



Quality Connect



welcome

Welcome to Quality Connect

Quality Connect is a leaflet designed to help your wellbeing and feel connected with each other. We welcome new ideas from everyone.

What is in this leaflet

- ✚ Kitty Café
- ✚ Good Stories/Hobbies
- ✚ Inspiring Wildlife Photographers
- ✚ Wellbeing Apps
- ✚ Support Contact Details
- ✚ Recipe for Pesto Cheese Straw Christmas Tree
- ✚ Christmas Wordsearch
- ✚ Reminders and Information Page
- ✚ Meeting Details



thank you

Thank you to everyone who attended the Celebration Day. It was lovely to see you all and to have your contributions.

Kitty Café is a re-homing and care facility for cats and kittens from a range of backgrounds. From rescue cats, to strays, to cats which have had medical issues, the Kitty Café take them in and look after them until they find their forever home.



Harry Heppell first started going to the Kitty Café in Nottingham around 2 years ago in January. Harry's TESS Support Worker found it for him on the internet since he has an interest in cats.

Harry Heppell and his TESS Support Worker take the train from Grantham train station to Nottingham and then walk to the café.

The Therapeutic Emotional Support Service (TESS) is an emotional well-being service for children in care and care experienced young people.

There are too many cats and kittens for Harry to pick a favourite personally. Harry likes the cats' playful antics and the nice food. One time a cat got on top of the small wooden table and took a swipe at the cream on his hot chocolate with its paw!

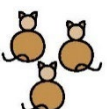
They serve homemade pizza, sandwiches, wraps, paninis, and omelettes. They have a good selection of milkshakes, squash, hot chocolate and of course, cakes.



train station



well-being



cats

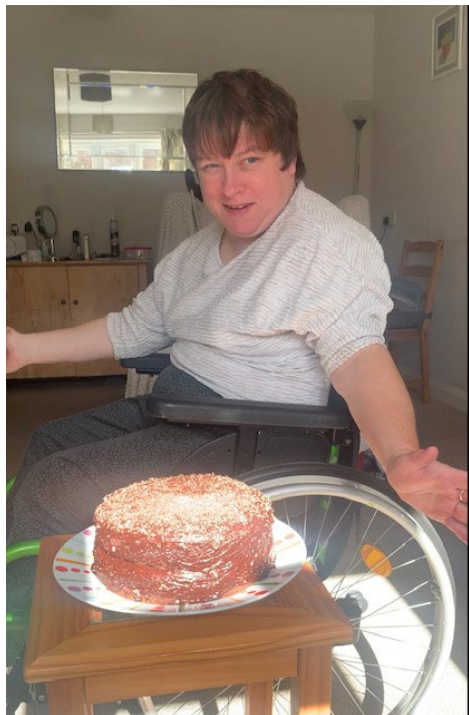


cafe



Good Stories/Hobbies

Kerry with her cake she baked for the Coffee and Cake Catchup to raise money for the Macmillan Cancer Support Charity.



We would love to hear about the things you get up to outside of work. This can be with any other work you do or your hobbies.

Inspiring Wildlife Photographers



Sudhir Shivaram is an Indian Wildlife Photographer. He spends most of his time in the jungle trying to capture the best wildlife photographs which are technically sophisticated.

He makes use of his photos to encourage protecting wildlife and nature and to increase awareness of them.



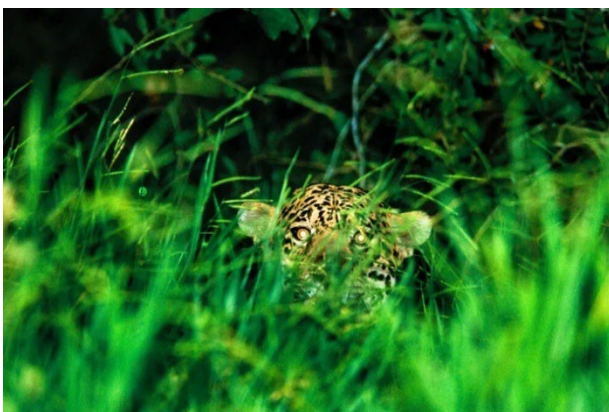
Morkel Erasmus – South Africa - is a nature and Wildlife photographer. He spends his time observing the creatures that live on this continent.

He photographs their daily activities starting from the fall of the light, and even at night in order not to miss anything of their daily lives.



Andy Rouse is a professional wildlife photographer who has developed his photographic style to cover all the animals and the exciting details in the wildlife.

His wildlife photographs come to show the amazing beauty of the natural world around us.



Steve Winter - "The most scared I had ever been in my life" A jaguar's eyes catch the flash on Steve Winter's camera in Brazil.

The jaguar was in the grass looking at them 12 feet away.

Wellbeing Apps

Wellbeing apps are online tools that are designed to support us with our mental health and wellbeing. If you are downloading apps, please check the cost.



Moodrise

Helps with: Confidence, focus and happiness.

How it can help: Moodrise enhances your emotional resilience and helps you to manage your mental wellbeing.

Getting started: Free from the App Store and Google Play Store



FearTools - Anxiety Aid

Helps with: Anxiety

How can it help: FearTools offers evidence based self-help to combat anxiety, including access to a thought diary, exposure exercises and breathing techniques.

Getting started: Download the app and log in, it's free for everyone.



Sleepful

Helps with: Sleep

How can it help: Sleepful offers courses based on proven cognitive behavioural therapy techniques to help you get a good nights sleep.

Getting started: Download the app and log in, it's free for everyone.



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/

Pesto Cheese Straw Christmas Tree

Preparation time: **20 minutes**

Cooking time: **25 minutes**

Serves: **10 - 15**



ingredients

Ingredients

2 x 320g sheets ready-rolled all-butter puff pastry

6 tbsp of pesto

100g of mature cheddar, parmesan, or gruyere, finely grated

1 egg, beaten

Dips of your choice, to serve (optional)



method

Method

1. Heat the oven to 200C / 180C fan / gas 6. Unroll the two pastry sheet, keeping them on their baking parchment. Spread the pesto over one of the pastry sheets, then scatter over half of the grated cheese. Flip the second sheet of pastry on top and press to stick the two pastry sheets together. Remove the top layer of parchment.
2. Cut out a Christmas tree shape – a large triangle with a little stump at the bottom, using as much of the pastry as possible. Cut a star shape out of the offcuts for the top of the tree. Reserve the rest of the offcuts. Lift the tree onto a large baking tray, brush with the beaten egg, then do the same with the star and press it on the tip. Scatter over the rest of the cheese and gently press to help it stick to the pastry.
3. Cut vertical lines into the sides of the tree, about 1cm apart, leaving a 'trunk' of about 2cm up the middle. Twist the strips of pastry and stick them back down to the tray. Do this with all the pastry 'branches'. Cut the offcuts into straws and arrange them on another baking tray. You can now wrap and chill the tree and offcuts for up to two days, freeze for two months, or bake straightaway.

Recipe sourced by Harry Heppell from www.bbcgoodfood.com



Christmas Word Search



Words can be found in any direction (including diagonals) and can overlap each other. Use the word bank below.

X	V	K	X	F	H	M	I	N	C	E	P	I	E	S	V	C	Y	K	E
N	G	N	C	H	H	Y	L	A	U	C	X	J	C	L	T	H	Q	K	E
U	S	I	D	O	U	Y	S	M	I	S	T	L	E	T	O	E	I	L	R
H	E	N	A	C	Y	D	N	A	C	B	D	W	G	L	H	X	V	S	T
X	Q	J	O	W	V	P	Q	O	L	K	N	I	B	O	R	X	N	O	S
M	B	I	F	V	H	U	O	Y	K	C	E	S	Q	D	S	N	G	U	A
M	N	M	V	W	P	T	O	Y	S	Q	S	D	J	T	K	K	X	P	M
F	Z	X	O	E	Y	E	A	B	H	S	Q	R	N	I	Q	K	X	Q	T
Y	R	I	A	F	E	B	X	E	U	A	R	A	D	P	M	T	C	C	S
F	E	Z	H	J	K	A	D	Z	N	H	W	C	B	T	G	R	Q	S	I
T	I	C	L	G	R	F	E	S	T	I	V	E	F	D	A	K	J	B	R
G	N	A	O	N	U	F	C	J	T	O	E	D	H	C	Y	Y	Q	F	H
B	D	R	D	I	T	Z	O	H	N	N	U	M	K	O	S	Q	L	E	C
L	E	O	Z	K	M	F	R	L	A	V	E	E	K	G	N	C	P	Q	V
O	E	L	L	C	L	L	A	M	K	T	R	S	J	I	O	U	M	S	G
V	R	S	V	O	M	G	T	F	Q	S	N	H	E	E	W	M	W	P	M
Y	T	T	J	T	D	E	I	Y	P	M	I	A	O	R	G	J	Y	H	P
F	B	Z	Y	S	T	F	O	E	U	K	O	G	S	A	P	D	Y	G	P
Y	L	I	M	A	F	Y	N	B	O	X	I	N	G	D	A	Y	R	J	Z
U	J	O	R	R	Z	I	S	X	N	F	L	H	F	Q	N	U	C	D	T

Word Bank

- | | | | |
|----------------|--------------|---------------|-------------------|
| 1. decorations | 2. carols | 3. reindeer | 4. presents |
| 5. turkey | 6. mistletoe | 7. toys | 8. cards |
| 9. candycane | 10. fairy | 11. snow | 12. santa |
| 13. festive | 14. crackers | 15. robin | 16. family |
| 17. mincepies | 18. stocking | 19. boxingday | 20. christmastree |

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.

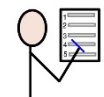
Please send your ideas to:

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

Date: March 2023. To be confirmed

Time: To be confirmed.

Via Zoom



ECC

Date: March 2023. To be confirmed.

Time: To be confirmed.

Via Zoom



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.

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