

# THE NAVIGATOR



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## You are my Poem by Mahtab Bangalee

Give me some letters  
I'll make words  
Give me some words  
I'll make sentence  
Give me some sentences  
I'll make poetry  
Give me some poems  
I'll find you there

This is all about your poetic denotations  
This you are- the poetic buds,  
The poetic stalks,  
The poetic petals,  
The poetic leaves.  
And as the poetic fragrance  
you spread from yard to yard,  
From port to port - all throughout the cosmos.  
And this you are only one poetic bough  
Where I've come as your amorous bird of the soul  
And through poetic love,  
I seek an impenetrable ring.



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## **Plastic Free July**

**Plastic Free July is an annual global movement that encourages people to reduce their plastic consumption for the whole month**

### **What you can do**

**Want some tips to find out how you can reduce plastic waste? The good news is, anyone can get involved. You can start out small, or really challenge yourself!**

#### **Takeaway coffee cups**

**Most coffee cups aren't recycled. By bringing your own reusable coffee cup, or taking the time to dine-in at your favourite café, you can make a huge difference.**

#### **Plastic Free Cleaning**

**Many people are surprised how easy it can be to avoid cleaning products packaged in single-use plastic.**

#### **Plastic shopping bags**

**Plastic bags are incredibly dangerous to our wildlife and environment. Bring your own reusable bags and help put an end to this plastic waste.**

#### **Meat, fish & deli**

**Meat, fish and deli products are often sold on polystyrene trays; a type of plastic extremely difficult to recycle. It also contains chemicals that can be harmful to human health**

#### **Fruit & vegetables**

**Many grocery stores pre-package their fruit and vegetables in plastic, and offer plastic bags for loose items. There are simple alternatives to help reduce your impact on the environment.**

#### **Soap**

**Your shower habits can have a positive impact on the environment by swapping out single-use plastic packaged shower and shave products for bars of soap.**



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## **Beach Care**

Help clean your local beaches and protect  
our oceans

Just turn up and join in. All equipment is  
provided. Under 18's to be accompanied by  
an adult

Monday 3rd July 2023 at 14.00- Pendower

Sunday 9th July 2023 at 17.00 at Towan Beach

Sunday 30th July 2023 at 10.00 - Treyarnon Bay



# THE NAVIGATOR

## Bacon & avocado warm pasta salad

### INGREDIENTS

- 300g orzo
- 1 tbsp sunflower oil
- 140g streaky bacon, chopped
- 140g cherry tomatoes, halved
- ½ x 190g jar pesto
- 2 avocados, stoned, peeled and sliced
- 70g bag rocket
- Grana Padano shavings, to serve



### Instructions

#### STEP 1

Bring a large pan of water to the boil. Cook the orzo following pack instructions, drain and set aside. Meanwhile, heat the oil in a frying pan and fry the bacon for 4-5 mins until crispy. Stir in the tomatoes and cook for a couple mins more. Stir in the orzo, pesto and avocado, and heat for 2 mins more.

#### STEP 2

Spoon onto a serving plate, then scatter with rocket leaves and Grana Padano.

Serves 4

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## Recycled And Repurposed Garden Ideas

Gardening is a great way to connect with nature for your wellbeing, and it doesn't need to mean taking on a big project or spending lots of money – this activity recycles old boots into planters. Find yourself some old wellies or boots. Children's wellies work really well and this gardening project is ideal for when your kids grow out of theirs but don't want to part with them – you can't get more environmentally friendly than recycling old boots!



### Wellies Planters



**You will need:**

**Old wellies or walking boots**

**Organic peat-free compost**

**Screwdriver/drill or something to make holes in the bottom of the wellies with**

**Herb or flower seedlings (or seeds)**

**What to do:**

**Take one pair of old wellies or boots; if they're worn to pieces and not suitable for hand-me-downs, they're perfect**

**Create drainage holes with a screwdriver, drill or other tool if they're not already holey enough**

**Fill with compost**

**Plant seeds or young plants in each welly boot**

**Water them, stand in a sunny spot and watch them grow!**

**These don't even require a garden, you can stand them on the doorstep/balcony or patio if you're short on outdoor space.**



### Tea Cup Bird Feeders.



**Do you have a favourite old tea or coffee cup that was broken? Get out the hot glue gun, glue it back together (if it's not in a thousand pieces) and create a new bird feeder.**

**You will need a tea cup or coffee mug and a preferably corresponding colour/style saucer, Hot glue and a glue gun, some string or twine, and a bent spoon (optional).**

**How to drill a hole in a metal spoon:**

**Use a hand clamp to clamp the spoon to a piece of wood. This will make it easier to punch an indentation in the spoon so you have a place to start drilling.**

**Use a small cobalt drill bit to drill the hole.**







PLEASE JOIN US FOR A

# *Garden Party*

## *Taylor's of Grampound*

CELEBRATING

20 YEARS IN BUSINESS

WEDNESDAY AUGUST 16TH 2023

AT 12.00 TO 16.30

UNIT 2A GRAMPOUND RD IND EST. TR2 4TB

RSVP TO

HELLO@TAYLORSOFGRAMPOUND.CO.UK



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## Employee of the Month



Laura Kelly has been nominate as Employee of the Month. She joined Taylors of Grampound in March 2023 having never worked in social care before.

She totally threw herself into the role and has formed some wonderful relationships with her clients in Truro and Probus/Sticker. What makes her stand out is the support she is providing a young client in Truro. When I completed the booking and identified the extensive heath, emotional and learning needs I thought I may have been expecting too much of my team. It was so important we succeeded with the new package as the family had been left with no support for months. I took Laura to meet the young lady to see how they would get on before agreeing to start the support. I now know I should never doubt any of my team. They two young ladies got on like a house on fire, loads of laughs and chatting. Laura has now worked with the client for several Saturdays and I am not sure who enjoys it most. Bubble guns in the park, clothes shopping, running errands for the family, using public transport. It has provided a real lifeline for the family and I can see from feedback that the client is gaining more and more confidence. They plan their activities and Laura has made a real difference. Despite Laura lacking longevity in social care and community support she faces every challenge head on. Well done Laura. A well deserved nomination



## Thank you

These are words from Daniel for his May employee of the month voucher

*Thank you Jane,*

*What, really I am just doing my job in the way my Grandma would be proud of me in heaven!*

*Thank you for your kind words, appreciate this very much, it is a real pleasure knowing that in the office we have such nice people like yourself.*

*All the best!*

*Daniel*

*Leila texted to say can I just say, I'm so grateful for all you do for me, you're all awesome*



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## HAPPY BIRTHDAY FOR JULY

### Our Wonderful Client's

Joan, Tom, David, Benjamin, Emily,  
Nicolas & Simon

### And our Fantastic Colleague's

Heather, Laura & Olivia

## Spotlight

Mileage due in by 3rd July 2023

Pay day 17th July 2023

"If I had my way, I'd remove January from the calendar altogether and have an extra July instead."

"Hello, July! Now, the days are going to be hotter and the nights even longer."

## THANKYOU

To Staff & Carers

Would like to say a big thank you for looking after my mother Margaret Aylett. She looked forward to see all the girls that came to our house. She enjoyed their company and very grateful for all the kindness.

Thank you again

Melanie Aylett xxx



## Joke Corner

What do you call an alligator in a vest?  
An in-vest-igator.

What do you call a fake noodle?  
An impasta

I sold my vacuum the other day.  
All it was doing was collecting dust.

What did the fish say when he swam into a wall?  
Dam.





# *THE NAVIGATOR*

## Obituaries

Sidney Mitchell passed away on 10.06.2023 at  
Perran Bay Nursing Home

Peter Lowe died peacefully  
at home on 14.06.2023

Dorothy Eggins died  
peacefully  
on 17.06.2023



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## Healthcare Parking Permits

Temporary Changes to Health Care Permit Scheme

From 1st July 2023- 30th September 2023, the  
following changes will be trialled:

Healthcare Permits (Yellow Clocks) will be  
accepted in Resident Parking Zones for a period of  
1 hour.

Tracy on  
her  
wedding  
day

# Happy Days



David-John at the  
poppy field at  
PollyJoke Newquay

Our Dorothy  
being cheeky



## The Royal Cornwall Show



Jane and Rose  
attended The Royal  
Cornwall show on the  
10.06.23.  
We were promoting  
Taylor's of Grampound  
out there for  
recruitment and  
services.  
It was nice to see staff  
from the present and  
past.



***Somewhere to take your clients and its  
FREE!!***

**BRIGHTEN YOUR  
DAY AT THE  
SUNSHINE  
CAFE**

**POP IN FOR A CHAT, A FREE CUPPA AND  
THERE'S A FREE HOT LUNCH TOO SO  
DON'T BE LONELY, COME AND JOIN OUR  
SUNSHINE CAFE COMMUNITY FOR FUN,  
ACTIVITIES, ADVICE AND SUPPORT**

**WE'RE OPEN EVERY WEDNESDAY 10.00 - 3.00 AT  
MALABAR COMMUNITY CENTRE, TRURO**

**AND**

**FRIDAY 10.30 - 2.30 AT THE MORESK CENTRE, TRURO  
(OPPOSITE OLD BRIDGE STREET CAR PARK)**

