



Peach Care Services
because we love to care

www.peachcareservices.com

NEWSLETTER

PEACH NEWS

AUGUST 2026

August is officially here, and it has been an incredibly busy month for us all. The weather has been hot, but you have all continued to support our service users throughout with incredible dedication. I want to take this opportunity to say a big thank you for all your hard work.

KEY HIGHLIGHTS:

Our EHCP+ sessions

The sessions have been a resounding success. We've loved welcoming new faces to our space, building connections, and sharing so much fun together.

Staff Summer Party!

This year's summer staff party was a fantastic success, bringing the whole team together. The high energy and smiles made it clear just how much everyone appreciated the chance to celebrate our collective hard work.



STAFF OF THE MONTH

We are thrilled to announce Nwachukwu as our Employee of the Month!

Nwachukwu embodies what exceptional care looks like—he is dedicated, compassionate, and takes the time to truly listen to every client's needs.

A massive congratulations, Nwachukwu! We are so proud to have you on the team.

Congratulations

AUGUST 5TH - NATIONAL PLAY DAY

"PLAY IS NOT AN EXTRA, IT'S
NOT OPTIONAL, IT'S A CHILD'S
RIGHT"

With National Play Day taking place earlier this month, we are reminded of just how vital play is to every child's growth, self-expression, and joy. For the children with SEND whom we have the privilege to support, play is far more than a fun pastime—it is a powerful tool for sensory processing, communication, emotional regulation, and building confidence on their own terms. Whether through tactile messy play, quiet exploratory games, or adaptive physical activities, tailored play allows every child to navigate the world around them safely and creatively. Celebrating play this month reinforces our commitment as a care team to design inclusive, accessible spaces where every child, regardless of their needs, can thrive, connect, and simply experience the unfiltered happiness of being a child.



CARER'S CONNECT

We know July and August have been as busy as a market day in Lagos (and twice as warm!), so we've sadly had to put our Carers Connect drop-ins on a little holiday. But fear not—we're officially back! Come hang out with Ann and Vanessa-Lea on **Wednesday, 9 September**. This isn't about work, targets, or ticking boxes—it's strictly a 'no work talk' zone focused entirely on your well-being. We've got some fun activities planned, so just bring yourselves and your best stories!



POLICY OF THE MONTH

BEHAVIOUR MANAGEMENT & POSITIVE BEHAVIOUR SUPPORT POLICY

This policy outlines Peach Care's commitment to supporting children with Special Educational Needs and Disabilities through positive, evidence-based behaviour strategies that prioritise proactive emotional regulation and safety over punitive measures.



READ MORE

OUR JOURNEY TO OUTSTANDING

by Ann Collins



Quality Spotlight of the Month: **EFFECTIVE**

Connecting with every adult

Every adult has a unique life history and a set of preferences. Take time to get to know them as an individual—understand their background, their hobbies, and how they like their care delivered.

Connecting with every child

Every child communicates in their own unique way. Take time to get to know how they express themselves—whether through words, body language, visual symbols, or communication tech.

Communication

- Break instructions down: Give one instruction at a time instead of long lists.
- Use pictures: Use photos or simple picture cards to help children know what is happening next.
- Give them time: Wait a little longer for the child to answer before you speak again.

What makes a supportive environment?

- Keep it calm: Turn down the music or TV and keep the room tidy so they aren't distracted.
- Join in their play: Let them choose what to play with, and follow their lead rather than telling them what to do.
- Quiet space: Make sure there is a cosy corner where they can go if they need a break.

Learning and growing together

Watch closely to see how each child responds to different activities, and share what works with families, teachers, and therapists, so we're all offering consistent, supportive care.

Being 'Effective' simply means helping our children thrive, feel happy, and reach their full potential every single day.

Something to ask yourself today: **"How is my support helping this child feel confident, happy, and understood?"**



OUTSTANDING MOMENTS STORYBOARD



A massive shoutout to our amazing carer, Nwachukwu!

For eight years, Nwachukwu has provided outstanding support to our client, CT. From stepping up to cover last-minute shifts to ensuring CT always feels heard, valued, and actively involved in their own care, Nwachukwu's commitment to CT's happiness, safety, and independence is truly inspiring.

Thank you, Nwachukwu, for setting such a brilliant benchmark for our team and for eight years of extraordinary dedication!

If you know someone who has provided outstanding care, please let us know; we'd like to shine a light on all our outstanding carers doing exceptional things.

Health and Wellbeing Corner:

THE SERIOUS HEALTH BENEFITS OF BEING SILLY

When was the last time you did something just because it was fun—no goals, no tracking, no outcome required?

As adults, our schedules are dominated by productivity. Even our downtime becomes a project.

But research in positive psychology and neuroscience points to a crucial, often overlooked element of adult health: **playfulness**.

Dr Stuart Brown, founder of the National Institute for Play, puts it simply:

"The opposite of play isn't work—it's depression."

Quick Ways to Play This Week:

- Unmeasured Movement: Dance terribly in the kitchen, jump on a trampoline, or splash in a puddle. Move for joy, not to burn calories.
- Low-Stakes Creativity: Draw a doodle, make up a song, or play a mindless game.
- Micro-Silliness: Start an absurd debate ("Is a hot dog a sandwich?")

Health isn't just clean eating and 10,000 steps—it's also making room for pure, unpolished joy. Give yourself permission to be silly today.

BE SILLY BE SILLY BE SILLY

WHAT PEOPLE HAVE TO SAY....

Outstanding. Peaches go above and beyond. The carers are caring, professional and absolutely brilliant. The admin/office staff are so helpful, and nothing is too much, no matter what time I call. I wouldn't want anyone else to look after my Mum; all the staff members are excellent, 100/10.

Susan A. Daughter of Client

HELPFUL
TIPS

OFFER A "YES ENVIRONMENT"

Set up a safe, low-demand space where every accessible item is fine to touch, drop, or explore—minimising the need to say "no" or interrupt a child's flow.

Play doesn't need to look traditional or produce a specific outcome to be valuable. True freedom to play means letting the child set the rules!



**AUGUST
BIRTHDAYS**

MODESTUS...

**We hope you have a
wonderful day. Happy
Birthday from everyone at
Peach Care.**