



Newsletter Winter 2022

Dear All,

There's a new bug on the block called "STREP A" which has been in the news lately. Common symptoms of strep A include:

- [flu-like symptoms](#), such as a high temperature, swollen glands or an aching body
- [sore throat](#) (strep throat or [tonsillitis](#))
- a rash that feels rough, like sandpaper ([scarlet fever](#))
- scabs and sores ([impetigo](#))
- pain and swelling ([cellulitis](#))
- severe muscle aches
- nausea and vomiting

Most strep A infections are not serious and can be treated with antibiotics. But rarely, the infection can cause serious problems. This is called invasive group A strep (iGAS). Google for more info if you are concerned

*****[TSL NEWS](#)*****

Elmira Road is closing down for 3-5 months whilst it gets underpinned due to subsidence so as a result "2 becomes 1" All young people from Elmira Road will move down week commencing 12th December and we will be #1happyfamily!

There will also be some Staff changes too

Ginna is also considering opening a Retreat/Rehab in Portugal so watch this space!



Every Tuesday afternoon @2pm we will be holding an E.T.E workshop in the lounge so if you need any support with looking at your options, please come along. There are also Young People in Care drop-ins @ The Barbican Centre

Every Thursday afternoon @2pm we will be holding a Housing workshop in the lounge so if you need any support, please come along. There will be scope to go out and about pricing up items for moving on etc





Boxing is back! On Thursday's @16:30pm. We have booked another 4 sessions but if no-one can come due to other commitments they may go on hold. Jodie will liaise with Jon Pitman on a weekly basis. These sessions cost TSL £70 a time so we don't want to waste them



It's important that while you are in the Care system, you get everything you are entitled to. It may also be worth considering that if you get a job, you will get wages as well as your subs until you are 18!Win/Win!



Have you got your Winter Clothes Allowance? you'll need a hat, clothes, scarf and a decent coat. Don't forget to layer up



Keren has 2 FREE Guest passes each month at Everlast Gym which has a pool, steam room and Jacuzzis plus a fully equipped gym and exercise classes so if anyone wants to go, let her know and check out the class timetable online



CHORZ on the DOORZ is back!

Communal living means sharing spaces with others and that also includes cleaning. In the future you may live in a shared house and the cleaning will need to be sorted!

We have a cleaning rota for the communal areas

split into 4 shared spaces

Your chore will be stuck on your door and it's up to you to get it done during the week. Once you've done it, let Staff know so it can be signed off.

We are now going to be offering an incentive to get this going, £5 voucher for each Chore you do and if you do it for the whole month then there is an extra £5 voucher with the potential to earn £25 This will be rewarded as Love2shop vouchers so you can use them in loads of places or even for Christmas presents etc



Wishing everyone a fantastic 2023 from everyone at T.S.L, bring it on! a new year full of new possibilities!