



Quality Connect



welcome

Welcome to Quality Connect

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thank you

Thank you to those staff who have volunteered to take part in new projects.

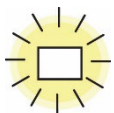
The Quality Company News

Our New Way of Quality Checking support during the day and community support



changes

We are changing how we will be doing Quality Checks for people who have support during the day and community support.



new

We want to make sure we get things right before we roll this out in other areas of the country. We will be starting this new way of working in Nottingham and Peterborough in November 2022.



check

We will keep checking things along the way to make sure everything is working well and change things if we need to.



training

Training has already begun and will continue over the next few months. The Quality Assessors and Quality Supporters will practice new skills and develop a tool kit of the things they will need to support them to do their job well.



send

We will be sending out lots of information to the people who are supported, families and staff. We want to raise awareness so more people will want to come along and join in the Quality Checking group.



learn

We hope to learn a lot from this first experience of Quality Checking in this new way.



Positive Effects of Art on Mental Health



art

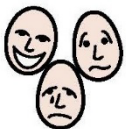
It is scientifically proven that art can have positive effects on our mood and can help improve our mental health. Research suggests that art therapy provides relief from mental health disorders. Creating art allows an individual to let go of their worries or anxiety and focus on the task ahead.

Here are some of the benefits of using art for mental health:



creativity

Creativity in day to day life.



expressions

Self discovery and expression. Art is a safe and healthy way to express your fears, insecurities, sadness, anger, and other emotions. Whether you're creating art, or you're finding those benefits in someone else's creation, the results could be helpful.



museum

Visiting a museum. Visiting a museum and standing in front of a beautiful painting transports us to another world. The quiet and tranquil atmosphere has the ability to relax your mind as soon as you enter.

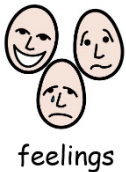
Creativity is intelligence having fun -

Albert Einstein

Mental Health and Wellbeing



With World Suicide Prevention Day being in September each year, and to link in with this, I created a Wellbeing Tree with messages on from some of The Quality Company staff, which show what they do to help with their wellbeing. These messages can also help others to look after their mental health.



Sometimes it can be difficult for people to talk about their feelings. Even knowing exactly how you're feeling can be hard.



The Samaritans have created Self-Help to provide a type of support that you can use without having to discuss your feelings with someone else.

The Self-Help App helps you to:

Track your mood. Record how you are feeling, see patterns in your mood and get suggestions for things that could help.

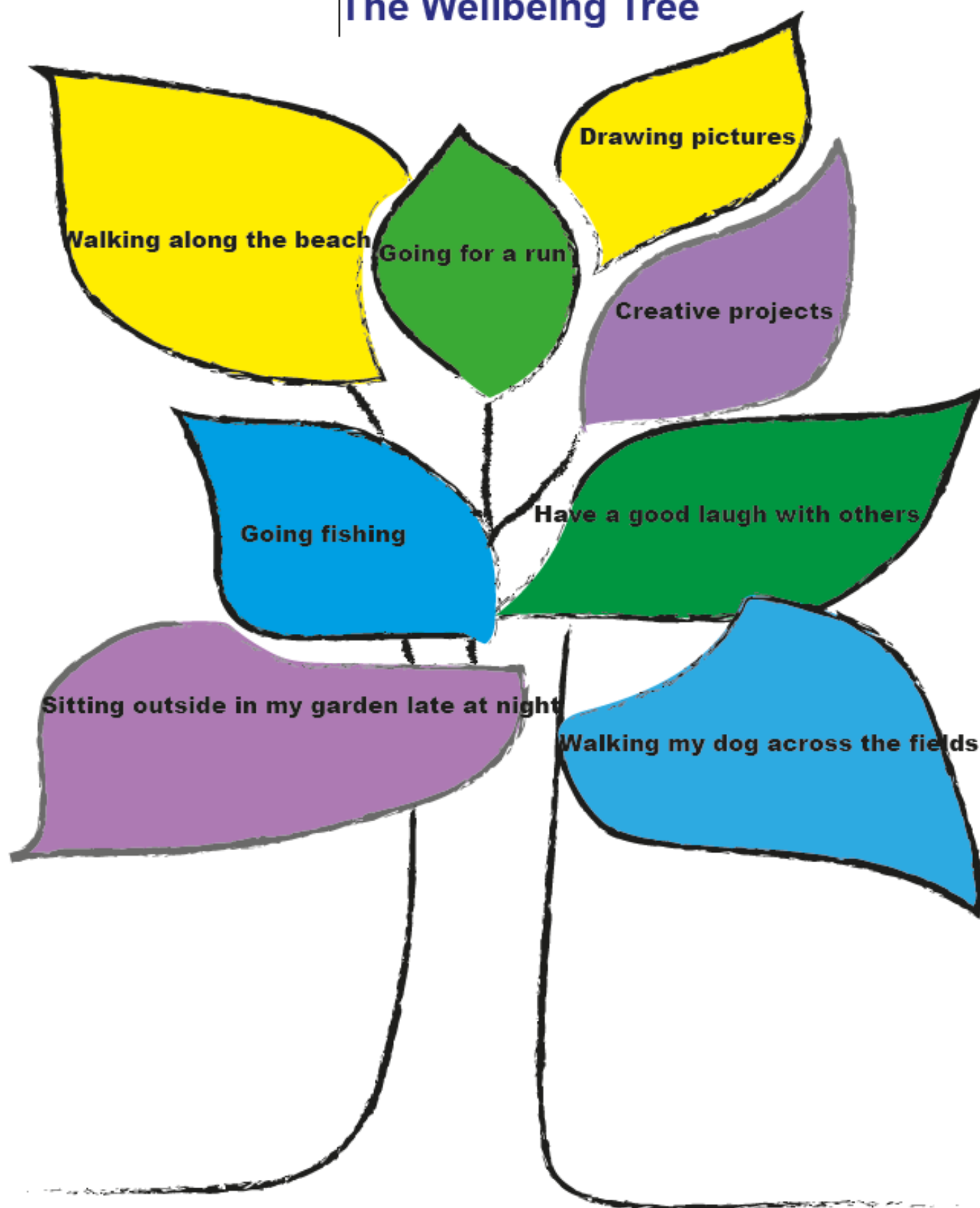
Try techniques. Practise a range of techniques to help you challenge and cope with difficult feelings.

Create a safety plan. Make a plan for how you could keep yourself safe in a crisis.

Keep track of helpful activities. Remind yourself of the things that make you feel better and get ideas for new things to try.

www.samaritans.org

The Wellbeing Tree





Support Contact Details



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**

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/

A small card is included with this leaflet with contact information on, in case anyone is in a crisis situation and needs help.

World's Biggest Coffee Morning.

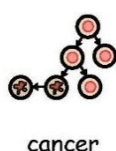
30 September 2022



World's Biggest Coffee Morning is Macmillan Cancer Support's biggest fundraising event. Each year, people in the UK and worldwide host their own Coffee Morning.



The donations received go towards Macmillan services. In 2016 alone, World's Biggest Coffee Morning raised £29.5 million.



Cancer is the second biggest cause of death worldwide, killing 9.6 million people each year. Early identification, prevention, and treatment, on the other hand, might save roughly 3.7 million lives per year.



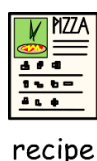
You can sign up to host a Coffee morning, and MacMillan Cancer Support will send you a fundraising kit with top tips to get you started.



A Coffee Morning can be in your home, on your driveway, a hall or online, whatever suits you best. You could have a garden get together or have a barbeque, treat your colleagues to some homemade cakes or even get together with friends for a takeaway.



The official date of the Coffee Morning is Friday 30 September, but it can be held any time.



There are lots of delicious recipes on the Macmillan Cancer Support Website to give you some ideas of what you might like to make.

www.macmillan.org.uk

Chicken Soup

Preparation time: **Less than 30 mins**

Cooking time: **30 mins to 1 hour**

Serves: **6**



Ingredients

55g / 2oz butter

2 onions, sliced

2 sticks celery, finely chopped

2 carrots, finely diced

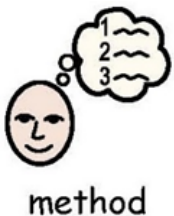
25g / 2oz plain flour

1.2 litres / 2 pints chicken stock

450g / 1lb cooked chicken, skinned and shredded

1 tbsp chopped fresh parsley

Salt and freshly ground black pepper



Method

1. Melt the butter in a large saucepan over a medium heat and gently fry the onions, celery and carrots until they start to soften.
2. Stir in the flour and cook for 2 minutes. Add the chicken stock and bring the mixture to the boil, stirring as you do so. Season with salt and pepper, then reduce the heat until the mixture is simmering and simmer for 10 minutes, or until the vegetables are tender.
3. Add the cooked chicken and cook until heated through. Adjust the seasoning, stir in the parsley, and serve.

Recipe sourced from www.bbcgoodfood.com

Cost of living crisis



costs

What is the cost of living crisis?

The cost of things people need, like food, gas, electric and petrol, is going up quickly.



difficult

Some people are being asked to pay more for their care as well.

Wages and benefits are not going up as quickly so it might be getting more difficult for people to pay for the things they need.

How it might affect you.



diet

You might find it harder to pay for food and other things you need. The price of fresh and healthy food might make it difficult to eat a balanced diet.



shopping

Your weekly shopping might cost more than usual. You might need to buy less and spend less money on the things you like but are not things you need.



gas and electricity

It might cost more money to pay for gas and electricity for your home. The energy price cap is how much money energy companies can charge for gas and electricity. The energy price cap changes four times a year. It went up in April 2022. It will go up again in October 2022 and in January 2023.



expensive

This means that electricity and gas will be more expensive over the Winter. The Winter is when most people need to use more gas and electric to keep their homes warm or to cook hot food.



information

We will be sharing more information on the things you can do to help you during the cost of living crisis.

Reminders and Information Page



stories

If you would like to share stories about Quality Checks or things you get up to outside of work, we have a new email address you can send stories to:

stories@thequalitycompany.co.uk



ideas

We are asking all staff to let us know if they have any ideas for future issues of the Quality Connect.

Please send your ideas to:

ElizabethMiles@thequalitycompany.co.uk



email

Reminder to send things back promptly to Quality Admin.



recruitment

We continue to recruit for Quality Assessors and Quality Supporters across The Quality Company. Remember by referring a friend, you could receive up to £300.



social media

Remember you can follow us on Facebook through Thera Trust and on Twitter @qualitychecking

Meeting details

 health and safety	 ECC	 coffee morning
Date: Tuesday 11 October Time: 11am Via Zoom	Date: Tuesday 11 October Time: 12.15pm Via Zoom	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.

If you are interested in becoming a Health and Safety or ECC Representative, please let us know.