

WINTER 2020

# IN TOUCH

with CINNAMON



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Cinnamon gives its support

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CINNAMON  
LUXURY CARE

## ON THE MOVE

### Sue Hill

*General Manager, Rectory Court*

Sue joined Cinnamon Care Collection last year as General Manager at Wellington Vale and has now transferred to be General Manager at Rectory Court. Sue has worked in the care sector for over 30 years, starting out as a care assistant before returning to further education. She went on to be a manager for Suffolk County Council and later moved into private care. Sue holds an advanced dementia training qualification and a dementia mapping qualification from Bradford University.



## BUNDLES OF JOY

Congratulations to **Dolly Turland**, Care Co-ordinator, and **Hannah Flanders**, Activities Co-ordinator at Cedar Mews who are now on maternity leave awaiting the arrival of their bundles of joy.



## CONGRATULATIONS

Congratulations to **Shamariah Notice** and **Zahia Khaldi** at Rectory Court who have both been promoted to Senior Care Assistant roles.

## NEW FACES



### Lindsey Groenewald

*General Manager, Netley Court*

Lindsey has over 20 years' experience in care home management and operational support management in six homes across Shropshire and Cheshire. She has been a registered nurse since 1994 and holds a Diploma in Higher Education.



### Gillian Irish

*General Manager, Sunnybank House*

Gillian is a qualified registered general nurse and sick children's nurse. Having spent 20 years in the acute sector of the NHS, she moved to the independent sector managing a team who cared for people with complex needs in the community. Gillian has worked in care homes for the last 15 years in home, peripatetic and regional management.



### Gaynor Rhead

*General Manager, Wellington Vale*

Gaynor has worked in healthcare for nearly 34 years. She started her career as a nursing home care assistant and went on to train as a registered general nurse. Gaynor is also a healthcare/nurse tutor and a qualified nutritionist. She took up her first post as manager of a care home in 2007 and has pursued a career in operational management ever since.



### Julie Weaver

*General Manager, Parkfield Grange*

Since qualifying as a registered nurse, Julie has worked in care of the older person in both the NHS and the independent sector. Her 20 years' experience includes the commissioning and regional management of many new build care homes. Julie holds two Masters degrees, one in Law & Employment Relations and another in Leadership & Management.



### Marcos Bachiller

*Regional Hospitality Services Manager, Support Office*

Born to a family of restaurateurs, Marcos has pursued a career path in the five-star hotel industry, first at Marriott County Hall and later Sofitel London Heathrow. He went on to lead the food and beverage service at the Royal Society of Medicine. Marcos subsequently joined Baycroft Care Homes and Senior Villages where he discovered how rewarding a career in senior care can be.



### Naeem Arzu

*Digital Marketing Executive, Support Office*

Before joining Cinnamon, Naeem worked for a digital agency as an SEO (Search Engine Optimisation) executive where he improved the search ranking and positioning of several websites. He was previously a search marketing specialist for a company concentrating on colour calibration and photography systems. Naeem has a BSc degree in biomedical science and a Chartered Institute of Marketing Diploma in digital marketing. Naeem will work closely with Marcus Cole and Gary Brown on website search engine optimisation, adwords and social media campaigns, as well as assisting Cinnamon homes with Facebook and email campaigns.

# Zing!

by Cinnamon



## Competition results

Congratulations to everyone who took part in the Zing! Christmas competition to create magical Christmas memories through movement and exercise. We were delighted with all the charming video entries which met the competition criteria of incorporating Christmas-related movements into an exercise routine, involving team members and residents and showing off the home's festive ambience.

First prize goes to **Hartwood House** whose video captured the very essence of Zing! – exercising while having fun. They will receive £250 towards an activity or activity products for the home.

**Wellington Vale** was a worthy runner-up and **Burcot Grange and The Lodge** claimed third place. All of the entries, however, showed a wonderful spirit in the homes and so much delightful festive fun.

*Geoff Pride*

Activities Support Consultant

## Demand some Oomph! today

Cinnamon is currently trialling an exciting new service from Oomph! which activities teams can access on demand and tailor to the needs of their residents. This digital platform offers a host of wellbeing resources and support including training, activity books, daily activity ideas, exercise session plans, recorded exercise classes, access to live Oomph! TV classes and much more.

The content is continually updated so it remains fresh and, in addition, the digital platform provides measurement and tracking to aid with evidence for CQC (Care Quality Commission) inspections. It will have no impact on Cinnamon's own Zing! exercise programme which homes will continue to offer to residents.



Please take the time to explore the new Oomph! service. Each home has a separate log in to the platform and the log in details can be shared with and used by as many different members of the team as required.

If you have any queries or would like to give feedback, please contact **Geoff Pride, Activities Support Consultant, at geoff.pride@cinnamoncc.com**.

## HELLO and WELCOME

Say hello to some new and familiar faces who have joined Eastcote Park, Parkfield Grange and Sutton Park Grange. They are all looking forward to their new Cinnamon home opening later this year.



The Eastcote Park team



Parkfield Grange (l-r): Jenny Billingsley, Karen Hemmings and Julie Weaver



Sutton Park Grange (l-r): Jenny McKean and Kiran Chaggar



# SPICE OF LIFE

Your benefits programme and information portal is waiting for you.

To activate it, you only need your employee number. If you are unsure of your employee number, please contact your administrator. Then follow these simple steps to discover all your key employee benefits and some great ways to save money.

1. Log on to **cinnamoncc.hapibenefits.com**
2. Click the 'I'm New – Get Started' link.
3. Follow the on-screen instructions to login and create your own password.
4. Click on the app tile or search 'Hapi' in the App Store or Google Play Store to download the free app on your mobile phone.

Once activated, you can visit the website from any computer, laptop, tablet or smartphone as often as you like. Explore the range of benefits provided and discover savings on your everyday expenditure!

All of your key benefits are in one place at **cinnamoncc.hapibenefits.com**.

A telephone Helpline is open from 8.30am-5.30pm, Monday to Friday, at **0333 400 0844**

Powered by hapi.



# Wellbeing protection for new residents



The first two weeks after a resident joins a Cinnamon care home community are crucial to their 'settling in' and the feeling of being 'at home' in their new home. Current Government guidelines, however, insist that all new residents joining a care home should be 'isolated' for 14 days, which can have negative implications for an older person.

Cinnamon's new Wellbeing Programme provides a positive solution – a personalised but flexible plan of activity to reflect the individual's personality, hobbies and abilities. Using information gathered from the new resident, their family members and friends, the activities co-ordinator will design a bespoke programme for each individual's first 14 days in the home.

It will use 'The Seven Branches of Cinnamon'. This is a programme which embraces activity under seven specific themes: physical, social, experiential, emotional and spiritual, creative and artistic, therapeutic and sensory.

A typical week for a new resident might include:

- a favourite takeaway shared with a team member
- a virtual quiz with other care home residents on Facetime
- a Tai Chi exercise session using 'Oomph!' – Cinnamon's online activities resource

For someone living with dementia, the week might include:

- reminiscing with the activities co-ordinator about the local area using images on an iPad
- gentle chair-based exercises based on the Cinnamon 'Zing!' programme
- a virtual sing-song with other residents on Zoom.

The success of our Wellbeing Programme has a single aim: to welcome each new resident with a sense of a warmth, understanding and unconditional support.



## Happy is the heart that shares

Rivermede Court team members have introduced a care box to support colleagues who are struggling. It contains tinned food, toiletries and other essential items that are donated by team members and free to any colleague who is in need.

# CINNAMON CARE COLLECTION WELCOMES VACCINE ROLLOUT

Carole Hunt, Director of Cinnamon Care Collection, and residents at Burcot Grange and The Lodge care home have received their first COVID-19 vaccination, as the national programme to protect care home residents gathers pace.

'I feel privileged to be part of the first phase of the vaccination programme,' said Carole. 'I urge all our team members to have the jab as soon as it becomes available to help protect the vulnerable people in our care.'

People who work in care homes are at a much higher risk of repeated exposure to COVID-19. Catching the disease can be serious, especially for older people or those with underlying health conditions. Although some people display no symptoms, they can still pass the disease on to residents, family and friends.

## No safety concerns

Two doses of the same COVID-19 vaccine will reduce your chance of becoming seriously ill. The vaccine has been shown to be effective and no safety concerns were seen in studies of more than 20,000 people. More significantly, no safety concerns were seen amongst Cinnamon team members who have received their first vaccination.

Any side effects are mild and short-term and not everyone is affected so you should be able to return to work immediately afterwards. If your arm is sore, avoid heavy lifting. If you feel unwell or very tired, rest, take the normal dose of paracetamol recommended on the packet and avoid operating machinery or driving.

## Follow the guidelines

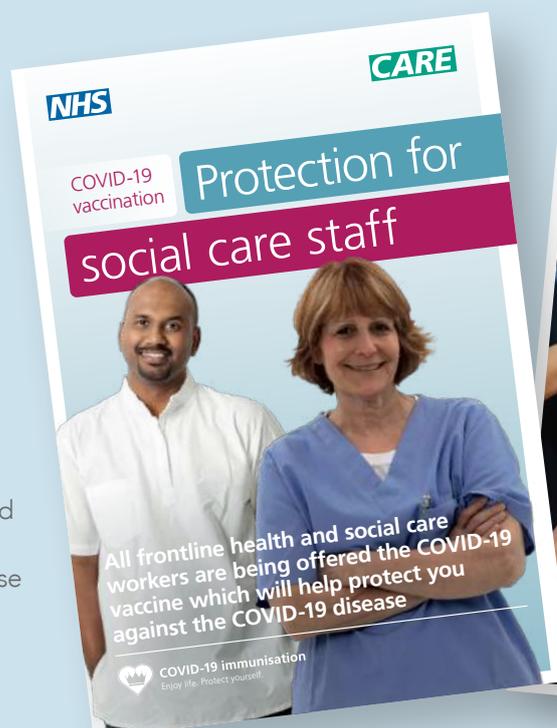
It takes a few weeks for your body to build up protection from the vaccine. In the meantime, you will still need to follow the infection control guidelines in your Cinnamon home including wearing the correct personal protection equipment, practising social distancing, wearing a face mask and washing your hands carefully and frequently.

The vaccines have not yet been tested on pregnant women and therefore the NHS advises waiting until your pregnancy is completed before being vaccinated. Detailed information is available at [www.nhs.uk/covidvaccination](http://www.nhs.uk/covidvaccination).

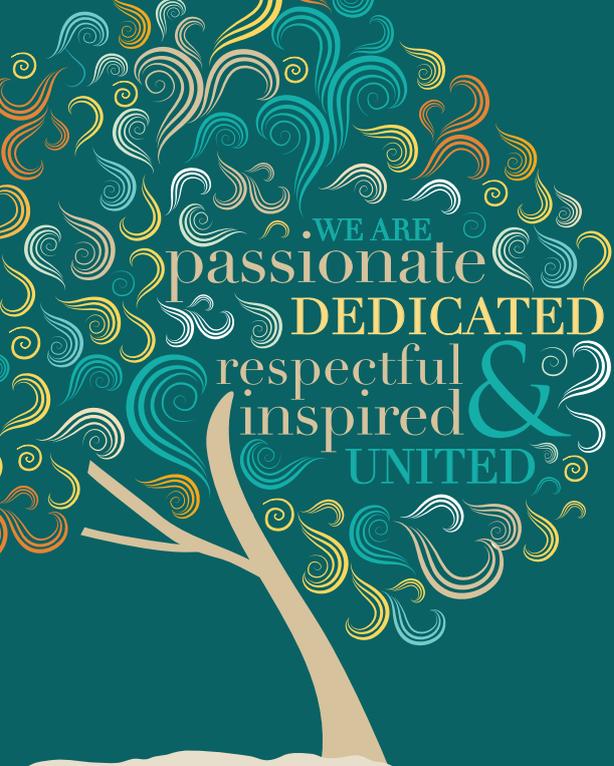
## Common side effects include:

- a painful, heavy feeling around the site of the injection, usually worst 1-2 days afterwards
- feeling tired
- headache
- general aches or mild flu-like symptoms

If your symptoms become worse, call NHS 111 and remember to tell them about your vaccination. You can report suspected side effects of vaccines and medicines through the Yellow Card scheme at [yellowcard.mhra.gov.uk](http://yellowcard.mhra.gov.uk) or by downloading the Yellow Card app.



Burcot Grange resident receives her vaccination



# 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.**

## The winners for the third quarter of the 2021 awards are...



**Finn Black**  
*Care Assistant,  
Abbotswood Court*

Residents love Finn for his positive attitude and bright smile which is visible even through his mask. Kind and caring, Finn will always spend quality time with them.



**Cherelle Hemmings**  
*Senior Care Assistant  
(Nights), Cedar Mews*

Thanks to her professionalism, commitment, motivational ability and leadership, Cherelle has risen swiftly to a senior role and united the day and night care teams.



**Charlotte Mole**  
*Care Assistant,  
Burcot Grange*

Charlotte made a huge difference to young homeless mothers in Bromsgrove last December. She purchased toys and much-needed items with donations from residents and team members and gave them to three local charities to distribute for Christmas.



**Wendy Middleton**  
*Activities Co-ordinator,  
Earlsfield Court*

Since joining Earlsfield Court last autumn, Wendy has made a positive impact on the lives and wellbeing of residents. She has given tremendous support to the whole team.



**Lucy Mansell**  
*Senior Care Assistant,  
Burcot Lodge*

Lucy shows great kindness, care and respect for the residents at The Lodge. She is always ready to give help and advice if a team member asks for guidance.



**Trevor Boulding**  
*Maintenance Assistant,  
Emerson Grange*

Dedicated, hard-working Trevor is popular with residents and his colleagues. No job is too much for him and he does everything he can to make the residents happy.



### Barbara Haynes

*Care Assistant,  
Hartwood House*

Barbara's support for residents and teammates as well as her commitment and hard work over the past difficult months have been outstanding. No

wonder everyone loves her!



### Dianne Erouwho

*General Assistant,  
Rectory Court*

Quietly and consistently, Dianne works exceptionally hard behind the scenes and always wears a cheerful smile.



### Joanne Thompson

*Care Team Leader,  
Leah Lodge*

Compassionate Jo does all she can to support her team and ensure residents receive the highest standard of care. She recently took

responsibility for ensuring her team members had completed their necessary training.



### Anne Browne

*Care Assistant,  
Rivermede Court*

Anne is a model of compassionate care. She gives her team unparalleled support and often visits residents on her days off to bring them

shopping, give a manicure and have a cheery chat.



### Alfredo Changchao

*Head of Maintenance,  
Mornington Court*

Alf not only supported several Cinnamon homes with maintenance but also dedicated his afternoons last December

to supporting the New Forest Basics Bank, delivering on average 10 special Christmas hampers per day to members of the local community who needed support.



### Lisa Heslop

*Care Assistant,  
Rokewood Court*

Residents feel comfortable and at ease with Lisa. Her teammates say it is a pleasure to work alongside such an enthusiastic, energetic and dedicated individual.



### Donna Royle

*Kitchen Assistant,  
Netley Court*

Organised and obliging, Donna naturally leads by example. Her culinary skills and positive attitude make a major contribution to Netley

Court's five-star food service.



### Sukran Dodds

*Senior Care Assistant  
(Nights), Sunnybank House*

Everyone at Sunnybank House agrees that Sukran is one of the kindest and most hard-working carers; she never fails to do her utmost for residents and her team.



### Karina Goddard

*Senior Care Assistant (Langston Unit), Wellington Vale*

Karina is diligent, hardworking, professional and makes sure she carries out everything required of her in a timely manner. She ensures consistent quality care for the residents. Well done!



A big **THANK YOU** to everyone for taking care of our residents over Christmas and New Year!



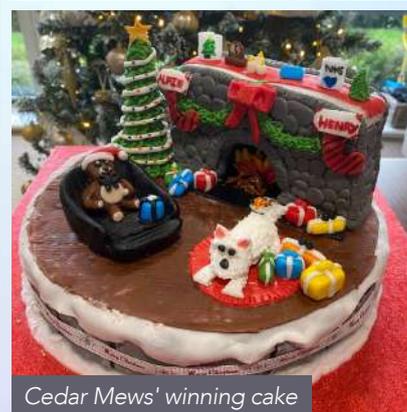
Residents' winning cake



Finance Team Christmas party via Zoom

# Christmas at Cinnamon

Cinnamon teams and residents made merry at Christmas despite COVID-19 restrictions with parties, pantomimes, carols, Christmas jumpers, delicious food and lots of good cheer. They also made a special effort to support lonely and less fortunate people in their local community.



**Christmas Cake Challenge Winners**

The high standard of entries in the 2020 Christmas Cake Challenge resulted in a tied first place in the Chef category. The judges admired the impressive detail in the magical 'Santa's Chaos Farm' cake created by Trainee Chef Alaa Mohamed and his Leah Lodge team. Jacob Hill-Berry, Trainee Chef at Cedar Mews, rose to the creative challenge once again with a spectacular fireside scene. Alaa and Jacob each won £200 of Bidfood Catering Equipment vouchers,

chocolates and a case of prosecco to share with their respective teams.

Wellington Vale's Portsdown Community carried off the prize in the Resident category for their 'all involved' Christmas table cake. They won £200 of high street vouchers for activities, chocolates and prosecco for every resident to celebrate their success.

*Thank you to everyone for taking part*

Aderio Rocha

Cedar Mews' winning cake

Leah Lodge's winning cake

# BAUBLES & BOWS

ALF DELIVERS HAMPERS



## Fine dining

The Mornington Court team supported several community-based initiatives as 2020 drew to a close.

Alf Changchao, Head of Maintenance, went out every afternoon regardless of the weather to support the work of the New Forest Basics Bank, a local charity that provides food parcels for the desperately poor in the area. Alf, who was assisted by a different team member each day, delivered over 60 special Christmas hampers prepared by the Mornington Court team containing all sorts of goodies.

The team also delivered freshly cooked Christmas lunches to local residents who receive support from the Basics Bank; for many, it would be their only proper Christmas lunch. In addition, they took 10 freshly prepared Christmas meals to the volunteers at the Basics Bank so they could all dine together.



Delivering Christmas meals



The Red Lounge team at Burcot Lodge

**The Christmas tree decoration competition was a highlight of the year at Burcot Lodge. 'We wanted to do something that would bring the whole team together, lift our residents' spirits and provide meaningful Christmas activities despite the changes wrought by COVID-19,' explained General Manager Vicky Osborne.**

Team members and residents divided into four groups, each of which was allocated a lounge for their Christmas tree. Each group chose a theme and worked together to design, make decorations and adorn their tree. Families and friends also joined in with one team member's grandmother knitting snowmen and children making festive bunting. One tree even had a star of the Cinnamon values.

After careful deliberation, General Manager Vicky Osborne and Deputy Manager Josh Oakes declared the Red Lounge team the winners.

### Memory tree

A special mention also went to the group who decorated not merely a tree but the whole lounge. Their beautiful display included a memory tree with specially made baubles engraved with the names of residents who had passed away during the year to celebrate their lives. These baubles were later gift-wrapped and hand-delivered to the residents' families together with some of Burcot's famous handmade shortbread. Other trees were hung with baubles containing current residents' photos.

*Congratulations to all the teams on their stellar results.*

# The GREAT GOODY BAG GIVEAWAY

**Cinnamon homes made up goody bags to give away to elderly members of their local community to add some extra sparkle to their Christmas.**

Lea Wintle, General Manager at Abbotswood Court, gifted 20 branded Abbotswood bags full of goodies to Romsey Abbey for members of their congregation who had been mostly alone at home for some time and needed cheering up.

Eastcote Park, one of Cinnamon's new homes which will open later this year, donated 50 goody bags containing a variety of branded treats including a water bottle, notebook and games to Age UK Solihull for their vulnerable clients.

Meanwhile, the Burcot Grange goody bags were hand-delivered to relatives of residents who had passed away during 2020. They contained a handwritten card, a Christmas bauble with the resident's name on it and some of the home's famous shortbread.

## Charity online

Netley Court took its charity initiative online via Facebook. Kathryn Duffell, Home Admissions Advisor, made 100 dementia-friendly festive activity

bags available to anyone in the community who wanted or would benefit from one.

Each 'bag for life' contained puzzles, activity books, a teddy bear, a box of mince pies and an optional 'Twiddlemuff'. These hand muffs have a variety of textures and small objects such as buttons and ribbons attached inside and out. They are helpful for people living with dementia who often get restless hands and find comfort in twiddling.

Age Concern and Hampshire Mountbatten Hospice collected 60 bags for clients and Kathryn kept some for residents who have to go into isolation after a hospital visit or upon arrival at the home. The rest were collected and delivered by friends and family to their loved ones.

The success of the great goody bag giveaway further strengthened Cinnamon homes' ties and reputation within their local community.



Eastcote Park



Netley Court

## TALLY HO!

The traditional Boxing Day Hunt may have been cancelled but you would never have guessed it at Burcot Grange. The team members wore targets and residents had great fun shooting foam darts from Nerf guns supplied by the Activities team. Amidst the general hilarity, some Burcot residents proved to be real sharp shooters.



# SPRINKLE of CINNAMON

makes residents' wishes come true

Sprinkle of Cinnamon is a way of doing something special to create a memorable day for residents. Due to current restrictions, activities teams have had to come up with some creative ideas.

Hartwood House boasts several football fans among its residents so Activities Co-ordinator Nancy Hall De Vuyst wrote to several of their favourite teams for help with some happy results. Tottenham Hotspurs sent a personal letter and supporter's scarf to one resident as a Christmas present. Manchester United sent a collection of former player cards, some of which were signed by the players, as a gift for another resident. Nancy is still hoping for a reply from Southampton, Sunderland and Hearts.



## Sparkle and shine

Little things mean a lot as Ailean Freeman and Charlotte Kenny from the Burcot Activities Team proved recently. One Burcot Lodge resident, Jo Bowen, is a huge fan of the Nativity series of family Christmas comedy films. Ailean and Charlotte secretly contacted Debbie Isitt, writer and director of the films, who wrote a personal letter to Jo. It certainly brought some sparkle and shine to Jo's Christmas.



MANON JAMES-MALLINGER

## TREASURE TROVE

Inventive Administrator Becky Griffin held a daily cryptic Christmas treasure hunt for her Rivermede Court colleagues. She posted a new clue to a secret location in the home every day on the notice board. Team members had to solve the clue to find a new treasure every day.

Her clever clues included: 'Salty or sweet it's your choice' which led to a prize hidden in the cinema popcorn machine and 'This clue may strike a chord with you' which led to treasure hidden in the piano. Her teammates really enjoyed this novel pastime.



## TOY STORY

Burcot Grange lit up with the spirit of charity last December. In their spare time, Care Assistant Charlotte Mole and Activities Assistant Charlotte Kenny collected donations and purchased toys and much-needed items for young homeless mothers in Bromsgrove. Their teammates, residents and their families also showed their support by giving toys, bath products and non-perishable food. The two Charlottes donated the personal care items and toys to three local charities, St Basil's Hostel, Acorns Children's Hospice and Birmingham Toy

Mission. The food went to The Basement, a local charity for young homeless people.

Meanwhile, Activities Manager Ailean Freeman and a team of residents filled 12 shoeboxes with toys and treats to send to children in Romania for Christmas as part of The Samaritan's Purse Shoebox Appeal.

# CHEESE *and wine* FOR TEA

The Rivermede Court team has added a sparkling new activity to their menu.

One resident who used to be a sommelier was unimpressed by the prosecco that accompanied the home's popular Afternoon Tea at The Ritz. 'We had a discussion with the residents and decided to make the wine more of a feature,' explained Hospitality Supervisor Daniela Lovin. 'The following week we served an

award-winning English sparkling wine instead.'

Another week, the afternoon tea was replaced by a cheese and wine tasting. Residents sampled a French Bordeaux, a South African Pinot Noir and an Argentinian Malbec. All the details of the wines were printed out and residents enjoyed comparing their different styles. The Rivermede team plans to continue these events and feature a different country each week.



## HIGH TECH CHRISTMAS



Cinnamon's activities teams have sought new ways to ensure their residents have safe access to social events and increased their use of new technology in the process.

Five Cinnamon homes joined together for a combined carol service

via Zoom, organised by Breda O'Doherty, Activities Co-ordinator at Wellington Vale. 'The residents loved it,' she said. 'It is so important to be surrounded by others, especially at Christmas, and it was great seeing team members from other Cinnamon homes.'

### **Pantomime popular**

The Wellington Vale pantomime is always a big hit and in 2020, posting it on YouTube meant local schools, local schools, friends in the community, residents' families and others could share the fun and excitement. It was even requested by Big Ian Donaghy, an influential speaker, doer and film-maker in the care sector who works tirelessly to raise awareness of dementia – an accolade indeed.

## RESIDENTIAL VOICE

Rectory Court residents have elected an Ambassador and Deputy Ambassador to represent them in the way their home is run. They will be in post for six months and speak on behalf of their fellow residents about everything from activities to menus, as well as joining the management meetings and sitting on the interview panel for new team members.

# Charity appeal

Kiran Chaggar, Home Admissions Advisor, and Jenny McKean, Administrator, both from Cinnamon's new home Sutton Park Grange, worked with the YMCA to make up 49 Christmas boxes for local young carers. The contents were donated by Kiran's family, friends and the Sutton Coldfield community. Sutton Park Grange has chosen the nearby John Taylor Hospice as their charity for 2021.



Kiran Chaggar with Sally Redmond from John Taylor Hospice

# Turning a problem into an opportunity

Like many of us, Kathryn Duffell, Home Admissions Advisor at Netley Court, is not the biggest fan of social media. In fact, she considers it her 'stuff of nightmares'.

So, when Senior General Manager and social media strategist Mark Shockledge transferred to lead a new Cinnamon home, Kathryn faced quite a challenge.

Kathryn recruited Richard Hazelgrove, Activities Lead, to share the responsibility for the home's Facebook page and with the aid of Emily, another member of his team, they have increased their following with a recent video post gaining over 25,000 views! They also launched their first podcast which led to more new engagement.

Sarah Devlin, Head of Marketing, said, 'This illustrates the power of great teamwork and viewing a challenge as an opportunity. We

all have parts of our job we don't enjoy or don't feel we shine at but when we realise that our worst nightmare is someone else's true strength, our problem soon becomes our opportunity. Well done Kathryn and Richard.'

To see Emily's video or listen to the podcast, go to Netley Court's Facebook page.



# HEART TO HEART

Jo Thompson, Care Team Leader at Leah Lodge, has introduced a new scheme to help residents receiving palliative care feel connected to family members despite visiting restrictions keeping them apart.

Each resident is given a set of knitted hearts to share with family members as a token of their mutual love for each other. Each heart is accompanied by a poem which was written with the help of a resident.



# WALK & WAVE

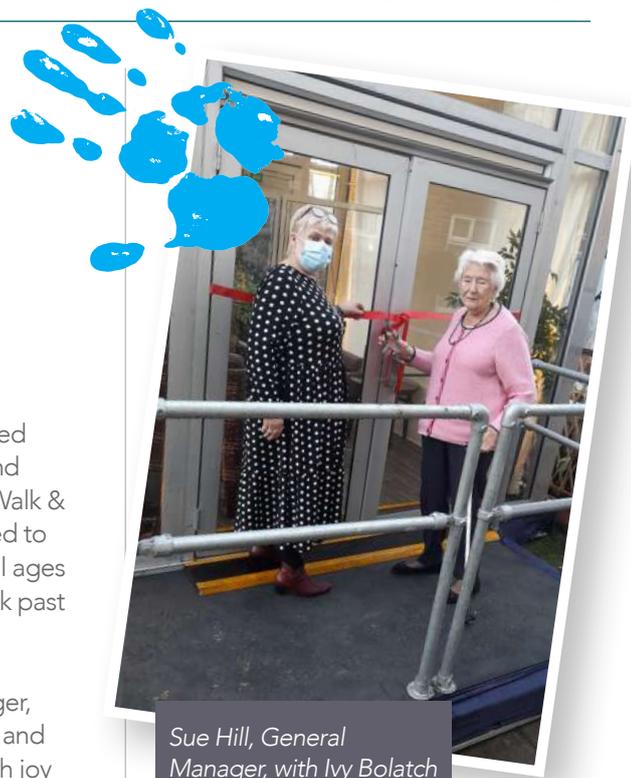
Breda O’Doherty, Activities Co-ordinator at Wellington Vale, has created a heart-warming initiative which has been so successful that it has been shared with care homes around the world.

‘Walk & Wave’ involves people drawing or printing a picture of a hand, placing it in a window and alerting people passing by that they would like a wave. The idea behind it is to create a sense of community, passing ‘waves’ on to local residents and ensuring that no one feels isolated or lonely during this very challenging time.

The idea gained momentum through social media, receiving almost 50,000

likes on Facebook. It has resulted in care homes across the UK and beyond beginning their own ‘Walk & Wave’ campaigns. It has also led to a steady stream of people of all ages waving to residents as they walk past Wellington Vale.

Gaynor Rhead, General Manager, said, ‘I am very proud of Breda and the team for spreading so much joy across all age groups at this very challenging time.’



Sue Hill, General Manager, with Ivy Bolatch



## HOUSE CALLS

Rectory Court recently opened a new visiting suite for residents to meet their relatives safely. Resident Ivy Bolatch had the honour of cutting the ribbon and receiving the first guests, her daughter and her dog Teddy.

## ENTERTAINING TIMES AHEAD

Armchair travel proved very popular at Hartwood House in 2020 with residents learning new things about a different country every month through themed activities. They will continue their world tour this year.

Nancy Hall De Vuyst, Activities Co-ordinator, and her team have also reinstated a monthly evening activity. Last month they held a Pub Olympics with teams of residents competing in different activities and games. This month they are holding a bingo night

with a starring role for one resident who was a bingo caller for many years. Next month they will have a live music night featuring the vocal talents of Care Assistant Jane Paris. With so many ideas for entertainment, the team expects to be kept even busier this year.



# 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 throughout the year.

Please remember that your annual holiday allowance is from 1st April to 31st March and if you don't use it, you lose it. By now, you should have used most of your holiday allowance. Since this has been a difficult year, however, we will allow you to carry over five days of your holiday entitlement, to be taken by the end of June 2021.

**Please ensure that you book your holiday well in advance to give your manager plenty of time to arrange cover for your shifts.**

## Coming soon...



### February

14	St Valentine's Day.
16	Shrove Tuesday is Pancake Day.

### March

1	St David's Day.
1-7	British Pie Week.
14	Mother's Day (Mothering Sunday).
17	St Patrick's Day.
28	British Summertime starts – clocks spring forward.

### April

1	You Make The Difference Award – deadline for final quarter's nominations.
4	Easter Sunday.
9	Winston Churchill Day.
21	95th birthday of Queen Elizabeth II.
23	St George's Day and Shakespeare Day.

## HELPING HEDGEHOGS

Chocolate orange hedgehogs proved useful when the Cedar Mews team set out to save our seriously endangered spiky friends. They raised an impressive £620 for Helping Hands Hedgehog Rescue, a local charity, by selling the chocolate fruits to team members.

Hedgehog Awareness Week takes place from 2nd to 8th May 2021 and aims to highlight the problems hedgehogs face and how you can help them. Discover how to create a hedgehog haven in your garden and help a hedgehog have a happier life at [leicestershirehedgehogrescue.co.uk](http://leicestershirehedgehogrescue.co.uk).

