

THE NAVIGATOR



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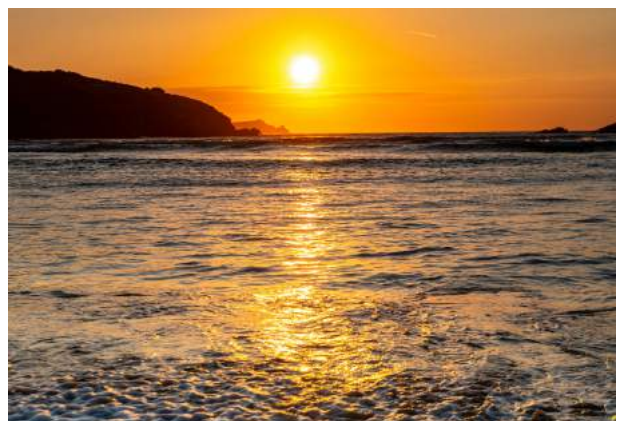
SUMMER SEA

Along the path, giddy wild geraniums jive,
petals a fierce in-your-face indigo – beside such
true blueness, the sea fades to silver-birch grey.

The sun, no more than a misted mirror, is held
tight in the arms of jade-green fields, rich yachts
dwindle to mere thumb-prints on the horizon.

Mermaids, tired of their own voices, are invisible
to the naked eye, the only clue, a jewel-dazzle
of scales as they hitch a ride on incoming waves.

BY MOIRA ANDREW



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S M O K E D H A D D O C K S C O T C H E G G

Ingredients

- **180g hake fillet**
- **180g raw smoked haddock**
- **180g cooked flaked smoked haddock**
- **3g dill**
- **Lemon zest**
- **Salt**
- **White pepper**



Method

Cornish smoked haddock and hake are combined with egg in an interesting and delicious twist on the traditional scotch egg.

1. Cover 180g smoked haddock with cold milk, bring to boil. Then take off heat and leave to cool
2. Once cool, remove skin and gently flake
3. Take the remaining 180g hake, remove skin, and chop into chunks
4. Mix all together
5. Separate into 4 portions
6. Boil 4 eggs for 5 minutes
7. Refresh under cold water and peel
8. Wrap the fish mixture around the boiled eggs
9. Refrigerate for 30 mins
10. Roll in flour, egg and breadcrumbs
11. Deep fry for 3 minutes – finish off for 3 minutes in the oven
12. Serve with a green salad and a glass of wine.

Grilled haddock is lovely with any of the white wines listed below. If you are eating smoked haddock then white burgundy is a good choice.

White Wines: Chenin Blanc, Pinot Grigio Rose, Sauvignon Blanc, White Burgundy

Red Wine: Beaujolais, Pinot Noir

Rose Wines: Grenache Rose, Pinot Grigio

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AWARENESS DATES FOR AUGUST

National Allotments Week 2021 August 9 - August 15

Many of you will have attended events in your local area as part of previous National Allotment Week's to celebrate how important allotments and other open spaces are for you and your local community. Allotments have many benefits. They bring people together and unite them through their shared love of low-cost, healthy fresh fruit and vegetables, physical exercise and social interaction.



Afternoon Tea Week 2021 August 9 - August 15

Afternoon Tea Week celebrates the great British tradition of Afternoon Tea and is the perfect excuse to catch up with loved ones over a cup of tea and some delicacies.

This year's Afternoon Tea Week will take place from 9th – 15th August and venues across the UK will run a selection of exclusive discounts and exciting events to pay tribute to the nation's favourite pastime



Cycle To Work Day 2021 August 5

Take part in the UK's biggest cycle commuting event

Cycle to Work Day is for absolutely everyone. It doesn't matter if you haven't cycled in years or have never cycled at all. This is just about giving it a go.

All the cycling action will be happening in our free Love to Ride online community. You can sign up with Facebook, Strava or simply by entering your details, and then connect a smartphone app so you can log their rides. All the info you need to register is on the Love to Ride website.



Northern Christmas Week 2021 August 16 - August 22

Christmas is so much more than just a dinner on December 25th.

Christmas stands for something, and so do we. That's why we're launching The Northern Christmas Week to support northern businesses and individuals that missed out on more than just Christmas day.

We're making 16th – 22nd August 2021 the new Christmas 2020.

Let's be honest – after the year 2020 turned out to be and with 2021 not starting off much better, we all need a good dose of that festive cheer. But, we're bringing people back together with the spirit of Christmas, AND giving local businesses a festive boost.



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ADVICE FOR STAYING COOL IN A HEATWAVE

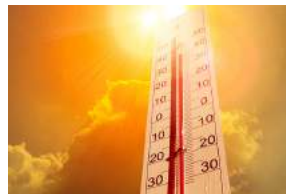
We're in the middle of a heatwave and Cornwall is enjoying some of the hottest weather. From the sunbathing to the barbecues, this beautiful weather offers a lot of positives, but not everyone enjoys it. Whilst the hot weather is putting Cornwall in a great mood, the rising temperatures can lead to a long list of health problems, especially for the elderly.

At Taylors, we're a leading provider of domiciliary care services in Cornwall. To support family members and carers, we've put a list of tips together to help you care for the elderly during a heatwave, so that they can stay safe and enjoy the beautiful weather.

Symptoms of Overheating

In order to keep your loved ones safe and comfortable during a heatwave and the summer season, it is crucial that you're able to recognise the symptoms of overheating, heat stroke and heat exhaustion. Symptoms of overheating include:

- Headaches
- Tiredness
- Confusion
- Behavioural changes
- Feeling sick
- Feeling dizzy and weak
- Fainting or feeling faint
- Muscle spasms or cramps
- Swollen ankles
- Thirstiness
- Dark urine



What is heat exhaustion and heatstroke?

Heat exhaustion is triggered when your core temperature reaches at least 104°F. If left untreated, heat exhaustion can lead to heatstroke. Heatstroke is much more serious than heat exhaustion, as it can lead to shock, organ failure and even brain damage. In extreme cases, heatstroke leads to death.

What causes heat exhaustion and heatstroke?

When your body cannot cool itself and its core temperature is raised, it can lead to heat-related illnesses. In order to stay cool when the climate is hot, your body dissolves sweat. However, during hotter, humid days, the increased moisture in the air slows the sweating process, making it difficult for your body to cool down.

This, in turn causes your temperature to rise even further, which leads you to become ill.

Dementia patients are more at risk of heat exhaustion and heat stroke during the hotter months, as they may forget to wear lighter clothing, or stay hydrated - which poses a huge risk.

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How to keep your loved ones cool

Staying cool during the summer months requires much more than just drinking iced water. In order to keep your elderly relatives, friends and patients safe, you should:

1. Give them time to refresh

Having regular cool showers, baths and washes is a great way to lower body temperature, and is a great way to keep someone feeling refreshed. People with dementia may forget to wash or shower - you just need to be patient and suggest that they cool down with a quick wash or cold shower. If you're planning on going out on a day trip or excursion, you should take some damp washcloths in a cool bag with an ice pack. This is a great way of quickly cooling someone. If your relative is suffering from dementia and becomes confused or irritated by you giving them cool washcloths, be patient and explain what you are doing. Find out more about how to communicate with a person with dementia from your manager or Mitera Training Academy .

2. Take a rest

Maintaining a healthy, active lifestyle is always encouraged - even more so for patients with dementia and other diseases. However, during the hotter months you should keep strenuous physical activity to a minimum, as it can cause excess sweating, which leads to dehydration, and will hinder the body's ability to stay cool.

3. Eat cool foods

To ensure your elderly relative, patient or friend is consuming enough water, you should give them foods with high water content - the benefit of this is that it will also help them stay cool.

Salad foods such as cucumber, iceberg lettuce and celery, vegetables such as cauliflower and peppers; and fruits like strawberries, grapefruit and melon are ideal! Depending on what stage of dementia (find out more about the seven stages of dementia on the bottom of page 7) your loved one or patient is at, you should consider whether they can safely swallow these foods.

4. Wear lighter clothing

Cotton clothing and looser tops, dresses and shorts are a simple way to help maintain a safe core temperature. Avoid tight clothing and darker colours, as they tend to absorb heat.

5. Don't go outside during peak hours

The day is hottest between 11am and 3pm. During this time, you should stay somewhere cool, and only go outside during the cooler times of the day- before 11am and after 3pm.

6. Close blinds and curtains

Closing blinds and curtains during the day is a great way to stop the sun shining inside a room and heating it up!



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MITERA TRAINING ACADEMY



Skills for Care Essential Training

Mitera Training Academy have been selected as 1 of 12 training providers throughout the country to deliver Fully Funded Induction Training (initially), and coming soon, refresher training and volunteers training. The training must be delivered virtually or via elearning. We are really proud to be the only training provider in the Southwest to be delivering the Skills for Care Funded Essential Training. The funding will be available until March 2022 and hope that Taylors staff are able to benefit from this good news story.

More information here: <https://www.skillsforcare.org.uk/About/News/COVID-19-Essential-training.aspx>

Positive Behaviour Management

Taylors staff had a great day at Mitera Training Academy on 17th July 2021. Will Houghton our behaviour specialist provided an excellent days tuition on behaviour management to some members of the Supported Living Team. The training covered the following subjects:

Define & give examples of challenging behaviour | What drives certain types of behaviour | intrinsic and extrinsic factors contribute to violence & aggression | Behavioural symptoms in Learning Disorders and Autism | How sensory impairment effects behaviour | How our communication and presentation effect outcomes | Identify and contextualise signs and symptoms of aggression from the arousal curve | Describe the needs of service users before, through and after episodes of crisis | Recognise the impact of staff response to crisis | How dynamic Care and risk planning help prevent crisis behaviour | safely physically breakaway from a service user

More dates to be released for those staff who couldn't attend on this occasion!

Let's Be on the Safe Side

Throughout the pandemic, we've focused on making sure everyone can continue training in a safe environment. As government guidance on COVID-19 continues to change, I wanted to share an update on the safety measures in our training centre.

While the easing of restrictions means that some safety measures will no longer be a legal requirement, we've listened to customers and our staff, and we know a lot of people remain cautious. In line with the government advice to act carefully, we feel it's important to continue with certain measures to be on the safe side.

Here's what we're doing to make sure everyone feels as safe as possible.

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MITERA TRAINING ACADEMY



Please keep wearing a face covering in our Training Centre.

Although the legal requirement to wear a face covering in England ends on 19 July, the government expects and recommends that people continue to wear a face covering in crowded and enclosed spaces.

So we're asking our staff, our customers, to continue wearing face coverings if you can.

We're keeping enhanced hygiene, cleaning and safety measures in place

As before, you'll find sanitiser and wipes at the entrance and hand sanitising facilities will be available throughout the training facility.

Virtual Delivery and Elearning

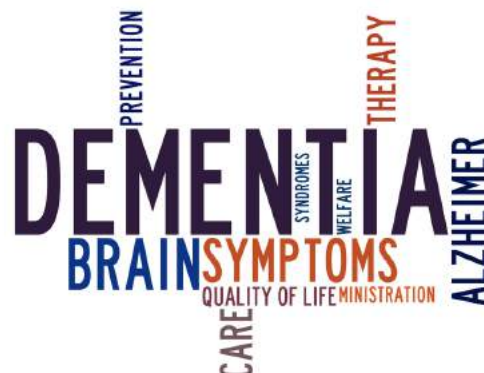
Mitera Training Academy have recently been selected by Skills for Care as 1 of 12 training providers throughout the Country, (and the only provider in the Southwest) to offer the 'Skills for Care' endorsed and Funded Essential training programmes. The programmes are delivered electronically to ease the burden of Face to Face training as we learn to live with COVID-19. www.miteratraining/essentialtraining

Thank you for helping us all to look after each other, and stay safe.

Training Reminder

What Are the Seven Stages of Dementia?

- Stage 1 (No cognitive decline)
- Stage 2 (Very mild cognitive decline)
- Stage 3 (Mild cognitive decline)
- Stage 4 (Moderate cognitive decline)
- Stage 5 (Moderately severe cognitive decline)
- Stage 6 (Severe cognitive decline):
- Stage 7 (Very severe cognitive decline):



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MITERA TRAINING ACADEMY



Thank you for saying thank you...

Cheryl Gordon received a heart warming gift from her class on Friday at the end of the Care Certificate course. Cheryl likes to spend time with the new inductees and really goes above and beyond to build their confidence, address and concerns and make sure they know how valued Carers really are...

Cheryl - you are brilliant.



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P P E G U I D A N C E F O R S O C I A L C A R E S E T T I N G S

PPE guidance for adult social care settings will not change from the 19th July, regardless of the easing of mask wearing requirements for the general public. It is vital that care workers continue to adopt practices which limit infections, please continue to wear all you PPE as required.

It is the duty of your employer to undertake the risk assessment in consultation with employees. However, you also need to take precautions to protect your own health and to prevent passing on infection to people you care for and work with. You should work with your employer to risk assess the use of PPE regardless of whether the person you are caring for has any COVID-19 or other respiratory symptoms. This will also need to be based on the personal needs and assessment of the resident. The type of PPE required will depend on the tasks you are carrying out and if social distancing rules can be maintained.

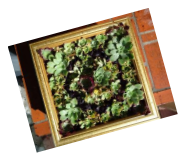
Risk assessment involves assessing the likelihood of encountering a person with COVID-19, considering the ways that infection might be passed on and how to prevent this, including through use of PPE.

You should discuss situations where you are concerned about your own safety with your manager.

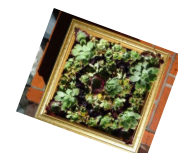
Health and care workers are on the frontline in the fight against COVID-19. By continuing to test asymptotically we can identify members of staff who may unknowingly have the virus. Testing within the health and care sector remains absolutely crucial in protecting service users who are known to be more vulnerable to COVID-19 than the general public. In order to protect staff and those they care for, it is essential that the sector continues to test regularly.



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S U C C U L E N T W A L L A R T



How to make some living wall art with succulents. Here is a step by step instruction as to how to make your own living art box to hang on a wall.

Step 1: Materials

Materials: Scrap stained 1"x6" Redwood, old picture frame, scrap wire mesh, scrap 1"x12" Redwood, caulk, cactus mix soil, moss and succulent cuttings.

Tools: Table saw, finish nail gun, wire snips.

Step 2:

To start cut the frame box and made each side 12".

Step 3:

Then nail the box together and made a "top" and "bottom". The top and bottom pieces were the areas were nailed the box together so you wouldn't see the finish nails as easily once the box was hung on the wall. When you put the planter box together, keep in mind the sides that will show and place the best sides of the wood facing the exterior of the box.

Step 4:

Cut the back piece and finish nailed it on the inside of the box.

Step 5:

Then caulk the back and all the corners of the box to seal the planter frame up.

Step 6:

Take a scrap frame and cut it down in size to secure the wire mesh to the frame box and give the box a more finished look. Use finish nails in order to secure the picture frame to the box.

Step 7:

Put the cactus soil in the box and compacted it down. Put a very thick layer of moss on top of the cactus mix in order to hold the soil in and retain a bit more moisture.

Step 8:

Get some succulents. Cut a bunch off in order to make your living art. The ends of the cuttings should "scab up" after a couple of days and then they are ready to insert into the soil and frame box. The cuttings will branch out new roots once planted in the box and essentially make a new plant.

Step 9:

Arrange the succulents how you want to make something interesting and beautiful. They will take root in about 6 weeks and at which point, put the planter box vertical.



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JULY EMPLOYEE OF THE MONTH

Nomination for July's Employee of the Month is our Kelly O'Connor.

Kelly started with Taylors in November 2020 as a Support Worker; Kelly was new to care but has been an asset to the teams. Kelly works in Daily Support and Supported Lifestyles delivering person centered care ensuring the needs of the clients are met. Kelly is very flexible, will cover any runs of work at short notice and picks up shifts regularly.

Last month Kelly took one of the clients out for the day in Newquay for his birthday. The client was so happy and excited and is still talking about his trip with Kelly now. This was achieved by Kelly going above and beyond to ensure her other commitments was covered.

Thank you, Kelly,

This client is new to Taylors with very complex care needs and has turned his life around due to all the staff understanding his needs. A big thank you to you all.

Please call Rose to arrange to collect your voucher.



Dear Kirstie.

Thank you for making all arrangements for Connie's care over the last two years. She appreciated the various requirements with what you had to deal.

Now I would ask if you will be kind enough to pass on most sincere thanks to all the carers who came and looked after Connie. They always did what was necessary with kindness and cheerfulness and for that I shall always be very grateful.

Yours sincerely

Frances Henwood.

A handwritten note on a light pink background that says 'Thank you...' followed by a small red heart.

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HAPPY BIRTHDAY FOR AUGUST

Our Wonderful Client's

Ronald, Justin, Andrew, Kim, Peter, Stephen,
Sheila & Alison

And our Fantastic Colleague

Robin

Spotlight

- “Learning how to be still, to really be still and let life happen – that stillness becomes a radiance.”
- “A negative mind will never give you a positive life”
- Mileage and expenses due in by 2nd August 2021
- Payday is on the 16th August 2021
- August 30th Late Summer Bank Holiday



C Henwood passed away peacefully at home on 5th July 2021

Mr Ronald Johnson (Playing Place) passed away on 5 July 2021 at 20:00 in hospital with daughter present.

Mrs Johnson remains in West Cornwall Hospital but is becoming more frail both physically and mentally

Mr D Smith passed away at his home in Camborne on 20th July 2021