

THE NAVIGATOR



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Dawn in June by Ruby Archer

Oh, the freshness of the morning, the early
morning rosy,

When the kiss of night, betrayed in dew, yet
lingers on the leaves;

And the air brims o'er with sweetness, like a cool
and fragrant posy;

And the wanton elves of sunshine frolic laughing
'round the eaves.

All the time the very instinct that impels the lark
and swallow

To dart along the sunlight with quick-beating
throat and wings,

Thrills the human heart with rapture 'till it fain
would fly and follow,

And within the breast it trembles, and it sings—
ah, how it sings!



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Pride Month – June 2023

WHEN IS PRIDE MONTH 2023?

As a sub-holiday during Pride Month, Pride Day is celebrated on June 28. The day marks the date in history when the first pride march was held in New York City in 1970. However, different communities celebrate Pride Day on different days throughout June.

TRADITIONS FOR PRIDE MONTH

Pride Month is for everyone to embrace who they are and let the world know — in style! The rainbow aptly signifies the colourful activities and flavours of this month-long celebration. These include massive rallies, pride parades, parties, workshops, concerts, and countless more LGBTQ+ events to attract participants from all over. The Pride community takes huge pride in their movement, going all out for the festivities with elaborate costumes, makeup, and, of course, glitter — so that they sparkle for the whole world to see!

Commemorations and memorials are also held for members of the community who have lost their lives to hate crimes and HIV/AIDS. Campaigns and rallies aim to promote and preserve the history and well-being of the lesbian, gay, bisexual, and transgender community.

REP YOUR FLAG!

Grab a rainbow, bi, lesbian, pan, ace, or any other flag of your preference and wave it with pride! Each of the rainbow flag's original eight colours has a meaning: pink for sex, red for life, orange for healing, yellow for sun, green for nature, turquoise for magic, blue for peace, and purple for spirit. Don't have a flag? Then wear your colours on a T-shirt, a hairband, or on the laces in your shoes. You could even paint your face with the colours that represent you — be as creative as you like to show your support.

JOIN IN A PRIDE PARADE

Run, walk, skip, or dance in a pride parade. You don't need to identify as LGBTQ+ to attend a pride march. Everyone is welcome to show their support for gay rights and equality for all, so check out what's happening in your community and go join in the fun!

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Chicken & New Potato Traybake

INGREDIENTS

- 3 tbsp olive oil
- 500g new potatoes
- 140g large pitted green olives
- 1 lemon, quartered
- 8 fresh bay leaves
- 6 garlic cloves, unpeeled
- 4 large chicken thighs
- bag watercress or salad leaves, to serve



Instructions

STEP 1

Heat oven to 200C/180C fan/gas 6. Pour the olive oil into a large roasting tin and add the potatoes, olives, lemon quarters, bay leaves and garlic. Toss everything together so it's coated in oil and evenly distributed. Add the chicken thighs, skin-side up, and season.

STEP 2

Put the roasting tin in the oven and roast for 1 hr, basting with the pan juices halfway through cooking. After 1 hr, check that the potatoes are soft and the chicken is cooked through, then return to the oven for a final 15 mins to crisp the chicken skin.

Serves 2 to 4

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June 2023 Events Celebrations & Special Days

Royal Cornwall Show

8 – 10 June

Royal Cornwall Showground, Wadebridge

This three-day agricultural show is a calendar staple when it comes to Cornwall events. It's the county's biggest annual event, and whilst its focus is on food and farming, there's plenty to entertain as well! One of the best bits of the show is the Royal Cornwall Food and Farming Pavilion, show-casing a huge range of Cornish-grown and produced food and drink.

There are over 1,000 trade stands across the show, so you can pick up some fantastic items whilst supporting local businesses.

Along with livestock shows, Cornwall Cider Championships, and a flower show, expect exciting things from the Main Ring Entertainment. Look out for Taylors of Grampound on Saturday afternoon.

Falmouth International Sea Shanty Festival

16 – 18 June

Venues across Falmouth

Cornwall plays host to a fair few sea shanty festivals throughout the year, but this one might just top them all. Falmouth International Sea Shanty Festival brings singers, musicians and sea shanty lovers from all over the UK and the world to the shores of Cornwall.

Following last year's 2022 return after two years off due to the pandemic, it's back once again in 2023.

Last year there were more outdoor venues and larger stages than ever before, as well as more pop-up bars, activities, and performances.

The festival is totally free, and you can catch sea shanty performances in various venues across Falmouth. The whole festival is a celebration of all things nautical, set in a town built on the industry of fishing and the sea.

Cornwall Pride Events Dates

10 June – St Ives and Hayle Pride

17 June – Bodmin Pride

Cornwall has for a long time embraced Pride, but last year the South West region ramped up their events schedule.

To celebrate 50 years of Pride in the UK, Cornwall had 11 events take place across the county, rather than the usual singular Pride event in Newquay.

The added events were a complete success, with Pride bringing splashes of colour and LGBTQ+ joy to Falmouth, Camborne, St Austell, Saltash, St Ives, Bodmin, Bude, Penzance, Redruth, Newquay and Truro. Find all the dates for 2023's Pride events in Cornwall further below. Each location has a special theme, from 'celebrating Celtic culture' to 'supporting human rights and trans Pride'.

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Best ways to save money from Which.

Transfer expensive credit card debt

If you're making large interest payments on credit card debt, it might make sense to move it all onto a 0% balance-transfer credit card deal.

These credit cards won't charge any interest on transferred debts for a set period, giving you the opportunity to make sure all your repayments go toward clearing the balance.

However, the interest tends to jump at the end of the promotional period, so make sure you pay off the balance in full before this happens.

Reduce your tax bill

You can keep hold of a bigger chunk of your earnings by claiming all the tax reliefs you're entitled to. The marriage allowance, rent-a-room relief and potentially exempt transfers (PETs), can all save you heaps of money, yet relatively few people are aware of them.

Recycle old clothes

These schemes all reward you for recycling old clothes:

- Marks and Spencer – receive a £5 voucher (to be redeemed against a £35 shop) if you donate items to Oxfam (either clothing or soft furnishings). The clothes must not be damaged or soiled because they will be resold. You can also donate items in M&S stores under the retailer's 'Shwop' scheme – you won't get a voucher but Sparks members get a free treat by scanning the QR code on the donation box.
- New Look – take good-quality, pre-loved fashion to a Hospice charity shop, scan the QR code on the counter and receive 15% off your next shop at New Look.

Cancel unnecessary direct debits

A quick browse of your monthly statement can help prevent any unnecessary payments lasting for months or even years.

Get into the habit of logging into your online bank account once a month and making sure you're not shelling out for services you no longer need or use.

Save on prescriptions

In England, you may receive free prescriptions if you have a certain medical condition or disability, or if you're on certain benefits. Those that are under 16, between 16-18 in full-time education and over 60 also receive free prescriptions.

If you don't qualify for any of those you'll have to pay £9.65 per item, but you could save with a prescription prepayment certificate.

PPCs can be bought online via the NHS website. A three-month prepayment certificate currently costs £31.25 and a 12-month PPC will be £111.60

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Employee of the Month



Daniel has been nominated for Employee of the Month. He is one of our live in support staff and has worked with Dorothy McDonald in Wadebridge since April of this year. The quality of his support is exceptional because not only does he ensure her physical needs are met, he has been proactive in supporting her emotional needs. He arranged for a suitable chair to be installed in the kitchen so Dorothy could sit in the kitchen whilst Daniel cooked. He regularly arranges trips out for her and sends photographs of their days out. He has facilitated a WhatsApp call to her son in Texas; they have not been in touch for some time. The son is now intending to visit Dorothy when he comes to England next month. Daniel has also taken on the mammoth task of sorting out Dorothy's garden with the help of a neighbour. He really is exceptional in the attention he pays to Dorothy and the new life he is creating for her. At 101 years old she is thriving and this is all down to Daniel. He treats her with the greatest 'love' and compassion. As a support worker Daniel is one in a million, as a human being Daniel is one of life's truly wonderful men. Well done Daniel



ATTENTION

Moving to Truro

Taylor's of Grampound Ltd will NOT be moving to Truro for the foreseeable future

Earn yourself £25.00

You can get £25 by filling out a questionnaire copy
this link below

<https://letstalk.cornwall.gov.uk/active-travel-study>

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Congratulations



**Congratulations
on your engagement
Laura & Nick!**



Congratulations to Tracy & Roy on their wedding day on the 27th May 2023
"Best wishes on this wonderful journey, as you build your new lives together."



Congratulations Rachel.

Rachel has qualified as a marine mammal medic, with the British Divers Marine Life Rescue. They rescue stranded whales, dolphins and porpoises, also a lot of work involves the rescue and rehab of seals. The B.D.M.L.R also has the UK's only specialised- large whale disentanglement team.

Marine Mammal Medics

BDMLR's training programme provides knowledge of marine mammal biology, first aid, health assessment, decision making and the use of specialist equipment to ensure a successful response.

Our Marine Mammal Medics are all volunteers and can become involved in the organisation as much or as little as they want. BDMLR also provides ongoing training and skills development to ensure Medics are as highly trained and knowledgeable as possible.

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HAPPY BIRTHDAY FOR MAY

Our Wonderful Client's
Kenneth, Andrew & Thelma

And our Fantastic Colleague's
Karen, Mark & Stella

Spotlight

Mileage due in by 5th June 2023

Pay day 19th June 2023

June is the best month to remind you that
you are enough.

The sun shines for you, birds sing for you,
and flowers bloom for you.

So don't forget to smile for you.

THANKYOU

To All Staff at Taylors.

Thankyou for your care and support over
the last few years

Love Gary & Laura Bishop xx



Joke Corner

HAHAHA

What do you call a sad cup of coffee?
Depresso.

Why are the Irish so wealthy?
Because their capital is always Dublin.

Never buy anything with Velcro.
It's a total rip-off.

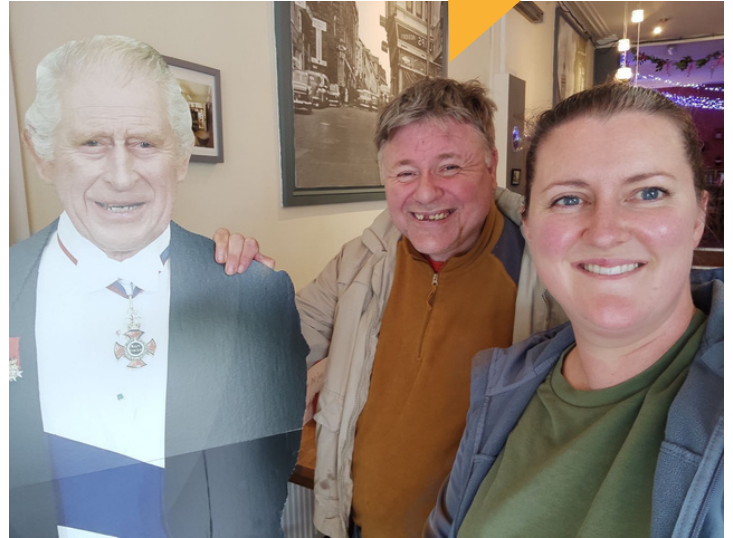
Why don't lobsters like to share?
They're shellfish.

Happy Days

Karen and Dorothy at the garden centre



Ken & Heather loving their day with the King.



Please send Rose happy photo's you want to share with the team.

