

Monthly Newsletter

Supporting Wellbeing in Every Step



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WELCOME TO MAY AT GIAN HEALTHCARE

We hope you've had a positive and productive start to May. Thank you for the continued dedication, compassion, and professionalism you bring every day. Your hard work makes a real difference to the people we support and to the success of Gian Healthcare.

As we move further into 2026, we remain focused on teamwork, wellbeing, and delivering the highest standards of care across all services.

We also encourage everyone to continue sharing feedback and staying up to date with all company communications and policy updates.

Together, through care, compassion, professionalism, and teamwork, we can continue making a positive impact every day. Stay connected with us on social media for updates, celebrations, and company news:

 **Facebook:** Gian Healthcare Ltd

 **Instagram:** @gianhealthcareltd

 **TikTok:** @gianhealthcareltd

 **LinkedIn:** Gian Healthcare Limited

Catch Up on Recent Highlights and Key Updates

Over the past month, we've continued to make positive progress across the organisation, with several important updates and initiatives taking place.

- **Annual Feedback Survey**

Thank you to everyone who took part in our annual staff feedback survey. Your feedback is extremely valuable and helps us continue improving our workplace, communication, and support for staff and the people we support.

- **New Staff Contracts**

Updated staff contracts have now been issued. If you have not already done so, please ensure your contract is signed and returned as soon as possible.

- **Health & Safety Checks on PASS**

As part of our continued commitment to safety and compliance, Health & Safety checks are now being completed through the PASS system. Staff are encouraged to ensure records are completed accurately and on time.

- **Upcoming PQI Inspection**

We are preparing for the upcoming PQI inspection. Thank you to all staff for your continued professionalism, hard work, and support in ensuring we maintain high standards across our services.

- **Staff Training**

We recently launched a series of training sessions focused on: **“Supporting People with Learning Disabilities to Live Good Lives.”** These sessions are designed to strengthen our person-centred approach and support positive outcomes for the people we work with.

- **Team Meetings & Policies**

Friendly reminders have been sent to all staff to ensure Team Meeting notes and company policies are read, signed, and acknowledged promptly. Keeping these up to date is an important part of maintaining compliance and communication across the organisation.

Thank you all for your continued dedication and commitment.

Workplace Updates

DID YOU KNOW? 🧠

People can pick up on emotional tone in just a few seconds, often before words fully land or are fully understood.

In mental healthcare, this means a calm voice, steady presence, and patient listening can help someone feel safer and more supported almost instantly. These small but powerful human signals can help reduce anxiety and build trust in a matter of moments. 🌱

Sometimes, it's not just what you say, it's how you show up, and the sense of calm and reassurance you bring into the space.



Key Healthcare Dates

May Health & Wellbeing Highlights

- ◆ **Mental Health Awareness Week – 11–17 May**
A week led by the Mental Health Foundation encouraging open conversations about mental health, reducing stigma, and promoting supportive workplaces and communities.
- ◆ **International Nurses Day – 12 May**
Celebrated on Florence Nightingale’s birthday, this day recognises nurses’ dedication and vital role in healthcare worldwide.
- ◆ **Dementia Action Week – 19–25 May**
Led by Alzheimer’s Society, it raises awareness of dementia, encourages early support and diagnosis, and promotes understanding and inclusion.
- ◆ **World No Tobacco Day – 31 May**
A World Health Organization campaign highlighting the risks of tobacco use and encouraging quitting for better long-term health.
- ◆ **Maternal Mental Health Awareness Week – 5–11 May**
Focuses on the mental health of mothers before and after birth, promoting early support and reducing stigma.
- ◆ **National Smile Month – 13 May–13 June**
A campaign promoting good oral hygiene and highlighting the link between dental health and overall wellbeing.



- ◆ **Challenging Behaviour Training – 29 May & 4 June**
Training sessions are scheduled for the 29th of May and 4th of June. Staff should keep an eye on their emails for confirmation of their allocated session.
- ◆ **New Staff Joining**
There will be new faces across some properties in the coming weeks. Please support new colleagues with their training and help them settle into their roles and teams.
- ◆ **Activity Documentation**
Staff are asked to take photos and videos of all activities attended with service users. These should be sent to the office via email or the on-call mobile for record keeping and sharing purposes.



🎉 **MAY 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!

Aderomola, Beatrice, Bernice, Christina, Elizabeth, Masia.

Want to be featured on our social media for your birthday? Share your favorite photos and videos with us!

Health and Wellbeing for Mental Health Staff

Health and wellbeing are especially important for mental health staff, who often work in demanding and emotionally challenging environments. Supporting others through stress, trauma, and mental illness can be rewarding, but it can also affect staff wellbeing if self-care is neglected.

Maintaining good physical health helps staff manage the pressures of their role. Regular exercise, healthy eating, and enough sleep can improve energy levels, concentration, and resilience. Even small habits, such as taking breaks during shifts or staying hydrated, can make a positive difference.

Emotional wellbeing is equally important. Mental health professionals may experience stress, compassion fatigue, or burnout due to the nature of their work. Talking with colleagues, attending supervision sessions, and accessing workplace support can help staff manage these challenges effectively. Creating boundaries between work and personal life is also essential for maintaining balance.

A supportive workplace culture plays a key role in staff wellbeing. Encouraging teamwork, open communication, and mutual respect can reduce stress and improve morale. When mental health staff feel supported, they are better able to provide high-quality care to the people they support.

Prioritising health and wellbeing benefits both staff and service users. Healthy, supported professionals are more resilient, motivated, and able to deliver compassionate care.

HEALTH AND WELLBEING

“You cannot provide the best care for others without also caring for your own health and wellbeing.”

THANK YOU, CARE HEROES

Your compassion makes a difference every day.

Employees of The Quarter

We are delighted to announce and congratulate our Employees of the Quarter for January 2026 to March 2026. This recognition reflects outstanding dedication, compassion, and professionalism. Your commitment to supporting others and consistently upholding our values is truly appreciated.

Please join us in celebrating these well-deserved achievements and thanking our honorees for their hard work and positive impact:



BIRCH GROVE

Linda Mpaweni



BIRCH GROVE

Andy Addo



HILL LANE

Ivy Chirowodza



SCHOFIELD STREET

Juliet Effah



OLD LANE

Emmanuel Owusu-Yeboah



HOLLINS HOUSE

Isaac Kofi Minamor



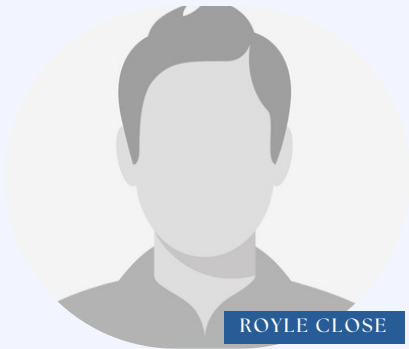
THORNHOLME

Beatrice Ngwira



PARK RANGE

Norman Gakaka



ROYLE CLOSE

Vivian Tshibala

FUN AND ENGAGEMENT CORNER

In between caring for others and keeping everything running smoothly, here is a moment just for you, a quick challenge to spark curiosity, add a bit of fun, and give your mind a refreshing break from the day to day.

May Puzzle Corner

New month, new challenge! This time, we're swapping hidden words for twists, turns, and tricky dead ends in our May maze puzzle. 🌀

Do you have what it takes to find the right route? There's only one way to find out...

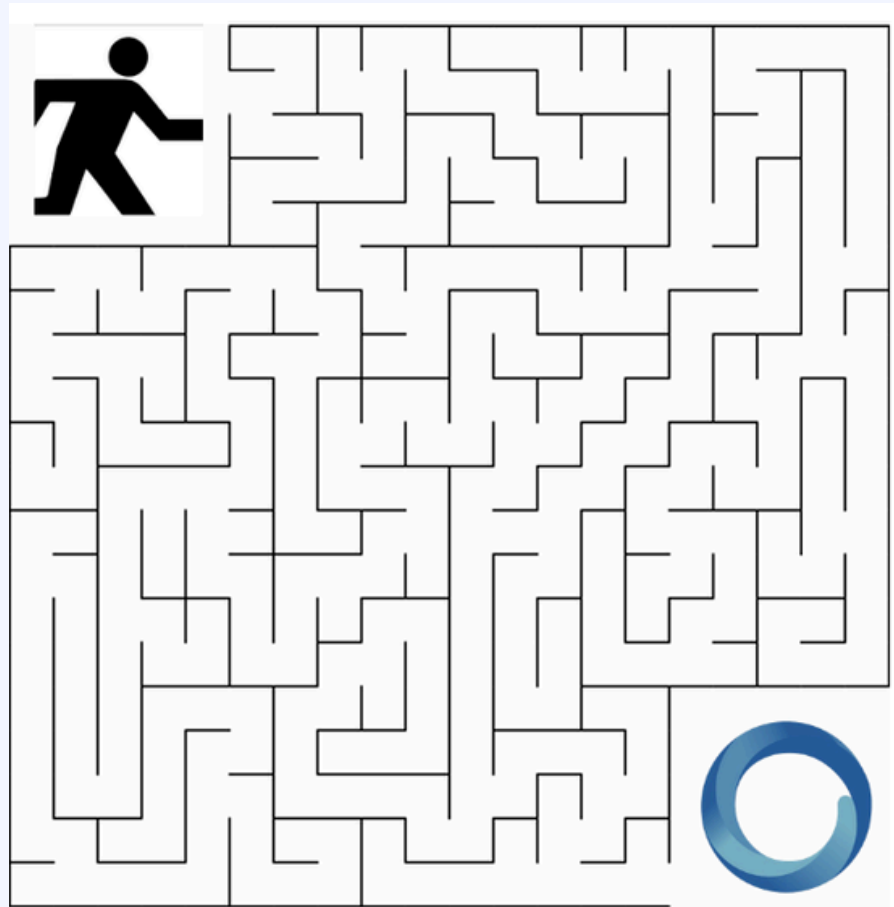
Our service user has an important destination, but they're starting at the beginning of the maze and need your help to reach the finish: our company logo! 🎯 ✨

Can you guide them safely from start to finish without getting lost along the way?

Send your completed puzzle to ghl@gianhealthcare.co.uk for your chance to win! 🎉

🏆 The first three correct entries will each receive a £10 gift voucher

Winnes will be announced in the next edition of our newsletter..



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. 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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