

THE VOICE

JRH Support Staff Newsletter



7 IDEAS FOR A GREAT STAYCATION

Holiday prices have soared over the past year, and with rising energy costs and inflation in double figures, going on holiday has become something that's just not possible for many of us this year.

So what's the alternative?

A staycation is a holiday that you take at home or near your home rather than travelling to another place. Staycations can be a great way to save money, reduce stress, and explore your surroundings.

Imagine being able to enjoy the relaxation and pampering of a holiday for a fraction of the price – all because you don't have to worry about airfare, passports, airport transfers, or exchange rates.

There are many different ways to enjoy a staycation. You can:

- Visit local attractions, such as museums, parks, and theatres.
- Go hiking, biking, or swimming.
- Have a picnic in the park.
- Go shopping or dining out.
- Take a day trip to a nearby town or city.
- Spend time with friends and family.
- Relax and catch up on your reading or hobbies.

Staycations can be as relaxing or as adventurous as you want them to be. With a little planning, you can have a great time without spending a lot of money or travelling far from home.

Newsletter Contents

7 IDEAS FOR A GREAT STAYCATION

WHAT'S BEEN GOING ON?

AMBER'S MEME OF THE MONTH

BALANCING WORK AND HOME LIFE

ELLIE'S RANDOM FACTS OF THE MONTH

FAITH & CULTURE GUIDANCE



"WHAT HAPPENED IN MENORCA, STAYS IN MENORCA".

Those of you who follow the JRH Facebook page will already have seen some of the lovely photos from Menorca, where a small group of our supported living service users chose to go on holiday together.

Sounds like they had an amazing time and lots of sunshine. Thank you very much to all the staff who went along. I know it may sound like a paid holiday but we're fully aware of just how tiring service user holidays can be.

LEAD ADULT CARE WORKER LEVEL 3 DIPLOMAS

It's been good to see some of our staff signing up for the Lead Adult Care Worker Level 3 Diploma. This qualification is not for the faint-hearted as it can be really hard work to achieve all the outcomes, but it's a very useful qualification to have if you're looking to progress in social care.

We've teamed up with training provider Paragon Skills for this qualification as they have a really good reputation and excellent assessors.

If this is a qualification you're thinking about enrolling on, please speak to your line manager who can guide you on the entry requirements and recommend you for enrolment if they feel it's right for you.



ABOUT THIS NEWSLETTER

We're hoping to produce this newsletter every month or so, and for it to become something that our whole staff team can feel a part of and enjoy reading.

Each month we'll have some interesting and fun things for you to read, and also showcase some of the great things that

are happening at JRH. To do this though we need your help!

If you would ever like to contribute something to the newsletter or you have ideas about what you'd like to see in it, please let us know by emailing paul@jrhsupport.co.uk.



WE'VE BEEN MAKING A MOVIE

This is Kaydee. Kaydee lives in one of our supported living properties in Clifton and has recently been involved in making a short film about the people who live in our supported living services.

Oliver, a Media Production student from Nottingham Trent University has been filming Kaydee as she visits her friends in the other supported living properties, chatting to them and seeing what they get up to.

This is a fantastic project that really shines a light on the great things that are happening in supported living. Kaydee is a natural star and does an amazing job throughout. The film is being edited at the moment but we'll be having an awards ceremony at the office for all the service users who took part in the project once it's released.

You'll all be able to see it on YouTube soon so please leave some nice comments when you do as it will really mean a lot to the service users who took part.

STAFF WELLBEING HUB

Have you visited the Staff Wellbeing Hub yet? If not, you'll find it in the staff section of our website (just click the link at the bottom of every page on the site).

The Wellbeing Hub has lots of useful information about supporting your mental health, including a link to our 24 hour telephone counselling service with Peninsula.

We've been signed up to the counselling service for a number of years now, and many of our staff have said they've found it really helpful when they've been going through difficult periods in their life.



IMPORTANT SAFEGUARDING REMINDER

REMEMBER - If you ever have concerns about a service user's welfare and believe they may be experiencing abuse, you MUST tell someone immediately.

Contact your manager, the office or the on-call number.

AMBER'S MEME OF THE MONTH

meme

noun

- an image, video, piece of text etc., typically humorous in nature, that is copied and spread rapidly by internet users, often with slight variations..



MOTM

BALANCING WORK AND HOME LIFE



Work-life balance is the ability to balance professional responsibilities with personal interests and obligations. It's important for both your physical and mental health to have a healthy work-life balance. When you are too focused on work, you can experience stress, burnout, and health problems. When you are too focused on your personal life, you can experience guilt, anxiety, and a lack of motivation.

There are many things you can do to improve your work-life balance. Here are a few tips:

- Set boundaries. It's important to set clear boundaries between your work life and your personal life. This means setting specific times for work and for personal activities, and sticking to those times as much as possible. It also means not checking work emails or taking work calls outside of work hours.
- Take breaks. It's important to take breaks throughout the day, both at work and at home. Get up and move around, or step outside for some fresh air. Taking breaks will help you stay refreshed and focused.
- Delegate. If you have too much on your plate, don't be afraid to delegate tasks to others. This will free up your time so you can focus on the most important things.
- Take care of yourself. Make sure you are getting enough sleep, eating healthy foods, and exercising regularly. Taking care of your physical and mental health will help you be more productive at work and more engaged in your personal life.
- Make sure you are taking time for yourself each day to relax and recharge. This could mean reading, taking a walk, or spending time with friends and family.

Balancing work and home life is a journey, not a destination. It takes time and effort to find what works best for you. Don't be discouraged if you don't get it perfect right away. Just keep trying and you will eventually find a balance that works for you.

"You can't do a good job if your job is all you do"

-Katie Thurmes

Ellie's Random Facts

OF THE MONTH

1. 7% of American adults think chocolate milk comes from brown cows .
2. Dolly Parton once lost a Dolly Parton lookalike contest (to a drag queen!)
3. Ear wax is technically a form of sweat.

I SAID IT'S
A FACT!



More next month!

FAITH & CULTURE GUIDANCE



A person's religion and culture is central to their very being, and will have a direct effect on their needs, their behaviour and often on their attitude towards care and support.

Because of this it's important that we have a good understanding of different religions and cultures so we can support people of all different faiths. The staff section of the JRH website has comprehensive guidance on a large number of different faiths, but we will use the JRH Newsletters to focus on some of the major ones.

ISLAM

Background

Most Muslims in Britain were born here, of Pakistani or Bangladeshi origin; but there are also sizeable communities of Yemeni, Somali, Iraqi and Iranian Muslims, as well as people from Afghanistan, Bosnia, Kosovo and other countries.

Islam was founded early in the seventh century by the Prophet Mohammed who was born in Mecca, now in Saudi Arabia. Muslims believe that Mohammed was the last and most important of the prophets who also included Abraham, Moses and Jesus. God (or in Arabic, Allah) gave to the Prophet Mohammed the principles by which mankind should live and ordered him to act as his

messenger. These principles were later recorded in the Holy Book of Islam, the Koran (also written as Quran).

UK Community

According to the 2021 census, there are 3.9 million muslims living in the UK.

Beliefs

Muslims believe in one god, who is worshipped without images or symbols. Mohammed is god's messenger, not a God himself. The Koran guides Muslims on how god wishes them to live. All believers in Islam are equal, regardless of race or



When entering a home

The Muslim greeting is 'Assalaam Alaikum' (peace upon you), to which the reply is 'Vaalaikum Assalaam' (peace be upon you also). The right hand is used for both shaking hands, greeting, and for passing or receiving things.

It is normal to take off your shoes when entering the house. In an emergency, it is courteous to explain why you haven't time to do this. A Muslim woman alone at home may be reluctant to answer the door to a male caller. Mutual hospitality and courtesy are of great importance. A formal style of conversation is seen as respectful. Visitors should address the father of the family first, and then speak to whoever leads the conversation. As a sign of respect, it is best to avoid eye contact while speaking.

Health and social care

Islamic law forbids physical contact between a woman and a man other than her husband. This can lead to problems, for example, where a medical examination is necessary and no female healthcare worker is available. Most Muslims understand emergency situations, but healthcare staff should be sensitive to their concerns.

class: religious piety is the only attribute that makes one muslim superior to another.

Muslims believe that God has offered guidance to people from different nations at different times, across the centuries, through various prophets who taught people about God and the nature of existence. In this way Muslims acknowledge that the essence of most of the religions today contain the same truths, having come from the same source.

Muslims believe the Torah and Bible to be divinely inspired books and believe the Prophet Moses and Jesus (Peace be upon them) to be very important and respected messengers of God. There is therefore a very strong and respected link and continuity between Islam, Judaism and Christianity.

Places of worship

The Mosque is the centre of religious and community life. Few mosques in Britain are specially built, but most communities have their own local mosque, where religious services and classes are held. Each mosque will have an Imam or spiritual leader who reads the Koran and leads prayers.

Death

The Islamic faith places a great deal of significance on death and funeral rites. Muslims believe that the soul leaves at the point of death and that the body does not belong to the individual but rather that it belongs to God. They also believe that unless the body is buried within 24 hours of death, the soul will be unable to progress to Heaven. Islamic law also decrees that a body must not be interfered with once the soul has departed. These laws and beliefs mean that a delay in burial, like a post-mortem examination can be deeply distressing for a bereaved family. Many Muslims do not wish to be cremated, as again, this would prevent the soul from reaching Heaven.

Social aspects of Islam

Islam emphasises the equality of all people and consequently women and men have equal rights. However, their roles and duties are also different and clearly laid out and this may conflict with Western ideas of equality. Men must protect and respect women, and a Muslim woman is always under the guardianship of her father, husband, or her sons if she is a widow.