

THE NAVIGATOR



♥ *hello* ♥
⇒ **FEBRUARY** ⇒

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The Month Of Love

by

Catherine Pulsifer

February, the month of love and
warmth,
When hearts flutter and passions
swarm.
Valentine's Day brings memories
anew,
Of kisses shared and promises
true.

Love may blossom like flowers in
Spring,
With Cupid's arrow as its mighty
wing.

Oh, February, sweetest of them
all,
May love forever reign, never to
fall.



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Prawn & Harissa Spaghetti

INGREDIENTS

- 100g long-stem broccoli, cut into thirds
- 180g dried spaghetti, regular or wholemeal
- 2 tbsp olive oil
- 1 large garlic clove, lightly bashed
- 150g cherry tomatoes, halved
- 150g raw king prawns
- 1 heaped tbsp rose harissa paste
- 1 lemon, finely zested



Instructions

STEP 1

Bring a pan of lightly salted water to the boil. Add the broccoli and boil for 1 min 30 secs, or until tender. Drain and set aside. Cook the pasta following pack instructions, then drain, reserving a ladleful of cooking water.

STEP 2

Heat the oil in a large frying pan, add the garlic clove and fry over a low heat for 2 mins. Remove with a slotted spoon and discard, leaving the flavoured oil.

STEP 3

Add the tomatoes to the pan and fry over a medium heat for 5 mins, or until beginning to soften and turn juicy. Stir through the prawns and cook for 2 mins, or until turning pink. Add the harissa and lemon zest, stirring to coat.

STEP 4

Toss the cooked spaghetti and pasta water through the prawns and harissa. Stir through the broccoli, season to taste and serve.



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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.

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Hurling of the silver ball 2024 in St Columb Major



Tuesday 13 and Saturday 24 February 2024 at 16.30

If you happen to be in the town of St Columb Major near Newquay in February 2024, you may be lucky enough to witness an extraordinary sporting spectacle that used to be common throughout Cornwall's towns and villages in days gone by. The 'hurling of the silver ball' - or 'Cornish hurling' - is a local rugby-like tradition of unknown origins that has been played for more than 500 years.

These days it's as much a celebration of Cornish culture as it is an archaic sporting event, but it's one that still brings a community together and promises an interesting - albeit testosterone-fuelled - experience. Prepare for the Hurling of the Ball 2024 in St Columb Major!

But what exactly is hurling? Well, the game starts with a 'throw up' in Market Place which is then followed by each team trying to keep possession of a small silver-coated wooden ball by pretty much any means necessary. Games usually last a little under or over an hour and the winning team is the one which deposits the ball in their own goal. And by goal, we mean a granite trough for the rural team and another trough by a waymarker for the townsfolk.

The teams can also win if they manage to carry the ball over the parish boundary, meaning that the playing area is pretty much the entire parish that surrounds St Columb Major. All 20 square miles of it - including its open roads, private gardens, fields, pubs and everything in between - are playing areas for these team members who will be wrestling each other in an attempt to move that silver ball towards the goal trough. It's little wonder, then, that many houses and businesses are boarded up on both days to avoid any damage

While all this rampaging at the St Columb Major Hurling of the Ball 2024 may sound intimidating, rest assured that the rough and tumble is enacted with the jolliest of attitudes, and while winning and bragging rights are certainly the aim of the game, the emphasis of the event is a celebration of tradition and bringing a community together.



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Employee of the Month



Karen Edwards has been nominated as Employee of the Month for January.

Karen has always been amongst the first to cover shifts even at short notice but recently she has risen to the challenge of covering some of our live in packages of care. Live in care is a huge commitment and certainly not for everyone but Karen really enjoys the time she is able to spend with each client. It is very easy to see how much the clients benefit from the one to one care and support both physically and emotionally. Karen's upbeat personality and zest for life and laughter is infectious. Well done Karen

Please see Rose for your voucher & certificate.



Welcome to our Team

Krisztina has re-joined the live in team

THE NAVIGATOR



HAPPY BIRTHDAY FOR FEBRUARY

Our Wonderful Client's

Robert, Laura, Leigh, Francis, Oliver,
Patricia B & Linda

And our Fantastic Colleague's

Jessica, Krisztina, Nashim, Paula, Rachel & Trina

Spotlight

Mileage due in by 12th February 2024

Pay day 26th February 2024

"If life was a book, every day would be a new page,
every month would be a new chapter, and every
year would be a new series."

"In the coldest February, as in every other month
in every other year, the best thing to hold on to in
this world is each other."

Joke Corner



Why does coffee always taste better in the second month of the year?
It's Feb-BREW-ary!

What does someone's tombstone read when they die between February 19th
and March 20th?
Rest in Pisces

What do you do at the end of the last day of February?
You March on!

Do you have a date for Valentine's Day?
Of course! February 14th!

Did you know that candy hearts have been around since 1901?
I know — it's heart to believe!



Happy Days



Laura out at the Hobbs Farm Shop at Heligan. Lovely morning with Karen.



Francis having a lovely day in Mevagissey, walking and a treat at Mary's Pasties with Karen.

LOVE



Viv having a lovely cream tea with Maggie

David-John having a hot chocolate with Debbie



Keep sending your Happy times!!

PLEASE JOIN US FOR A

Hot Cross Bun & Mingle

MUSIC
EASTER BINGO
EASTER EGG HUNT
EASTER BONNET (OPTIONAL)
PRIZES

Tuesday March 12 @ 13.00 to 16.00

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or
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**Please come and bring a client or a family member
and enjoy the fun**