing?"

The boy replied, "Throwing starfish back into the ocean. The surf is up and the tide is going out. If I don't throw them back, they'll die."

"Son," the man said, "don't you realise there are miles and miles of beach and hundreds of starfish? You can't make a difference!"

After listening politely, the boy bent down, picked up another starfish, and threw it back into the surf. Then smiling at the man, he said....  
"It made a difference for that one."

Just like the starfish story, sometimes we just need someone to take notice, someone to care, someone, to do something to help.

As a free service provided by Cornwall Partners in Care, Social Care Staff working in Cornwall and the Isles of Scilly are able to access free wellbeing training, expert advice, and specialist counselling and support. To find out more visit website **[WWW.CORNWALLWELLBEINGINCARE.ORG](http://WWW.CORNWALLWELLBEINGINCARE.ORG)**



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## MORE GARDEN IDEAS

Who knew you could make so many great things from old wooden pallets?!

As the weather heats up we're all trying our hand at garden DIY ideas and in particular, we're loving creating pallet outdoor furniture ideas. Garden furniture ideas using old pallets you will be amazed by the creative ideas out there! What's even better is how inexpensive it is - plenty of local businesses will have pallets that they will give to you on the cheap or even for free (your local DIY/Hardware store is a good place to start) and if you can't source them this way then Gumtree and Facebook have loads. So if you're feeling creative and searching for a DIY project, look no further...

Wooden Pallet Outdoor Furniture Ideas -

- Sun Bed
- Tree Planters
- Teepee
- Outdoor Storage
- Gazebo
- Dog House
- Wood Log Shelter
- Fence & Tool stand
- Cycle Stand
- Children's Play House



## How To Make A Firepit From A Recycled Washing Machine Drum

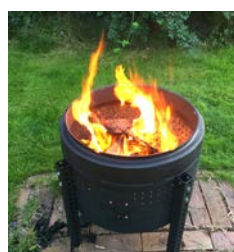
Extract the Drum

Remove the drum before taking the machine to the tip. It is a fairly easy job .

Once you unscrew the top and back the next steps should be obvious.

Alternatively speak to your local tip.

The most important step is to remove any plastic from the drum as this could be toxic if it burns. The drum has three plastic inserts which are easily removed. A quick hammer tap on the outside released the clips allowing the insert to drop away into the drum. The spindle makes a handy spike to stick in the ground, avoiding dangerous tipping whilst burning. Find a suitable spot and light it as you would for any fire. Then enjoy!





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## THANK YOU TEAM

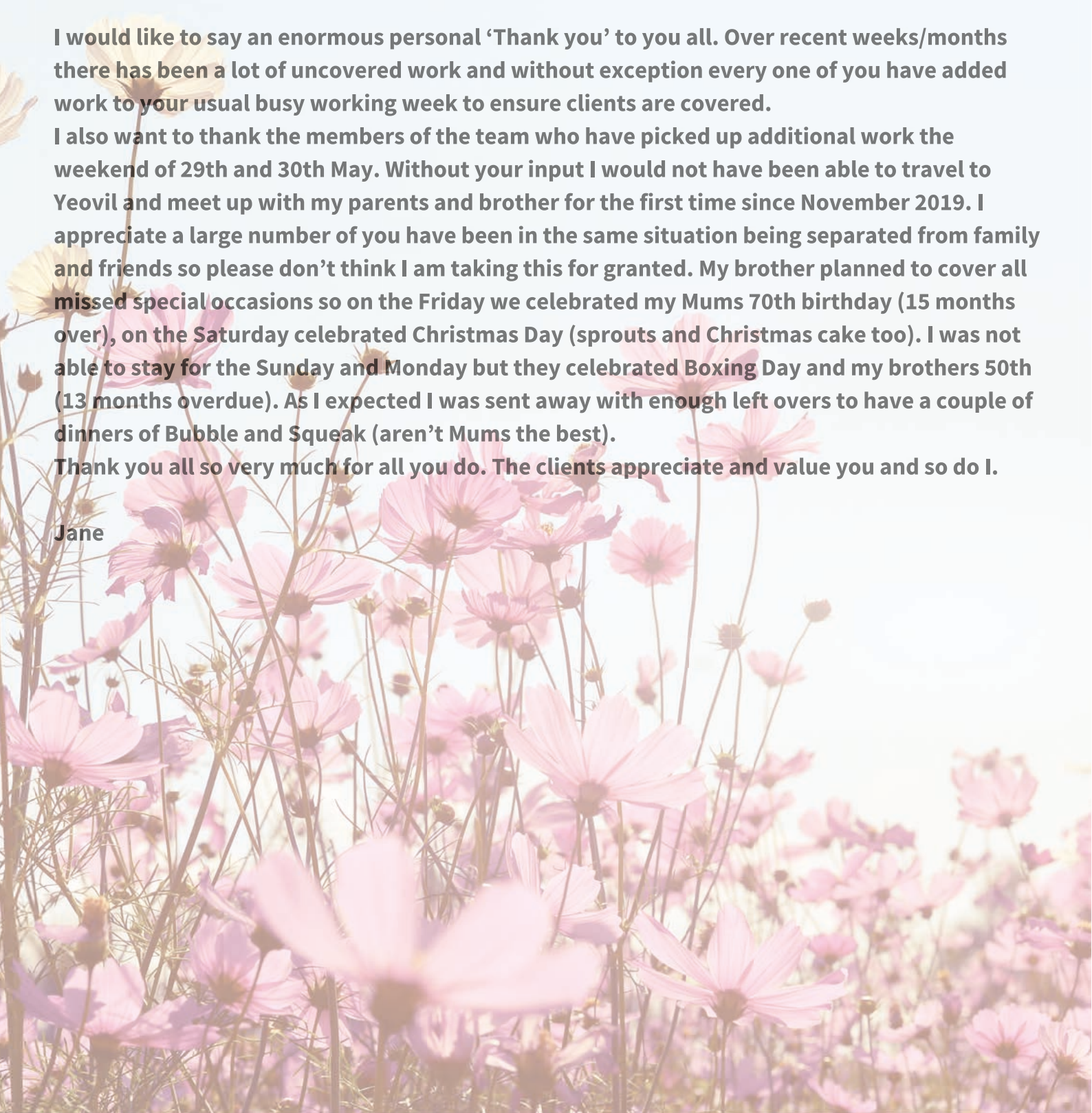
Dear Team

I would like to say an enormous personal 'Thank you' to you all. Over recent weeks/months there has been a lot of uncovered work and without exception every one of you have added work to your usual busy working week to ensure clients are covered.

I also want to thank the members of the team who have picked up additional work the weekend of 29th and 30th May. Without your input I would not have been able to travel to Yeovil and meet up with my parents and brother for the first time since November 2019. I appreciate a large number of you have been in the same situation being separated from family and friends so please don't think I am taking this for granted. My brother planned to cover all missed special occasions so on the Friday we celebrated my Mums 70th birthday (15 months over), on the Saturday celebrated Christmas Day (sprouts and Christmas cake too). I was not able to stay for the Sunday and Monday but they celebrated Boxing Day and my brothers 50th (13 months overdue). As I expected I was sent away with enough left overs to have a couple of dinners of Bubble and Squeak (aren't Mums the best).

Thank you all so very much for all you do. The clients appreciate and value you and so do I.

Jane



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**Remember the last time you experienced something and just had to tell your friends about it? Well we get lovely messages all the time from people who have used our service. Here is just one of a few messages received already this week...**

**"Dear Kevin,**

**It was so kind of you to send the sympathy card on our mother's death.**

**As you probably heard from your girls, Mum fought such a fierce battle for so long but after the stroke at Easter she went steadily down hill until she just couldn't struggle on anymore.**

**Although we will miss the vibrant and brave character in our hearts we're glad she no longer has to suffer. We were lucky to have such a wonderful mother for so long.**

**All your carers played such a crucial part in the 5 years after her first stroke. She looked forward to seeing each and every one of them and the laughter coming from her room on their visits was a pleasure to hear. Rachel was with her on the day she died. She's a very special girl and was particularly kind to Mum. We were so glad she could come to the Thanksgiving Service we held last week.**

**So, thank you Kevin for bearing with us through some very difficult times. Should I be asked I wouldn't hesitate to recommend Taylors.**

**With best wishes for the future,**

**From the Petherick Family**

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## MITERA TRAINING ACADEMY



Kate has just finished delivering her second 'Lead to Succeed' course and we thought it would be good to share some of the feedback comments she has received. They are definitely worth shouting about! Bring it on Kate! ☑

1. Really friendly and welcoming. Knew her stuff and controlled the discussions well bringing it back to subject matter when needed.
2. Kept us on our toes. Really made us engage by not being afraid to express opinions.
3. Very personable and offers the right balance of allowing cohort to collaborate and taking control back.
4. Friendly, interactive and enjoyable manner for open conversations.
5. Friendly, warm and great listener.
6. Enthusiastic - engaging, knowledgeable.
7. Kate was very good at getting group to interact with each other.
8. Friendly relaxed approach to learning which made a great atmosphere.
9. Kate was a really lovely trainer. Very welcoming and friendly, put everyone at ease. Showed a real knowledge of the subject matter and made each session really enjoyable.
10. Excellent as always.





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## JUNE EMPLOYEE OF THE MONTH



Nomination for June's Employee of the Month is our Kate.

Kate has been working for Taylors of Grampound for 16 years. She started the training department 12 years ago which became evolved into Taylors Academy and Jan 2020 Mitera Training Academy. Kate's is now the Senior Training Consultant and Lead Assessor for the company. After supporting over 70 members of staff through their Diplomas Kate has become the 'go to person' if you need to know anything about Social Care.

Kate willingly rose to new challenges in 2020 when she was trained to deliver the 5-day Lead to Succeed Management course. She has now successfully delivered three Lead to Succeed programmes to Care organisations throughout Cornwall with resoundingly good feedback.

Kate's award as Employee of the month is well deserved and long overdue....

Please call Rose to arrange to collect your voucher.



Please welcome Sophie & Emily who are joining our team.

Sophie & Emily will be working with the Daily Support Team.

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**HAPPY BIRTHDAY  
FOR JULY**



**Our Wonderful Client's**

Tom, Frances, Joan, Christine, Simon,  
David & Roderick

**And our Fantastic Colleagues**

Bev, Klara, Olivia, Paul B,  
Shari & Teresa

## Spotlight

- " Rest is not idleness, and to lie sometimes on the grass on a summer day listening to the murmur of water, or watching the clouds float across the sky, is hardly a waste of time."
- "The summer night is like a perfection of thought."
- Mileage and expenses due in by 5th July 2021
- Payday is on the 19th July 2021



A Yelland passed away peacefully at home on 30th May 2021  
R Vanstone passed away peacefully at home on 17th June 2021

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## We did the 5k In A Day – Superhero Cornwall Challenge Air Ambulance *Your charity, saving lives*

So what a Challenge!

Clair and Rose completed the 5K and more on Saturday 5 June 2021, in our creative superhero costume's. We laughed and chatted all the way in the showers of rain. Clair's feet were aching the next day but happy as it was a great cause.

We raised a £170 in sponsorship for the Cornwall Air Ambulance  
A big thank you to everyone who supported us.





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## Recommend a friend to our team

Get £100 worth of One for All vouchers when you successfully refer a person to work at Taylors of Grampound! It's as simple as it sounds. You tell us about a person that would be great working for Taylors, and if they become an employee, we'll send you £100 worth of One for All vouchers as a thank you. You don't even need to be an existing employee of ours to make a referral – and there is no limit to how many referrals you can recommend.

**Terms and Conditions** Please carefully read the Terms and Conditions to ensure that you are eligible for our referral scheme.

If you have any questions, then please call us on 01726 884402

1. The Taylors of Grampound Referral Scheme is open to existing staff/clients and ex-staff/ex-clients.
2. To qualify for your reward, the referred person must complete their probationary period and 6 months in total employment (Probation is usually three months but may be extended in some circumstances). Your reward will be paid thereafter.
3. The company may terminate employment during the probation period. Your reward will be forfeited in this case.
4. Your referral must not be an ex-employee.
5. To make a valid referral, you must complete the form on our web page
6. You can refer multiple people and will receive £100 worth of One for All vouchers per successful recruited employee that completes their probationary period.
7. The Referrer may be named in communication between Taylors of Grampound and the referred person.
8. The Taylors of Grampound Referral Scheme is only open to UK residents.
9. As an employee if you have been on sick leave for more than 5 days or maternity leave within the last 3 months of referral, any referral reward will not be payable.
10. The referral reward is not eligible to be redeemed against any financial arrears owed to Taylors of Grampound.
11. Referral leads must close within 6 weeks of the referral date. Referrals that do not become employees within this period will not be eligible for the One for All vouchers.
12. Taylors of Grampound reserve the right to cancel/revoke a reward should we uncover or suspect anything fraudulent or abusive to the nature of the Taylors of Grampound Referral Scheme