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with Cinnamon

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RECTORY COURT SURVEYS SUCCESS

Congratulations to the Rectory Court team on winning the competition for achieving the most responses to the 2018 Team Member and Resident Surveys. They achieved an impressive 96 percent response rate for both surveys and won a total of £500 towards a team event.

The survey results will be discussed at your next team meeting. In 2019, the surveys will be completed earlier in the spring.

Rectory Court celebrated their success during their monthly team-bonding event held at a local pub. The evening was a perfect opportunity to wish **Janet Ise**, Rectory Court's popular Administrator, goodbye and good luck in her new role as HR Administrator at Emerson Park. The team also welcomed two new members: **Lucie Satrapova**, their new Administrator, and **Jane Sullivan**, their new Head Chef.



MOVING IN

Penny Hammond
*General Manager,
Leah Lodge*



Penny has spent 35 years working in nursing and senior care, and has considerable experience in dementia care. She qualified as a General Nurse at Newham University Hospital, East London, where she gained experience in surgery, medicine, orthopaedics and casualty.

A short spell in Harley's Street's private sector followed before she joined Pontins as a camp nurse. Three 'hi de hi' years later, Penny re-joined Newham as a Ward Sister on a medical ward where she remained for the next eight and a half years. Penny went on to become a General Manager of a senior care home and has held five such roles during the last 22 years, most recently with Signature Senior Lifestyle.

CONGRATULATIONS

Roy Smith, formerly Operations Support Manager, has changed role and is now Quality & Care Manager.

Working alongside Lesley Webb, Roy will help to ensure that all Cinnamon Care Collection homes continue to provide high quality, safe and effective care and service to our residents.



Roy and Lesley have joint responsibility for establishing frameworks, processes and systems to ensure that Cinnamon's drive for strong governance and quality holds General Managers to account through regular monitoring and reviews. Together the duo will continue to develop a systematic approach to governance and continued improvements in quality across all Cinnamon care services.



USE IT, DON'T LOSE IT

It is very important that you take time off to rest and enjoy yourself with your family and friends.

Please remember that your annual holiday allowance is from 1 April to 31 March and if you don't use it, you lose it. By now, you should have used just over half (seven twelfths) of your holiday allowance. Please ensure that you book your holiday well in advance to give your manager plenty of time to arrange cover for your shifts.

Book your holiday now!



Open house

The Emerson Park team welcomed over 100 VIP guests to a celebratory champagne reception recently to mark the official opening of their luxury retirement village and care home. Guests enjoyed a sunny atmosphere as they toured the bespoke facilities.

OFFICIAL
OPENING



The Emerson Park team



Revd Johnny Douglas



Cllr Pat Bosley

General Manager Paul Hart said, "Cinnamon Care Collection is changing the way we think about older people and later life care. There is such a need for high end, luxury retirement living throughout the UK, highlighted by the fact that we have already sold over 40 percent of our retirement apartments.

"Our care home, Emerson Grange, has been designed and built to the very highest standards. Every aspect has been planned with the people we care for in mind – whether it is the personalisation of care plans, the careful selection of room décor, mealtimes, hobbies or personal routines."

Councillor Pat Bosley, Chair of Sevenoaks District Council, cut the ribbon and declared the home open saying, "What a delightful place! You have given elderly people a wonderful alternative for their future. We look forward to working in partnership with you."

Reverend Johnny Douglas from St Peter's Church, Hextable, who also took part in the opening ceremony, added, "With the growing ageing demographic and increasing demand for quality elderly care, Emerson Park is just what Hextable and the wider area requires. It is lovely to be here to welcome you to our delightful village community."

For further information on Emerson Park please call 01322 515421 or visit www.cinnamoncc.com/emersonpark.

CALLING ALL ACTIVITIES TEAMS!

THE GREAT CINNAMON Christmas Tree COMPETITION

Show your home off in its festive finery and make this a magical Christmas. You can win Love2Shop vouchers too!

Showing your creativity is the way to win this competition. All decorations must be made in your Cinnamon home. You can decorate as many areas as you wish within your usual budget.

- 1st Prize - £300 in vouchers
- 2nd Prize - £200 in vouchers
- 3rd Prize - £100 in vouchers

How to enter

Simply submit a series of photos, videos and testimonials showing you and your residents making Christmas decorations for your tree(s) and creating a wonderfully festive feeling. The judges will award a main score that reflects your residents' involvement and the joyful atmosphere you create. Bonus points will be given for:

- ✓ Involving your team, family members, community, local schools – or all of them!
- ✓ A central theme relating to your home and area.

- ✓ Planned Christmas community events to showcase your home.
- ✓ Press coverage in local publications.

Please send your entry to Jennie Mason, The Cinnamon Care Collection, Old Bridge House, 40 Church Street, Staines, TW18 4EP by Wednesday 12 December. The judges' decision is final.

Good luck!

CARE DINE WITH ME

Congratulations to Sean McClure, Head Chef at Netley Court, on reaching the finals of the third Care Dine With Me competition, run by Care Home Catering Magazine in conjunction with Kerryfoods and Bidfood.

This annual competition provides a great opportunity to showcase the delicious, nutritious food that Cinnamon chefs provide for our residents. The prize is £5,000 to purchase something that will benefit the winning care home and its residents.

Entrants had to submit a recipe which showed that the nutritional needs and well-being of every resident are at the heart of their menu plan. An explanation of why this particular recipe encapsulated the ethos of their care home was also required, together with photos of the finished dish.

Sean showcased his love of fresh, seasonal, home-grown vegetables with a recipe for an imaginative Courgette, Lime & Avocado Cake using courgettes grown by residents in the home's garden.

Sean McClure

THE *winner* WILL BE ANNOUNCED THIS MONTH

Picking courgettes

Great designs

Abbotswood Court's Beach Club



Rectory Court



Sunnybank House



Congratulations to everyone who unleashed their creativity and entered the Great Interior Design Challenge to give their team room a complete makeover. Three entries really stood out. The judges praised the Abbotswood team for transforming a large, drab, awkwardly shaped room without running water into a relaxing Beach Club.

The response has been very positive: team members now have the mirror, clock, plants and music they wanted, and the 'sand' doesn't make a mess either!

Sunnybank House certainly met the challenge with their floral theme. Amelia Petrus from the Housekeeping team designed and painted the flowery murals while her colleagues, Oliver Rivera and Beata Chrustowska, dressed the table with stylish new place settings and orchids.

Rectory Court's new team room also impressed, incorporating Cinnamon's vision and values into their theme. Following much discussion, the judges awarded a prize to all three homes! They will each receive a brand-new Samsung 32-inch smart TV to complement their newly decorated team rooms. **Well done, everyone!**

Prize catch

Sean McClure (pictured opposite) went on to win Cinnamon's Fish Dish Competition with his recipe for lemon sole fillets stuffed with smoked Applewood cheddar and wilted spinach, with a tomato jus. As well as being innovative, Sean's entry met the judges' criteria of showing the most resident involvement in choosing this winning recipe.

Sean won £200 of catering equipment vouchers and enough prosecco for the residents and Netley Court team to celebrate.

Cheers!



THE WINNING DISH



You make the difference

This award recognises Cinnamon team members who inspire others through consistently demonstrating their determination to be the difference in the lives of our residents and their families.

Each quarterly winner receives a £100 gift voucher.

Next spring, General Managers will select two finalists, one from Care and another from a non-Care department.

Each finalist will receive a £250 gift voucher. They will also be invited to a special awards lunch where the two overall winners for Care and non-Care will be announced.

Annual prize: You Make The Difference Award Trophy and a £500 gift voucher.

A team award and the Chef of the Year will also be announced at the awards lunch.

The winners for the second quarter are...



Steve Green
*Senior Kitchen Assistant,
Abbotswood Court*

Residents praised Steve's dedication, helpfulness, baking skill and his efforts to train his dog Shadow as a PAT dog, saying how positive

this has been for the residents. "He will always offer to help with anything." "He makes the most amazing cakes for coffee mornings." "He deserves this."



Clare Laffan
*Care Assistant,
Burcot Lodge*

Clare always exceeds expectations and makes others happy with her smile. She has helped out recently by covering extra shifts, for which her colleagues are

grateful. Everyone at Burcot Lodge values and loves her.



Alicia Atkins
*Care Assistant,
Burcot Grange*

Always obliging, Alicia helps one lady with her make-up and residents enjoy her cheerful company. She always has time to chat to them and is

happy to escort them on outings to coffee shops and garden centres, even on her days off. Alicia is a ray of sunshine.

COMING SOON!

News of the venue for the awards lunch will be in our next issue!



Zofia Gwozdz
*Care Assistant,
Cedar Mews*

Zofia has a special ability to care for people at the end of their lives, giving her time freely, showing respect and guarding their dignity. She extends the

same gentle care to grieving relatives and friends. Recently Zofia hosted a wake for a resident who was very fond of her. The family were so grateful and Zofia felt privileged to be asked.



Suzanne O'Neil
*General Assistant,
Netley Court*

Suzanne has a kind, courteous manner and is always able to make others smile with her cheerful banter. A helpful soul, she has infinite patience and treats everyone with respect.

No wonder she is such a favourite with residents and colleagues.



Andrew Smith
*Sous Chef,
Emerson Grange*

Andrew has worked hard and shown outstanding commitment to ensuring that our residents enjoy an exceptional dining experience. He is popular

with colleagues and residents who say this award is well deserved.



Sandra Martin
*Care Assistant,
Rectory Court*

Sandra is always willing to assist residents calmly and compassionately, or support her team by taking on extra shifts. A valued member of the Rectory Court team, she

commands the respect of her colleagues who admire her calm, cheerful and positive approach.



Ana Carbayo
*Care Assistant,
Hartwood House*

Ana has a lovely rapport with our residents; she always approaches them with a happy smile and takes time with them. Her kindness and

patience are exemplary. She is co-operative, considerate and always willing to help.



Myra Carle
*Care Assistant,
Sunnysbank House*

Residents say Myra is happy, willing to help, thoughtful and never rushes them. Families are impressed by how welcome Myra makes them feel and how well she knows

their loved ones. One relative wrote, "Myra is a credit to her profession."



Anna Biel
*Senior Care Assistant,
Leah Lodge*

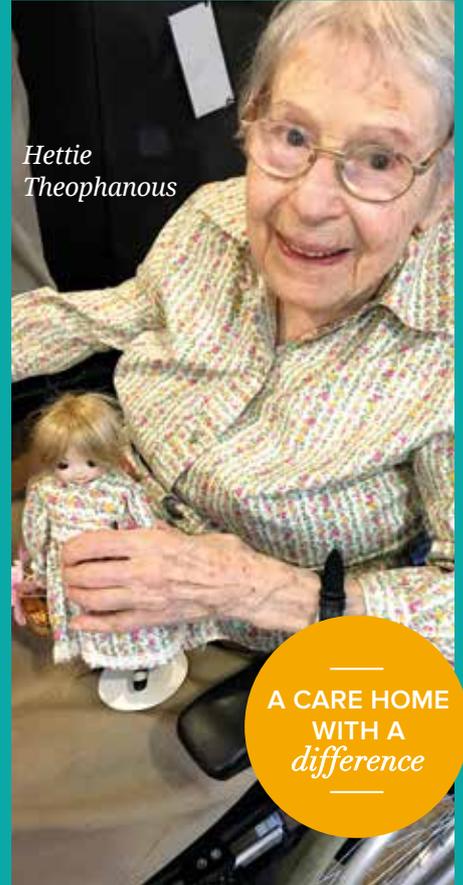
Anna is exceptional; she is hardworking and always puts residents first. We could not ask for a better senior person to work on nights. A consummate

professional, she ensures that her team feel supported, and is warm and caring towards residents.



Aimee Stanbury
*Senior Care Assistant,
Wellington Vale*

Aimee received a significant number of nominations all of which praised her outstanding dedication and continuous support of residents and colleagues alike.



Hettie Theophanous

A CARE HOME WITH A difference

Celebration of Childhood

Leah Lodge exhibition recaptures fond memories of childhood

We can all remember a favourite toy or doll we used to play with and recall fond memories of our childhood. A handmade toy has even greater meaning. This realisation inspired the team at Leah Lodge to host a *Celebration of Childhood* exhibition and tea party last month.

The display showcased the precious porcelain dolls of 98 year-old Leah Lodge resident and doll-maker Hettie Theophanous, which she made herself by hand. They were complemented by an array of dolls hand-knitted by Cherrie Williams, Head of Housekeeping, for her grandchildren, and a doll's house rescued from a skip and renovated by Hervé Boscher, Head of Activities.

A skilled seamstress, Hettie used to work for a porcelain doll manufacturer. She created her collection of dolls for herself as a hobby using the best imported American porcelain, making their hair from old wigs and sewing their costumes from vintage fabric.

As well as distributing leaflets in the area, the Leah Lodge team

invited family members and friends. They asked their guests to bring a childhood toy with them to stimulate conversation and happy memories.

By purchasing the home-baked cakes and delights on offer at the tea party, the guests would also be making a donation to WaterAid. Hettie chose this charity to benefit from the event; she decided no celebration of childhood could be complete without thinking about the children of today and tomorrow as well.

“Leah Lodge is proud to showcase the skills of our residents and team members, and the love that goes into handmade objects,” said Hervé. “With our fully equipped artists’ studio as the creative hub of our home, we hope to produce more arts and crafts for future events.”

Sue Dawber, Home Admissions Advisor, added, “This celebration of a resident’s talent combined with fun and great hospitality captured the essence of Leah Lodge and brought our local community into our home.”

This impressive exhibition helped to build awareness of Leah Lodge as a care home with a difference.



LEAH LODGE
CARE HOME WITH A difference

LEAH LODGE CARE HOME PRESENTS
Celebration of Childhood
PORCELAIN DOLLS TEA PARTY AND EXHIBITION

Wednesday 26th September • 2pm-5pm

Our exhibition runs from the 26-28th September, please call 0208 297 5860 to book your tea party space as places are limited.



The tale of a discarded little doll's house

THE RENOVATED DOLL'S HOUSE



One day on my way home from work, a roadside skip on caught my eye.

For me, a skip is like a magnet; one never knows what treasure it could hold. I climbed in and there it was... a discarded little doll's house in desperate need of care.

I hoisted this treasure out and took it home where, while scrubbing it clean, I started to wonder who used to play with it. Why was it thrown away? How old is its owner now? Why were all these joyful memories tossed in a

skip? I was determined to restore it. The doll's house would live on, I decided, and bring back wonderful memories of childhood play.

In no time I had it all repaired and ready for a makeover. I felt like a little boy again in a world of make believe: the fairies at the bottom of the garden, Thumbelina, the Borrowers – all these childhood characters were coming back to me.

After wallpapering, wiring, rearranging furniture and accessories, and adding a garden and outdoor space, the tale of this discarded little doll's house has a happy ending. I hope it will transport our residents and guests at Leah Lodge back to childhood days of happy play and the creative world of make believe.

Hervé Boscher
Head of Activities, Leah Lodge

Sunny summer social

The summer fête at Sunnybank House was bathed in late summer sunshine.

Residents, family members, guests and team members enjoyed tempting cakes and drinks, a raffle and glorious music from special guest Ben Thapa of X Factor quartet G4. This fun-filled afternoon raised more than £250 for Sunnybank's chosen charity, St Francis Animal Welfare.

This charity is a particular favourite of team members and residents, and the home sponsored one of the awards for their Summer Fayre & Dog Show. Residents and team members enjoyed taking part: Activities Co-ordinator Moira McCallion and resident Unity Phillips presented the rosette for the Best Dog In Show.



Back to the future

Wellington Vale is leading a big community project to bury a time capsule in 2019 and Activities Manager Breda O'Doherty has encouraged local organisations to take part.

Children from the local dance school and special needs school, regulars at the local Community Centre, many team members and local Council staff are all excited about participating.

Activities Assistant Sadie Skudder is co-ordinating a competition for students of three local colleges and a university to design the capsule and choose a winner to construct it. They plan to invite local people to put a letter into the time capsule and attend the ceremony next year, which will be open to members of the public.

LET THEM *eat cakes*

WORLD'S BIGGEST
**COFFEE
MORNING**

Cinnamon team members and residents had fun and helped to change lives last month by taking part in the World's Biggest Coffee Morning in aid of Macmillan Cancer Support.

**MACMILLAN
CANCER SUPPORT**



Congratulations to the team at Wellington Vale who raised more than £300 for the charity by selling scrumptious homemade cakes and coffee.

At Sunnybank House, relatives, residents, team members and visitors showed their support either by baking a cake or eating one! In addition, one resident knitted little knee blankets which were also on sale. Together they raised over £100 for Macmillan.

Steve Green, Senior Kitchen Assistant at Abbotswood Court, inspires everyone with his delicious breads, cakes and biscuits. His sweet confections helped to raise more than £100 for Macmillan and were consumed with gusto. Steve has



Sunnybank's
sweet
support

just signed up for his City & Guilds Level 3 Patisserie & Confectionery training course so everyone is looking forward to sampling his next creations. Watch out, Great British Bake Off!

FIRE DRILL



In recent months, Surety Fire Solutions have been working with the Cinnamon Care Collection teams to deliver a simulated fire evacuation training session. This is to ensure that team members are prepared and can move residents to safety should the need ever arise.

The teams enjoyed this practical approach to fire safety, especially Brett Jiggins, Maintenance Manager from Hartwood House, who rescued a weighted dummy called Frank from a smoke-filled bedroom in record time. The training turned a serious topic into a realistic and memorable experience.

HOLE IN ONE

Burcot Grange & Lodge helped to sponsor the Rotary Club of North Worcestershire's Charity Golf Day at Blackwell Golf Club during the summer. With 70 players attending from the local business community, the event is a major fundraiser for the Rotary Club.



Burcot entered two playing teams: Sales & Marketing Manager Matthew Wix and Geoff Pride, Burcot's Home Admissions Advisor, were on one team while Commercial Director Stuart Norris and Ben Dalgetty, Home Admissions Advisor from Cedar Mews, made up the second. Both teams played well and, in golfing parlance, "had a very decent front nine" with 20 and 19 points respectively but sadly both "lost a little focus on the back nine".

Although neither team carried off a prize, this was a really enjoyable day on a fantastic golf course, supporting a great cause – and a beneficial networking opportunity too.



Enigma String Quartet

JAZZ ON THE LAWN

Around 150 people thoroughly enjoyed a summer afternoon of Jazz On The Lawn at Burcot Grange & Lodge. The audience included current residents, previous respite residents, families, team members and visitors from the community.

The Burcot team's homemade hospitality wowed the guests who savoured a delicious buffet, and sipped Pimms and prosecco in the home's stunning grounds while listening to the Enigma String Quartet. The jazz quartet were recently seen supporting popular classical singers Il Divo on their 2018 tour.

Even a little rain after two months without so much as a drop could not dampen the Burcot spirit. Some of their guests from nearby Brook Court retirement apartments even had fun singing in the rain! All in all, everyone had a wonderful afternoon.



Singing in the rain

A great success!



Homemade hospitality



Facing a challenge

Eastern PROMISE

General Manager Gina Lim and her Rectory Court team were delighted to welcome some international guests recently for a cultural exchange.

London-based members of Maybank, the largest bank in Malaysia, came to visit bringing with them a team from the Chinese Information & Advice Centre (CIAC).

They illustrated aspects of their culture using literature from Malaysia, fortune cookies, gifts of the Chinese Zodiac calendar and a performance of traditional Chinese music on a

guzheng or ancient Chinese zither. Then the Maybank guests and residents divided into two teams for a competitive, fun challenge: constructing a building using marshmallows and spaghetti.

“Residents and team members thoroughly enjoyed this visit and send grateful thanks to CIAC and the Maybank team,” said Gina.



The Wellington Vale Activities team held a spooktacular Halloween Party for Little Acorns, their local nursery, with traditional games, a fancy dress competition and loads of fun to keep everyone from three to 34 years old entertained.

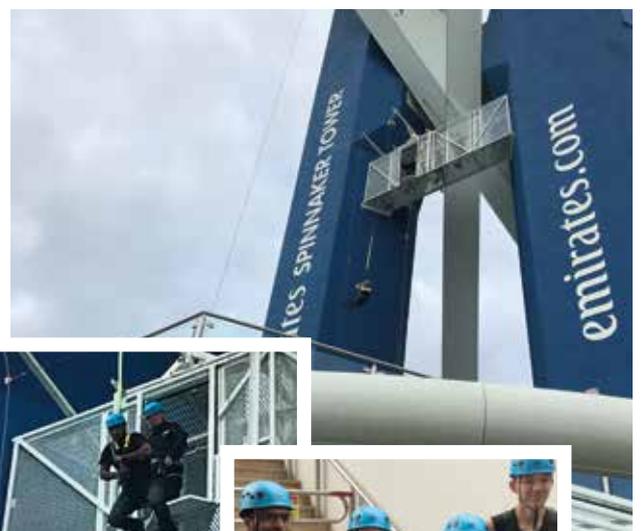
Later, team members also had a chance to compete in their own Halloween fancy dress competition with a prize for the best costume. Before judging the entries, Christopher Firth, a make-up artist for film and TV, gave a special effects make-up demonstration and tutorial on convincingly creating a car crash victim for hospital dramas. This was voted even more enjoyable than last year’s theatrical witch transformation masterclass.

WHO DARES WINS!

Seven team members from Hartwood House successfully completed a sponsored 25-metre leap from The Spinnaker Tower in Portsmouth Harbour last month.

Known as ‘The Drop’, their daring deed was designed to raise money towards purchasing a *Tovertafel* for their residents. This ‘magic table’ is especially helpful for people living with dementia. It promotes physical and mental activity through interactive games using light, colour and sound, encouraging social interaction and creating treasured memories with family members and carers.

The Hartwood Drop team has raised more than £1,000 so far. Well done, you daredevils!



Hartwood's daredevils

Nourishing minds through *nature*



Breda O'Doherty, Activities Manager at Wellington Vale, has signed her colleagues up to train as Nature Therapy Volunteers with the Travelling Dementia Suitcase project. She has also invited members of the local community to enroll too.

This free therapeutic training programme was developed by people with dementia and their carers under the auspices of Nature Therapy CIC, which received a grant from the Big Lottery Reaching Communities fund.

The Travelling Dementia Suitcase provides an interactive, hands-on experience of nature for individuals with dementia. Volunteers learn how to provide interactive nature activity sessions based on each of the five senses. They aim to stimulate pleasant childhood memories of the great outdoors and help to recreate them.

The sessions encourage non-verbal communication, and help carers, relatives and friends acquire the skills they need to continue to communicate with someone with dementia in a fun and gentle way.

To find out more, please visit www.naturetherapycic.com.

CHARITY BEGINS AT HOME

The charitable team members and residents at Wellington Vale support a host of initiatives with their fundraising activities.

Together they have raised almost £600 for Hannah's Charity, which supports families with terminally ill children. Every £250 raised sends a Hampshire family on a holiday. Residents and team members were thrilled to receive a thank you letter from a local child recently saying how much his family had enjoyed their break.

In addition, team members wore pink for Breast Cancer Awareness Day and held a raffle, cake sale and games to support this important cause.

Anyone for tennis?

Recent research has shown that physical activity not only improves the wellbeing of people with dementia, it can actually improve memory.

Geoff Pride, Home Admissions Advisor at Burcot Lodge proved this recently when he enjoyed a lovely

game of tennis with 'Geoffers' in the early autumn sunshine.

Geoffers is a resident living with fairly advanced dementia who still has bundles of energy despite her 73 years. Formerly a PE teacher, Geoffers excelled at sport. She played hockey at county level and was an accomplished player, as Geoff soon discovered.

"All Geoffers' old skills were there," he said. "She was in her element, hitting and moving really well within minutes. I could see what a talented sportsperson she was. Afterwards, over tea on the balcony, Geoffers thanked me for a wonderful afternoon. It made the whole experience incredibly worthwhile."



RECTORY COURT SUPPLIES SUPPORT

Rectory Court's General Manager, Gina Lim, and Home Admissions Advisor, Sue Dawber, recently presented a cheque for £250 to St Christopher's Hospice. These were the proceeds from their summer fair.

This local charity has recently been appointed end of life care provider for the borough of Lewisham, and Gina and her team have helped to raise awareness of the charity's new status. Rectory Court will soon jointly host a series of community seminars run by St Christopher's Hospice at Leah Lodge Care Home. The series entitled *Understanding Dementia* is a programme of three seminars for families in the community.



Climbing in Calshot

Nancy De Vuys, Activity Manager at Hartwood House, recently took some of her residents climbing. The Calshot Activity Centre nearby offers a guide to help disabled people climb their wall and the equipment could be used by elderly, frail visitors.

Six residents were happy to go on this adventure, with the help of two instructors. They loved it; it made them feel alive. No wonder they want Nancy to book another climbing trip for them in the spring.

Centenary trail

Team members and residents at Sunnybank House are creating a trail of 100 poppies along the corridors of their home to commemorate the centenary of the end of World War I.

Each day, they will add a poppy with a World War I memory to the wall until they have reached 100 days. Everyone can take part by knitting or crocheting a poppy to remember those who fought and died in the conflict. So far they have reached 54 poppies and continue to knit with everyone's support. At the end of the trail they will hold a remembrance event to ensure that the sacrifices of the fallen are never forgotten.





How Rivermede Court will look

BREAKING *new* GROUND



Ken McKenzie, Development Director, and Development Manager James Gant have made tremendous progress on a number of new projects this year. They aim to expand the Cinnamon Care Collection's homes to a total of 24 by the end of 2020.

Last month saw the start of work on Cinnamon's newest site in Bexhill-on-Sea. The site team has made great progress with the warm seaside sunshine and has already started installing the foundations for this 72-bedroom care home.

The sunny weather also aided progress at the Eden Court development in London's Battersea where the site team has started to erect the steelwork. Eden Court will offer 26 assisted living apartments and a 78-bedroom care home known as Eden Grange situated within the development.

Work on Rivermede Court, a new Cinnamon care home situated in Egham, Surrey, is proceeding well too, and eagle-eyed Cinnamon team members may have seen the crane from the M25 with a Cinnamon banner. The construction team is now up to second floor level and the third floor is due to go on in the next month or so. The home will offer 80 bedrooms.

The existing buildings at the new site in Kenley, Surrey, have now been cleared and the builders have started excavating for the new basement. In addition, the New Year will see construction start at another new site in New Milton, Hampshire, where the previous children's care home has now been demolished.

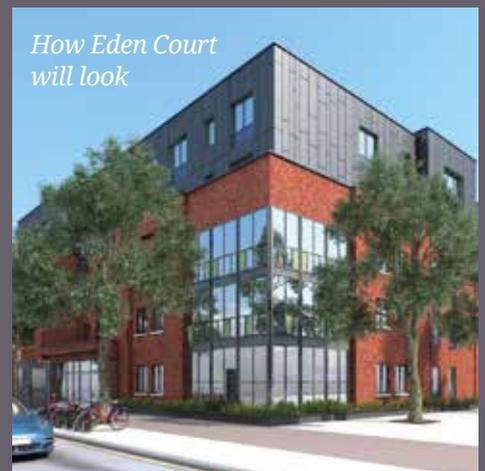
Unanimous approval

Ken and James were delighted when their application for planning permission for a further development in Sutton Coldfield went through with a unanimous vote in its favour. They hope to begin building works in the New Year once the properties become vacant.

Meanwhile, they have four more sites in planning in Worthing, Exeter, Hagley and Chichester. They are engaging with a preferred contractor for another new site in Stourbridge, Worcestershire, and hope to start works before the spring of next year.



Foundations at Bexhill-on-Sea



How Eden Court will look



A Christmas Thank You from Cinnamon

Cinnamon would like to thank our team members who work on Christmas Day, Boxing Day and New Year's Day by paying double time for shifts worked even though this is not a contractual obligation.

General Managers and Heads of Department who work a bank holiday take a day off in lieu during the following two weeks.



Coming soon...

Some diary dates that you could include in your activities.

November

5	Remember, remember – it's Guy Fawkes' Night.
9-28	Chess World Championship, London
11	Remembrance Sunday. Wear your poppy with pride.
16-18	Horseracing: The Open meeting at Cheltenham starts the winter Jumps season.
17	Do Your Thing for Children in Need. Inspiration and fundraising packs at www.bbcchildreninneed.co.uk .
25	Stir-up Sunday is the traditional day to make your Christmas pudding.
30	St Andrew's Day.

December

1	Horseracing: Ladbrokes Trophy 2018, Newbury.
2	First Sunday of Advent.
3-10	Hanukkah (Chanukah), the Jewish Festival of Lights.
21	Winter solstice – shortest day.
24	Christmas Eve. Festival of Nine Lessons and Carols from King's College, Cambridge – see www.kings.cam.ac.uk/events .
25	Christmas Day – a merry Christmas everyone!
26	Boxing Day. Horseracing: King George VI Chase, Kempton.
31	New Year's Eve. Welcome 2019!

January 2019

1	Ring the bells for New Year's Day.
1-31	Celebrate Ginuary – from cocktails to baking, try gin a different way. www.ginuary.com .
2	You Make The Difference Award for 2018 – closing date for nominations for the third quarter.
5	Twelfth Night – take down Christmas decorations to avoid bad luck.
14-27	Tennis: Australian Open, Melbourne.
25	Burns Night celebrates Scottish bard Robert Burns – see www.scotland.org .
30 Jan-6 Feb	National Storytelling Week. Visit www.sfs.org.uk for free event resources.

