

IN TOUCH

with CINNAMON

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Zing! into Spring

Exercise is vital right now.

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Activity Lady during COVID-19

A poem by Nancy De Vuyst, Hartwood House.

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Unite to Fight Dementia

Cinnamon homes are on board.

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CINNAMON
LUXURY CARE

BY GEORGINA!

Abbotswood Court warmly welcomed two new team members recently. Decopatch Doris the decoupage giraffe, officially known on her name badge as Georgina, has taken a couple of months to complete and has provided residents with many hours of fun and gossip. She is pictured here with Abbotswood Court's second new arrival, Deputy Manager **Kelley Crocker**.



Georgina
with Kelley

Congratulations

Congratulations to **Amie Stanbury**, Senior Care Assistant at Wellington Vale, on passing her Level 5 NVQ in Leadership Management. This is another step towards achieving her long-term ambition to manage a care home one day.

CEDAR MEWS' *winning* TRIO

EVERYONE
LOVES HER

Dawn Bishop, Care Assistant at Cedar Mews, fondly known as 'Pinky' because of her pink hair, was recently crowned Residential Care Professional of the Year at the Leicestershire Live media group's Carer of the Year Awards. These awards recognise carers who go beyond their usual role to make other people's lives better.

Danielle Turland and **Jane Kirwan**, also from Cedar Mews, were the runners-up.

"If there ever was a carer you would want to look after your loved ones, Pinky is the one," said Helen Cooke, General Manager. "Everyone loves her. When she is not working, she is generally here helping out with activities, taking residents out on a one-to-one basis or just enjoying some quality 'non-work' time with residents who have become her friends.

"We take great pride in offering exceptional care at Cedar Mews and



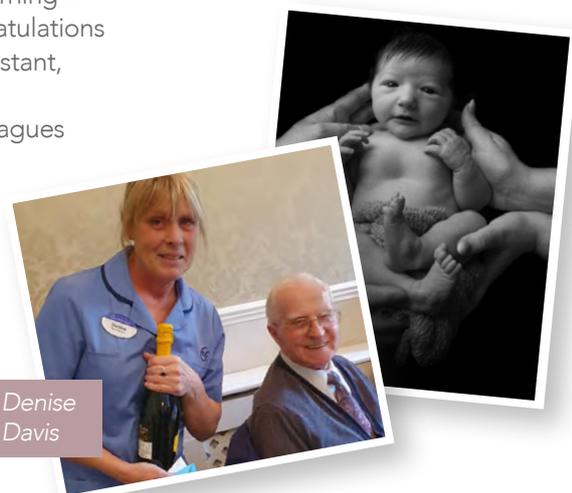
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are delighted that all three carers nominated for Residential Care Professional of the Year at the awards were shortlisted. Pinky, Danielle and Jane all do a fantastic job and thoroughly deserve the recognition they have received."

Never a *dull moment*

There's never a dull moment at Burcot Grange. The arrival of spring saw several familiar faces returning – and a brand-new one. Congratulations to **Ashliee Cooper**, Care Assistant, on the birth of beautiful baby Phoebe last month. Her colleagues wish Ashliee and her partner Dan all the best.

The team were delighted to welcome back **Collette Burke** and **Ingrid Bromley** to work with the Activities team. **Cheryl Heath** has also rejoined the home as a Care Assistant.



Denise
Davis

The Burcot team and residents also waved a fond farewell to **Denise Davis** who moved on to pastures new after 17 years' service as the home's in-house hairdresser and Housekeeper. Denise will be greatly missed and everyone wishes her well in her new job.

AN OUTSTANDING RESULT



Congratulations to the Netley Court team on being awarded an overall rating of 'Outstanding' following an inspection by the Care Quality Commission (CQC). They also received individual 'Outstanding' ratings for being 'caring' and 'well led'.

The CQC report highlighted the fact that Netley Court provides residents 'with outstanding care and support and enabled them to live

fulfilling lives. Residents were constantly at the heart of the service'.

Mark Shockledge, Senior General Manager, and his management team were praised for being 'passionate about providing quality care' and for 'the effective governance system which was firmly embedded into practice'.

"We are thrilled," said Mark. "I was particularly pleased that the inspectors recognised our focus on meeting the individual needs of residents. The feedback from residents and their families was extremely positive – including the 'happy atmosphere' and 'staff going above and beyond', which is what I see every day. It is fantastic to get such strong external endorsement for the achievements of the whole team."

The inspectors were impressed by the levels of staff training, the extensive activities programme, the high quality, nutritious food prepared by Netley Court's award-winning chefs and the beautiful, clean and well-maintained premises. They also praised Netley Court's strong links with local healthcare professionals and the significant role it plays in the local community.

Carole Hunt, Director of Cinnamon Care Collection, said, "Being rated 'Outstanding' by the CQC is a major achievement; it is a rating only given to 3.5 percent of care homes across the UK. Congratulations to Mark and his team."

"We are thrilled."



Refer a friend...

Do you know someone who has the right qualifications and experience to be a Night Care Assistant? Would you like to earn a £500 bonus? Then what are you waiting for?

Anyone joining The Cinnamon Care Collection as a Night Care Assistant will be asked at interview if they were referred and who referred them. If your name is recorded and the applicant is hired, you will receive a £500 bonus*.

To be eligible for the award you must still be employed by Cinnamon. All referrals must be in connection with a specific vacancy for a Night Care Assistant and the introduction bonus will be paid in full once the referred employee has been employed for three months with Cinnamon. *Please tell your friends all about us!*

* Management will not be eligible for this incentive. The introduction bonus is subject to tax and national insurance deductions.

£500
BONUS



WHEN SHOULD I SELF-ISOLATE?

Every visitor to your home, including team members, should self-isolate if they develop COVID-19 related symptoms:

- ✓ High temperature (over 37.8°C)
- ✓ New and persistent cough

If you do develop any of these symptoms you are asked to remain at home for, at least **seven days**. You should visit the NHS 111 webpage within the first 24 hours and report your symptoms. This will produce an **isolation note** which you should forward to your manager as evidence of the reasons for your absence.

During the time you are at home, please keep in contact with your General Manager to discuss your wellbeing and the likely date you will be returning to work.

Do not go out while in isolation, not even to buy food or other essentials. Exercise is permitted although it needs to be at a safe distance from others.

If you require help with buying groceries, other shopping, picking up medication, or walking a dog, you will need to ask friends or relatives. Alternatively, you can order medication by phone or online. You

can also order your shopping online. Make sure you tell any delivery drivers to leave items outside for collection if you order online. The delivery driver should not come into your home. If this is not possible, then you should do what you can to limit your social contact when you leave the house to get supplies.

If you become asymptomatic (without symptoms), you should return to work on the **eighth day**, or the next working day depending on your rota.

In addition, you should also self-isolate for 14 days if anyone living in your household develops the symptoms identified above or has been advised to stay at home because they are suspected to have COVID-19. The same 14-day rule will apply to your household if you are the first to develop the symptoms.

If you are self-isolating for 14 days because someone in your household

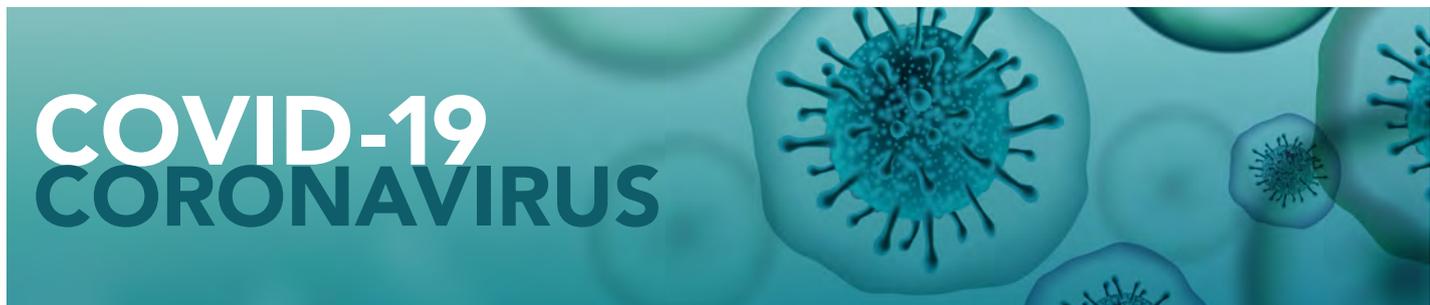
has developed COVID-19 related symptoms, and you subsequently become unwell with the same symptoms, your isolation period of seven days starts on the first day you displayed symptoms. This means:

- ✓ If you develop COVID-19 related symptoms on your second day of the 14-day period, you should isolate for seven days and return to work on the eighth day after you developed the symptoms.
- ✓ If you develop COVID-19 symptoms on your 14th day of self-isolation, you should remain in isolation for a further 7 days.

The reason for this isolation relates to the incubation period and the number of days someone is potentially contagious. It is believed that this strain of coronavirus has an incubation period up to 14 days, meaning that you may be a carrier of the virus even without symptoms.

The symptoms that develop are your body's response to the presence of a virus and until those symptoms are lessened or you become asymptomatic (without symptoms), it is likely you remain highly contagious.

You should return to work after the seventh day of isolation unless your temperature remains high (over 37.8°C). If you have developed a cough during this period but the temperature has subsided, you **ARE NOT** contagious and you can return to work from the **eighth day**. It is believed that a COVID-19 related cough may persist for weeks.



COVID-19
CORONAVIRUS

YOU ARE *all* 'OUTSTANDING' TO US

A huge thank you to all Cinnamon team members for rising to the unprecedented challenge presented by the outbreak of COVID-19 with such calm, dedication and professionalism. It is an inspiration to see how passionately you care for the wellbeing of our residents and each other, and how you are upholding and living our Cinnamon values.

At times like this, our natural concern for our families is heightened. We very much hope that your loved ones are not adversely affected in any way and continue to stay healthy and safe.

At Cinnamon, we have a special responsibility because, in addition to our own families, we take care of other people's loved ones too. They are some of the most vulnerable people in the community and we do all we can to keep them safe and well. We are enormously proud of the way team members have united to accomplish this vital task. Together, we will continue to support our residents and each other as one Cinnamon team.

It is crucial that we maintain our consistent high standard of service for our residents, so we need

everyone to continue to work their normal hours wherever possible. Please ensure you do not wear your work uniform outdoors or while travelling to and from work due to the risk of contamination.

We will get through this difficult but temporary time if we continue to follow all the guidelines, work together as one team and, most of all, continue to give the best possible care and comfort to our residents.

Whatever CQC rating your home has, you are all 'Outstanding' to us.



Carole Hunt and Greg Swire
Directors

HARDSHIP GRANT *and* ADVICE

We will be paying a hardship grant to team members who are off work due to COVID-19 related areas.

This grant is two weeks' full pay inclusive of your statutory sick pay and is a one-off payment.

If you are shielding due to health conditions, you can get further financial advice by visiting <https://understandinguniversalcredit.gov.uk/coronavirus/>

If you require financial or any other advice, please call our Health Assured Employee Assistance Helpline on **0800 030 5182** or visit www.healthassuredeap.co.uk. Username: **Cinnamon**, Password: **Care**.

Zing!

into Spring 2020!

It is always important to exercise but right now it is vital. In fact, there has probably never been a more important time to exercise than now. Running more Zing! classes is a perfect way to lift the mood, raise spirits and improve wellbeing for residents and team members alike.

The health benefits of doing regular Zing! classes for residents are significant and include:

- ★ Improved posture
- ★ Maintaining strength
- ★ Increased flexibility
- ★ Assisting with stability and ease of movement
- ★ Improved blood circulation
- ★ Nourishing the joints

The classes will also stimulate the mind and leave participants feeling more alert and alive. Most importantly, however, they are an opportunity for residents and team members to have fun together – keeping a safe distance of course!

Zinging with confidence

Ailean Freeman, Activities Co-ordinator at Burcot Grange & The Lodge, has undertaken some additional accredited training by the Chartered Institute for Management of Sport and Physical Activity (CIMSPA).

Move It Or Lose It complements Cinnamon's own Zing! programme. It trains instructors in a variety of exercises that incorporate flexibility, aerobics, balance and strength, building into one fun-filled session for older people.

"Zing! is so popular here," explained Ailean, "During this lockdown we do

Top tips for success

Follow these top tips for successful classes:

- ★ Ensure a safe environment and good hydration.
- ★ Use a room with space and lots of natural light.
- ★ Vary the theme.
- ★ Ask residents to choose a theme.
- ★ Use a class to celebrate an occasion.
- ★ Get everybody singing as well as moving.
- ★ Ask residents to choose music that they enjoy – you might be surprised!
- ★ Keep routines simple and easy to follow – residents will work at different levels.

Zing! exercise sessions daily in every Burcot community. This additional training has enhanced my knowledge and confidence in delivering our Zing! classes.

"Our beloved residents benefit too. I can support them in a safe way and gently encourage people who lack confidence to start moving again,



The Principle Of Zing! Is That "Any Movement Is Better Than None" – So Get Zinging!

- ★ Encourage and praise and then do more of both.
- ★ Use the new Zinger of the Day stickers for residents and team members – *coming to your home soon!*
- ★ Use props – they naturally encourage movement. Pompoms are very visual and great fun.
- ★ Start with a warm-up and finish with a cool down.

Zing! classes will undoubtedly improve everyone's morale in the current challenging circumstances. So let's all sing out proudly and Zing! like the whole world is watching!

Geoff Pride
Activity Consultant



Social distance Zing!-ing with Ailean

so they gain improved mobility, strength and independence."

GRAND OPENING *at* EARLSFIELD COURT

More than 100 guests from the Bexhill business, professional and charity community celebrated the official opening of Earlsfield Court earlier this year.



CUTTING THE RIBBON

Councillor Kathy Harmer, Mayor of Bexhill-on-Sea, cut the ribbon to mark the official opening of the 72 bedroom care home. She was joined by Earlsfield Court's General Manager, Krystyna Bosko.

local charities Warming Up the Homeless and Pit Stop Youth Trust. On behalf of Earlsfield Court, the Mayor presented them with a gift of £250 each, together with an olive tree representing peace and friendship.

community," said Krystyna. "Our community links are very important to us and will play a significant role in ensuring that our residents feel connected to the wider world.

Among the special guests at Earlsfield Court were Community Heroes from

The Little Common School Choir sang a selection of beautifully rehearsed songs complete with actions and plenty of smiles. Toastmaster Paul Mitchell orchestrated proceedings and had his own special moment as his granddaughter Olivia was amongst the pupils who performed.

"We look forward to getting involved with local organisations in joint initiatives whilst also providing the highest level of care to our residents. My team are very much looking forward to opening our doors and our hearts to our new residents very soon."



"We are very grateful to have been so warmly welcomed by the local

CARRY ON COOKING

The Mornington Court team showed how to keep calm and carry on recently. They were about to hold interviews for their new chef, which included a cook-off, when the other homes nearby had to close to visitors. This left them without a kitchen to use.

Fortunately, their Administrator, Alison Hodder, had a bright idea and suggested using a static home complete with kitchen in a local caravan park. This worked out very well and they were able to select their chef without delay.



You make the difference

Owing to the current situation and ongoing limitations on travel, we have regretfully had to postpone the awards lunch which was scheduled for 5 June 2020. Alternative arrangements will be announced soon. Please look out for more information in your home.

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 received a £100 gift voucher.

Each finalist will receive a £250 gift voucher.

The annual prize of the You Make The Difference Award Trophy and a £500 gift voucher will be announced in the summer.

The winners for the final quarter are...



Gary Harding
*Maintenance Assistant,
Abbotswood Court*

Gary's hard work and cheery smile certainly makes the difference to residents and team members each month. He's such a jolly

character and willingly stepped up to provide holiday cover for his manager.



Dawn St Romaine
*Housekeeping Assistant,
Burcot Lodge*

Dawn is always upbeat, friendly and incredibly hardworking. Residents remarked, "You can always tell when Dawn is on; the home looks great" and "The home smells lovely when Dawn is working".



Angela Taylor
*Care Assistant – Nights,
Burcot Grange*

Angela has dedicated herself to night shifts to ensure the safe and continued care of the residents. She always arrives early to help her colleagues

and has recently covered shifts at short notice when team members have unfortunately had to self-isolate at home. Always smiling and polite, Angela is a vital part of the Night Care team at Burcot Grange.



Michelle Sharpe
*Housekeeping & Laundry
Assistant, Cedar Mews*

Michelle is an amazing team player who excels in her role every day. Everyone admires her constant smile and positive attitude. Her attention to

detail results in outstanding levels of cleanliness in the home. Michelle is a friend and confidante to many and residents love her.



Lisa Christensen

*Care Assistant,
Earlsfield Court*

Lisa consistently shows great warmth and kindness to residents and colleagues alike. Her calm, gentle nature endears her to everyone and she has

a wonderfully positive impact on residents' lives. Her colleagues are honoured to have her on their team.



Sue Storey

*Admin/Receptionist,
Emerson Grange*

A valued member of the team, Sue is known for her smart appearance and her polite, firm but fair manner. She recently took on

additional responsibility covering reception and recruitment roles and extended her hours to accommodate this.



Juliana Zaharagiu

*Team Leader,
Hartwood House*

Juliana has excelled in the practical support she gives her team as well as being available when Hartwood House needs her: she stepped up to become

Duty Manager recently. She lives and breathes Cinnamon's vision and values and always acts in the best interests of the residents and her team.



Sugar Hastilow

*Care Assistant,
Leah Lodge*

Sugar's bubbly personality cheers everyone up. She is determined to make the difference in her residents' lives,

forging close friendships with them and coming in on her days off to accompany residents to Church.



Leanne Wells

*Care Assistant,
Netley Court*

Enthusiastic and organised, Leanne has a natural, caring approach that never falters. She is always completely focussed on finding ways to assist residents so they

receive the best possible care.



Natasha Wynter

*Housekeeper,
Rectory Court*

Positive and compassionate, Natasha has taken on extra hours to support her colleagues, ensuring residents are cared for and the home is well kept. She

has high standards and makes sure residents are happy before leaving.



Cheryl Groves

*Team Leader,
Rivermede Court*

Dedicated Cheryl works hard to keep residents and team members safe. She is a great leader who is always willing to support other teams in the home. Residents and family members

regularly say how wonderful Cheryl and her team are.



Stephen Geddes

*Kitchen Assistant,
Sunnybank House*

Stephen has never taken sick leave. His colleagues say he is a pleasure to work alongside because he is always smiling, polite and happy to help.



Katie Percival

*Trainee Chef,
Wellington Vale*

Kate was nominated for her amazing cakes, the happy smile she gives residents when she serves their meals and always being available to help when needed.

SPRINKLE of CINNAMON

makes residents' wishes come true

Sprinkle of Cinnamon is a way of doing something special to create a memorable day for our residents. Since the initiative was introduced, Activities Co-ordinators have made their residents' wishes come true.

The new ice age

Breda O'Doherty, Activities Co-ordinator at Wellington Vale overcame her fear of ice recently to sprinkle some Cinnamon for a 100 year-old resident.

Yvonne Speet who hails from Holland was once an ice-skating champion. Although she is now in a wheelchair, Yvonne longed to experience the freedom of skating on the ice again. Having consulted Yvonne's daughter, Breda arranged a trip to a nearby

ice rink to make Yvonne's

dream come true. Since Breda cannot skate, Care Assistant Karen Stowers volunteered to help. She accompanied Yvonne on her spin around the ice rink in a special wheelchair that could glide across the ice. Yvonne and her daughter were thrilled; it brought back beautiful memories.



LIVING LIFE
TO THE FULL

CENTENARY CELEBRATION

Resident Peggy Watson celebrated her 100th birthday with a party organised by her family and team members at Emerson Grange. Peggy is very sociable, so they made every effort to make her feel special on her big day. One team member styled Peggy's hair in the home's hair and beauty salon and a Scottish piper provided the musical entertainment.

Paul Hart, General Manager, said, "Peggy is an amazing person and continues to live life to the full." Peggy added, "Life is lovely, I have good people who care for me, a loving family – and I enjoy a glass of gin and tonic!"



Leap year love

Earlsfield Court had something special to celebrate recently. Lisa Christensen, Care Assistant, proposed to her boyfriend on 29th February and was thrilled when he said yes. Chef Nathan Cadey made some special cupcakes and the team presented them to Lisa with a bottle of bubbly and a card signed by everyone.

CREATURE COMFORTS

Residents at Burcot Grange are missing their four-legged friend, Reggie the PAT dog, and very much looking forward to seeing her soon. Volunteer Sally Flood usually brings her two year-old Cavachon to call every two weeks but Reggie is not allowed to visit at the moment. Hopefully, she will be returning soon.

At Wellington Vale, team members and residents had a visit from the Isle of Wight donkeys in early March and are looking forward to seeing them again soon.



ACTIVITY *lady* DURING COVID-19

Nancy Hall De Vuyst
Activities Co-ordinator, Hartwood House

I never even heard of COVID-19
But now I call it an enemy unseen
I always knew in my job I would deal with death and saying goodbye
But losing so many residents just makes me weep and sigh
Activities used to be moving furniture and gather the masses
To listen to singers or attend Holy Masses
Trips out used to be a cream tea in the village or a boat trip,
Inclusive cycling and wall climbing were a favourite.
But now we see the world on a YouTube clip
We know once we're allowed out again we will savour it
We had regular visits from a masseuse, hairdresser and manicurist
Now residents stay in their room and outings we must resist
We had singers, theatre and church services planned
But now the whole team get their temperature scanned
Twice daily

We're now obsessed with handwashing, touchpoint cleaning and PPE
And on Thursdays at 8pm we become very weepy
Whilst we stand outside and clap for NHS and staff in social care
Activities have changed, no longer I hope for everyone to participate
Large groups now make me afraid
I need to keep myself and my residents safe
Even if it feels like living in a cave
My job is now to chat, to comfort and to pray
One-to-one activity is now the order of the day
Who knew the elderly in our care homes would become so adapt
In using Messenger, Facetime, Skype and Zoom
Even if these times are capped
To give everyone a chance to connect from their own room
The world has been changed by
COVID-19
The enemy unseen

But maybe, just maybe
It will mean
That family will visit more once we are on the other side
Life has changed worldwide
I have learned so much about love and care and community spirit
I have wept, I've been scared
I have felt so unprepared
But my love and passion for the elderly
Has grown even deeper by the love I have seen
From friends, family and community
Coming together in the battle against
COVID-19
The enemy unseen.



Burns Night at Burcot Grange & The Lodge



Rivermede Court outing

Events held prior
to social distancing
measures



Valentine's Day at Wellington Vale



St Patrick's Day at Wellington Vale

UNITE TO FIGHT

Throughout Cinnamon Care Collection homes, team members united to fight dementia and improve the lives of people living with the condition.



MAKING *new* FRIENDS



The Rokewood Court team



The Mornington Court team

The Dementia Friends programme is the biggest ever initiative to change people's perceptions of dementia and Cinnamon's team members are signing up each day.

Every team member at Rokewood Court and Mornington Court has become a Dementia Friend along with Kelley Crocker, Abbotswood Court's new Deputy Manager. As a Dementia Champion, Ailean Freeman, Activities Co-ordinator at Burcot Grange, has run

many Dementia Awareness sessions and created over 500 Dementia Friends. Each friend will help to transform the way people think, act and talk about the dementia.

Abbotswood is **ON BOARD**

As part of its successful Open Day earlier this year, Abbotswood Court hosted the Dementia Virtual Tour Bus. This mobile simulator offers the only scientifically and medically proven method of giving a person with a healthy brain an experience of what dementia might be like.

Amongst the people who took the tour were members of the Hampshire Search & Rescue Team. They were so impressed by it that afterwards they asked Anya Sait, Home Admissions Advisor, if Abbotswood Court could host a Dementia Friends session for the rest of their 50-strong team. It is hoped that this will take place in the very near future.



The Hampshire Search & Rescue Team

DEMENTIA

BURCOT ROCKS

After their success last year raising awareness during Dementia Action Week, the Burcot Grange team wanted to excel themselves this year.

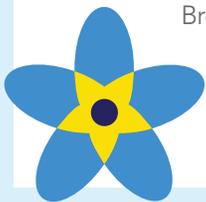
In 2019, they 'yarn bombed' the Redditch & Bromsgrove community with crochet and knitted forget-me-not flowers, the recognised emblem of dementia friendly communities.

This year they joined forces with Bromsgrove School to paint forget-me-nots on stones which they plan to distribute locally.

Now that Dementia Action Week has been postponed until September, it gives team members and residents plenty of time to prepare for the big day. They have local nurseries, child-minders and the Bromsgrove Rocks Facebook group involved as well as schools.



For further information about what will be going on in your area during Dementia Action Week in September and how to become involved, visit www.alzheimers.org.uk.



RIVERMEDE *takes* TIME FOR A CUPPA

Rivermede Court showed their support for Dementia UK by holding a Time for a Cuppa event before social distancing measures were introduced.

Team members baked a selection of scrumptious cakes and, together with cups of tea and coffee, raised £70 towards helping dementia specialist nurses to support more families facing dementia.

"I am really proud of the entire team for making such an effort with such great results," said Sandra Patricio, Home Admissions Advisor.



The return of the pen pal

As well as providing iPads for residents to stay in touch with their loved ones, Wellington Vale has adopted an old-fashioned approach towards keeping connected with their local community.

The local Scouting group had to suspend all face to face activities due to coronavirus. Scout leader James Fisher wanted to give them something to do at home that would keep their minds active and be a change from their schoolwork.

He contacted Wellington Vale to ask if residents would be happy to receive pen pal letters from his young troop. Residents were delighted and keen to rekindle this lost pastime. They now look forward to receiving lively letters full of news from their young pen pals.



Nobody does it better



James Bond films are a popular choice at Burcot Grange cinema nights, which gave Ailean Freeman, Activities Co-ordinator, a suitably seductive idea – a Bond Afternoon to brighten up the dreary winter days.

The Kitchen team leapt to the challenge. Head Chef, Lucy Wilde designed a cake that captured the essence of 007 and was beautifully executed by Chef Jenny Jones. Kitchen Assistant Becky Taylor created unforgettable Burcotini cocktails – shaken, not stirred – including a non-alcoholic variety.

Singers Helen Pearson and Gary Grace regaled the company with Bond theme tunes while residents and team members enjoyed posing for photos with Pierce Brosnan. "It was lovely that he could make it!", laughed Ailean. "It was a brilliant afternoon and brought a smile to everyone's faces."

JOLLY GOOD SPORTS

The Sunnybank House team came together early in March for the biennial charity event Sport Relief Day. Residents and team members enjoyed a variety of sports including netball, skittles and volleyball, hosted by their fantastic Activities Co-ordinators, Nicky Reaves and Michelle Andrews.



"We love an excuse to dress up and had a 118 duo in costume and a cheerleader spurring us on," said Nicky. "We are very much look forward to donning our fancy-dress costumes for the next national charity event." They raised over £50.

The Wellington Vale team and residents also rose to the challenge raising more than £330 for Sport Relief.

COMMUNITY *cinema* CLUB



The Mayor of Runnymede, Councillor Parshotam Sohi, officially launched a new Community Cinema Club at Rivermede Court earlier this year. It will resume after the end of the current lockdown.

Rivermede Court will open up its exclusive cinema room for one day every quarter to local community groups who can select a film of their choice to watch. There will be four cinema performances during each Movie Marathon Day, with freshly made popcorn available for all who attend.

For the first screening, the Mayor, his wife and Deputy Mayor chose to watch *Judy*, the biopic of musical icon Judy Garland starring Renée Zellweger. Two consecutive screenings of *Little Women* followed, selected by local church groups. The final performance of the day was for residents who chose to watch *The Lion King*.

Libby Barrett, General Manager, said, "This is a great opportunity for us to continue to build links with the local community and offer them our hospitality for the day."

(L-R) Louise Challand, Home Admission Advisor with Hanka Vlhova, Activities Co-ordinator



KEEP CALM AND MAKE COCKTAILS!

In times of trouble, what better way to spend a sunny afternoon than making cocktails? Lorraine Brennan, Activity Co-ordinator at Abbotswood Court, came up with this great idea which, not surprisingly, proved very popular with residents!



INSPIRING INDIVIDUALS

Krystyna Bosko, General Manager at Earlsfield Court, has introduced an Inspirational Leader award for Heads of Department. Team members vote for the HOD who has most inspired them that month and the winner receives a prize of a bottle of wine or something similar.

"My idea sprang from the Leadership training course," explained Krystyna. "We sometimes forget that Heads of Departments also like to be acknowledged for what they do, not just by their line manager but by the members of their team. It is important to show our appreciation to those who inspire us; it helps to motivate everyone."

Zoe Redman, Deputy Manager, was the winner of the first award. Coincidentally, Krystyna had already asked her sister make a unicorn cake for Zoe to thank her for being so kind and supportive to everyone.

Krystyna is also awarding a small monthly prize for the team member who has made a difference in addition to the quarterly You Make The Difference award.



A NOTE OF THANKS

To show our appreciation during this difficult time, General Managers will be handing out Thank You notes each week to team members who are regularly at work, remain positive and demonstrate that they adhere to Cinnamon's vision and values.

Every Thank You note can be redeemed for a £10 e-voucher on any Friday. You can save them up and cash them in.

Thank you for all you do for our residents and each other.



Although sporting, theatrical and musical events will not take place during the lockdown, many are still available online.

Watch National Theatre Live productions free on the NT's YouTube channel every Thursday at 7pm and available for seven days afterwards.

Tour the Great Barrier Reef with David Attenborough at attenboroughsreef.com or visit the Virtual RHS Chelsea Flower Show from 18 to 23 May at www.rhs.org.

Help document Rugby League history with the Life Without League project – visit lifewithoutleague.wordpress.com and download the diary template.

Join the J Paul Getty Museum challenge. Download your favourite artwork from their collection at getty.edu.art/collection. Find three things lying around your home. Re-create the artwork with those items and take a photo. Tag your creation [#betweenartandquarantine](#) and [#tussenkunsten](#)

quarantine and upload to Instagram. See www.instagram.com/gettymuseum or www.instagram.com/covidclassics for inspiration.

Download the Firstsite Gallery's free art activity pack featuring contributions from UK artists at firstsite.uk/art-is-where-the-home-is or find out which artwork looks like you with the Art Selfie app at artsandculture.google.com/camera/selfie.

Take a virtual museum or art gallery tour around the globe from London's National Gallery at www.nationalgallery.org.uk, to the Uffizi Gallery in Florence at www.uffizi.it/en, the Metropolitan Museum of Art in New York at www.metmuseum.org or The Musee D'Orsay in Paris at artsandculture.google.com/partner/musee-dorsay-paris.

Enjoy a classical concert by the London Symphony Orchestra at lso.co.uk, live stream events from The Metropolitan Opera in New York at www.metopera.org or simply listen to the sounds of the 1940s with the UK 1940s Radio Station at www.1940sukradio.co.uk.

May

8	Early May Bank Holiday.
8	Victory in Europe (VE) Day. Celebrations will take place on 15th-16th August 2020.
25	Spring Bank Holiday.

June

8	HM The Queen's official birthday.
21	Father's Day.

July

1	You Make the Difference Award 2021 – closing date for the first quarter's nominations.
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