



The Beacon

The news update from Crimson Hill Support

Number 78, October 2019

Hi everyone,

Well 2019 has gone so fast, and so much exciting stuff has happened. Several of the people we support went on very successful holidays, there is a fantastic photo later in the newsletter of one of them and their two staff having fun and thrills!

We have also recruited lots of new staff who are currently all getting to grips with the way we support people, and we have been able to promote seven staff. I love the fact that so many of you are able to build your careers with us at Crimson Hill Support. Lastly we have also started supporting some new service users, so a big thank you to all of you for the fantastic job you do every day.

Many thanks Fliss

Congratulations to Louise Durham

Who graduated from University Central Somerset with her level 5 Diploma “Health and Social Care Management and Leadership”. This is equivalent to a Degree, and took a lot of hard work to achieve. Thinking back when Louise first came to work at Crimson Hill Support in 2010, she was worried about having to do a NVQ2!



Bonfire Cupcakes



Ingredients

- 12 plain Chocolate cupcakes without icing
- 250g unsalted butter
- 500g icing sugar
- Matchmakers
- Red, orange and yellow food colouring
- Piping bag
- Open star nozzle

Method

1. Cream the butter for a few minutes
2. Add in the icing sugar and mix well
3. If flavouring your buttercream, put the flavouring in now
4. Divide the buttercream into three bowls
5. Colour the buttercream red, orange and yellow
6. Fit a piping bag with an open star nozzle
7. Put the piping bag into a stand or pint glass
8. Fill with all three colours
9. Squeeze down the buttercream and twist the bag at the top to stop buttercream coming out
10. Starting in the middle of the cupcake, squeeze out a large star shape
11. Then, from the outside squeeze the buttercream out and go around the outside of the star twice and into the middle
12. Stop squeezing and pull away
13. Using halves of Matchmakers press them into the sides of the buttercream swirl to create a 'bonfire' look

Just for fun

1. I can be cracked, I can be made, I can be told, I can be played, what am I?
2. What is the worst vegetable you can have on a hip?
3. Look in my face, I am somebody. Look in my back, I am nobody.
4. When can you add two to eleven and get one as the correct answer?
5. You use a knife to slice my head, and weep beside me when I am dead?



Earlier this year one of the people we support went on holiday, and discovered that he loves rollercoasters so much so that we could not get him off!! For him and the staff who supported him it was a brilliant break away, and very successful. So from Adrian and his family a huge thank you for the extra effort you all went to, to make it extra special.



Promotions

Following the interviews that were held earlier this month, we have two new Team Leaders – Ian Oliver and Joao Fernandes.

They both start their new roles on the 1st November.

In addition we also promoted five new Senior Support Workers: Caroline Holden, Liam Morris, Lindsay McDermott, Nigel Clark, and Tash Lang.

Refurbishment of Sutherland Court

Over the last couple of weeks we have been refurbishing Sutherland Court one of our respite properties. It was looking tired and worn and with a motley collection of furniture which had been damaged from hard use.

Reli our superstar maintenance man has been in and transformed it. Along with new furniture, he has painted the walls, changed the bathroom into a shower room, and put up new pictures. It looks amazing! Thank you Reli.

Syndrome Focus

In this new column we will be focusing on a different syndrome or condition in each edition,

This month it is **Tuberous Sclerosis**.

Tuberous Sclerosis is a rare genetic condition caused by the mutations in either the TSC1 or TSC2 gene. It can sometimes be hereditary.

It is characterized by the development of non-cancerous tumors that can develop on different parts of the body. The most commonly affected areas are the brain, kidneys, heart, eyes, and lungs.

You will see skin changes and the development of epilepsy before the age of 5.

People with TS will often have a variety of cognitive and behavioural challenges. It is associated with developmental delays and learning disabilities, self injurious behaviour, or aggression.

They can have difficulty with social and emotional adjustment, and can have other conditions such as Autism, and ADHD.

Due to the tumours they can develop retinal tumours on their eyes which can affect their sight . Across their face particularly the cheeks and nose will be a red rash and thickened skin. They can also develop breathing difficulties and Hydrocephalus.

People with TS are normally monitored yearly for deterioration and this will involve discussion around their current levels of needs, as well as scans to measure and ascertain if the tumours are developing and growing.

TS is a degenerative condition and careful monitoring is necessary.

People with TS will often be prescribed medication for epilepsy and sometimes medication to help with kidney dysfunction and shrinking of the kidneys.

Successful Diploma Completions.

Well done to all of the following who have successfully completed their Diplomas in Health and Social Care: Ian Oliver, Charlotte Barker, Louise Greenslade.