



Quality Connect



welcome

Welcome to the Quality Connect.

What is in this leaflet

- Time to Talk Day. Thursday 3 February 2022
- World Frog Day
- International Women's Day
- Singles Appreciation Day
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thank you



quality check

146 Quality Check 1 – Leading your own life and Your home Zoom calls were carried out throughout August, September, October and November.

93% (of the scores logged so far) of people are happy with where and who they live with.

98.5% (of the scores logged so far) of people are happy with the work, learning and hobbies that they take part in.



Time to Talk Day. Thursday 3 February 2022

Time to Talk Day will be run by Mind and Rethink Mental Illness, in partnership with the Co-op.

The day is about creating supportive communities by having conversations with family, friends, or colleagues about mental health. We all have mental health. By talking about it, we can support ourselves and others.

Why Time to Talk Day is important



- One in 4 of us will experience a mental health problem in any given year.



- We want everyone to feel comfortable talking about mental health, whenever they like.



- Talking about mental health reduces, helping to create supportive communities where we can talk openly about mental health and feel empowered to seek help when we need it.



- Opening up the conversation about mental health problems is important and by talking about it, we can support ourselves and others.

Time to Talk Day encourages everyone to be more open about mental health, to talk, to listen, to change lives.

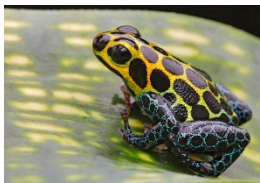
If you want to talk to someone, but not someone you know, there are some useful numbers at the end of this leaflet.

World Frog Day. Sunday 20 March

Every year, March 20 is observed as World Frog Day to celebrate the existence of these tailless amphibians. The day was first observed in 2009 with an aim to raise awareness of the different species of frogs and to protect them further.

Fascinating facts about frogs - These could make the next coffee and catch-up quiz!

There are 6,000 species of frogs across the world. Frogs are highly adaptable and therefore can be found in deserts, tropical rain forests, high altitudes, coastal areas and almost everywhere, except Antarctica.



They display vibrant colours. Frogs are not just green or yellow in colour, they display a range of colours from vibrant red to dark blue. Particularly tropical frogs which are exceptionally colourful, often flaunting beautiful patterns like bold stripes or spots. They use these bright colours to warn off predators.

Frogs can drink water through their skin. They have a drinking patch located on their belly and the underside of their thighs via which they absorb water.



They can jump 20 times their body length. A 3-inch-long frog species from South Africa, named the South African sharp-nosed frog, holds the record for the longest jump of over 130 inches in one leap – 44 times more than its actual body length.

Frogs hibernate during winter. Frogs are cold-blooded animals and lack insulation to keep their body warm. The terrestrial frogs burrow in holes, while some, who are less adept at this task, shelter under leaf litter or tree barks. The aquatic ones slip to the bottom of lakes, ponds, or other water bodies.



Some frogs are poisonous. Frogs like poison darts have highly toxic skin. One species, known as the golden poison frog, has the ability to kill 10 grown men, making them the most toxic animals on Earth. One frog has enough poison to kill 20,000 mice. The poison is known as the batrachotoxin.



International Women's Day. Tuesday 8 March 2022



International Women's Day is a global day celebrating the social, economic, cultural, and political achievements of women. Significant activity is witnessed worldwide as groups come together to celebrate women's achievements or rally for women's equality.

The Campaign theme for International Women's Day in 2022 is **#BreakTheBias**

Imagine a gender equal world:

- ✚ A world free of bias, stereotypes, and discrimination.
- ✚ A world that is diverse, equitable and inclusive.
- ✚ A world where difference is valued and celebrated.

Collectively we can all **#BreakTheBias**

Marked annually on March 8, International Women's Day (IWD) is one of the most important days of the year to:

- ✚ Celebrate women's achievements
- ✚ Raise awareness about women's equality
- ✚ Lobby for accelerated move to pay equality
- ✚ Fundraise for female-focused charities

What colours symbolize International Women's Day?

Purple, green and white are the colours of International Women's Day.

Purple signifies justice and dignity.

Green symbolizes hope.

White represents purity, albeit a controversial concept. The colours originated from the Women's Social and Political Union (WSPU) in the UK in 1908.

Singles Appreciation Day



Singles Appreciation Day is celebrated on February 15 each year. It is an unofficial holiday celebrated by single people. It serves as a complement to Valentine's Day for people who are single, and not married or in a romantic relationship.



It is a celebration of love in all forms recognising the love between friends, family and loving yourself.

On Singles Appreciation Day, single people gather to celebrate or to commiserate in their single status. Some want to remind romantic couples that they don't need to be in a romantic relationship to celebrate life.

Here are some suggestions of things to do instead:



spa

Have a spa day



cinema

Have the ultimate movie marathon



shopping

Go on a Shopping Trip



karaoke

Go to Karaoke



theatre

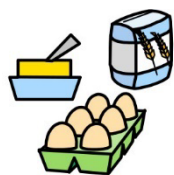
Go to the Theatre



nightclub

Have a night out with friends

Easy Pancakes



ingredients

Ingredients

100g Plain Flour

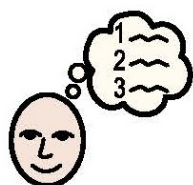
2 Large Eggs

300 ml Milk

1 tbsp Sunflower or Vegetable Oil, plus a little extra for frying.

Lemon Wedges to serve (optional)

Caster Sugar to serve (optional)



method

Method

1. Put 100g plain flour, 2 large eggs, 300ml milk, 1 tbsp sunflower or vegetable oil and a pinch of salt into a bowl or a large jug, then whisk to a smooth batter.
2. Set aside for 30 minutes to rest, if you have time, or start cooking straight away.
3. Set a medium frying pan or crepe pan over a medium heat and carefully wipe it with some oiled kitchen paper.
4. When hot, cook your pancakes for 1 minute on each side until golden, keeping them warm in a low oven as you go.
5. Serve with lemon wedges and caster sugar or your favourite filling. Once cold, you can layer the pancakes between baking parchment, then wrap in cling film and freeze for up to 2 months.

Recipe sourced from www.bbcgoodfood.com



Meetings



health and safety

Date:
8 March 2022

Time: 11am

Location to be confirmed



ECC

Date:
8 March 2022

Time: 12.15pm

Location to be confirmed



coffee morning

Date:
Every Friday
Time: 10am - 11am
Meeting ID:
864 3802 2158
Meeting Password:
coffee3



representative

To find out who your local Health and Safety and ECC Representative is, please contact your Line Manager.



feedback

We would really like to hear what you would like Quality Connect to include in the future.



email

Please email Lizzie at elizabethmiles@thequalitycompany.co.uk with your suggestions.



Support Contact Details



helpline

There is a helpline that staff can call if they are worried about anything.

The Employee Assistance Programme offers staff confidential advice and support to help you work through worries such as home or work issues, finances, challenging situations, or medical concerns.

It is free and can be accessed 24 hours a day, 7 days a week: **0800 068 6729**



mental health

There are Mental Health First Aid Champions across Thera Group. They have:

- ✚ The knowledge and confidence to provide Mental Health First Aid for the most common mental health issues.
- ✚ An understanding of how to help build a mentally healthy workplace, challenge stigma and support positive wellbeing.

For more information, please visit the Thera Trust Website:

www.thera.co.uk/staff/health-and-wellbeing/mental-health-first-aiders/