

THE NAVIGATOR



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Christmas Long Ago By Jo Geis

"Frosty days and ice-still nights,
Fir trees trimmed with tiny lights,
Sound of sleigh bells in the snow,
That was Christmas long ago.

Tykes on sleds and shouts of glee,
Icy-window filigree,
Sugarplums and candle glow,
Part of Christmas long ago.

Footsteps stealthy on the stair,
Sweet-voiced carols in the air,
Stocking hanging in a row,
Tell of Christmas long ago.

Starry nights so still and blue,
Good friends calling out to you,
Life, so fact, will always slow...
For dreams of Christmas long ago."

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CHRISTMAS PUDDING CHEESECAKE

Ingredients

For the base

- 200g ginger nut biscuits, crushed
- 30g light muscovado sugar
- 1 tsp flaky sea salt
- 110g unsalted butter, melted

For the filling

- 240g Christmas pudding
- 30ml brandy
- 30ml stout
- 1 orange, zested
- 2 x 280g tubs full-fat cream cheese
- 300ml pot double cream
- 200g light muscovado sugar
- 2 vanilla pods, split and seeds scraped

To decorate

- 2 clementines
- light muscovado sugar, for sprinkling



Method

STEP 1

To make the base, mix the gingernuts and sugar in a large bowl and sprinkle in the flaky salt. Pour in the melted butter and mix with a wooden spoon to form a biscuit crumb-like mixture. Press into a 20cm round springform cake tin, spreading the mixture in an even layer to the corners. Chill in the fridge for 30 mins until set.

STEP 2

Put the Christmas pudding, brandy, stout and orange zest in a blender, and whizz to a purée

STEP 3

Using an electric hand whisk, beat the cream cheese with the double cream, sugar and vanilla seeds, then fold through the purée. Spread the mixture over the biscuit base and leave to chill in the fridge overnight.

STEP 4

The next day, peel the clementines, slice into rounds and place on a baking tray. Sprinkle them with sugar, then blowtorch until caramelised and leave to cool. Release the cheesecake from the tin and arrange the clementines on top. Will keep for three days in the fridge.

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S U R G I C A L M A S K R E M I N D E R

Exemptions on wearing face coverings in public are covered by regulations that do not apply to care settings. Where people may have difficulty wearing masks as required by this guidance, this should be discussed between the staff member and their manager or employer. If a mutually agreeable position cannot be reached to comply with the guidance, employees can refer to the Advisory, Conciliation and Arbitration Service (ACAS) for resolution, who can be contacted through their website.

Staff delivering health and care activities must wear face coverings provided for the industry by the employer. It is not recommended to use homemade face coverings or cloth masks.

There will however be circumstances where following this guidance presents challenges in caring for the service users where for example, lip-reading or facial recognition is especially important for their care and support. In these situations, the risk assessments will identify how best to put into practice PPE guidance to minimise any negative impact on the service user, while maintaining staff health and safety. An understanding of the service users needs, discussion with the service user and or family will form part of the risk assessment and should be undertaken in these circumstances.

Within 2 metres of the service user and carrying out direct personal care or domestic duties

Disposable gloves (vinyl or nitrile)

YES

Disposable plastic apron

YES

Fluid-repellent surgical mask (Type IIR)

YES

Eye protection (where there is a risk of contact with body fluids)

YES



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DECEMBER EVENTS

4 December 2021 at 17.00

Carnon Downs Christmas Lights Switch On

The Christmas lights will be switched on at 6pm, we also hope to hold a Christmas Gift Fayre and have a visit from Santa in his Grotto

11 December 2021

Mousehole Christmas Lights

Firstly, as a break with tradition there will be no formal Switch-on Ceremony and Carolaire which in the past have brought large crowds into the village, it is felt necessary to take this course of action as the need for social distancing is likely still to be a requirement later in 2021.

It is proposed that there will be a “soft switch on” meaning that rather than there being a specific Switch-on ceremony, it is intended that the various individual displays will be switched on and illuminated as and when they are completed and ready. This is intended to assist in the social distancing and avoidance of a crowd in the confined environs of Mousehole village

16 December 2021 09:00–16:00

Truro Farmers / Christmas Market

Lemon Quay. Truro

10 December 2021 12:00–20:00

Late Night Christmas Shopping at the Winery Trethurgy, Saint Austell

Join us at the winery for a day and evening of Christmas gift shopping, delicious food, wine and tastings. We will be joined by a collection of Cornish food and drink producers so you can fill your Christmas menu with delicious local delights, or maybe find the perfect consumable gift.

We will be offering wine tastings all day, as well as our bar open and ChopBox Kitchen will be joining us for some delicious street food cooked over coals.

Everyone is welcome and walk ins only - no tickets or pre booking required. Dog friendly site. Two children play areas

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DECEMBER CHRISTMAS TO DO LIST

- Decide on the type of tree you are going to have, arrange the decorations and Decorate your Christmas tree with the family.
- Shop online to avoid the crowds on the High Street and for the best deals and choice. If you haven't already and normally shop online for your groceries then try and secure your delivery slot with your favourite supermarket now.
- Keep an eye on the last post dates.
- If you haven't already agreed venues for Christmas Eve, Christmas Day, Boxing Day, New Years Eve and New Years Day with family and friends it's best to get this agreed as early as possible.
- If you've been invited to dinner at someone elses stock up on some nice bottles of wine now.
- Make sure you have a list of everyone you need to buy a gift for and tick the names off as you buy the gifts.
- Try and keep a few spare items at home which will make good last minute gifts for people you may have forgotten.
- If you haven't already done so send out all your Christmas cards or tell friends that this year you will be donating the money that you would have wasted on Christmas cards, postage etc to charity and encourage them to do the same.
- If you will be entertaining then get cooking early. Many items such as mince pies, sausage rolls and casseroles can be cooked in advance and put into the freezer until required. If you put greaseproof paper between mince pies when you freeze them you can get a few out at a time and defrost them as required or warm them in a microwave and dust with icing sugar before serving.
- Make sure you buy your Christmas Crackers well in time for Christmas so that you have a good choice.
- Don't forget to order your meat from the butchers and arrange a time to have it delivered or pick it up.
- Phone friends and family overseas. If you don't already use Skype then now is a good time to get it installed. It's free and allows you to talk to friends and family around the world via your PC, iPhone or iPod free of charge. If your PC or Mac has a video camera installed you can also have a video call with them for free.
- If you have Children at school you'll probably have to attend events in the run up to Christmas. Make sure you've got these on your calendar and planned well in advance to attend.
- Make sure you have all the wine and drinks you are going to need for the Christmas period. Don't forget to cater for the drivers by buying in soft drinks and fruit juice. Make sure you know who is driving and be responsible and make sure the driver doesn't drink.
- If you've made your own Christmas cake then you can use a cocktail stick and make a few holes in it and dribble on a little of your favourite rum or whisky. Let these soak in for the week or two before you ice the cake.
- Plan some quality time with the family and arrange some special treats for example:
- Don't forget to try and relax and enjoy Christmas.



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WELCOME IN NEW YEAR'S DAY THE CORNISH WAY

Happy New Year! You've had a merry old evening welcoming in the New Year – but what about the following day? We often forget about the day after and – for some – write it off as a recovery day. But why waste a perfectly glorious day when you could be exploring what's right on your doorstep? Here's our guide to make the most of your New Year's Day in Cornwall...

NEW YEAR'S DAY SWIM

A New Year's Day swim may be a slightly strange tradition for folk outside of Cornwall, but all of us Cornish lot love a good swim in the sea – especially when wetsuits are not allowed! A refreshing dip in the icy cold waters on a bright January morning is exactly what the doctor ordered. Grab the New Year by the horns and seize the opportunities 2020 offers you.

TAKE UP PADDLE BOARDING

If your New Year's resolution is to try a new hobby, why not give paddle boarding a go? The fellas over at Gylly Adventures, Falmouth's number one adventure activities provider, offer oodles of activities launching straight from The Greenbank's private pontoons or Gyllyngvase Beach. Picture a calm winter's morning on the water, followed by a hot chocolate in The Working Boat to get yourself warm again. Bliss!

DOG WALKS GALORE

With numerous dog-friendly rooms available in local hotels all year round, there's no excuse not to bring the entire family for a break during the New Year celebrations. And with all of our beaches in Cornwall allowing dogs on in the winter months, your pooch pals can have a good run around on one of our many beaches. Blow away the 2021 cobwebs and breathe in the fresh air of a New Year in Cornwall.

COSY ON UP

Don't fancy going outside? Why not cosy on up with a hearty brunch in St Michaels Water's Edge restaurant in Falmouth instead? After all, it's always a good idea to brunch. Even better, our bottomless brunches could be the answer to your New Year celebrations.



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NOVEMBER EMPLOYEE OF THE MONTH

November Employee of the Month is Paul Byron.

Paul is constantly going above and beyond with supported lifestyles clients.

His generosity is beyond doubt, he has given one client tools to make jewellery and moulds.

Another client has received Paul's first ever guitar.

He has arranged to support two clients on his day off so one can attend hospital and another to go to a college open evening.

Paul is constantly striving to think outside the box and is a credit to himself, Taylors of Grampound and his clients.

Well, done Paul.

Please call Rose to arrange to collect your voucher.



Funniest Christmas Jokes

**Who hides in the bakery at Christmas?
A mince spy!**

**What's green, covered in tinsel and goes ribbet
ribbet?
A mistle-toad!**

**Why is it getting harder to buy Advent calendars?
Their days are numbered!**

**How will Christmas dinner be different after
Brexit?
No Brussels!**

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Spotlight

- “You’ve gotta dance like there’s nobody watching, love like you’ll never be hurt, sing like there’s nobody listening, and live like it’s heaven on earth.”
- “To be the best, you must be able to handle the worst.”
- “The most wasted of days is one without laughter.”
- Mileage and expenses due in by **Midnight** on **17th December 2021**
- Payday is on the 3rd January 2022
- 25 days to Christmas



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Christmas Gifts

As a general policy the organisation does not believe that giving and receiving gifts is appropriate to the efficient conduct of its business. There are, however, limited exceptions to GIFTS AND LEGACIES policy.

It must be recognised that the exchange of small token gifts is part of the development of normal relationships and where these are discretionary gifts they should be reported to the Line Manager who will advise before you have accepted the gift from the client.

If you give or receive gifts which have not been approved in accordance with this procedure, this may be treated as a disciplinary offence which will be dealt with under the Company's Disciplinary Procedure.

Please refer to your Handbook for the full policy.



Christmas Gifts for the Clients from Taylors.

Taylors of Grampound are giving gifts as a way of showing thoughtfulness, love and affection. When we give gifts, it brings joy or pleasure to the receiver. In addition, giving gifts is something which usually makes us feel good.



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Merry Christmas

*Taylor's of Grampound is lucky to have
dedicated employees.*

*Your hard work makes us who we are.
May this Christmas season bring you and
your families enough joy and laughter to
last a lifetime.*

*Merry Christmas, and best wishes for a
healthy and prosperous New Year in
2022.*