

# Monthly Newsletter



6th February, 2026



STAFF DINNER AND AWARDS NIGHT

## WELCOME TO FEBRUARY AT GIAN HEALTHCARE

We hope you're all settling well into the new year and feeling refreshed as we move through February. January set a fantastic tone for 2026, and we're excited to keep that momentum going together.

One of the highlights of the month was our **Annual Staff Dinner and Awards Night** on 17th January. It was a wonderful evening of celebration, connection, and recognition, and we'd like to extend a huge thank you to everyone who attended. Your presence, energy, and dedication truly made the night special. Congratulations again to all our award winners. Your hard work and commitment do not go unnoticed.

As we continue into 2026, we remain focused on building on our successes, strengthening teamwork, and delivering the highest standards of care to those who rely on us.

In this February edition, here's what to look out for:

- 👏 Appreciation and reflections from our Annual Staff Dinner & Awards Night
- 🏆 Important updates to the Employee of the Month voting process
- 📰 General news, key updates, and developments across Gian Healthcare

### 🌟 Looking Ahead 🌟

As we move forward, let's continue to uphold the values that define Gian Healthcare — care, compassion, professionalism, and teamwork. Every role makes a difference, and together we can make 2026 our most impactful year yet.

Please remember to review and acknowledge all new communications and policy updates, as staying informed helps keep us connected and compliant. Stay engaged with us on social media for updates, celebrations, and highlights:

[Facebook](#): Gian Healthcare Ltd  
[Instagram](#): @gianhealthcareltd  
[TikTok](#): @gianhealthcareltd  
[LinkedIn](#): Gian Healthcare Limited

Your feedback continues to shape our journey. Please share your thoughts and ideas via the Feedback and Suggestion Box to help us grow together. Here's to a positive, purposeful, and connected 2026 ahead! 💙

### In this newsletter you can expect:

The News

Birthday Shoutouts

Fun and Engagement Corner

Key Healthcare Dates

Our Goals for the Year

Feedback and Suggestion Box

# THE NEWS

Catch Up on Recent Highlights and Key Updates

- **Bupa Employee Assistance Programme (EAP)**

All staff have access to the Bupa Employee Assistance Programme, which offers confidential support 24/7.

☎ 0800 269 616 – available at any time for wellbeing, emotional, financial, or work-related support.

- **Oliver McGowan Training**

The Oliver McGowan Training is due to expire later this year. Please keep an eye out for the reminder email and ensure the training is completed when prompted.

- **Care Certificate – Standard 16**

A reminder that Standard 16 of the Care Certificate must be completed by 26th February 2026. Please ensure this is completed by the deadline.

- **Social Care TV Training**

All staff must keep their Social Care TV training up to date. If you're unsure about your expiry dates, please email [compliance@gianhealthcare.co.uk](mailto:compliance@gianhealthcare.co.uk), and this can be checked for you.

- **Care Certificate – New Starters**

New staff are reminded to complete their Care Certificate as soon as possible as part of onboarding and compliance.

- **Rota Update**

The rota for 15/02/2026 – 14/04/2026 was released on 30th January 2026. Please check once issued. Rota release dates have been attached for reference.

ROTA PERIOD	DATE TO BE PUBLISHED	LATEST DATE TO BOOK HOLIDAYS (Permanent Staff)
15/02/2026 – 14/04/2026	30/01/2026	09/01/2026
15/04/2026 – 14/06/2026	03/04/2026	23/03/2026
15/06/2026 – 14/08/2026	29/05/2026	25/05/2026
15/09/2026 – 14/11/2026	28/08/2026	25/08/2026
15/11/2026 – 14/01/2027	30/10/2026	25/10/2026
15/01/2027 – 14/03/2027	31/12/2026	25/12/2026
15/03/2027 – 14/05/2027	26/02/2027	22/02/2027



- **Policy and Team Meeting Acknowledgements**

To remain compliant and maintain high standards, all staff are reminded to sign and acknowledge any new or updated policies and team meeting minutes distributed to them.

- **Clocking In / Clocking Out**

The only recognized method for clocking in and out of shifts is by using the OTP devices provided at the properties. If you encounter any issues preventing you from clocking in or out, please contact IT Support immediately so the matter can be resolved promptly.

- **Employee Recognition Update**

We are moving from Employee of the Month voting to a **quarterly** basis.

This change will allow the awards to feel more meaningful, enable more valuable prizes, and give us time to properly review and analyse nominations and votes.

Thank you for your continued hard work and dedication!

- **Team Meeting Attendance**

All staff are required to attend team meetings and should aim to attend at least 85% (10 out of 12) of meetings each year.

- **Payment Guidance:**

- Staff who are on shift during a team meeting will not receive additional payment.
- Staff who are not on shift must complete and submit a timesheet before the end of the pay period to ensure they are paid.

Team meetings are an important part of staying informed, supported, and aligned in our work. Thank you for your cooperation and continued commitment.

# Meet Your New Care Coordinators

We're excited to welcome two new Care Coordinators to the team! They'll be supporting service users, families, and staff to ensure care is seamless, compassionate, and well-coordinated. Please join us in giving them a warm welcome.

## Shannon Keighron, Care Coordinator



We're excited to welcome Shannon as a new Care Coordinator! Shannon brings a strong background in care and case support, with experience across residential care, mental health services, and legal case management. She has worked closely with multidisciplinary professionals, external agencies, and clients, and is passionate about advocacy, safeguarding, and helping individuals feel supported and heard throughout their care journey. Shannon has a particular strength in coordinating care, managing complex information, and building positive, trusting relationships.

**Fun fact:** Once told her parents she was going shopping when she still lived with them, but didn't tell them what she was going shopping for then returned home with a French Bulldog later that day

## Troyshea Butterfield, Care Coordinator

We're excited to welcome Troyshea as a new Care Coordinator! She brings a strong background in health and social care, with experience spanning direct clinical practice and operational management. A Certified Nursing Assistant with a Level 4 qualification in Adult Health and Social Care, Troyshea has extensive hands-on experience in patient support and vital monitoring, which informs her person-centred approach to care coordination. Her strengths include managing complex care needs, developing individualized care plans, and supporting clear communication between multidisciplinary teams and families, all while maintaining high standards of safeguarding, leadership, and regulatory compliance.

**Fun fact:** Outside of work, Troyshea is a dedicated mother who enjoys ocean sports, traveling, cooking (her signature dish is curry goat!), and styling hair.



# Care Coordinator Allocations

Property	Care Coordinator	Email
Royle Close Park Range	Troyshea	troysheab@gianhealthcare.co.uk
Hollins House Kenneth Collis Court Schofield	Shannon	shannonk@gianhealthcare.co.uk
Birchgrove Old Lane	Chelbi	chelbih@gianhealthcare.co.uk
Hill Lane Thornholme	Doris	d.achiaa@gianhealthcare.co.uk

# Health — AND — Wellbeing

## Staying Safe on the Internet

In a mental health setting, using the internet safely and responsibly is essential to protect service users, staff, and organisational information. All staff members are expected to follow best practice when using digital systems, devices, and online platforms.

Please adhere to the following key guidelines to ensure safety, professionalism, and confidentiality:

**Protect Confidential Information:** Never share service user details, passwords, or sensitive work-related information online. Use secure systems only and log out of devices when not in use.

**Use Strong and Secure Passwords:** Create strong passwords and do not share them with others. Update passwords regularly and follow organisational IT security guidelines.

**Be Cautious with Emails and Links:** Do not open suspicious emails, attachments, or links. Phishing attempts can appear legitimate. Report any concerns to your manager or IT support immediately.

**Use Work Devices Appropriately:** Only use approved devices and systems for work-related tasks. Avoid accessing personal or inappropriate websites while on work devices or networks.

**Maintain Professional Boundaries Online:** Do not engage with service users on personal social media accounts. Keep all online interactions professional and in line with Gian Healthcare policies.

**Report Online Safety Concerns Promptly:** If you suspect a data breach, cyber threat, or unsafe online activity, report it to your supervisor or IT team immediately.

Thank you for helping to keep our digital environment safe, secure, and professional for everyone. ❤️

## ❤️ Health & Wellbeing Reminder

As we continue through the year, we'd like to remind all staff to prioritise your health and wellbeing. Please ensure you are staying well hydrated, eating regularly, and taking time to rest where possible. Looking after yourself helps you stay focused, energised, and safe at work.

Mental health is just as important as physical health — for both staff and service users. The way we feel can directly influence the environment around us, and our moods, energy, and communication can have a significant impact on the wellbeing of those we support. By taking care of our own mental health, we create a calmer, more positive, and supportive space for service users.

If you are feeling overwhelmed or need support, please reach out to your manager or access the support services available. Taking care of yourself is not a weakness — it's an essential part of providing high-quality care. ❤️



# FUN AND ENGAGEMENT CORNER

This month, we're adding a little extra joy to your newsletter! Here are some light hearted features and friendly challenges to keep us all smiling through November ❤️

## SHOUTOUTS AND THANK YOU'S

As we continue into 2026, we'd like to take a moment to say a huge thank you to everyone who attended our Annual Staff Dinner and Awards Night. Your presence, enthusiasm, and support made the evening truly special and a wonderful celebration of the hard work across Gian Healthcare.

Special shoutouts to:

🌟 **All staff who attended** — thank you for taking the time to come together, celebrate achievements, and support one another. The night was a true reflection of our strong, connected team.

👤 **Staff who covered shifts** — Thank you for your dedication, effort, and sacrifice. Even though you were unable to join us on the night, your commitment made it possible for the Awards and Dinner to take place. We truly appreciate everything you do and did not forget your contribution.

👔 **Our Director and Registered Manager** — thank you for your continued support and for allowing and championing this event. Your leadership and appreciation of staff make moments like this possible.

👥 **Our Office Team** — a big thank you for organising and coordinating the event. From planning to execution, your hard work behind the scenes ensured everything ran smoothly.

🌟 A special thank you to **Aderomola, Haswell, Yaw** and **Juliet** for your extra support and dedication behind the scenes. Your efforts did not go unnoticed and were greatly appreciated.

We're excited for what lies ahead in 2026 and look forward to creating even more moments of celebration together. If you'd like to recognise a colleague for their hard work or contribution, please drop their name into the Feedback & Suggestion Box for next month's issue! ❤️

## PUZZLE CORNER RETURNS

We're delighted to bring back one of our favourite newsletter features. Every month, Puzzle Corner will return with a brand-new challenge designed to get you thinking (and competing!).

Be quick — the first three correct entries each month will win a £10 gift voucher, along with some well-earned bragging rights until the next puzzle drops. 🧩🎉

This month's puzzle is simple, but essential — and everyone can take part!

We're kicking things off with a challenge that helps support our social channels and gets everyone involved. It's quick, easy, and counts as your entry into this month's prize draw.

How to enter:

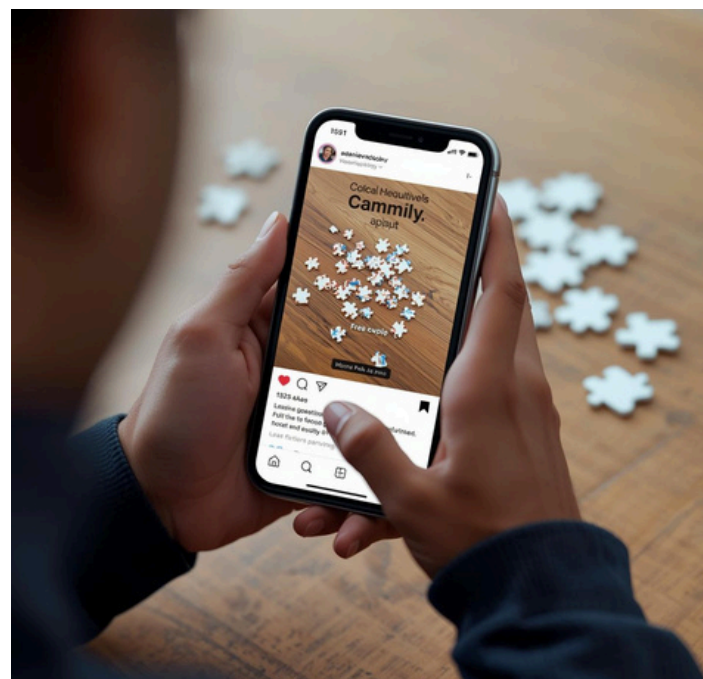
Comment **"Puzzle"** on our latest Instagram post

Comment **"Solved"** on our latest Facebook post

Comment **"Done"** on our latest TikTok post

Once you've commented on all three platforms, simply take a screenshot of your comments and send it in to [ghl@gianhealthcare.co.uk](mailto:ghl@gianhealthcare.co.uk) complete your entry.

The **first three** correct entries will each win a £10 gift voucher — so jump in, show some love on our socials, and be quick! 🎉



# ✦ ANNUAL DINNER & AWARDS NIGHT

What a fantastic evening celebrating the incredible achievements of our teams! Here are a few highlights captured during the night:



Want to see more? You can view and download all the photos from the event using the link below.

[https://drive.google.com/drive/folders/17LwvAF8oLSzEO0xwrk\\_AOcO\\_57R6Gi4Q?usp=sharing](https://drive.google.com/drive/folders/17LwvAF8oLSzEO0xwrk_AOcO_57R6Gi4Q?usp=sharing)

For easy access, a QR code is also provided — simply scan it with your phone to relive the memories and save your favourites!

Let's treasure the memories and celebrate the amazing moments we shared together!



## KEY HEALTHCARE DATES- FEBRUARY 2026

This month brings several important health and wellbeing observances that reflect our ongoing commitment to inclusive, compassionate, and preventative care. Here are a few we're spotlighting in February:

### ♥ **Heart Month / British Heart Foundation Awareness**

February is dedicated to raising awareness about heart health, highlighting the importance of prevention, early detection, and lifestyle choices that support cardiovascular wellbeing. Encourage conversations around exercise, healthy eating, and regular check-ups.

### ♥ **World Cancer Day – 4 February**

A global day to raise awareness of cancer prevention, screening, and early diagnosis. Promote education, reduce stigma, and support those affected by cancer in our communities.

### ♥ **Time to Talk Day – Usually first Thursday of February**

A day to start open conversations about mental health. It's an opportunity to encourage supportive discussions, reduce stigma, and highlight resources for mental wellbeing.

### ♥ **Eating Disorders Awareness Week – Dates vary in February**

This week aims to raise awareness about eating disorders, highlight the importance of early intervention, and support person-centred approaches to nutrition and mental health.

### ♥ **Rare Disease Day – Last day of February (28 or 29 Feb)**

A global initiative to raise awareness of rare conditions, promote inclusion, and highlight the need for research, advocacy, and compassionate care for those affected.

## 🎯 **OUR GOALS FOR THE YEAR**

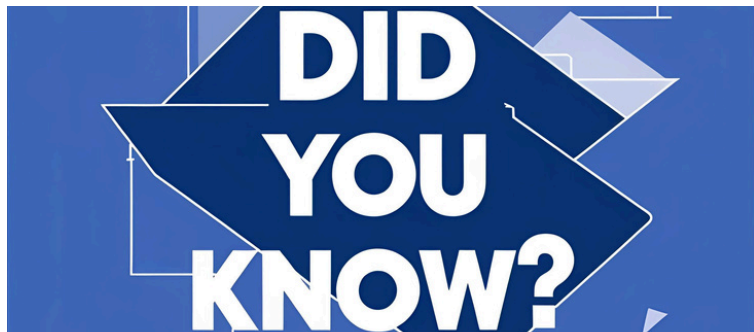
This year, one of our key goals is to increase Gian Healthcare's visibility online and showcase the amazing work our teams do every day. Your support makes all the difference!

✅ **Share your experiences** – Leave a Google review or share a post about Gian Healthcare on your own social media.

✅ **Engage with our channels** – Follow, like, comment, and share our posts on Instagram, Facebook, TikTok, and LinkedIn to help our content reach a wider audience.

✅ **Spread the word** – Tag us, celebrate team achievements, or share updates with friends and family. Every action helps highlight our positive culture and expertise.

Together, let's make 2026 the year Gian Healthcare's online presence truly reflects the dedication and excellence of our teams! 🌟



Humans are the only mammals that intentionally delay sleep for social, work, or recreational reasons. While other animals follow natural sleep cycles, we often sacrifice rest to meet deadlines, scroll through social media, or attend events. This chronic sleep loss can significantly affect memory, concentration, and mood, weaken the immune system, and even increase the risk of long-term health issues like heart disease and diabetes. Prioritising sleep isn't just about feeling rested—it's essential for your brain, body, and overall wellbeing.

## 🎉 **FEBRUARY BIRTHDAY SHOUT-OUTS!**

This month, we're raising a toast to our amazing team members celebrating their birthdays! Here's to another year of health, happiness, and success. May your day be as fantastic as you are!

- 2nd February- Justin Amoah
- 6th February- Haswell Chilemba
- 21st February- Dalumuzi Tsepho Moyo
- 27th February- Tendai Clarence Nyagumbo

Want to be featured on our social media for your birthday? Share your favorite photos and videos with us by sending them to the office number!

## **FEEDBACK AND SUGGESTION BOX**

Your voice matters! Whether it's an idea for improving our services, feedback on recent training, or a suggestion for the next staff social, we'd love to hear from you.

You can put your concern into the staff feedback form, speak directly to your team Care Coordinator or you can send your suggestions, ideas and concerns to: [ghl@gianhealthcare.co.uk](mailto:ghl@gianhealthcare.co.uk).

Alternatively, you can visit our website and use the new feedback form.

Together, we can keep making Gian Healthcare an even better place to work and receive care.

## **Thank you for reading!**

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