

THE NAVIGATOR



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**I'm January
by
Annette Wynne**

**I'm January bringing you
A year of days—all brand, brand
new;
I step upon the frosty ground.
When chimes and sleigh bells ring
around;
You welcome me and children sing,
And joy comes into everything.
I bring you love and lots of cheer,
And work and friends for all the
year.**

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Sausage, pear and parsnip traybake

INGREDIENTS

- 300g baby parsnips, peeled and cut lengthwise into quarters
- 2 pears, peeled, cored and cut into slim wedges
- 2 red onions, cut into thin wedges
- 8 pork sausages (good quality)
- 3 garlic cloves, gently crushed, skins kept on
- 1 tbsp olive oil
- a few rosemary sprigs
- 2 tbsp wholegrain mustard
- 2 tbsp runny honey
- steamed vegetables, to serve



Instructions

STEP 1

Heat the oven to 200C/180C/gas 6. Put the parsnips, pears, onions, sausages and garlic in a large, rimmed baking tray. Drizzle with the oil and toss with the rosemary sprigs. Season lightly and bake for 15 mins.

STEP 2

Combine the mustard and honey in a small bowl. Remove the tray from the oven and drizzle with the honey-mustard mixture. Toss together, then return to the oven for 25 mins or until sticky and golden. Serve with steamed vegetables of your choice.

- Preparation and cooking time
 - **Prep:**20 mins
 - **Cook:**40 mins

Serves 4

Serve these delicious roast sausages with parsnip, pear and red onion. Ready in under an hour, pair with your favourite potatoes and steamed veg

REFER A FRIEND

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 and them £500 as a thank you.

There is no limit to how many referrals you can recommend.

*Just read our Terms and Conditions before submitting the form on our website to get started.

<https://www.taylorsofgrampound.co.uk>



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ON CALL REMINDER

In order to maintain a 24-hour system of organisation, this procedure sets out the process for accessing support. On-Call out of normal working hours (evenings, weekends, nights and bank holidays), or in the event of a major incident, and/or when the support worker is not available. Support workers can contact the out of hours from 06.00 - 22.00 daily
Service Users are encouraged to make contact from 06.00 - 23.00 Emergency services can contact 24hrs

The On-Call worker will be contactable at all times via the On-Call telephone which is available by telephoning the main office number; **01726 88 44 02**.

Guidelines

The out of hours duty is to ensure a response to a situation and where necessary to implement an action. This service is not an emergency service. The situation should be one of an urgent nature, not that of a situation which can be dealt with within normal working hours. Staff and service users should use it in the following circumstances:

- To report staff sickness
- To seek advice of an urgent nature
- To relay urgent information
- To convey information which is required first thing the next morning
- Fire, flood, gas leak or similar
- A carer or member of staff acting in breach of their contractual obligations, or where there is alleged misconduct.
- Death of or serious injury to a child or member of staff;
- A serious accident in the home
- Safeguarding concerns

The On-Call service is available to all Taylors of Grampound service users and their families, staff and all relevant commissioning agents.

Please make sure your clients have this number and are aware of the On Call Service. Staff should not be taking calls or texts from clients, if you do it needs to be reported immediately to **01726 88 44 02 not the individual managers numbers**.



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How to keep your car healthy in winters?

Keeping your car healthy in winters should be your top priority if you want to avoid weather-related vehicle accidents or being stranded on the roadside on a chilly day.

Here is a winter car maintenance checklist to prepare your car for winter.

- **Fuel** - Make sure to top up the fuel tank before a journey. In the UK, heavy traffic and start/stop occurrences are very common in winters. Running low on fuel while stuck in the traffic might be the last thing on your mind, so be proactive.
- **Oil** - It is also prudent to check oil levels regularly in your vehicle. Replenish the engine oil, steering oil, brake oil and transmission oil before any long journey. You should check your owner's manual to find out which oil you should use and how much oil you need for different purposes. Ensure you do not overfill and always pour the right amount.
- **Rubber** - Besides tyres, rubber on your wiper blades should be ideal for cleaning the dirt accumulated from rain, snow, ice, and road salt. The vehicle must also use recommended washer fluid for better cleaning of the windscreen.
- **Coolant** - It is a mixture of water and antifreeze, which circulates your engine to keep it cool. Like oil, you should top up the coolant to the recommended level. Keep in mind to never check the coolant level with the engine running; do it when it is cool.
- **Electrics** - Examine the vehicle lights and indicators before any journey and replace the bulbs that are not working. Winters are hard on the batteries, so ensure you run a battery check before any extended drive. Replace the battery as soon as it starts showing signs of ageing. Do not put off this maintenance task.
- **Screen Wash** - You need a proper antifreeze screen wash to keep the windscreen free of ice and dirt. Ensure you buy the screen wash effectively down to no less than -15 degrees Celsius. It is also essential to avoid the risk of a frozen windscreen.
- **Tyres** - While the tyres health is by far the most vital aspect of your vehicle's safety, its significance increases in winters. The rubber needs proper tread depth for traction and grip on icy and wet surfaces at this time of the year. Moreover, you need to ensure they have the recommended tyre pressure (find it in your manual or inside the driver's door). The UK and Europe have set the legal tyre tread depth to 1.6mm. However, the minimum tread depth should be 3mm for icy or wet surfaces

Top money-saving trends for 2024:

What you need to know



Be energy efficient in your home

- Energy-saving grants:

You can explore available grants and schemes for energy-efficient home improvements, where the government often provides financial assistance for initiatives like insulation upgrades and installing energy-efficient heating systems.

- Cold weather tips:

During colder months, implement cost-effective measures such as using draught excluders, insulating windows, investing in heated blankets for bedtime, and utilising heavy curtains to retain heat. These small adjustments can significantly reduce heating costs.

- Energy-efficient appliances:

When upgrading appliances, look for the Energy Saving Trust Recommended label. These appliances meet high energy efficiency standards, helping you save on electricity bills over time.

Audit your subscriptions and monthly bills

Take a closer look at your monthly expenses by auditing subscriptions such as Netflix, gym memberships and other bills that might be sliding under the radar; you might be surprised by the number of memberships that you no longer use or need. Cancelling redundant subscriptions, negotiating with service providers for better rates, and opting for more cost-effective plans can yield substantial savings over time. Regularly reassessing your bills ensures that you're only paying for what you truly value.

Also, be aware of any new contracts you're signing that have an auto-renew function for payments; these can often go unnoticed and add up to a hefty sum without much notice over time.

Start looking for second-hand hidden gems

Charity shops and apps that allow the re-sale of used clothing like [Vinted](#) and [Depop](#) often hold treasures waiting to be discovered. Consider shopping for clothing, furniture, and household items in-person or on other services like Facebook Marketplace. You'll find unique items at a fraction of the cost, contributing to both your savings and you can feel better about the fact you're being a more sustainable consumer.

Benefit from being a loyal customer to your favourite shops

Many retailers offer loyalty programs that provide exclusive discounts, rewards, and access to special promotions. Whether it's your local grocery store or favourite clothing brand, being a loyal customer can translate into significant savings over time. Keep an eye on loyalty perks and take advantage of the benefits offered by the businesses you frequent. A few of the most popular loyalty programs you can take advantage of are: Tesco Clubcard, Boots Advantage Card, H&M Membership, Starbucks app rewards and more.

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Employee of the Month



Jess has been nominated for December employee of the month. A colleague nominated Jess. What she had seen I during her training and from feedback, I think she's getting on really well. Her feedback is always spot on and she thinks outside the box. I also think she has persisted and done really well with everything that's happened with ET, despite repeated issues.

Please see Rose for your voucher & certificate.



Welcome to our Team

Lisa is re-joining our team.
Gertrude has joined the live in team

COMPLIMENT

Hello Kirstie

I hope you are well. Profuse apologies for the delay in sharing this lovely compliment we received about an individual you have been supporting. This was sent to us by India Lloyd, Occupational Therapist in November this year.

Just sending a plaudit for Taylors of Grampound who have been supporting a service user for 6 days a week, when his placement at Tregye campus fell through. The family have expressed how great Taylors have been and how much rapport they have made with their son. They take this service user to different meaningful activities in the community everyday and this works well to create a productive routine. I'd like them to be recognised for this and how much support they have given the family after their first plans with college fell through.

Kind regards

Rachel

Rachel Hatton-Taylor

Quality Assurance Officer and Service
Improvement Officer
Adult Social Care
Cornwall Council/Konsel Kernow



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Spotlight

HAPPY BIRTHDAY FOR JANUARY

Our Wonderful Client's

Lesley, Scott, Michael, Nick, Margaret,
Kathleen, Lynda, Harry & Jennifer

And our Fantastic Colleague!

Amanda & Gertrude

Mileage due in by 15th January 2024

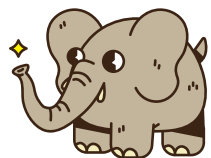
Pay day 29th January 2024

"The shortest day has passed, and whatever nastiness of weather we may look forward to in January and February, at least we notice that the days are getting longer."

"The magic in new beginnings is the most powerful of them all."

Office Closed on 1st January 2024

Joke Corner



PHANTASTIC

Did you hear about the Guy who started making breakfast at midnight on
December 31?

He wanted to make a New Year's toast!

I told my doctor that I broke my arm in two places
He told me to stop going to those places.

What do you call a lazy kangaroo?
A pouch potato.

What did the cheese say when it looked in the mirror?
Halloumi!



Happy Days



Taylor's Elves have
had a busy time



Dorothy loving the
Christmas period with
Karen

Heather
with Jo &
Chris on
Xmas day



Sheila had an afternoon
cooking with Laura



Yvonne at the
garden centre
with Tarleka

*happy
times*



Francis having fun
with Laura at the
garden centre

Keep sending your
Happy times!!



