

SPRING/SUMMER 2021

IN TOUCH

with CINNAMON

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CINNAMON
LUXURY CARE

MOVING UP

Sue Hill has now taken on the management of Rectory Court's sister home, Leah Lodge, too.



Zoe Williamson

was previously the Senior Service Manager at Greenbrook Healthcare where she was responsible for the day-to-day operation of Urgent Care Centres and Walk-In Centres. When the opening of Eden Court was delayed by the pandemic, Zoe became Acting General Manager at other Cinnamon homes and has now taken up her original role at Eden Court.



Jordon Coulson joined Emerson Grange in December 2020 and was recently promoted from Second Chef to Head Chef.

Basanta Poudel, formerly Trainee Chef at Emerson Grange, has been promoted to Second Chef. Basanta's passion for cooking first emerged from his love of spices. His eagerness to learn new cookery techniques and discover new tastes led him to become a chef.

Russell Theron has been promoted to Head Chef at Sunnybank House following three years working as a Bank Chef at Netley Court. Russell previously worked in the hospitality sector for over 20 years in a variety of roles, including hotel catering, running his own pub and as an event chef cooking at Royal Ascot, Chelsea Flower Show and Henley Royal Regatta.

MOVING IN



Gregg Bielinski

General Manager, Emerson Park

After gaining his nursing qualification in Poland, Gregg worked in Accident & Emergency, Surgery and Orthopaedics. He moved to the UK in 2005 and decided to gain experience in elderly care and dementia services, working in a variety of care homes in operational and project management. He subsequently moved into regional management and in his last position gained a Good rating in all homes from the Care Quality Commission (CQC), with one home obtaining an Outstanding rating. Gregg is passionate about care and always puts residents first.



Rebecca Charman

General Manager, Earlsfield Court

Rebecca qualified as a nurse in 2002. Having gained nursing experience in both the private sector and the NHS, Rebecca managed her first luxury care home in Alfriston at the age of 28, where she remained for over seven years. Since then, she has managed other care services and worked as a nurse on a consultancy basis. While waiting to start her role with the Cinnamon Care Collection, Rebecca has been carrying out COVID vaccinations.



Candice O'Neill

General Manager, Rivermede Court

Candice has worked in the care sector for over 20 years, starting as a Care Co-ordinator for a domiciliary care agency. She has worked in a variety of care settings including learning disabilities and assisted living. Before joining the Cinnamon Care Collection, Candice was the General Manager of one of Anchor's largest care homes, West Hall, which has an Outstanding rating from the Care Quality Commission (CQC).



Jack Newman

Development Manager

Jack is a qualified Quantity Surveyor and has over 10 years' experience project managing new build developments in the luxury care home market for many of the leading developers and operators in the UK. Jack has always been impressed with the vision and values that the Cinnamon Care Collection holds and is excited to help create many more high-quality care homes for Cinnamon's residents to live in and enjoy.



Gavin Pathmarajan

Care and Quality Manager

Gavin started his professional career as a Care Assistant. He went on to complete his BSc (Hons) in Adult Nursing and is currently studying for his MA in Patient Safety & Quality Improvement. Gavin has worked in a variety of management positions including Team Leader, Reminiscence Manager, Deputy Home Manager and Home Manager, during which time he developed a strong interest in delivering dementia care and clinical education. He joins the Cinnamon Care Collection from his most recent position as Group Quality & Compliance Manager with the Future Care Group.

Refer a resident... and receive a £250 bonus

Do you know someone who is seeking outstanding care for an elderly or frail relative? Would you like to earn a £250 bonus? Then what are you waiting for?

If you refer a permanent resident to Cinnamon and they move in, after 30 days you will be eligible for a £250 bonus*.

Please speak to your General Manager if you know someone who would be interested in living in a Cinnamon Care Collection home.

Refer a Friend

You can also refer a friend too. If you refer a qualified candidate for a current job vacancy and they are successfully placed, the Cinnamon Care Collection will give you an introduction bonus once the referred employee has been in post for three months.

To be eligible for the award you must still be employed by Cinnamon. Management positions are not included in this process.

To find out about current job opportunities at the Cinnamon Care Collection, please visit thecinnamoncarecollection.jobs.net. 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.



PLEASE GET YOUR COVID VACCINATION NOW



Sadie Barker

The Government has announced that the COVID vaccine will be required for team members in care homes in the coming months. I urge you, please get your vaccinations now.

If you are not vaccinated this could have implications for your employment under the new measures, therefore please take this seriously.

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, so it is in your best interests to protect yourself by having your COVID vaccinations without delay.

Sadie Barker
Head of HR & Training

This is expected to become the law in October this year, with a time limit given for team members to get their vaccinations. Those who are medically exempt will need to have proof of this from their GP.

FIFTH ANNIVERSARY milestone

Six Cinnamon homes will celebrate their fifth anniversary this year. Abbotswood Court, Burcot Grange, Hartwood House and Netley Court all opened in April 2016. Leah Lodge and Wellington Vale both opened later in the same year.

In addition to their anniversary celebrations, congratulations also go to the team members at these homes who reach their five-year milestone with the Cinnamon Care Collection. This is a significant accomplishment and we would like to thank these team members for their dedication and commitment.



Recognition

In recognition of their long service, each team member who celebrates five years with Cinnamon will receive gift vouchers worth £250 through the home's voucher scheme and a special thank you card.

Blooming lovely!

The Cinnamon in Bloom 2021 competition aimed to celebrate the beauty of nature and promote pride in Cinnamon homes through imaginative planting of flowers trees and shrubs.

Despite the late spring and changeable summer weather, the judges were delighted when they visited each home that had entered the competition to assess the design and quality of their floral display and their use of shrubs and trees. They also looked at how clean and well-maintained the gardens and grounds were and the benefits their new planting had brought to residents, team members and the local community.

The winners will be announced at the Cinnamon Awards 2021. The winner of the Cinnamon Garden of the Year 2021 will receive £1,000 to spend on gardening equipment for their home, the Cinnamon in Bloom trophy to display in their home for one year and £500 for a celebration party.

The winners in the other five categories will receive £500 to spend on gardening equipment for their home. The categories are:

- Best Front Garden
- Best Hanging Basket or Container Display
- Best Sensory Garden
- Best Residents' Garden or Project
- Best Creative Design

A big thank you to everyone who entered the competition.



HELLO and WELCOME

Let's say hello and a very warm welcome to the new Heads of Department teams who are putting Cinnamon's new homes Mornington Court, Parkfield Grange and Sutton Park Grange on the map.



Mornington Court team: (Back row, L-R): Alina Cuita, Head of Housekeeping; Jean Raymond Dijoux, Head Chef; Jenni Lamb; Erten Azis, Housekeeper; Galya Radulova, Second Chef; Alfredo Changchao, Head of Maintenance. (Front row, L-R) Gemma Ridout-Bowden, General Manager; Dorota Ozturk, Deputy Manager; Lee Mussell, Home Admissions Advisor.



Parkfield Grange team: (L-R) Tim Howe, Maintenance Manager; Kerrie Wright, Deputy Manager; Phil Herman, Head Chef; Julie Weaver, General Manager; Jenny Billingsley, Home Admissions Advisor; Nicola Bissett, Head Housekeeper (kneeling).



Sutton Park Grange team: (L-R) Matt Capewell, Maintenance Manager; Jenny McKean, Administrator; Gina Lim, Commissioning Manager; Dawn Bradnick, Head Housekeeper; Courtney Davies-Phillips, Deputy Manager; Kiran Chaggar-Smith, Home Admissions Advisor.

Summer is the perfect time for...

Cinnamon Cocktail Creations



Thank you to all the homes who took part in the Cinnamon Cocktail Creations competition, with spectacular results.

Team members and residents were asked to create two cocktails specific to their Cinnamon home, one alcoholic and one non-alcoholic, and post the results on their Facebook pages. Each cocktail had to have at least five ingredients and their Facebook posting had to include pictures of the cocktail, its name, the recipe and a brief story behind their creation so that other homes could enjoy sampling them too.

Rigorously tested

At the end of May, following rigorous testing by residents and team members, each home submitted its favourite cocktail and mocktail to Geoff Pride, Activities Support Consultant.

'Residents and team members certainly seemed to enjoy testing the cocktail creations,' said Geoff, with a twinkle in his eye. 'I particularly loved the way the cocktails seemed to be more popular than the mocktails. It was also great to see all those lovely posts on Facebook.'

Outstanding winner

Judging the entries was extremely hard but Leah Lodge was the outstanding winner in terms of creativity, resident engagement and presentation. Their alcoholic Mulberry



Cocktail and Peggy's Rosy Blossom Mocktail can be found on the recipe card in this issue of *In Touch with Cinnamon*.

Congratulations also go to the five very worthy runners-up, Abbotswood Court, Cedar Mews, Emerson Grange, Sunnybank House and Wellington Vale, for their fantastic creations.





Pippa the Cat – highly commended



Grandad – highly commended



Winner – We Can Do It

Connecting through art

Geoff Pride, Activity Support Consultant, and Jo Bown, Sales & Marketing Consultant, joined with respected professional artist Jane Allison recently to select the winners of the Cinnamon 'Connecting Through Art' competition.

The purpose of the competition was to create a piece of art inspired by a happy memory. The personal story behind the artwork and its special meaning to the artist was every bit as important as the finished result.

'It was a great honour and privilege to be asked to judge the Cinnamon *Connecting Through Art* competition,' said Jane Allison, 'and

I was overwhelmed by the quality of the entries and the abundance of talent on display. So many of them were immensely moving and I was very touched by the inspiration and courage behind so much of the work.

'Despite the difficulties of the past year this competition showed the human spirit coming through

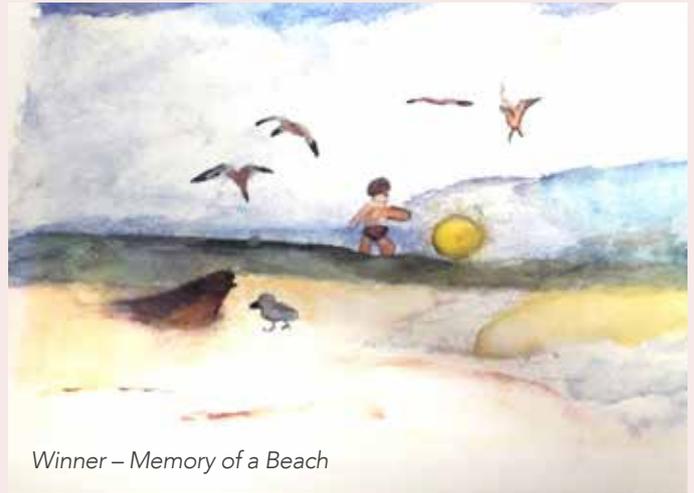
and triumphing over adversity to produce something both beautiful and memorable.'

The winners

The team member first prize winners were **Jazz Crowder** from Netley Court for her amazing self-portrait pencil drawing entitled *We Can Do It*, based on a Second World War motivational poster. **Julie Swainston** from Sunnybank House won with her enchanting black-and-white etching of an elephant. Jazz has kindly licensed her artwork to Cinnamon to use on posters for team rooms and Cinnamon greetings cards.



Winner – Elephant



Winner – Memory of a Beach



Jazz Crowder



Winner – My Garden



Winner – Paint Memories of Lockdown

The Resident First Prize Winners were **Anna Colella** from Rivermede for her beautiful watercolour memory of a beach and **Norma Adams** from Burcot Lodge for the delicate sketch of her garden.

Carole Hunt was the Support Team First Prize Winner for her inventive *Paint Memories of Lockdown*.

Highly commended

The following artists were highly commended in their respective categories:

- Team members **Carole Newton** from Rokewood Court for *Gustaf*

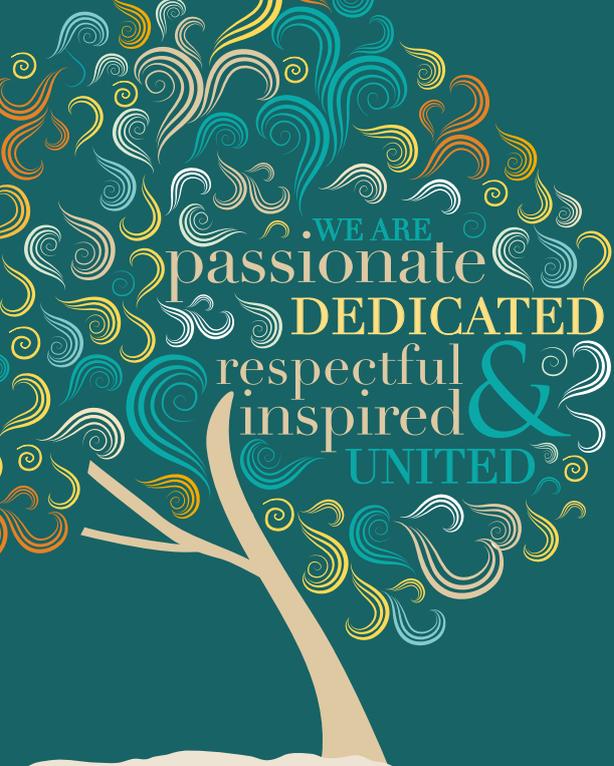
the Chef, **Michelle Andrews** from Sunnybank House for her tribute to her grandad and **Annie Lacey** from Wellington Vale for her self-portrait with her mother.

- Residents **Frances Houlston** from Burcot Grange for her drawing of tulips, **Gill Athey** from Rokewood Court for her *Forget-me-nots* and **Jill Harding** from Wellington Vale for *Pippa the Cat*.
- Support Team members **Helen Cooke** from Cedar Mews for *Dennis the Dog* in charcoal and **Julie Weaver** from Parkfield Grange for her *Garden Bread Art*.

A complete delight

‘Thank you to everyone for your incredible support, especially the Activities Co-ordinators who have been instrumental in encouraging residents and colleagues to create some amazing masterpieces,’ said Jo Bown. ‘Congratulations to all the prizewinners and to everyone who submitted an artwork.’

This competition has been a complete delight!



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 final quarter of the 2021 awards are...



Joy Bayawa
Care Assistant,
Abbotswood Court

Organised and approachable, Joy happily helps out in reception as well as co-ordinating Abbotswood Court's busy visiting rota and procedures.

She logs the weekly COVID-19 results without losing her lovely smile.



Loyce Taylor
Team Leader,
Cedar Mews

Loyce's strong work ethic, willingness to take on additional duties and dedication to ensuring residents are treated with dignity inspire her team to

ever greater heights.



Ingrid Bromley
Activities Assistant,
Burcot Grange

Ingrid befriended a resident, a retired art teacher, and relayed her insightful comments on some paintings by Ingrid's niece. This had a big impact;

Ingrid's niece appreciated the feedback which made the resident felt happy and valued and, in turn, boosted her morale.



Karen Rye
Administrator,
Earlsfield Court

No task is too great for smiling Karen. Residents, family members and colleagues commend her supportive, organised and helpful attitude.



Sean Breillat
Housekeeper,
Burcot Lodge

Sean took the time to help a new resident settle in, rearranging their possessions until they were happy. He has won praise for his excellent attitude and close attention to detail.



Yvetty Alton-Chasauka
Senior Care Assistant,
Emerson Grange

An excellent listener and advocate for residents, Yvetty is patient, reliable and willing to learn new skills. She ensures residents'

needs are fully met and supports the Activities team too. Her empathy, dedication and passion for care is second to none.



**Tawanda
Munowenyu**
*Kitchen Assistant,
Hartwood House*

Hard-working Tawanda is keen to grow with Cinnamon. His smile is infectious and his commitment is admirable;

he already makes wonderful cakes that delight the residents.



Kevin Chandler
*Maintenance Manager,
Leah Lodge*

Kevin is compassionate, dedicated and always comes up with a solution to any problem. He knows all the residents very well and will always make an extra

effort for them and his colleagues.



Douglas McMahon
*Care Assistant,
Mornington Court*

Reliable Douglas is always helpful and kind to everyone. His person-centred approach and practice are excellent. He has compassion for

residents and shows great commitment to his role.



Julie Holmes
*Care Assistant,
Netley Court*

Julie is a well-loved member of the team. Thoughtful and kind, her wonderful smile never fades. She helps her colleagues by swapping

shifts at short notice and volunteering for extra shifts if needed.



Nestor Jr Junior
*Care Assistant,
Rectory Court*

Nestor's colleagues and residents have commended his kind, supportive nature and his ability to make residents feel they matter. His colleagues are proud to have Nestor as part of their team.



Mandy St Pierre
*Housekeeper,
Rivermede Court*

Nothing is too much trouble for Mandy; she is always happy to help team members and residents alike. She works incredibly hard but is always smiling. She is a great asset.



Agnes Tapaszto
*Housekeeping Assistant,
Rokewood Court*

Multi-skilled Agnes was nominated for her continuous hard work and willingness to support other departments where necessary. She shows compassion and respect to

residents as well as exceptional attention to detail.



Agnes Turner
*Care Assistant,
Sunnybank House*

Agnes is a calm, positive and compassionate carer. She will gladly come in at the last minute to support the team and make sure residents have a good day. They can tell she is smiling even behind her mask!



Logan Gillespie
*Care Assistant,
Wellington Vale*

Mature and professional, Logan has excelled in his first healthcare role. Residents really love him; he always makes time for them, so they feel listened to and supported by him.

Cinnamon gains even more Oomph!



'Residents are really excited because there is something different each time and they seem happier,'

Hedvika Pavluchova,
Activities Co-ordinator,
Leah Lodge.

Cinnamon successfully completed its three-month trial of a new digital activities platform from Oomph! with positive results.

Activities teams can access the platform on demand and tailor its wellbeing content, which is continually updated, to the needs of their own residents. In addition, the digital platform provides measurement and tracking to aid with evidence for Care Quality Commission (CQC) inspections.

'We carried out a survey of our Activities Co-ordinators after the three-month trial and the feedback was generally very positive,' said Geoff Pride, Activities Support Consultant. 'Our average weekly log-in is 4.3 sessions per home against 1.4 log-ins by other users, so clearly we are making good use of Oomph!'

'Residents have enjoyed the interactive quizzes and it's great that I can get involved too,' said Ailean Freeman, Activities Manager from Burcot Grange. During the three-month trial there were 722 activity downloads in total including Oomph! calendars and newspapers, quizzes and activity books.

Exercise proves popular

Two hundred and eighty-two short and full exercise videos have been downloaded including Cha Cha Routine, Relax Stretch Flex & Flow and a seated jive routine, as well as games, drills and exercise plans. Oomph! TV viewing figures have also been good with longer exercise sessions and music videos proving the most popular.

Even more activities

Future plans include activity books and Oomph! TV programmes for learning foreign languages. The Oomph! team is also adding new and longer types of quizzes and brain teasers. In addition, there will be extra Live Oomph! exercise sessions at more convenient times to encourage residents to participate. Live sessions are recorded and archived for later viewing.

'The residents have been more engaged, it has increased their self-confidence'

Jenna Peters, Activities
Co-ordinator, Cedar Mews

FUTURE LEADERS

The Future Leaders Training Programme is coming soon to Cinnamon homes. The Senior and Team Leader workshops will begin in the coming weeks and will include:

- Successful supervision meetings
- Building the team
- Managing conflict, and
- Personal effectiveness.

Look out for more information in your Cinnamon home.

Going the extra mile to show we care

The Cinnamon Care Collection showed its support for the Care Workers Charity (CWC) last month through participating in their fundraising event, Going the Extra Mile.

The Care Workers' Charity acts as a safety net for care workers who are struggling by offering grants or wellbeing support.

Throughout the COVID-19 pandemic, people working in senior and social care went the extra mile to protect those they were supporting as well as their own families. Now, all funds raised by this event will go towards the CWC's charitable activities and enable them to continue supporting care workers so they can go on providing the best quality care.



Following Captain Tom

'We were aiming for every home to follow Captain Tom's example and set up a walking route around their home and gardens,' explained Geoff Pride. 'Then we asked them to invite as many residents, relatives and team members to seek sponsorship and complete as many laps as possible throughout the week.'

'Each home could add its own brand of fun by wearing fancy dress, putting up bunting, having a band in the garden on one day and involving their local community. Team members who are walkers, runners or cyclists could also complete



extra miles in their own time away from the home to raise further sponsorship.'

'We have raised £3,350 so far, including a £2,000 donation from the company. A great effort!' said Geoff.

THE IMPORTANCE OF WHISTLEBLOWING

Cinnamon Care Collection recognises that effective, open and honest communication is essential if any form of wrong practice is to be dealt with properly.

Team members are likely to be the first to realise that there is something wrong within the home, however, they may not express their concerns because they feel speaking up may be disloyal to their colleagues or to their employer.

They may also fear harassment or victimisation. In these circumstances, it may be easier to ignore the concern rather than report what may be just a suspicion of malpractice.

Cinnamon also recognises the need for, and the importance of, whistleblowing as a means of ensuring that team members can confidentially raise issues of concern either inside or outside the organisation. Team members are therefore encouraged to raise any



genuine concerns they may have at the earliest practical stage.

If you need to report a problem or concern about unsafe practice, theft, illegal activity or bullying and harassment, please call our free, 24-hour, confidential Helpline operated by external provider Health Assured on **0800 047 4037**.



Mornington Court



Eden Court



Eastcote Park

Fantastic **NEW** DEVELOPMENTS

Despite the pandemic, Cinnamon Care Collection has continued to expand its network of homes across the country with five fantastic new developments. Mornington Court was completed in July 2020 and opened its doors to residents on 17th May 2021. Set on the edge of the New Forest in the small town of New Milton, the care home offers 53 bedrooms and two care suites.

Eden Court, one of Cinnamon's most exciting developments to date, was completed at the end of April 2021. Situated in London's Battersea, Eden Court has five floors with the ground, first and second floors serving its residential care home, Eden Grange, and the third and fourth floors providing 26 assisted living apartments.

In May, Parkfield Grange celebrated its official opening and welcomed the arrival of its first residents. Set in the centre of Stourbridge with outside garden space on three levels, the home has 68 bedrooms and six care suites. In further exciting news, Cinnamon has purchased the site next door to build luxury retirement apartments.

In June, Eastcote Park, a stunning new exclusive £12 million retirement village and care home near Solihull, celebrated its official opening after 18 months of development followed by the recruitment and training of its team. Close to Knowle, Eastcote Park includes 34 luxury two-bedroom retirement apartments and a 50-bedroom, state-of-the-art care home.

The former garden centre and brownfield site has been transformed with beautiful, landscaped gardens as well as outstanding facilities including a restaurant, bar, fitness suite, hair and beauty salon, cinema room and multiple lounges. It is also equipped with the latest infection control innovations, including Ozone Decontamination Units which have proven airborne disinfection capabilities.

Meanwhile, the construction of Sutton Park Grange near Birmingham

Ferndown



Hagley



Oliver Carins and drone



Cinnamon's Director, Greg Swire, breaks ground at Sheffield

reached completion in April and the home welcomed its first resident in July. Sharing a boundary with Sutton Coldfield tennis club, Sutton Park Grange offers 56 bedrooms and four care suites.

Kenneth MacKenzie, Development Director (pictured below), said, 'The calibre of design in all of our buildings matches exactly the individual care that residents receive, reflecting the ethos of the Cinnamon Care Collection.'



Cutting-edge technology

Never let it be said that Cinnamon is not at the cutting edge of new technology! Oliver Carins from Catalyst Interiors has recently been filming with a drone in some of these new homes to give prospective customers a captivating

view of their state-of-the-art facilities. The drone, which Oliver skilfully flies through the interior of the home using a remote control, records a pictorial journey which is almost as good as being there walking around in reality. It is a far superior way to view the homes online compared with other digital methods as there are no stops, starts or pauses for re-loading. Visit the Cinnamon website to see the results of Oliver's cinematic expertise.

'This has been an incredible project bringing a new, virtual experience to potential Cinnamon customers,' said Oliver. 'They can sit back and relax and be swept away by the stunning camera angles both inside and outside these amazing new care homes.' Oliver has to keep his concentration up to avoid crashing the drone into light fittings but we're sure you will agree that the results are fantastic!

Four more homes for 2022

Four more Cinnamon homes are due to be completed next year. Construction of a 72-bedroom care home is now underway at Ferndown in Dorset, close to Bournemouth and Poole, and completion is expected in summer 2022. A few months later, construction is due to finish on another new 60-bedroom care home in Hagley, Worcestershire, and then a 55-bedroom care home in Chichester. Finally, an 80-bedroom care home is due for completion in Sheffield in winter 2022. These homes will combine first-class care by a compassionate team, exquisite surroundings and the latest facilities to provide a reassuring home-from-home feeling for residents.

The Development team will also start construction at Topsham, Devon, in July next year and will aim to begin further developments at Warwick near Coventry and Worthing, East Sussex, before the end of the year.'



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The winners for the first quarter of the 2022 awards are...



Sandra Litton

*Care Assistant,
Abbotswood Court*

Sandra always puts the residents first. She is great a team player and always willing to help others.



Danielle Ballard

*Administrator,
Cedar Mews*

Danielle has an exceptional talent for organisation and shows great attention to detail as well as tenacity. She is a wonderful team player and a Cedar Mews star.



Sarah Wood

*Senior Care Assistant,
Burcot Grange*

Sarah has been a huge support to her Team Leader recently, ensuring large numbers of care plans are completed and all shifts are covered. A relative praised Sarah for her kindness and

support, not only during her mother's final days but towards the family afterwards.



Fumika Ledsham

*Care Assistant,
Earlsfield Court*

Hardworking Mika is a dedicated team member who is a joy to be around; she is always happy, polite and smiling.



Sharon Ward

*Care Assistant,
Burcot Lodge*

Kind Sharon always goes the extra mile, even coming in on her days off to spend time with residents. They say she is amazing and creates happy memories for them.



Aileen Nimmo

*Resident Service Advisor,
Emerson Grange*

Aileen demonstrates her commitment every day. A true team player who is very hard-working, she makes an extra effort in everything she does. That is how Aileen

makes a difference to residents and team members.



Janice Cannon

*Housekeeper,
Hartwood House*

Cheerful, hard-working Janice is dedicated to her team and residents. She embraces challenges in a positive way and is known as the Recycling Queen.



Jane Price

*Administrative Assistant,
Rectory Court*

Jane was nominated for her compassion towards residents and her ability always to solve a problem with a smile.



Joanna Butterfield

*Care Assistant,
Leah Lodge*

Residents love Joanna's fun and say she always makes their day. Her communication skills with families sets them at ease. Her comforting, helpful

approach makes her popular with colleagues too.



Helen Pineta

*Administrative Assistant,
Rivermede Court*

Although new, Helen has made a massive difference to the home, its team members and residents. She has helped a resident in need on numerous occasions and families frequently comment

on her willingness and professionalism.



Emily Jackson

*Senior Care Assistant,
Mornington Court*

Emily is an excellent team player who supports her colleagues as well as residents. Her insight and patience with residents living with dementia is

exceptional. Always approachable and smiling, she wants to learn as much as she can.



Pawel Kobierski

*Hospitality Supervisor,
Rokewood Court*

Dedicated and energetic, Pawel continually shows passion for his role and pursues improvements in hospitality using innovative ideas. Team members go to him for support and

guidance. Residents enjoy his company too.



Elia Raquel Silva

*Maintenance Assistant,
Netley Court*

Hard-working Raquel has a positive attitude and upholds the values around teamwork; she will help anyone with anything if she can. She certainly

contributes to the warm welcoming atmosphere at Netley Court.



Nicki Reeves

*Activities Co-ordinator,
Sunnybank House*

Nicki was nominated for her boundless energy, resilience and passion for making a difference to the lives of residents. She knows them so well that she understands how to make their day better.



Karen Stowers

*Senior Care Assistant,
Wellington Vale*

Karen shows an outstanding commitment to her residents, colleagues and the home. She is always willing to make a special effort and thoroughly deserves this award.

Healthy and homegrown

Earlier this year, green-fingered Abbotswood Court residents enjoyed assisting their Chef, Oliver Wilkie, in filling the home's raised beds with a wonderful array of homegrown produce ultimately destined for their plates.

Residents are now starting to enjoy the fruits of their labours which include a variety of herbs such as dill, mint, marjoram and thyme, as well as homegrown potatoes, onions, carrots, parsnips, broad beans, peas, a selection of fine green beans, redcurrants, blackcurrants, pink currants and three different varieties of raspberries. They have also erected a greenhouse to grow strawberries, tomatoes and peppers.

'This is a wonderful commitment by Oliver who is truly passionate about good quality produce,' said Lea Wintle, General Manager, 'and our residents love being involved.'



Oliver Wilkie

Let *our* garden grow

Administrator Jenny McKean is making great progress in the garden at Sutton Park Grange in Sutton Coldfield near Birmingham.

A keen gardener, Jenny has been working hard to beautify the new home's gardens and grounds. Residents and colleagues are very impressed with her efforts. 'Many thanks to Ambika's security guards, Lokey and Sam, for their fantastic support in making sure that the plants get their daily hydration,' said Jenny.



Successful mission

Meanwhile, Hanka Vihova, Activities Co-ordinator, and Mariano Conceicao, Maintenance Manager, have been on a mission to get Rivermede Court's garden ready for the Cinnamon in Bloom competition. Every spare moment has been spent making the garden look bright and colourful for residents to enjoy.

They have also encouraged residents to get involved. 'It was great to see our residents who are living with dementia really enjoy helping with the hanging baskets. We could see the satisfaction on their faces,' said Hanka. 'Their hanging baskets have been a great addition and our greenhouse is now filled with lovely vegetables that we have grown from seeds.'



Mariano Conceicao at Rivermede Court

JOIN OUR CLUB

The Hartwood House team has created a small allotment garden in the grounds of their home.

'The planning started last winter when Brett Jiggins, our Maintenance Manager, asked if something could be done with a particular area at the back of the garden where our gardener was spending a lot of time keeping the area free from weeds,' explained Nancy Hall de Vuyst, Activities Co-ordinator.

'Initially, we suggested a small project to our residents about growing some sunflowers and a few potatoes as

this would help to keep weeds down. Our residents, however, became very enthusiastic about growing something they could later eat, so we started a Greenfinger Club.'

Two residents, Anne Butcher and Julie Wood, are Hartwood's regular 'all weather' gardeners who keep the allotment going. Other residents are happy to come along once in a while to applaud their progress and everyone enjoys the harvest.



Brett Jiggins



Anne Butcher gardening



Filling a raised bed



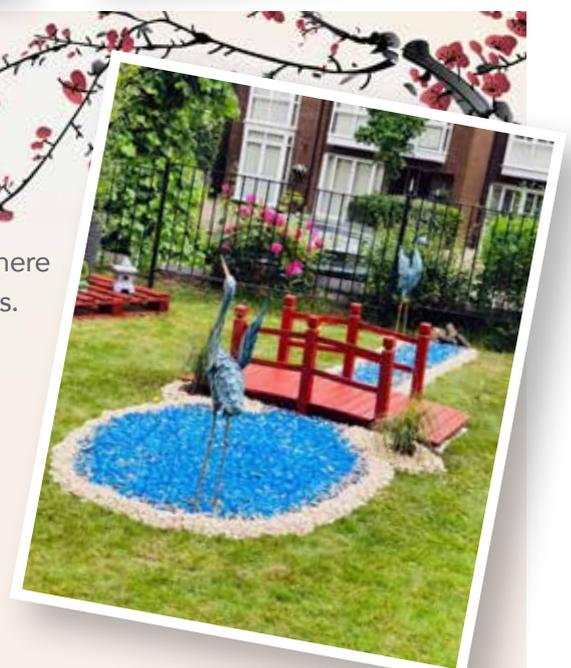
A fine harvest

TURNING JAPANESE

Rectory Court residents recently requested a tranquil outside area where they can sit with their families or enjoy some quiet time to themselves.

Sue Hill, General Manager and Fiona Larkin, Deputy Manager, were delighted to oblige and came up with the idea of a Japanese garden. These typically create miniature reproductions of natural scenery designed to inspire reflection and meditation.

Sue and Fiona followed the *kare-sansui* style, in which rocks are composed to suggest a waterfall and its basin and, for a winding stream or a pond, gravel or sand is used to symbolise water or to suggest seasonally dried-up terrain. A bridge across the water was the finishing touch.



BABY SHOWER

Residents and team members at Wellington Vale hosted a surprise baby shower for Maria Beauvoisin, Housekeeping Assistant, and John Hussey, Maintenance Assistant, in late spring.

They enjoyed a delicious buffet, listened to a jazz singer and Housekeeper Tony Martin gave an entertaining speech on the joys of parenthood. Maria and John's daughter, Isabelle Grace Hussey, was born on 21st June (pictured right).

The Rectory Court team also held a baby shower for Durga Shrestha, Team Leader, and her husband



Rayesh, who is a Care Assistant at the home, to welcome the arrival of their baby girl, Clare.

Belated congratulations go to Lucy Wilde, Head Chef, who gave birth to a beautiful baby girl in March. Billie Rose weighed in at an impressive 8lb 5oz.



Cleaning up the litter bugs

Residents from Wellington Vale have been hitting the streets armed with litter pickers to mark World Environment Day.

We wanted to raise awareness by collecting rubbish and making a Litter Tree to display in our home,' explained Breda O'Doherty, Activities Co-ordinator. 'We are proud that Wellington Vale uses recyclable products wherever possible: even our water cups are made from plants.'

Environmental awareness

Breda and her assistant, Amy Duxbury, facilitated arts and crafts and science activities based on awareness of the environment and World Ocean Day.

'Our residents loved the sensory and reminiscence topics but our face-painting afternoon of sea creatures was definitely a hit with everyone,' said Breda with pride.



WALK & WHEEL

Residents at Abbotswood Court challenged themselves to a sponsored 'walk and wheel' recently and raised an impressive £790 for the Alzheimer's Society.

Carers sported fancy dress and helped residents to complete the set course throughout the day. Live music and cheers kept everyone motivated to cross the finish line.

Lea Wintle, General Manager, thanked his team for organising the event, families and friends for

their generous donations and, of course, the residents themselves for taking part.

'We have a fabulous team of carers and activities co-ordinators who have pulled out all the stops to keep our residents' spirits up over the past few months,' said Lea. 'Even those who would usually struggle were supported and encouraged to get involved and this made for a wonderfully inclusive event.'



TOM'S KEY TO LONG LIFE

Thomas Victor Hyom, known as Tom, celebrated his 103rd birthday at Wellington Vale in April with a garden visit from his daughter and son-in-law and a birthday party with staff and fellow-residents.

Tom is one of the oldest veterans in the area. He joined the Royal Navy at HMS Vincent, Gosport when he was just 16 years old and served in the Navy for 32 years, reaching the rank of Master-at-arms. He was awarded the Arctic Star for the role he played as a Leading Seaman in the second Battle of Narvik in the Second World War aboard HMS Cossack.

Daily exercise

Tom, who has set himself a goal of reaching 110, believes the secret to a long and happy life is exercise. He exercises three to four times a day, both in his room and in group exercise classes at Wellington Vale.

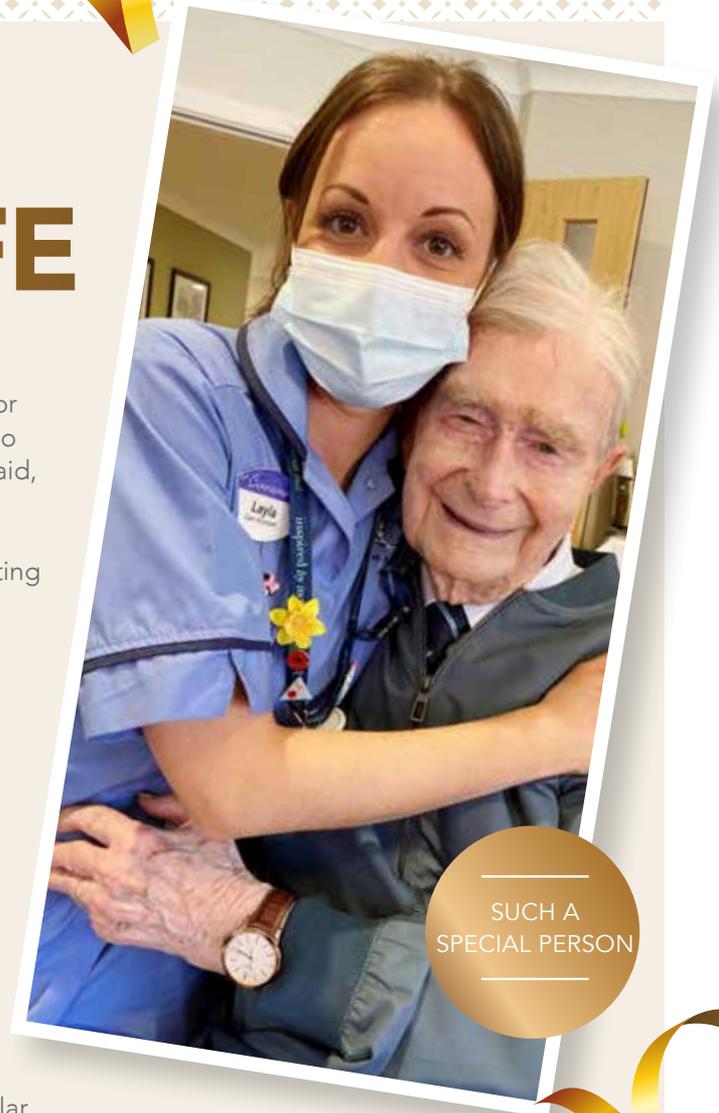
Breda O'Doherty, Activities Co-Ordinator at Wellington Vale who organised the party said, 'Tom is such a special person and it was an honour to be celebrating his 103rd birthday with him.

'Our chef made him a fabulous cake to represent his time at sea and the residents enjoyed a tea party and a sing-song with him to mark the occasion. We all shared stories and Tom talked about how much he enjoyed his time in the Navy, in particular, helping others during World War II.'

Tom added, 'I had a lovely day. It was great to see my daughter, Maureen

and son-in-law, Bob and to spend time with them on my birthday. Thank you to Wellington Vale staff for my party. I feel great at 103 – the key is to be kind and happy!'

'Be kind and happy!'



SUCH A SPECIAL PERSON

Sit-up Challenge

Aileen Freeman, Activities Manager at Burcot Grange & The Lodge, bravely took on a sit-up challenge to raise money and awareness for the Royal Marsden Cancer Charity, which is very close to her heart. It involved completing 3,000 or more sit-ups!

People took part from around the country and supported each other via Facebook and daily messages of encouragement. Together they raised over £290,000 for this worthy cause.



Aileen Freeman

WELLINGTON'S HORSEPLAY

Wellington Vale held its very own Royal Ascot race meeting this year with team members dressing up as jockeys to ride their hobby horses to the finish line.

Despite the hot day, Lisseth Mendonca (pictured right) donned full costume as both jockey and horse. The competing jockeys were Amy Duxbury with Red Velvet, Breda Doherty with Creased Canary, Gemma Mason with Blue Jeans and Tracey Craggs with Snow Drop.

Markers drawn in chalk around the track presented an extra challenge, such as 'Dance this section', to add a little more excitement to the race.

Blue Jeans came romping home first with jockey Gemma Mason, Activities Assistant.



(L-R): Claire Butt, Receptionist, with Arelis Alejo Gonzalez, Care Assistant.

Flying high

Rivermede Court in Egham, Surrey, has been recognised by global property adviser Knight Frank in its prestigious annual UK Luxury Care Home Guide, which comprises the UK's Top 100 Luxury Care Homes.

Despite the pandemic, Knight Frank received the highest ever level of submissions for the guide since its launch in 2016, with many entrants demonstrating innovation.

Zoe Williamson, General Manager at Rivermede Court said, 'It is an honour to have been recognised in this prestigious guide. This is testament to the exacting design at Rivermede Court and the luxurious facilities our residents enjoy on a daily basis.'

Julian Evans, Head of Healthcare at Knight Frank, added, 'The Luxury Care Home Guide is the ultimate recognition for luxury care homes in the UK. This year's Top 100 Luxury Care Homes showcases the top-of-the-range facilities, the vast majority of which are able to manage COVID-19 efficiently due to their future-proof design. They embody the very best of the care home sector.'

RAPID RESPONSE

The Rectory Court team have been showing how responsive they are to requests from their residents. They recently held a dementia training session for residents to give them a better understanding of dementia and how it affects their fellow residents. They enjoyed it so much they asked for further training.

Residents' engagement does not stop there. Rectory Court ambassadors, who are chosen by residents, hold weekly meetings with the Heads of Departments to discuss any concerns residents may have and suggestions to improve their home.

Life isn't always serious, however. Residents recently enjoyed a day trip to Kent, games of boules in

the garden and a regular Happy Hour with mocktails and cocktails.



AN incredible JOURNEY

Two lifelong friends, Geoff Pride, Cinnamon's Activities Support Consultant, and Dave Allison took on a 100-mile trek across the South Downs last month, complete with a custom-built dog buggy to push their aging four-legged friends. It was all in aid of two special charities that are close to their hearts: the Dogs' Trust and Parkinson's UK.

'Dave is one of my very best school friends from 45 years ago,' explained Geoff, 'and he brought his top dog, Rusty, a working cocker spaniel, on our adventure. I took my faithful terrier, Ruby, who is now almost 14 – about 95 in human years! That's why we took a dog buggy; when she got tired, she could jump in and relax while we pushed her.'

'It was a small thank you for being such a wonderful family dog and for all the unconditional love she's given us. It was also why we did it for the Dogs Trust; the charity does wonderful work protecting dogs from cruelty and helping to rehabilitate and rehome dogs that might otherwise be put down.'

Dave and Rusty were supporting Parkinson's UK; Dave's father was recently diagnosed with the disease and a friend of Dave's sadly lost his battle with Parkinson's last year. 'These are two really big reasons to raise funds for Parkinson's UK,' said Dave. 'They are doing amazing work to support and find

a cure for people like my Dad and my friend Mark.'

Life-affirming

Their route took them from Winchester Cathedral to Eastbourne Station over a week, averaging about 15 miles per day. They were exhilarated to reach the famous resort. 'What a life-affirming experience,' said Geoff. 'I'm so proud of Dave, Rusty and Ruby. We had so many highs and lows, both literally and metaphorically, but the true test of a great team is when you get through those times together.'

'Our thanks go to all our friends, families and colleagues for their incredible generosity, as well as the strangers we met along the way who encouraged us and sponsored us with equal generosity. Our current total stands at £5,500!'

To watch a video of their journey, visit: www.youtube.com/watch?v=MCDB4q0m8JU



FAITHFUL FRIENDS



Home and dry

The firefighters at Romsey Fire Station were quick to praise the efforts of the Abbotswood Court team after a dramatic tumble dryer fire. The quick actions of Maintenance Manager Filipe Marques to extinguish the fire clearly impressed the crew who attended promptly. The Abbotswood Court team and residents are very grateful for Filipe's swift and effective reaction.



TOTALLY TROPICAL

Team members at Cedar Mews have been finding new ways for their residents to enjoy the warmer weather. 'We arranged for an ice cream van to pay us a visit on one of the really hot days,' said David Mitchell, Home Admissions Advisor, 'We also had a fantastic day out at Tropical Birdland, a 6.5-acre sanctuary for parrots and exotic birds housing over 250 alluring feathery residents.'

WARM-HEARTED WELCOME

Cinnamon Care Collection celebrated the opening of two new care homes in the West Midlands recently, the 16th and 17th in its exclusive group of luxury care homes and retirement villages around the country.

Parkfield Grange, in the charming market town of Stourbridge, welcomed the arrival of its first residents at the end of May.

Cathy Gannon, daughter of Parkfield Grange's first resident, Margaret Gannon, explained, 'We chose Parkfield Grange for Mum's next life adventure as she had already spent two weeks in a sister Cinnamon residence which had an outstanding Care Quality Commission rating. The standard of care was exceptional and we are sure Parkfield Grange will be of a similar standard, with the benefit of being closer to friends and family members.'

Julie Weaver, General Manager, added, 'We are thrilled that Parkfield Grange is now open. The care home feels like a boutique hotel from the minute you step through the front door and the beautiful aesthetics are matched by the highest level of individual care. We have a fantastic team and look forward to greeting more residents soon.'

Colin cuts the ribbon

Eastcote Park Care Home held its grand opening a few days later on 1st



Margaret Gannon with her daughters

June. The home's first resident, Colin Cridland from Coventry, was delighted to cut the ribbon to declare the home open. Located near Knowle, close to Solihull, the 50-bedroom state-of-the-art care home is part of a £12m development which also includes an on-site retirement village with 34 elegant two-bedroom retirement apartments.

Colin's wife, Miora, who selected the care home said, 'This care home was everything we were looking for. Colin is able to keep as much independence as possible but with the peace of mind of having someone on hand to help twenty-four hours a day. The facilities are second to none and we have been so impressed by the professionalism, friendliness and empathy of the team members.'

Mark Shockledge, Senior General Manager, said, 'Four fantastic residents moved in during Eastcote Park's first week and their number will shortly increase to 10. We look forward to welcoming and getting to know more residents over the coming weeks and months.'



Colin Cridland



Afternoon tea at Eastcote Park

Circle of life

Rivermede Court has launched a recycling initiative called Circle of Life to connect residents with their local community.

Residents recycle old newspaper, turning it into pulp and adding seeds from their garden to create seed paper. Afterwards, they send this seed paper to local schools, nurseries and community groups so that they can grow beautiful

flowers and create new life. Pupils from five local primary schools have joined the initiative and have planted their seeds in the school grounds.

Involving all generations

'We love the idea that paper made from trees gets recycled and goes back into the ground with seeds which can then flourish,' said Hanka Vihova, Activities Co-ordinator, (pictured left with residents). 'We also love the fact that our elderly residents are sharing seeds from our garden with members of the local community,

including young children in nurseries and schools, so that the Circle of Life involves all generations.

'We have asked recipients to share photos of their flowers. Our residents will really enjoy seeing the lavender, foxgloves and wildflowers growing as a result of our initiative.'



Denzel Washington made Rosie's day

Rosie Hawes, a new resident at Wellington Vale, had a big surprise when she moved into her new home. Knowing that she is a huge fan of Denzel Washington, Helen Dunning, Home Admissions Advisor, placed a life-size cardboard cut-out of him in Rosie's room as a welcome gift.

'This is amazing! I have never had a surprise like this before,' said Rosie

Hawes. 'When selecting a care home, I decided on Wellington Vale because it felt like a place I could call "home". This special welcome that I have received has shown me I have absolutely made the right decision!'

A SPECIAL WELCOME



A heartfelt thank you



Cinnamon homes gave a heartfelt thank you to their Care teams in different ways during National Carers Week earlier this year.

At Rivermede Court, they handed out goody bags containing a small notebook, pens, sweets, fruit flavoured lip salve and more. There was a bag for the gentlemen in the Care team too.

'It really showed how much we appreciate their hard work and recognise how important they are,' said Hanka Vihova, Activities Co-ordinator.

Wellbeing week

Residents at Hartwood House made and signed a thank you card dedicated to their hard-working carers and prepared lunch for them too. Meanwhile, Rectory Court and Leah Lodge held a Wellbeing Week for all team members which included free massage, manicures and pedicures, hair styling, raffles and much more.



Rivermede Court goody bags



Carers lunch at Hartwood House

The best is yet to come

The Burcot Lodge team has been keeping its residents' spirits up with a variety of activities.

In June they took an armchair tour of Italy complete with homemade Italian bunting, flags and pizza slices. Some residents were transported by the music of Italian baroque composer Vivaldi while colouring in pictures from admired modern artist Amedeo Modigliani, whose work is characterised by a surreal elongation of faces, necks and figures. Their Italian tour was rounded off with a dinner that included those ever-popular favourites, lasagne and tiramisu.



A 1960s social evening was the highlight of the following month. Residents and team members made flower-power bunting and hippie headbands to wear with their costumes on the night. They also held some childhood reminiscence sessions and the Kitchen team made tie-dye look-alike shortbread flower biscuits.

Beside the sea

A seaside week followed in July and provided the perfect opportunity for residents to enjoy sensory experiences such as feeling the sand and water between their toes, arts and crafts activities and a holiday

reminiscence session. Handkerchief hats were a must as residents enjoyed their own ice cream parlour and a Punch and Judy Show. They rounded off the week with a picnic lunch in the home's courtyard and on the terrace.

Music and travel

Throughout the year, team members have been engaged in thinking up ideas to enhance the lives of residents living with dementia as part of the new dementia strategy at Burcot Lodge. 'We finally decided to create a music memorabilia area complete with jukebox and a holiday section with maps, postcards and holiday items such as a suitcase and flip-flops,' said Ailean Freeman, Activities Manager. 'Residents can't wait to see the finished result.'



WELLINGTON VALE *thanks* LOCAL NURSES

To mark International Nurses' Day in May, team members and residents from Wellington Vale care home in Waterlooville delivered 50 pamper packages to nurses at local hospitals and a hospice to show their appreciation.



The pamper packages, which consisted of toiletries, soap made by Wellington Vale residents and chocolate, were delivered to nurses at Rowans Hospice, Spire Portsmouth Hospital, Queen Alexandra Hospital and the NHS District Nurse Waterlooville team.

Making it special

Helen Dunning, Home Admissions Advisor at Wellington Vale, who organised the initiative said, 'The nurses were completely overwhelmed when we surprised

them with pamper packages. I think it was made even more special for them because four residents helped with the deliveries.

'We also surprised Carmen Balasa, our nurse at Wellington Vale, with a pamper package to thank her for the exceptional care she provides to residents. This was a really successful initiative to reach out to key workers in our local community and say thank you for their amazing work, particularly over the last year.'



Raising awareness of Alzheimer's

Earlier this year, members of the Rokewood Court team completed a charity memory walk to raise awareness and funds for the Alzheimer's Society. They were delighted by the response from families and friends whom they had invited to come along and show their support.

'Everyone took part,' said Jackie Cridlin, Home Admissions Advisor. 'The music was playing and everyone was dancing as we made our way around the mini-circuit we had set up. Afterwards, our chef provided hot soup and rolls in the Lancaster Café, which was very welcome; it was a chilly day.' They raised a spectacular £175 from donations.

Rivermede Court's contribution

In May, Rivermede Court residents helped to fill small bags with items relating to memory loss. Nicky Hazell, Home Admissions Advisor, distributed the bags in the local community. It was their contribution to raising awareness of the disease and to prompt memory loss conversations.

Cupcake day

In June, team members at Wellington Vale raised money for the Alzheimer's Society's Cupcake Day by selling beautiful blue cakes made by their talented Kitchen team and holding a raffle. Their £116 contribution to the fight against dementia was greatly appreciated.



FOOD GLORIOUS FOOD



Dhivakar Sethuraj, Head Chef at Rivermede Court, created a delicious tasting menu recently to test some changes he was considering making to the menu and find out from residents which dishes they would most enjoy. Through preparing smaller portion sizes, he was able to express his

creativity and test a range of new ideas for the menu.

Dhivakar always carries the residents' wishes close to his heart. 'As a Head Chef at Rivermede Court, I am proud to lead my professional Hospitality team in delivering the highest standards of food and service care for our elderly residents at Rivermede Court,' he said. 'I prepare all the dishes in our menu with seasonal fresh ingredients, according to our residents' personal preferences.

'Maintaining strong relationships with the rest of the Rivermede team is important to me. I understand the contribution that these relationships make to the successful running of a kitchen in a care home setting.'



Celebrating Magna Carta Day

The Magna Carta Day Fête is an annual event held in Egham to commemorate the signing of the Magna Carta by King John and his barons in nearby Runnymede on 15th June 1215.

Local people celebrate with a procession and a variety of stalls, funfair rides and family entertainment including live music. Restaurants, cafés and bars sell their wares and the climax of the day is a firework display.

A glorious day

Many local businesses take part in the festivities and Rivermede Court is a regular attendee. 'It was a glorious day,' said Hanka Vihova, Activities Co-ordinator. We were there to raise

money for several good causes including the Alzheimer's Association. We also wanted to tell people about our home and our volunteering programme.

'We handed out our Circle of Life seeds, Alzheimer's Awareness bags and tasty treats prepared by our chef, Dhivakar Sethuraj. We also had lots of items to sell that our residents had made including jewellery, tie-dye T-shirts and soap. All proceeds go to our chosen charities.



*Candice O' Neill,
General Manager,
with the Mayor*

'Our volunteers, Clare Scott and Chrissie Webster worked tirelessly all day to promote Rivermede Court and our volunteering programme. A huge thank you to them both.'

CHOC'S AWAY!

Sunnybank House welcomed a special guest on World Chocolate Day. Willy Wonka paid them a visit with golden tickets and chocolates galore. Their residents enjoyed getting into the Wonka spirit by making their own batch of chocolates and handing them out to team members.



PAM'S PEOPLE

Residents at Burcot Grange are tremendous fans of popular writer, broadcaster and entertainer Pam Ayres. Whenever they hear her poems during one of their poetry sessions, the residents end up giggling and laughing at her depiction of the small joys and ridiculousness of everyday life.

Lauren Pugh, a bank team member who works alongside the Activities team, recently wrote to Pam Ayres' agent on behalf of the residents. She asked if they might contact Pam to let her know how much her work has meant to them, especially during lockdown. 'Bringing the joy of Pam's poems to our residents is so lovely,' explained Lauren, 'and I thought they would be over the moon to hear back from her in some way.'

Lauren soon received a reply: a video of Pam reading a poem about her dog, Izzy, to show to the delighted Burcot Lodge residents.



GAME FOR A LAUGH



Wellington Vale has created a full programme of summer events for their residents to enjoy including their annual Balloon Wimbledon Tournament. There are two tournaments, one for residents and another for team members. They all train vigorously before taking part in this highly competitive event, studying their rivals' style to prepare them for the matches to come.

'We watch in shock and suspense, while enjoying Pimm's and tubs of strawberries and cream,' explained Breda O'Doherty, Activities Co-ordinator. 'It is an extremely popular event that everyone enjoys.'

Hosting the Olympics

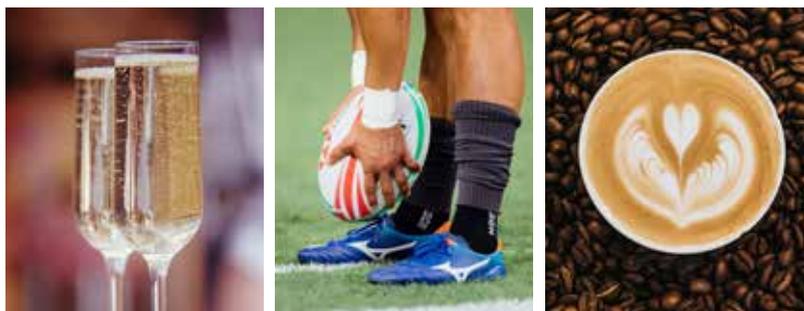
In addition to a Summer Fête, the home is also hosting its own Olympics, with medals and prizes to be won.

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 one third of your holiday allowance plus any days carried over from the previous year.

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...

Some diary dates that you could include in your activities... but please check events will go ahead as planned!

August

4 Aug-14 Sep	Cricket: England v India five Test series.
6	International Beer Day and Cycle to Work Day... best not combined!
9-15	Celebrate a great British tradition... National Afternoon Tea Week.
13	National Prosecco Day.
30-12 Sep (TBC)	US Open 2021 tennis championship – see www.usopen.org .

September

6	National Read a Book Day... or just a chapter.
10-19	Heritage Open Days. Celebrate England's culture and architecture for FREE – www.heritageopendays.org.uk .
11	Last Night of the Proms: join the biggest musical party of the year. Horse racing: St Leger, Doncaster.
17	National Cupcake Day.
22	First day of autumn. National Fitness Day – see www.nationalfitnessday.com .
24	The World's Biggest Coffee Morning. Get your kit at www.coffee.macmillan.org.uk .
24-26	Golf: Ryder Cup (postponed from 2020).
27 Sep-1 Oct	Cricket: Bob Willis Trophy final at Lord's.

October

1	You Make The Difference Award 2022 – closing date for nominations for the second quarter.
7	'Choice' is the theme for National Poetry Day. See www.nationalpoetryday.co.uk
21	Trafalgar Day commemorates British naval victory over Spanish and French forces in 1805.
23 Oct-27 Nov	Rugby League: World Cup in England.
31	Official British Summertime ends and clocks go back. Hallowe'en.