



Business Update

'Unity In Care Ltd'

An autumn message from Bev Garrett



Autumn is now on its way.

Hope you all enjoyed your

summer holidays and hope the weather was sunny and warm! Well in spring we had snow, rain and a little warm weather, so who knows we may still have a few more sunny days and lots more BBQ's whatever the weather !!

New Business:

You all must have realised that our client base is ever expanding, and that our work load is increasing. This should make us all aware that no matter how busy we are, there is no room for excuses for not being aware or adhering to our company policies and procedures. We need to remain sharp and observant - it is all too easy to lose 'old and new' business/clients along with our company reputation'.

Teamworking:

The **3 goals for the next quarter** :

1. Writing up contact sheets fully and correctly
2. Keeping within professional boundaries
3. Treating each other with respect

Team Goals/Results:

Last quarter's results are shown by 'team colours' (see page 2)

Appraisals:

This years appraisals will soon be underway. Please attend these prepared with your pre-appraisal assessment form; to have read through the 'how to set objectives guide', and to think about what development areas you would like to discuss with me.

Supervisions:

Supervisions both formal and informal are now an integral part and forms 'business as usual'. Make sure that you look at the 'supervision diary' and make a note of the dates/times.

Staff Culture Questionnaire (leading into our 'ongoing business improvement plan')

We have been looking at way to improve on 'our lowest' results over the 36 questions in the 2013 results. There were 7 questions that 'scored less than 75%'. We are concentrating our efforts—in the main, we are looking at improving our communication and teamwork (see page 5).

Training update:

Since January 2013 we have conducted 9 modules of training.

These were: 2 sessions of Working in a care setting (Feb & July); Health and Safety (Feb & April); Moving & Handling (Feb & April); Abuse Awareness/ Safeguarding people (March) and two sessions of Medication training (July).

All training over 3 years will mean you will be required to attend a 'refresher'. Therefore, invites will be going out to cover ALL our staff. This is to ensure that we continually update our staff with company regulation and requirements - as well as statutory legislations.

Finally, I hope you have all enjoyed the hot warm days, and plan those BBQ's for the bank holiday weekends.

At present, it is all hands on deck as we go through a busy period. Let's put a little extra aside in a pot to take the stress off as we head towards the 'festive season'.

Keep up the '**good work**' together we make a '**formidable team**'.

Regards

Beverley Garrett
Managing Director



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Sept 2013

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Staff Notices

We welcome

Debra Chimanya

Samantha Wright

and hope they will enjoy working with us, and become an integral part of the company

COMING SOON:

- Next Issue December 2013
- Improvement Programme
- Staff profiles
- Volunteer articles

Appraisals

All new staff will be sent details of when they will have an appraisal. Please make a note of these, as when staff 'forget to show' this causes rework, frustration and 'cost to the company' in having to re-schedule.

If unable to attend on the given date—contact the office.

In addition, you will be sent a pre-self assessment form—this needs to be completed and returned to the office **4 days** prior to appraisal date (or at very least bring it with you on the day).

Two other documents that are sent out are: 'A guide to objective settings', and 'why do we have appraisals'. These are aimed to help you in preparing for your appraisal, and to give a few ideas around your own self development.

Training Update



Coming up between 'Sept-Nov 2013

'All staff will be informed of training courses. They are booked 5-14 days before the training course is given.

We have found that the further ahead you are informed, - you oh so soon forget'.

Staff will be invited, but if you would like to confirm that you are going to be included contact :

Bev Garrett 01252 544423

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Things to do and places to go

Yellow Team
Red Team

CONTINUOUS IMPROVEMENT PROGRAMME

Team Work Goals/Results

Green Team
Grey (Office)

As part of our 'Continuous Improvement Programme', and as discussed in the last Staff Newsletter' (June), the team goals for this quarter were:

1. Attending supervisions and contribution to them
2. No complaints from clients
3. Staff to be well presented/good personal hygiene, being clean and tidy

With regards to 'goal 1'. There were no occasions of 'missed supervisions (nothing recorded). In addition, 'goal 3' no feedback to analyse.

Therefore, this quarters 'team work goals/results' will be based on 'goal 2' - no complaints from clients.

There were a total of **58 feedback within the following categories: double-up no show; lateness; missed calls; and staff conduct/issue.**

From the results below it can clearly be seen that there are still too many 'late and missed calls' and 'double up issues'—many of these are due to miscommunication. We need to think 'team work', and continue to think of ways we can 'communicate with each other more effectively'.

For the 'goal' within this graph **'more points does not mean winners'**. All teams should be aiming for the **lowest possible score** of feedback in the 3 month period.

So, the team positions are:

1st place: Yellow = 14
2nd place: Red = 19
3rd place: Green = 25

Yellow team have done particularly well with only 14 feedbacks and slightly over 50% of these were recorded from the staff 'feeding back' - total of 6 COMS/7 SF's and 1 INC. However, 6 of the 13 feedbacks were 'missed calls and 3 for lateness! There were 5 staff conduct/issues recorded.

Red team with 19 feedbacks and 10 of these feedback from staff and 8 direct from clients. 8 COMS/10 SF's and 1 INC. 3 of the

19 feedbacks 'were missed calls and 7 for lateness'. There were 9 staff conduct/issues.

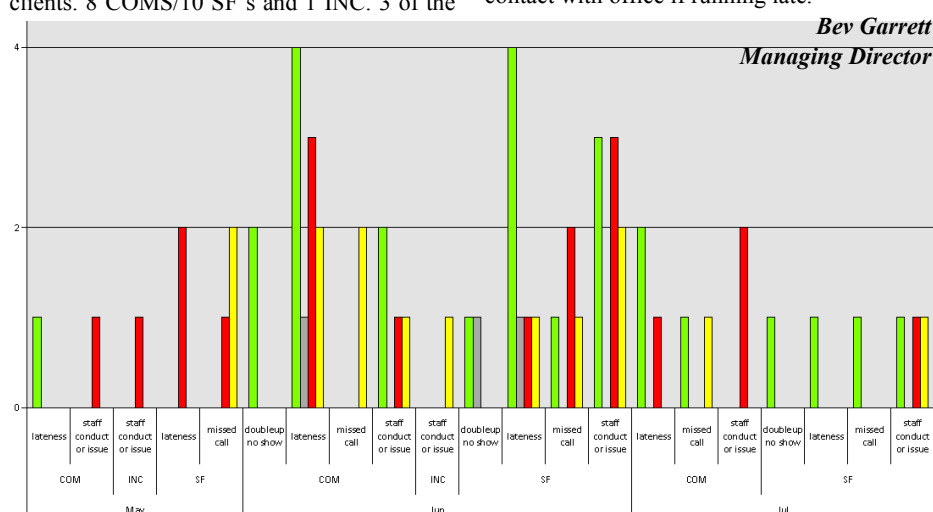
Green team with a total of 25 feedbacks and 12 of these coming direct from clients and 13 from staff feedback. 3 of the 25 feedbacks were 'missed calls and 12 for lateness'. There were 6 staff conduct/issues.

So, across the teams 'staff feedback' (SF's) are averaging 50%—let's at least aim to higher this and lower the 'COMS'.

We all need to 'sharpen up', improve our communication; make contact/plans with our colleagues before a double up, and keep in contact with office if running late.

Bev Garrett

Managing Director



JULIANA BRIMICOMBE ANSWERS YOUR QUESTIONS—



Question 1:

The clients home file is now getting overloaded with 'completed forms'. What should I do?

JB/Care Co-ordinator reply:

Every 12 weeks or so staff should ensure that completed domiciliary care contact sheets and medication sheets are collected, and given to the office for filing in the clients folder.

However, before staff take from the clients home double check that clients name is on 'each and every form' that you are returning to the office.

This will ensure that when various client forms are given to the office—we shall be filing the forms in the 'correct client office file'.



Question 2:

What must I do if my client collapses on the floor with an epileptic fit?

JB/Care Co-ordinator reply:

You must be aware that some clients according to their diagnosis may have 'multiple signs' which can render them unconscious. If your client ceases breathing, becomes grey or blue or highly flushed you have an emergency on your hands. You will need to call 999, make client as comfortable as possible. Inform family member/s and the office.



Question 3:

When can I contact Juliana regarding my Induction Workbook?

JB/Care Co-ordinator reply:

Monday:

1.00pm-4.00pm

Tuesday:

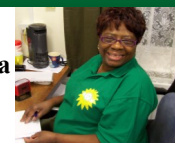
9.30am-4.00pm

Thursday:

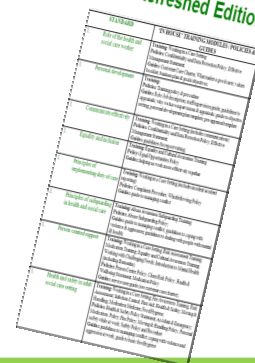
1.00pm-4.00pm

Friday:

1.00pm-4.00pm



COMMON INDUCTION WORKBOOK
(2010 Refreshed Edition)



NEWSLETTER & WEBSITE FEEDBACK

We are confident that you would like to contribute to future issues, or a topic that you would like to see included. Maybe an idea to our company website. Please call into the office; telephone (01252 544423) or email jwilliams@unityincareltd.co.uk

OPPORTUNITIES & TENDERS

2 tenders in June 2013. One to a London Borough. The decision has been delayed with this. The other to Hampshire County Council—both are for children with disability. You will all be pleased to know that we have *gained the Hampshire tender*.

2013/14 BUSINESS PLAN/Policies & Processes

Our business plan is to improve our work environment, ensure that all policies and procedures are updated and new ones put in place if/when they should be necessary. The policies are all available to view, so call into the office.

WILL ROBOT'S HAVE A PLACE IN OUR SOCIETY ? - 'HOBBIT' THE ROBOT PROJECT



'Gearing up Robots and technology to help the elderly live in their own homes'.

Since I was a 'little girl' - I have had a fascination about 'robots' - thinking how great it would be to 'own a robot' that would help with my schoolwork; household chores like the washing up, dusting, hovering and gardening. I used to watch a weekly television programme called 'Lost in Space' there was a friendly, intelligent robot called 'Robbie'.

However, my fantasy is well on the way to becoming a reality. Many years ago real mini robot vacuums were introduced for home use. But not too far in the future there will be larger

robots—that I'm sure will become 'the norm' in helping with everyday living, especially for the elderly. It may not have happened in 'my younger years', but certainly it looks like I shall be watching 'and who knows using' in time one of these robots !

Researchers and robotic companies across the globe are designing specialised robot devices to provide **automated help for elderly people at home**.

The intent is to develop help with basic day-to-day tasks such as retrieving objects for those with mobility limitations or communicating with family members through social networking, Skype and other videoconferencing venues. Some robot prototypes are being created to pair with wireless sensors worn by the elderly person/s to communicate pulse, blood pressure, body temperature and other health data to the person's doctor. Other automated helpers may warn of smoke or other physical hazards in the home or simply store the elderly persons schedule or music selections, or access on-line news and weather.

Six European universities are currently building 'Hobbit the Robot' to pick up objects around the house that the elderly person may trip

or fall over. However, there are drawbacks at this point for many 'robot helpers' are technical challenges:

- ◇ Coordinating gestures, speech-audio and touch screen functions
- ◇ Navigating between the different rooms
- ◇ Remembering places and items
- ◇ Grasping objects

For elderly people who already face isolation, the automated helpers are a long way from the personalised in-home care services that I know we offer to our clients.

But someday, elderly care may well involve a combination of both home care providers, and robots to best serve the needs of the elderly in an 'increasingly technology savvy society'.

I am watching and waiting with interest to see what is created, and the capability of such robots.

Julie Williams
Business Administrator

Within the HOBBIT project which is set out to study a 'future robot' that will make the elderly feel safe in their own homes. It will pick up objects from the floor, can learn objects and bring objects, and it is equipped with easy-to-use entertainment functions. There will even be tools to stay socially connected, keep active with playing games and exercise, and enjoy your time checking out new films, music and books. And certainly, the HOBBIT will detect emergency situations and trigger an appropriate alarm.

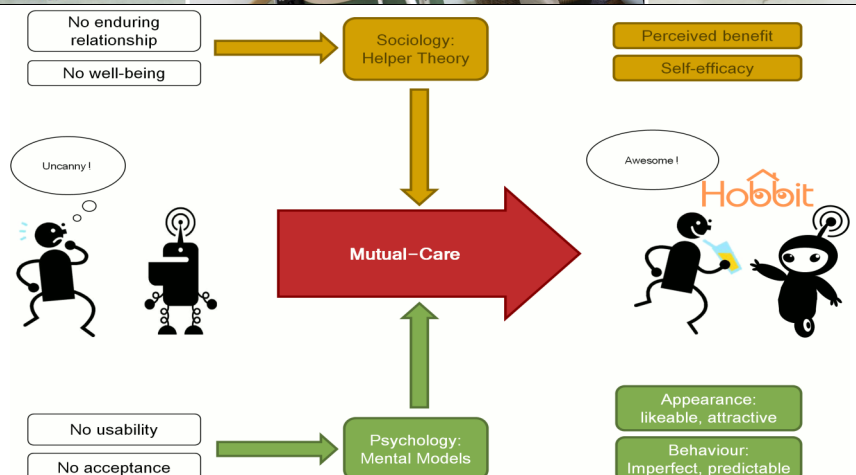
The focus of HOBBIT is the development of the '**mutual care concept**' (see model on the right): building a relationship between the human and the robot in which both take care for each other. Like when a person learns what an animal understands and can do; similar to building a bond with a pet. The main task of the robot is fall prevention and detection.

To achieve this, the robot will clean the floor from all objects and thus reduce the risk of falling. It will detect emergency situations such that help can be called in time. The purpose of the '**mutual care approach**' is to increase the acceptance of the home robot.

The **goal** of the **HOBBIT** project—according to the co-ordinator Markus Vincze is "to advance towards a robot solution that will enhance wellness and quality of life for the elderly, and enhance their ability to live independently for longer in their own homes."

I for one, shall be watching this project with interest. Hopefully, we shall soon see the prototype working.

I am certainly not suggesting that we replace 'human care' with robots—there will never be a replacement for human care, comfort and interaction. But I feel there is a need and opportunity



to advance with technology. With each advanced project will come a more improved, efficient and advanced service that utilising a robot will be able to do. This is certainly a far cry from the hovering and dusting robot that I was envisaging in my younger years.

I cannot wait to see the experiments and trials as we move forward with projects such as this one. Anyway, I hope I haven't bored you all too much—with the sharing of this 'topic'. I shall keep you posted in future newsletters of any significant progress that is gained.

Julie Williams
Business Administrator



The "naked" HOBBIT robot (left) and the HOBBIT robot used for the first round of user trials (right) in Austria, Greece, and Sweden.

SAMANTHA GIBSON—JOINED SEPTEMBER 2012



Hi, my name is Sammie Gibson. I have been working at Unity in Care for nearly a year.

Prior to this I worked in a 'dog and cat grooming parlour'. Which very much involved working with people, communicating, listening to clients, working through issues and problems. All of these things I have 'transferred' and 'found to be very useful' in my current role.

In 2008 my nan had a stroke and was left paralysed, and for six months I took care of her. This was one of my main reasons that I decided to enter into the 'world of health and social care', as I wanted to help others in similar and vulnerable situations.

There are a couple of things that 'my role within Unity in Care' has taught me—that we must be reliable, dependable, honest and trustworthy.

I feel that I'm adding to the clients lives, as I love

'talking' and 'making people laugh'. Every time I'm working with 'my clients' - when they smile or laugh at me/with me, I feel good that I have been a part of that—a bit like 'I'm entertainment value'!

There is a vast assortment of training within Unity in Care, and I have already attended several of the modules. I have completed my Common Induction Standard workbook and the management have enrolled me onto the QCF level 2 in Health and Social Care. So this is going to keep me very busy over the next few months, and I'm really looking forward to completing this qualification.

I have the Manager and Care Co-ordinator that are always willing to guide and advise me. So, although I realise that my QCF will be hard work—there is a management structure that has an 'open door policy' that I can always use.

I am assigned to the 'Yellow Team', and as yet have not worked across any of the other teams.

So, I am obviously going to say that the
'YELLOW TEAM ARE THE BEST'!

Before joining Unity in Care I was with a relatively small company—so communicating with one or two staff (who were always on site) was simple. However, being part of a larger team/company—who are out and about in the community it is even more important that I/we all look at how we are communicating and working as part of a team.

Working at Unity in Care has certainly given me an appreciation of how vital it is that we help each other; form stronger teams; communicating with the office to keep the client/s informed; being more observant and to report any concerns and issues to management.

In my spare time I like to socialise, and when I can 'to travel to different parts of the world'.

I like to **'work hard' and 'play even harder'**.

Sammie Gibson
Care/Support Worker



GMB Membership Benefits

Look what the GMB can do for you!

GMB is the UK's third largest, trade union and probably the fastest growing with a 15% increase in members in real terms in the last five years.

With an extensive range of GMB member benefits and offers, they make sure you stay informed and make the best of your working life.

Whatever your job or workplace needs, you are in excellent company of 610,000 other GMB members who benefit from GMB membership.

As a general union, GMB membership is open to all workers and students in both the public and private sectors.

As a member of Britain's General Union you can enjoy the best services and benefits. Their services are listed below and for information on their benefits click on 'GMB Members' Discounts' (www.GMB@work).

The GMB Benefits Leaflet contains all the benefits of a GMB London Region membership.

GMB Membership Benefits:

- ◇ Personal Injury Claims
- ◇ Clinical Negligence
- ◇ Criminal Injuries
- ◇ Employment Tribunals
- ◇ Medical Appeal Tribunals
- ◇ Free Legal Advice Scheme
- ◇ Road Traffic Accidents
- ◇ Negotiations on your behalf on your terms and conditions of employment
- ◇ Representation at work including disciplinary and grievance matters

Protecting members: Health & Safety at Work

For a comprehensive support and guidance service including visits and inspection of GMB members workplaces, telephone 020 8202 8272, you will gain expert advice from their specialist GMB Health & Safety Officers. It is recognised that you are 50% safer at work if you have a union to support you.

GMB Legal Services:

The GMB legal services secure nearly £2 million every week in compensation for members and their families. For more information on these services and how you can access their on-line claims—please see their Legal Services page.

Family protections includes:

- ◇ Accidents or injuries at work or on the way to and from work.
- ◇ Accidents involving personal injury on the roads, whether as a pedestrian, cyclist, passenger or driver.
- ◇ Any other accident involving personal injury, for example a slip or fall whilst out shopping.

Individual GMB members are covered for all of the above plus, of course, should they require it, advice and assistance from the GMB on workplace employment issues, or problems.

Representation/Negotiation:

Experienced GMB Organisers can arrange to represent members at their workplace if necessary and can all upon specialist legal advice on members' behalf for matters such as Employment Tribunals. Telephone GMB London Region Office on 020 8202 8272.

Free Legal Advice:

For GMB members needing legal advice on matters not connected with their work, for

example, consumer rights or divorce, GMB provides a free consultant with GMB solicitors. Free phone 0808 100 0088.

As of 1st October 2013

⇒ Full time - Grade 1 = £2.75 per week (£11.92 per month)

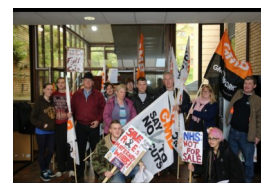
⇒ Part time - Grade 2 = £1.60 per week (£6.94 per month). GMB members working part-time for 20 hours or less.

Sick and unemployed members = 5p per week.

Retired life members = £25 one off payment.

You can join GMB instantly online.

<http://www.gmb-southern.org.uk/join/>



'KEEPING UP THE MOMENTUM'

As you know the graph below shows our **36 Staff Culture Questions** and of these, there were **7 questions which scored lower than 75%**. It is these that we are going to try our 'very best' to improve over the next 10 months. We need to think of ways in which we can raise the 'staff perception' not only in readiness for next year's Culture Questionnaire but for our own working environment, the business and more importantly the 'overall service to our clients'.

Take a look across the questions, the majority are around 'communication'. It is clear that if we were more mindful to **Q15 'Staff in company speak to each other in a respectful way'** and **Q29 'People I work with are willing to help'** - then certain other questions will surely be uplifted for example Q25, Q33 and Q35. We know that in the past we have enjoyed results as high as '85% - this was in 2010' with the way we speak to each other in a respectful way. Again in 2010 that 84% of staff felt that the people they work with are willing to help each other.

Firstly, we most definitely need to ensure that we speak to each other in a respectful way, and be more willing to help each other. We are hoping that the 'teams' that have been created are going to greatly improve on our approach towards 'improving our team working skills and communication'.

With regard to **Q27 'Ideas/suggestions listened to and put into action'**. This possibly scored lower due to some staff not putting forward their ideas or

perhaps staff don't realise what ideas have been put forward, and that have already been implemented and form 'business as usual'. We have scored as high as '83%' in 2010. So I have decided to give examples of these below (these are suggestions that have been received in writing, not ones that have been given verbally).

With regards to **Q6 'Regular feedback'** - when answering this next year—this question does not purely suggest feedback at an 'annual appraisal', but includes working with a client with your manager, individual supervisions/group supervisions, and the informal feedback that you all have with the 'open door policy' direct into management. It also includes feedback by telephone; text or e-mail. Even feedback / team meetings that you have after any training event that you attend. So, next year when you complete your questionnaires—think about 'the various types of feedback' that you are regularly receiving. I feel that because our management are 'hands on', staff may be just confusing this will simply 'just working' - but they are there to **lead, manage and advise**—this is and should be regarded as 'feedback', even though more 'informal'. In the 2010 survey we received a high result results of 84%.

With regards to **Q35 'I receive good communication from my manager to carry out my job'**. This could have received lower results than the previous 4 years—due to both

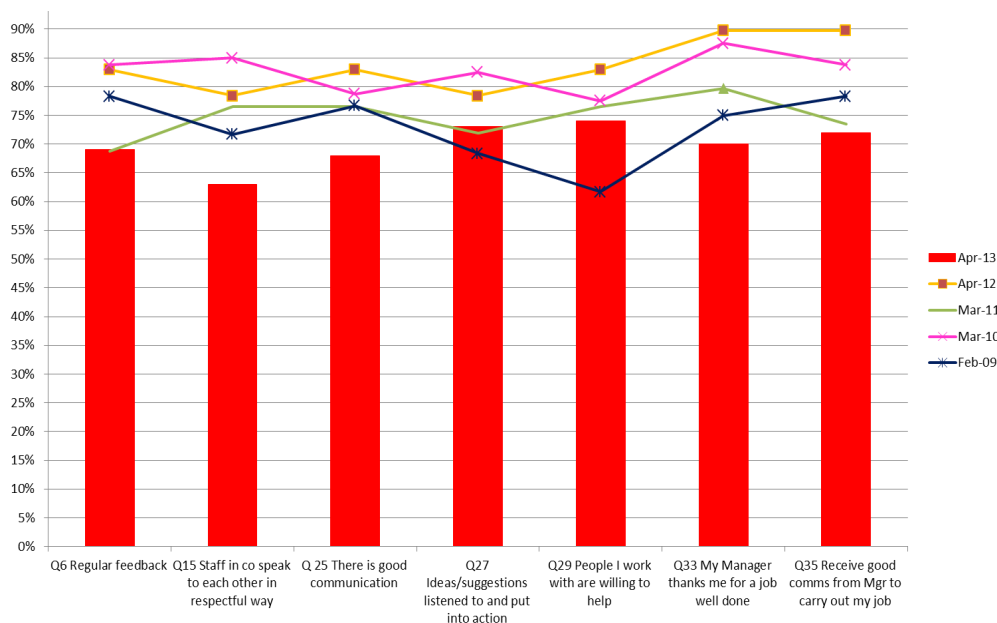
care co-ordinators having had to take time off work, and the manager keeping/maintaining the day-to-day operations going with regards to rotas/resourcing, and having to spend much of her time 'out in the field' - actually doing the work. The staff perception was that we need to improve communication between manager and staff to carry out their roles/tasks. However, we should not forget that 'communication' is a two way thing. If staff are unsure/unclear around any aspect of the client or the tasks that need to be undertaken - you need to take responsibility, and ensure that the manager is aware that either she has not made herself clear enough and that further explanation is necessary. Don't simply walk away, thinking you will 'guess' what is required ! Let's all be more proactive not just with management communication—but with regards to the way we communicate 'more effectively and professionally with each other'. From the 2012 questionnaire we had a tremendous result of 90% of staff felt that they received 'good communication from their manager to carry out their jobs. So we know that we are all capable of achieving a higher result.

So, let's be more mindful how we 'talk' to each other, and try to help each other—keep in mind that it is all 'about give and take'. Do a favour for a colleague—you never know when you will need one !

Julie Williams
Business Administrator



Date/Idea no:	Idea or suggestion	Implemented/Initiated
27/11/09—Idea 1	Co-ordinator forum in newsletter	Dec 2009
09/12/09—Idea 3	Birthday cards for clients	Feb 2010
22/12/09—Idea 7	Target ALL clients with Quality Questionnaires	'Business as Usual'
22/01/10—Idea 8	Multiple choice questions after each training session	3 modules done already
14/06/11—Idea16	Double sided A4 ' client newsletter '	Agreed to try once a year
16/05/13—Idea21	Think of other ways that we could be of service to our palliative care clients, bereavement support; creating 'order of service programmes' etc.	Still under thought/review



WHAT WOULD YOU DO AND SAY in these scenarios ?

Scenario 1:

What would you do if the client has soiled the hoist sling ?

- Leave it dirty, the next shift/staff will deal with it
- Sponge it down and hang it out to dry
- Leave the client sitting in it, until the next shift arrive

Scenario 2:

Relatives of the client has tried to get their family member to the commode without using the hoist. They cannot hold the client, she is now on the floor, propped up with cushions against the wall. What do you do ?

- Go with your co worker and lift her up
- Inform the client that you are not allow 'to lift'
- Ring the paramedic and wait for them to use appropriate safe method to move/lift the client

If you are unclear or unsure about anything speak to care co-ordinator

bits, bobs 'n' bumpf



**Remember,
remember, the
5th of November**

Watching fireworks can be great fun for children. Figures have shown that, more often than not, it's children rather than adults who get hurt by fireworks. There are many organised firework displays in the area, they can be fun, where you can meet and socialise with others, also taking out the stress and financial burden.

However, if you do decide to organise your own 'display at home' - follow this easy checklist to ensure a 'safer one'.

Before the display:

Buy fireworks from a legitimate retailer-conform to BS7114

Check fireworks are suitable for size of garden

Read instructions in daylight or with torch -not naked flame

One responsible person for letting off the fireworks

Things you will need on the night:

Torch; bucket of water; eye protection & gloves; bucket of earth to stick fireworks in; support for catherine wheels, proper launchers for rockets

During the display:

It is illegal to set off fireworks after 11.00pm (except on 5th November when they can be used up to midnight)

Don't drink alcohol if setting off fireworks

Light fireworks at arm's length with a taper

Supervise children; Stand well back and keep others back

Never go back to a firework after it has been lit

Store fireworks in a metal box, kept closed between use

Keep pets indoors

'Go Green in Rushmoor'

Aldershot Town Centre

7th September 2013

10.30am to 3.30pm

Join us for a free day of
environmental family fun

Attractions:

- ◆ Miller's Ark Children's Farm
- ◆ Little Dalas Donkeys
- ◆ Live acoustic and world music - Cross Town Trio, Kausary, No Small Thing, The Hedge Inspectors and Tudor Lodge
- ◆ Drumming workshops with the Drumrunners
- ◆ Alternative film showings in Aldershot Library
- ◆ Fairtrade café
- ◆ Interactive Water Explorer
- ◆ Dance displays - Street 13 Dancers, BBoy
- ◆ Fairtrade cookery demonstrations
- ◆ Arts and crafts for children
- ◆ Face painting
- ◆ Energy advice
- ◆ Recycling information
- ◆ Cycle challenge
- ◆ Voluntary, community and green business stalls in Union Street and Wellington Street

Conference Room Hire

'Unity In Care Ltd'

Looking for a 'function room'?

- **Conferences**
- **Demonstrations**
- **Exhibitions**
- **Meetings**
- **Seminars**
- **Training**
- **Workshops**

We have a very spacious and airy conference facility which is appropriate for various activities. Accommodating up to 40 delegates, and is situated on the first floor. Partitioning is available if required.

Situated within easy access from the M3, 331 and the A325.

If you would like further information contact:

01252 544423

or

e-mail info@unityincareltd.co.uk

SATURDAY SCHOOL

Term-time:

10.00am-12.30pm

**Looking for some extra support
for your child?**

The Saturday school is expertly run by qualified, driven teachers Angela Coleman and Nichole Lattimore. It helps to bring together different cultures in a very friendly and pleasant environment.

The success of the school can only be attributed to the dedication of Angela's and Nichole's deft organisational skills where they ensure all sessions are immaculately prepared to each year group's specific educational needs.

The focus is on the core subjects, Maths and English so any mathematical or literacy problems encountered in mainstream school can be addressed in the Saturday sessions. This extra 'tuition' is invaluable, and ensures our children keep up with the school curriculum.

For more information please contact:

Angela Lightbody-Coleman ☎ 0793 9881854

Are you looking to hire a function room/hall for that special birthday, christening, wedding event?

West Indies Association Hall

Queens Road, North Camp, Aldershot.

For further information:

Contact Bev Garrett on 07850 092991

Volunteers wanted:

We are looking for volunteers to help with Elegantly Aged, our Saturday Community Club for the over 50's. If you would like to participate or contribute to this venture, please give us a call on **01252 544423** between 11.00am-5.00pm (Monday-Friday)

Disclaimer:

Statements and opinions expressed in articles, reviews and material within this newsletter, are not necessarily the views of the Management of 'Unity in Care Ltd'.



Sausage Rockets for bonfire night

What about a seasonal sausage recipe ideal for 'bonfire night' - and I'm sure will encourage children to get more interested in cooking.

Makes 8

Preparation time: 20 minutes

Cooking time: 20-25 minutes

Ingredients:

8 large sausages
1 teaspoon soy sauce
2 teaspoon Golden Syrup
225g ready rolled puff pastry
Beaten egg to glaze
Sesame seeds
Red and Orange pepper

Method:

Fry or grill the sausages until golden all over. Cool. Heat the oven to 220°C (200°C fan) gas 7. Insert a wooden skewer through each sausage. Place on a plate. Mix together the soy sauce and golden syrup and brush over the sausages. Unwrap one sheet of pastry and cut into 8 strips from the shorter end. Wrap around the sausages in a spiral, taking care not to stretch the pastry, place on a baking sheet and brush with egg glaze then sprinkle with sesame seeds. Bake for 12-15 minutes until golden.

Cut each pepper in half then cut out triangles and insert them in the tips of the skewers. You may like to insert a further longer wooden barbecue skewer to make the spirals look more like rockets.



Rushmoor Fireworks Spectacular

Manor Park, Aldershot

2nd November 2013

Don't miss one of the biggest and best firework celebrations in Hampshire - the annual Rushmoor Fireworks Spectacular.

Gates will open at 5.30pm, with entertainment on stage from 6.15pm.

A special ten-minute fireworks display for children under five starts at 6.45pm. The fireworks are full of sparkle and magical effects, but without the loud bangs.

The main display, which brings in huge crowds, will begin at 8pm. The 20-minute spectacle will include all the dazzle, colour and noise that audiences love.

Tickets will be on sale later in the year

Many thanks to the following contributors:

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