

SPRING 2023

IN TOUCH

with CINNAMON



Photograph by Hugo Burmand

CELEBRATING
THE
CORONATION

Pages 03 & 32

Volunteers required

Improve your
wellbeing with
danceSing

Page 06

Your career with Cinnamon

Find your path
to the future

Pages 08-09

Mornington Warblers

Community choir makes
heavenly harmonies

Page 29



CINNAMON
LUXURY CARE

MOVING UP

Congratulations to **Mark Shockledge** who has been promoted to the role of Operations Manager for Emerson Grange, Eden Court, Eastcote Park, Sutton Park Grange and Outram Fields, Cinnamon's new build care home in Sheffield which is due to open this autumn.

Mark qualified as a social worker. He worked in care home management for a variety of companies including Barchester Healthcare and Care UK before joining Cinnamon Care Collection as the General Manager of Netley Court, where Mark and his team achieved an 'Outstanding' CQC rating.

Mark relocated to the Midlands in 2020 to manage Eastcote Park and subsequently became Senior General Manager of Eden Court and Emerson Grange. Mark is Cinnamon's lead on Person Centred Software (PCS) and has overseen its successful implementation throughout the company. We wish him every success and happiness in his new role.



Mark Shockledge

MOVING IN



James Gant

Development Director, Kensington Office

James started his career in engineering before coming into healthcare 18 years ago. His first role in healthcare was as an estates manager for an acute hospital trust, delivering various projects across the trust's portfolio. Since then, James has delivered numerous new build and refurbishment care home projects, assisted and extra care living schemes, low secure mental health facilities and properties for people with learning difficulties. James previously worked for a number of healthcare operators including Caring Homes, Care UK, Octopus, KYN and Cinnamon Care Collection.



Su Edmonds

General Manager, Sutton Park Grange

Su has been a registered general nurse for 30 years and worked for the NHS for several years in Walsall, Birmingham and mid-Staffordshire. Her areas of specialty include acute and emergency medicine, quality, falls prevention and stroke, both acute and rehabilitation. She has held leadership and management roles from the age of 26. In the 10 years before joining Cinnamon, Su worked as a general manager for Sunrise Senior Living at Tettenhall and, more recently, at Foxland Grange for Care UK.



Gill Irish

General Manager, Netley Court

Gill trained as a nurse and worked in the NHS for many years. Following this, she moved into the independent sector, initially working in complex care in the community and then in the care home sector. Gill has spent the last 12 years managing care homes and achieved an 'Outstanding' CQC rating at one of the homes she managed previously. She is always happy to spend time with residents and relatives to discuss ways of making the home the best it can possibly be.

A *fond* farewell

Team members from Parkfield Grange and The Gables were sad to see Mike Dearn, their Home Admissions Advisor, retire recently.

Mike is adored by team members, residents and families alike and will be greatly missed. A big thank you to Shaun Portman-Hann, Head Chef at The Gables, for making such a stunning cake to bid Mike a fond farewell.



Mike Dearn

Celebrating the CORONATION

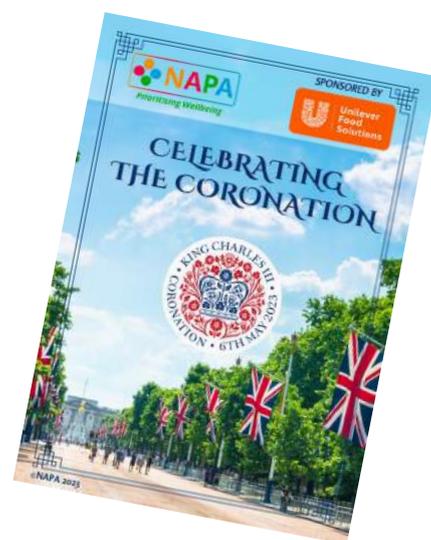
The Coronation of His Majesty King Charles III and The Queen Consort offers an ideal occasion for Cinnamon team members, residents and families to come together in creative celebration and connect with their local communities. The Coronation itself takes place on Saturday 6th May at Westminster Abbey, London, and the celebrations will continue throughout the weekend.

We hope your preparations for the Cinnamon Coronation Street Party Competition are going well and Activities teams have taken full advantage of the free NAPA Coronation resources. They are packed with information, top tips,

activities, decorations and planning guides. Please share your ideas and plans to mark the Coronation with each other and remember to take some great photos for the next issue of *In Touch with Cinnamon* too.

Two Coronation competitions

Details of how to enter the Cinnamon Coronation Street Party Competition, and be in with a chance of winning a £250 prize, are on the back page of this issue. NAPA is also holding a competition and will award the title of Coronation Community of the Year and a prize of £1,000 to a care service whose celebrations for the Coronation exceed expectations. All care services are invited to enter. The closing date is **Friday 19th May 2023.**



Download your free resources and competition entry form at napa-activities.co.uk/celebrating-the-coronation.

Geoff Pride

Activities Support Consultant



Disco divas prepare to Moonwalk

Twelve superstars have signed up to represent Cinnamon on Saturday 20th May in the 15.1 mile Moonwalk Challenge to raise money for Breast Cancer Awareness. The team is called Cinnamon Disco Divas and will be suitably attired in spandex and glitter.

'If you would like to sponsor us, please visit the Cinnamon Disco Divas' fundraising page at www.walkthewalk.

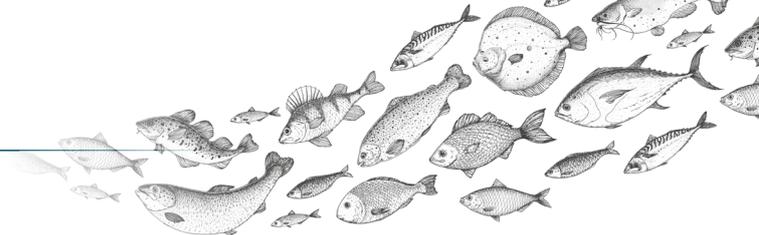
enthus.com,' said team captain and Management Accountant, Denise Kilfoil. 'Thank you to Eden Court for offering us pre- and post-Moonwalk hospitality.'

The Cinnamon Disco Divas will start at 8.30pm from Clapham Common, hopefully returning for a hearty breakfast in the early hours of the following morning once their walk is done. Good luck, Disco Divas!

Eastcote
Park divas



Emerson Grange divas



FISH FOOD

by Richard Pearshouse, Executive Chef



Cinnamon chefs get hooked at Billingsgate development day

Billingsgate Market, adjacent to London's Canary Wharf, was the backdrop to a recent development day for Cinnamon chefs. The market has been operating for over 300 years. You can smell the history, as well as the fish, as soon as you walk in.

We had to get up at the crack of dawn as the market runs from an eye-watering 3am until 7am. We were treated to coffee and a quick run-down of the day before being charged with the task of finding the cheapest price for cod and unleashed into the market. This was to show that the price can vary substantially: after 10 minutes we had discovered a difference of more than £5 for the same quantity of cod.

We reconvened at Barneys Seafood, the only supplier of King Crab on the market (£133 for 5 legs!).

CJ Jackson, who has been running Billingsgate Seafood School for 20 years, then gave us a fantastic tour of the market, testing our chefs' knowledge of fish and showing us some of the eels that are used to make the famous East End jellied eels. A quick breakfast followed and then it was our chefs' time to shine.

Masterclass

CJ Jackson gave a masterclass in how to cut and fillet fish, after which the chefs all tried their hand. The great results proved how much they had absorbed from CJ's demonstration. Next, Jamie from Robot Coupe, the renowned manufacturer of food preparation equipment for the catering trade, led a very useful session about food waste. Our chefs will certainly use every scrap of the ingredients they buy from now on.



We like a bit of competition at Cinnamon and today was no different. Jamie, CJ and I set a challenge for the chefs to produce one dish using the fish we had prepped for the day plus five other ingredients, making the fish the hero of the dish.

We were very impressed by the results. **Galya Radulova** from Heathland House was the overall winner with her fantastic hake dish and she took home an autographed CJ Jackson cookery book as her prize. **Attila Volosinovszki** from Eden Court and **Sam Sewell** from Wellington Vale were both highly commended. It was an exhausting, educational and most enjoyable day.



TOP OF THE POPS *again!*



Cinnamon Care Collection rated amongst the best care home groups in the UK.

For the sixth consecutive year, Cinnamon Care Collection has been named a Top 20 Care Home Group by carehome.co.uk, the UK's leading care home reviews website.

The carehome.co.uk Top 20 Awards are based on 93,500 reviews of care homes nationwide between 1st March 2021 and 28th February 2023. Care homes were rated by residents, their relatives and friends against a range of criteria including care and support, residents being treated with dignity, staff, facilities, safety, activities and value for money.

People are living longer and with 18.6% of the total population in the UK currently aged 65 years or older, equating to 11 million people, demand for care homes is set to grow. The carehome.co.uk awards provide an independent endorsement of the very best care home groups in the country.

Huge achievement

Amanda Hopkins, Reviews Manager of carehome.co.uk, said, 'It is a huge achievement to be named as one of the Top 20 care home groups in the



Rokewood Court

UK by the residents and their families who have experienced for themselves the care and support being given at the care home.

'Our awards, which celebrate the excellent care given by care home groups, show Cinnamon Care Collection ensures it gives first-rate care throughout its homes and we would like to congratulate it on being a top care home group! These top performing care home groups are making a profound difference to residents' lives with compassion, respect and dignity at the centre of their care.'

Fantastic endorsement

Carole Hunt, Director of Cinnamon Care Collection, added, 'To win an award, for the sixth consecutive year, for being an exemplary care home group is a tremendous achievement, particularly in such a highly competitive sector. This Top 20 Care Home Group award, based upon reviews made by residents, their families and friends is a fantastic external endorsement and reflects the dedication, hard work and exceptional care provided by our teams in all 20 of our care homes.'

Congratulations to every Cinnamon team on this outstanding result.



Wellington Vale

Volunteers required for wellbeing study



The details of the new Team Wellbeing Programme were recently sent out on Altura, complete with a promotional video, log-in details and more. There has been some very positive initial interest in terms of people logging in and trying out some of the wide variety of health and fitness classes available. There really is something for everyone!

We are now looking for some brave volunteers to assist us with a very simple study over the next three months. Everyone in every Cinnamon home and role is invited to volunteer, including Support Office and Finance team members. You can even sign up with a colleague as support buddies if you wish. No particular fitness level is required.

The volunteers will simply be asked to commit to two or three classes per week and, after three months, give their feedback via a simple Wellbeing Questionnaire about:

- What type of classes they did.
- How many times per week.
- What physical benefits they achieved.
- What wellbeing and mental health benefits they achieved.
- Any positive increase in energy levels.
- Any other benefits.

We plan to feature some of the results in the next issue of *In Touch with Cinnamon*. If you would like to volunteer, either individually or with a support buddy from the same home,



please contact Geoff Pride, Activities Support Consultant, at geoff.pride@cinnamonncc.com or phone 07921 089 235.

So come on – do something positive today towards improving your wellbeing!

Fitness to the *beat* of a different drum

Cinnamon Care Collection has now launched drum fit classes across most of our homes and the combination of learning a new skill, improving co-ordination and having fun is proving to be a winning combination.

The response from residents has been amazing. The classes have led to improved wellbeing and fitness levels as well as a great deal of laughter, as you can see from smiles of the participating residents pictured.

As the first care home group in the UK to introduce drum fit classes, Cinnamon has also received an enormous amount of very positive press coverage.

'That was great fun.'

June Ware,
Wellington Vale resident

'I enjoyed the music and exercise but my favourite part was having fun with other people!'

Rae Peacock (85),
Sunnybank House resident



FUTURE LEADERS PROGRAMME RUNS AGAIN



The tremendous success of Cinnamon's Future Leaders programme means that all 12 courses will be repeated from May this year, opening up the training to team leaders as well as deputy managers who have inadvertently missed previous sessions.

The Future Leaders programme has been designed to enhance the skills and knowledge of deputy managers and experienced team leaders and prepare them for their next leadership role within Cinnamon. Since there are a high number of team leaders, we would like to start with those whom managers feel have the potential to become a deputy manager and are taking their NVQ programme further than Level 3. The programme will run again next year so everyone will have the opportunity to go through it.

The first sessions with Mark Scorgie will be 'Running Effective Supervisions and Building Relationships'.

Future Leaders Network

The programme has also provided a valuable networking opportunity for attendees, allowing them to share the experiences and challenges that they face every day. To ensure that delegates continue to have this opportunity we are setting up Future Leaders Network sessions.

These will be facilitated workshops that continue to build on the knowledge base covered in the programme itself, but delegates will also be asked to bring examples of great practice or ideas that have been implemented to share with their colleagues.

SHARING EXPERIENCES

OUR *Vision* & VALUES



Geoff Pride, Activities Support Consultant, has begun visiting Cinnamon homes to share our new Vision & Values programme with team members. This new session shows team members how they really have 'made a difference' and therefore those who have completed their Vision & Values training recently still need to attend.

Geoff will conduct two sessions in each home: the current timetable is below. Newer homes will be included later in the year. Geoff will repeat the sessions until all homes are up to date; our aim is for every team member, including general managers and heads

of departments, to go through an updated programme every two years.

Vision & Values timetable

We would like every general manager and deputy manager to attend one session each to share some of their home's testimonials with the team. Please let Geoff know in advance how many attendees your home can accommodate in one session. It is usually 20 to 25 people.

Once the sessions listed below have been completed, further dates will be arranged for other homes, with each home being visited in turn until all team members have completed the new Vision & Values programme.

Home	Dates
Abbotswood Court	25th & 27th April
Netley Court	2nd & 3rd May
Eden Court	9th & 10th May
Leah Lodge and Rectory Court (off-site location)	17th & 19th May
Finance Team (at Eden Court)	23rd May
Earlsfield Court	31st May & 1st June
Sunnybank House	7th & 8th June
Wellington Vale	13th & 14th June
Rivermede Court	20th & 21st June
Hartwood House	27th & 29th June
Rokewood Court	4th & 5th July

Your career with CINNAMON CARE COLLECTION



CINNAMON
LUXURY CARE

Congratulations on being one of Cinnamon's fabulous team members! Cinnamon Care Collection recruits kind, compassionate and caring team members who aim to deliver great services to all... and you are one of those great people.

In working with us you have access to a great career, with opportunities for every one of you. We want you to learn and grow, to be hungry for the next promotion. We want you to enjoy every day with us and to know how much we invest in your future. If you joined us for a career not just a job, you are in the right company.

In addition to our regular legal, company and role-specific training,

we offer apprenticeships and diplomas in every area of work at Cinnamon, including care, catering and hospitality, cleaning, maintenance, administration, customer services and many more. You might already have started or completed some of the programmes on offer, may even have been promoted – but if you haven't or you still want to do more, we have plenty on offer.

Career paths

It starts with a thorough, tailored induction programme, completing all the required training with lots of support. After that, you could find out about your area of work and the career paths available to you. For example, as a new starter in catering, you could complete your intermediate and advanced catering apprenticeships with a view to becoming a head chef in one of our homes.

As a carer, you could take a range of apprenticeship programmes from a Level 2 through to a Level 3 Health & Social Care apprenticeship. In some homes we can offer a Nursing Associate apprenticeship after that and you could then be eligible to complete your nurse training in a suitable role. These are just two examples but there are lots more. In addition to role-specific training and qualifications, we can support you with coaching and leadership programmes to equip you for more senior roles.

We hope that you will take advantage of our career opportunities and that the information opposite helps you to explore the possibilities in store for you. If not, just call Linda Sutton, Training Administrator, on **07851 247 193** or email **training.admin@cinnamoncc.com** to chat about your options.



Take advantage of our
career opportunities

Apprenticeships AT CINNAMON

Apprenticeships are available for those aged 16 or over and combine working with studying to gain skills and knowledge in their job role, learning skills relevant to Cinnamon Care. The company covers the cost of the apprenticeship undertaken as part of the Government Levy. To qualify for funding, team members must work a minimum of 30 hours a week.

Application process

- Team members wishing to start an apprenticeship should approach their line manager or home manager. Managers can also initiate this conversation.
- The training administrator has a list of approved providers for Vocational Qualifications (VQs). The team member and general manager together approach the chosen provider to confirm availability.

- An internal VQ application form is completed by both the team member and the manager. Then the completed form is sent to the training administrator for approval (this is an internal document and not to be sent to a provider).
- The training administrator will check the provider details to ensure they are on the levy listing and approved by the Government. The team member's training record will be checked to make sure they qualify for funding.
- Once approved, the training administrator will contact the general manager. If there are any issues, this will be flagged up and discussed.
- Team member and manager then contact the provider to confirm they can go ahead, after which the provider's contract is signed by the general manager.

Cinnamon Care Collection needs to make sure that team members on



an apprenticeship (NVQ/VQ) are meeting the targets agreed between themselves and their provider and that they are getting the support they need. This includes the discussions and involvement that the general manager and line managers have with the apprentice, as well as an apprenticeship on-programme evaluation to be completed every six months.

Terry Tucker,
Learning & Development Consultant

Linda Sutton,
Training Administrator

Course/Level	Suitable for	Progression to	Course Duration
Adult care worker, Level 2 (Standard)	All team members new to care	Qualified Carer	12 months
Lead adult care worker, Level 3 (Standard)	All experienced Care team members	Senior Carer	12-18 months
Lead Practitioner in adult care, Level 4	Senior Carers	Team Leaders	18 months
Leader in adult care, Level 5 (Standard)	Team Leaders/Deputies	General Managers	18 months
Production Chef, Level 2	Catering Team Members	Chef	12 months
Senior Production Chef, Level 3	Chef	Head Chef	12-18 months
NAPA Certificate in Activity Provision in Social Care	Activities Team Members	Activities Leader	6-12 months



C I N N A M O N
L U X U R Y C A R E

Cinnamon *in Bloom* 2023 Competition

Celebrate the beauty of nature and promote pride in your home through imaginative planting of flowers, trees and shrubs. You can enter one, some or all five competition categories.

- **Cinnamon Garden of the Year 2023 (overall view of your home or village)**
- **Best Front Garden (viewed from the approach to your home or village)**
 - **Best Hanging Basket or Container Display**
 - **Best Residents' Garden or Project**
- **Best Care Home Engagement Project in the Community**
(maximum £250 spend on a community garden project)

Judging

Please email a video of your entry or entries to **competitions@cinnamoncc.com** by **31st July 2023**.

We will be looking at:

- design and quality of your floral display
- use of shrubs and trees
- how clean and well-maintained your gardens and grounds are
- benefits to residents, staff and the local community

Prizes

The winners will be announced in November at The Cinnamon Awards.

Cinnamon Garden of the Year 2023

- £1,000 to spend on gardening equipment for your home
- The 'Cinnamon in Bloom' trophy

The winners in all other categories will receive £500 to spend on gardening equipment for your home.

TOP
PRIZE

Good luck!

GREAT EGG-SPECTATIONS

Cinnamon residents and chefs had a cracking time entering the Cinnamon Easter Egg challenge, as egg-spected. The aim of the competition was to showcase the techniques that Cinnamon chefs had learnt at their recent Callebaut Chocolate Development Day.

The competition required residents and chefs to plan, make and decorate an im-peck-able Easter egg together. It had to be made in the home and the chocolate tempered correctly with no egg-scuses. Entries stated how the theme was chosen, how the design was made and how residents were involved. Two photos per entry showed the finished Easter egg and the home's chef assisting their residents.

Impressive skills

'These Easter eggs really were all they were cracked up to be,' said Richard Pearshouse, Cinnamon's Executive Chef and head judge. 'There was no fowl play, we certainly had an oeuf entries and there



Monika Roguz

was no egg-noring their high quality. I was very impressed by the attention to detail and skill shown.



'Monika Roguz and the team at Rokewood Court carried off the prize with their Easter egg-stravaganza of handmade chocolate eggs, flowers and a chocolate nest for the chicken. It was so large and impressive, they may need to shell out for some more chocolate!

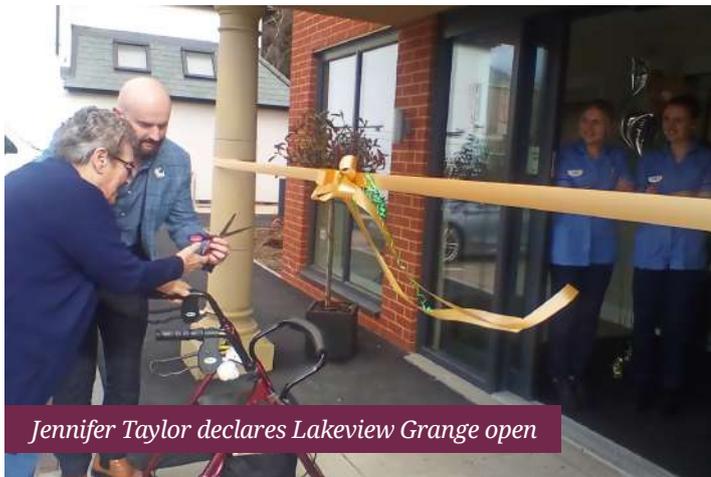
'Shaun Portman-Hann and The Gables team were highly commended for their egg-ceptional effort showing the Easter bunny, Easter chicken and my favourite, Shaun the Sheep!'

That's all, yolks!





Lakeview Grange



Jennifer Taylor declares Lakeview Grange open



Lakeview team members

Fantastic **NEW** DEVELOPMENTS

Cinnamon Care Collection has continued to expand its network of homes across the country opening two fantastic new developments recently.

Lakeview Grange recently welcomed its first resident, Jennifer Taylor, transforming a site that has been many months in development into a state-of-the-art care home that exudes warmth, hospitality and exceptional care. Jennifer cut the ribbon at the champagne reception and declared the home open. Afterwards, she and her family enjoyed a convivial lunch together.

'It was a lovely day,' said Sebastian Wiencelewski, Peripatetic General

Manager. 'Every member of the Lakeview team performed at their best and made a great difference. Helen, Jennifer's daughter, was overcome with tears of joy. We are now preparing for our formal Open Day.'

Set in the historic Roman cathedral city of Chichester, West Sussex, Lakeview Grange boasts 47 spacious en-suite bedrooms and four care suites, as well as luxurious lounges, private dining rooms, a stylish café/

bar, cinema and a professional hair and beauty salon. It also offers four luxury care suites which are an ideal choice for couples seeking 24-hour residential care whilst retaining companionship, or for those looking for greater space and independence. Each fully furnished suite comprises an en-suite bedroom, a charming lounge and kitchenette, along with access to a host of superb facilities.

As well as residential care and respite care, Lakeview Grange has a community dedicated to the care of people living with dementia. Its sole aim is to build on people's abilities and life experience to help them live active and fulfilled lives.

A Watermeadow Grange welcome

Russ Gill, Police Constable for Topsham in the 1960s, was the official guest of honour for the opening of the marketing suite for Watermeadow Grange at the end

Fine dining at Lakeview Grange



Café/bar at Lakeview Grange



Russ Gill cuts the ribbon



Watermeadow Grange



of March. The new luxury care home is scheduled to open in the beautiful Devon estuary town of Topsham in summer 2023 and will provide residential, dementia and respite care.

Russ, age 79, is widely regarded as a local hero. He began his police career in 1961 as a police cadet and after being posted to Paignton, Tiverton, Torquay and Plympton, was appointed as Topsham's Police Officer in 1966. He was promoted to Detective and posted to Exeter in 1969, retiring as a Detective Sergeant in 1999 after 38 years of service.

A welcome addition

Following a stroke in 2015, Russ needs occasional respite care to ensure that his wife, Marian, has some time off from being his carer. 'Watermeadow Grange is a welcome addition to Topsham,' he said. 'Having been associated with Topsham since the 60s, it's important

to me that I am able to stay in the area close to my friends and family – and other locals will no doubt benefit from its location too. I'm really looking forward to my stay when the home is open – it looks fantastic! – and the reviews of other Cinnamon care homes are really great, so that's very reassuring to me.'

Selina Sapsford, Home Admissions Advisor at Watermeadow Grange, said, 'It was such an honour to have Russ Gill officially open our marketing suite. He is a very well-known, much loved and well-respected member of the local community. We are thrilled that he is looking forward to staying at Watermeadow Grange, having read the reviews from the other care homes in our Group and done a virtual tour of Watermeadow Grange on our website.'

Watermeadow Grange will have 70 spacious en-suite bedrooms and

eight care suites as well as luxurious communal spaces, all designed and furnished to Cinnamon's usual exacting standards.

Two more on track

With two more fantastic new homes currently in development, Outram Fields in Sheffield and Merriman Vale in Worthing, Cinnamon keeps going from strength to strength.

Outram Fields



You make the difference

WE ARE
passionate
DEDICATED
respectful &
inspired
UNITED

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.

Each national finalist will receive a £250 gift voucher and an invitation to attend the Cinnamon Awards lunch where the Care and non-Care winners will be announced.

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

The winners for the final quarter of the 2023 awards are...



Lorraine Brennan
*Activities Co-ordinator,
Abbotswood Court*

Lorraine will do anything to enhance the lives of our residents; she always makes sure there is something for everyone. Her passion for ensuring

the activities at Abbotswood Court are varied, fun and person centred has led to some lovely moments, from one-to-one time spent make-up shopping to regular day trips. There's never a dull moment at Abbotswood Court thanks to Lorraine and her team.

role was swiftly recognised and ensured her swift promotion to Senior Care Assistant and then Team Leader. Chrisna does all she can to make the residents feel special, even coming in on her days off to visit on their birthdays and picking up extra shifts to ensure continuity of care. She cares about everyone at Earlsfield Court and makes them smile every single day she is on duty.



Amanda Page
*Senior Care Assistant,
Eastcote Park*

Nothing is ever too much trouble for Amanda, who always carries out her duties with a smile. She has an infectious laugh and is held in high esteem

by residents and her colleagues. Amanda is a great role model; she has a high level of skill and knowledge and is very proactive in ensuring that residents receive the best standards of care and support.



Ma Chrisna
San Diego
*Team Leader,
Earlsfield Court*

Chrisna joined Earlsfield as a Care Assistant but her passion for the residents, their welfare and her



Christopher Allen

*Maintenance Assistant,
Eden Court*

Relatives and team members nominated Chris for his willingness to go the extra mile to make sure residents are happy. He always has a smile, even on the busiest days, and personifies Cinnamon's values.



Tracey Nemeth,

*Senior Care Assistant (Night),
Lakeview Grange*

Tracey is a shining star. Highly dedicated and motivated, Tracey happily takes on extra shifts and helps to support new team members with their development in her spare time. She is an outstanding example of Cinnamon's values and commands great respect from her colleagues.



Mariam Sebunya Nakitende

*Senior Nurse (Nights),
Emerson Grange*

Mariam is a compassionate, highly dedicated and knowledgeable Senior Nurse who often takes charge of the home at night. A true professional, Mariam supports her team to provide the best care to her residents.



Deniesha Blackford

*Care Assistant (Nights),
Leah Lodge*

Deniesha was nominated by her colleagues for her adaptability and willingness to help the home by taking on extra shifts at short notice. She can often be seen chatting to residents to make them feel calm and settled before bed. Residents respond to her gentle approach and feel safe in her care.



Demie Haines

*Care Assistant,
Hartwood House*

Residents nominated happy-go-lucky Demie because she brings a smile to their faces. She is an extremely kind, thoughtful and gentle person as well as being a worthy winner. Her colleagues are proud to have her in the Hartwood House team.



Lisa Walsh

*Activities Co-ordinator,
Morningson Court*

Lisa is passionate, caring and always has a positive attitude towards others. She plans and organises a stimulating, varied programme of activities for residents. Lisa has been leading on community events for Morningson Court and assisting on emotional and behavioural disorders, which has been successful for the residents.



Jessica Winfield

*General Assistant,
Heathland House*

Jess has practically taken the lead in providing activities for the residents in the absence of the Activities Co-ordinator and willingly volunteers to assist other members of the Heathland House team. She is always happy to help and to take on extra shifts. Kind, caring and dedicated to her job role, Jess is great with residents.



Julie Cole

*Housekeeper,
Netley Court*

Julie gets on with her work quietly and cheerfully. She likes nothing more than to see a resident's room looking clean and welcoming. Julie is a lovely person and her dedication to Netley Court is appreciated by residents and team members alike.



Julie Hampton-Williams

*Administrator,
Parkfield Grange*

Julie is a great support and helps to induct new starters, making everyone feel welcomed to Parkfield Grange. Julie goes above and beyond and always has a smile on her face.



Nicki Kilpin

*Recruitment Administrator,
Sunnybank House*

Nicki was nominated by several of her colleagues for going over and above her role in so many ways. She is always there to help, no matter what the problem may be and is the heart of Sunnybank House. Nicki not only provides a thorough induction but is there afterwards to answer any questions and support new recruits. She can turn her hand to anything – a little maintenance, caring and activities too. She is a diamond!



Patrick Morton

*Care Assistant (Nights),
Rectory Court*

Patrick was nominated for always being helpful, covering both Leah Lodge and Rectory Court at short notice. Residents love Patrick's wit and humour. He chats with them, puts them at ease, listens to problems and tries to provide solutions.



Maria Jarvis

*Senior Care Assistant (Nights),
Sutton Park Grange*

Reliable and hard-working, Maria is always supportive to her colleagues. She has a great relationship with the residents who love her kindness and caring nature. Maria is a huge asset to Sutton Park Grange.



Melissa James

*Care Assistant,
Rivermede Court*

Melissa always wears a big smile and radiates a 'can-do' attitude. She is passionate about her job and the care she provides for the residents. Serene and calm, Melissa is always respectful, patient and empathetic. She is dedicated to helping the home and its residents.



Nicola Bissett

*Head Housekeeper,
The Gables*

Nicola was nominated for her exceptional teamwork and dedication to The Gables. She helps out on night shifts and nothing is ever too much trouble for her. Nicola upholds Cinnamon's five-star standards and ensures that all new team members are shown 'the Cinnamon way'. She is hugely valued by the whole team.



Patsy Jones

*Senior Care Assistant,
Rokewood Court*

Patsy's unwavering commitment really shone during a recent outbreak of Covid-19 that meant several team members were on sick leave. She put residents at the heart of everything she did, staying after her shifts to help her team, always with a smile. Well done, Patsy!



Jac Wannerton

*Maintenance Assistant,
Wellington Vale*

Jac is known for his positive attitude and willingness to help, not just with maintenance tasks but with every request he receives. He understands the impact of occupancy and supports the home's business needs; he recently redecorated two rooms to a high standard in just 48 hours. Jac truly makes a difference.

SPRINKLE *of* CINNAMON

makes wishes come true

Sprinkle of Cinnamon is a way of doing something special to create a memorable day for residents and team members too.



Before taking up residence at Rectory Court, Noreen Davies used to look after young Arsenal FC players, so football was an important part of her life. When Rectory Court team members discovered how much Noreen missed going to the big game



at Emirates Stadium, they decided to sprinkle some Cinnamon for her.

They contacted Arsenal FC who kindly invited Noreen and the team members accompanying her to watch a match from the best seats in the directors' box. 'It absolutely made Noreen's day,' said Hedvika Pavluchova, Activities Co-ordinator, 'and we're most grateful to Arsenal FC for their generosity.'

RAISING THE STEAKS

One rainy afternoon in March, John Samuels, a resident of Earlsfield Court, confided to Adrian Sirbescu, Care Assistant, how much he fancied a steak dinner. Adrian sprang into action and asked the General Manager, Sara Godwin, if this could be arranged.

Sara gladly agreed and reserved a table at John's favourite steakhouse, Benteleys in Bexhill-on-Sea. John used to go to Benteleys for a steak every Monday with his golfing partners and he enjoyed reminiscing over his sirloin and sweet potato fries!

John was joined by Adrian, Sara and Deputy Manager Leah

Warren as well as a new resident, Ray Gearing, who enjoyed meeting them all. 'It was a lovely evening,' said Leah. 'John has since made a list of other places he would like to visit



and is looking forward to his next restaurant adventure.'

An absolute tonic

Meanwhile, Parkfield Grange sprinkled some Cinnamon for best friends Iris Webb and Joan Dudley, who longed to go out together for a meal. Activities Co-ordinator Sasha Bursi and Katie Ewan, Senior Care Assistant, fulfilled their wish and even bought them a cheeky gin and tonic to make it a real celebration.



Easter egg hunt at Parkfield Grange

Tiny tots from Little Hands Nursery joined residents at Parkfield Grange for some entertaining Easter activities including making Easter bonnets and egg hunt canvas bags.

An Easter egg hunt followed during which they exchanged their coloured eggs for Easter gifts with the Easter chick, played by Luke Willetts, Care Assistant.



SWEET EASTER SMILES

Children from Hextable Primary school regularly visit Emerson Grange to celebrate events with team members and residents throughout the year, from World Book Day to Christmas carols. Easter is a particular favourite; the children who come to see the residents each receive an Easter egg.

'This year, one lovely resident on our dementia care floor decided she would hand out the Easter eggs personally so she could have a chat with the children,' said Aileen Nimmo, Resident Services Advisor. 'It was a very special moment for her and she was smiling from ear to ear.'



Designer eggs

Sunnybank House held an Easter egg design competition for their young friends at Fair Oak Infant School. 'It is always lovely to have children visiting our home,' said Sarah Gillet, Home Admissions Advisor. 'There were so many

wonderful entries that our residents had a difficult job choosing a winner and runner-up from each year group. Afterwards we decorated our home with all their lovely designs and enjoyed a fun-filled Easter break. We hope the children did too!'



EASTER FUN & GAMES



The Eastcote Park team invited local children to take part in an Easter trail around their gardens. 'They looked for clues and had to collect letters to form a word. If they found the complete word, they received an Easter egg from our Easter bunny. To be honest, I was that bunny and gave them an egg

as a consolation prize even if they didn't find the word,' laughed Ben Dalgetty, Resident Services Advisor. 'We also held an Easter colouring competition with book tokens as prizes for the winner and runner-up. It was a lot of Easter fun for everyone.'

Hoppy Easter!

Sutton Park Grange had two very special visitors in the hop-up to Easter: Cupcake and Buttons, two baby rabbits. They came from the company which supplies Miniature Shetland Therapy Ponies, who now also visit with smaller animals.

Floral memories

On Easter Sunday, Jayne Dale, the home's new Activities Co-ordinator, held an Easter nest flower demonstration. 'Residents loved watching the demonstration, smelling all the different scents and feeling the different textures of the plants, most of which came from my mum's and my garden,' explained Jane. 'They reminisced about their own gardens, favourite flowers and the beautiful places they have visited.'





SPRING COLLECTION

The Wellington Vale team dressed to impress for World Book Day in March. Alice in Wonderland, Aladdin, Snow White, Mary Poppins and a friendly gnome all stepped out of the pages of their respective storybooks to roam the home's communities discussing books and authors with residents. They also enjoyed a variety of activities celebrating famous authors and their books.

Head Chef Sam Sewell cooked up a storm on St David's Day serving a Welsh rarebit starter and a delicious, Welsh-themed risotto. Meanwhile the Activities team delighted residents by introducing them to a special visitor, the Welsh dragon.

They also raised money for Comic Relief by sharing jokes via their Facebook page in exchange for small donations. 'We raised a total of £23 for the charity but most importantly, we spread some laughter and had some fun,' said Breda Doherty, Lead Activities.



HOME *from* HOME

Residents from Abbotswood Court received a warm welcome when they visited their sister home in New Milton for a joint coffee morning and a change of scene. The Abbotswood residents were treated to a lovely drive through the New Forest before meeting Mornington Court's residents and making new friends.

A return invitation to Abbotswood Court is being arranged so the residents of both homes can catch up again, hopefully over afternoon tea in the garden if the weather is kind.



KIND *response*

Mary Oliver, Activities Co-ordinator, spent her day off sending 'Thinking of You' cards to all the residents who are waiting to join Lakeview Grange.

'It was to mark Random Acts of Kindness Day on behalf of all my colleagues,' she said. 'I received a lovely reply from one of the recipients who said how much the card had cheered her up, especially in Valentine's week. She told all her friends about it. This lady also noticed that it was handwritten, which made it more special than being typed and copied.'

'I was thrilled to receive these comments,' Mary added. 'They confirmed what a worthwhile use of my time it had been. A personal, individual act of kindness can mean so much.'

Bearing gifts

At Parkfield Grange, Activities Co-ordinator Sasha Bursi and Home Admissions Advisor Emily Hocking



accompanied residents Muriel Best and Valerie Dipple to Stourbridge to hand out gifts to strangers at random to show off the kindness of the Parkfield Grange community. Team members were not overlooked either. Three kind team members, Administration Assistant Steph Slimm, Sam Clarke and Sarah Shaw, both from the Care team, asked their colleagues to write down their favourite treats and then chose lucky individuals at random to surprise with gifts. It certainly brightened everyone's day.



Now there's good craic!



Netley Court team members and residents were captivated by a local entertainer, David Pepper, who performed a wonderful show for St Patrick's Day. His flamboyant costume was much admired and he had his audience on their feet, singing and dancing. Afterwards, residents refreshed themselves with a traditional glass of Guinness.

As always, the Wellington Vale team threw themselves into their Saint Patrick's Day celebrations, dressing up as Irish leprechauns and spreading joy throughout the home.



Floral features win favour

Residents, shoppers and visitors will be able to relax, sit down and catch up with friends in the revitalised 'parklet' in Knowle High Street, Solihull, thanks to Eastcote Park and its residents.

'We are always looking for ways to support our local community in Knowle,' explained Debra Wyatt, Resident Services Advisor. 'When we heard they were seeking sponsorship to maintain the planters in the heart of the village, my colleague Ben Dalgetty and I were delighted to offer our support.'

'Our Home Admissions Advisors helped our residents to strip the existing planters and do a massive clear-up before creating a stunning display with a Valentine's Day theme,' added Ben. 'Our residents loved making all the Valentine items, as well as digging and planting the new shrubs.'

'We have a topical monthly theme for the planters that our residents will prepare, make and install. Feedback from the community has been overwhelmingly positive. We certainly have made a difference!'



WET WHEELS

Netley Court residents enjoyed an exhilarating hour-long speedboat trip with Wet Wheels at the Mercury Harbour Marina in Hamble recently, accompanied by team members. During their trip, the skipper talked about the Hamble River and its colourful history, which intrigued and delighted the residents.



Platinum sweethearts

A pair of ballroom dancing sweethearts celebrated their 70th wedding anniversary year with a special Valentine's Day meal arranged by the Hartwood House team.

Although their official platinum anniversary date was in November last year, George (95) and Mary Maskall (90) enjoyed a second celebration for this major milestone.

Reflecting on 70 years together, Mary said, 'Every marriage has its up and downs. There are days when you could kill each other but you get through that and build a life together.' George added, 'Love is the main secret of our marriage. If you love each other, that is the only important thing.'

Swept off her feet

Their happy union came about by chance when Mary was 17 and living in Enfield. Her then-boyfriend upset her, so she decided to accept a friend's invitation to attend a dance in the neighbouring borough of Edmonton. 'This boy kept coming up to me and asking to dance,' recalled Mary, 'and I didn't mind because he really knew how to



Now and then: platinum sweethearts George and Mary Maskall

dance.' Mary was quickly swept off her feet by 22-year-old George and the pair took ballroom dancing lessons together. They married at St James' Church in Enfield in November 1952.

Making new friends

Today, the couple have three children, 10 grandchildren and a great-grandchild due in June. They recently moved to Lyndhurst in the New Forest to be closer to their son Brian, who lives in Bournemouth, and daughter Christine, who lives in Winchester. They love their new life at Hartwood House where they have made many friends.



ONCE UPON A TIME

Children from nearby Ashley Infant School recently dressed up as their favorite storybook characters to celebrate World Book Day with Mornington Court's residents. Joan Gilks (92) read *Paddington Bear* to the entranced children, then it was their turn to show their books to the residents.

'It was a pleasure to see children and residents having such a wonderful time together,' said Lisa Walsh, Activities Co-ordinator. 'The school's head teacher reported that they had really enjoyed themselves. These intergenerational activities benefit everyone.'





Centenary double

BIRTHDAY GIRL DOROTHY ROSE

Two more Cinnamon residents have received cards from King Charles III and The Queen Consort to mark their 100th birthdays.

Dorothy Rose, who has made Emerson Grange her home for the past three years, recently celebrated her centenary with her family and friends. Her two sons David and Mark with their wives, both called Chris, along with daughter Dawn and her husband Peter, all joined Dorothy and the Emerson Grange team for the occasion.



Also present were Dorothy's three grandchildren and two great-grandsons together with her niece, goddaughter and Dorothy's local hairdresser for the past three years who has become a firm friend. A close friend from Runcorn in Cheshire, where Dorothy had lived for over 90 years, was a surprise guest who made the long journey to Emerson Grange to wish her well.



Team members organised a bubbly birthday party with cake and prosecco. They were delighted to receive a thank you card from Dorothy's daughter, Dawn, saying, 'Thank you so much for helping to make Mum's birthday so special!'

First among equals

Meanwhile, at Wellington Vale, Patricia Ferrer become the first resident in the home to receive her centenary telegram from King Charles III. It was a fitting start to her birthday celebrations.



CENTENARIAN PATRICIA FERRIER



PARKFIELD'S *packed* PROGRAMME

The Parkfield Grange team is cultivating a packed programme of events for team members and residents to enjoy. 'We recently held a Fun Friday,' said Sasha Bursi, Activities Co-ordinator.

'Residents dressed up in a costume beginning with the initial of their first name. We enjoyed popular hits from the 1950s and 60s performed by Chris Knotts, followed by exotic cocktails!

'Our Men's Clubs are in full swing. Our lovely gentlemen enjoy nothing more than setting the world to rights over a game of dominoes, some drinks and a cob roll, or a takeaway,' Sasha added. 'We love to celebrate a birthday in style at Parkfield Grange with divine cakes made by our talented Catering team.'



FUN TIMES AT PARKFIELD GRANGE



BABY SHOWER



Sue Hill, General Manager at Rectory Court, recently arranged a party for Kerry Walsh, Duty Manager, with gifts for her new baby. Her bundle of joy is due to arrive in early May.



Sue Hill, Kerry Walsh and Nancy Johnson

Ladies' Day continues fundraising success

Debra Wyatt, Resident Services Advisor at Eastcote Park, continues to make good progress towards her fundraising target of £1m for the Marie Curie hospice in Solihull.

Debra and her three friends founded The Lilian Goodfellow Group of Friends (LGGF) in memory of the mother of Debra's best friend who sadly lost her battle with breast cancer. Their annual LGGF Ladies' Day in March was attended by 300 ladies from local areas and proved to be a wild success in every way. Not only did it provide a great deal of fun, but it also raised another £10,000 for the hospice, taking the total raised thus far to £570,000.

'I would love to see more Cinnamon team members attending our events,' said Debra. 'Our next big event is the LGGF Charity Pink Ball in Birmingham City Centre in October. I do hope to see some familiar faces there.' To purchase your ticket, please contact Debra Wyatt at Eastcote Park.



GOING TO THE ZOO, ZOO, ZOO... HOW ABOUT YOU?



Rivermede Court's Activities Co-ordinator, Hanka Vlhova, always comes up with new ideas for activities and new places for residents to explore. They have recently been visiting their local theatre and the BCA Zoo in Maidenhead.

'Our residents had a magical time finding out about the animals there,' said Hanka. 'What we particularly love about BCA Zoo is that the staff welcome us with open arms, fully engage with our residents and always support their needs. Nothing is ever too much a trouble for them. No wonder BCA Zoo has become one of our top destinations for day trips!'



Oh, what a night!

Helen Cox, Home Admissions Advisor, and Sandy Atkins, General Manager, both from Wellington Vale, recently attended the Great British Care Awards national final at the Birmingham International Convention Centre. 'It was a fantastic night,' said Helen. 'Sadly, I didn't win the national award but I felt proud to be a finalist and we enjoyed the celebrations nonetheless.'



THE PATTERN OF LITTLE MUDDY BOOTS

Rivermede Court residents and pre-school children bond in nature

Rivermede Court has teamed up with the Little Muddy Boots club to provide intergenerational gardening and nature classes to its residents and under four-year-olds in the local community.

The launch session in March was a huge success, involving almost 30 residents and 11 children, some of whom were great-grandchildren of the residents. Participants planted radishes in Rivermede Court's garden and enjoyed outdoor, nature-inspired arts and craft activities.

The hour-long classes are now running fortnightly on Monday mornings until 22nd May. They are aimed at residents and their family members as well as local toddlers and pre-schoolers with their parents and carers. There will also be some additional sessions with Rivermede

Court residents at Jealotts Hill Community Landshare in Warfield.

Engaging for all ages

Hanka Vlhova, Activities Co-Ordinator, said, 'This is a wonderful initiative and from the outset we could see how engaging it was for participants of all ages. It is a great way for young children to learn more about nature and for our residents to share their love of gardening and enjoy outdoor activities. As part of this programme, the young children and their parents or carers are paired with a resident for the whole term, so they really get to build a special bond at the same time as learning about gardening, nature, enjoying crafting and much more.'

'We are very proud to be able to open our doors to the local community in this way – and we hope people will get in touch if they have young

children and would like to join us for our intergenerational gardening and nature classes. We are planning to enter some categories at the Windsor Flower Show with some of the flowers and vegetables we have grown.'



BRIGHT IDEAS BRING SWEET RESULTS

Jayne Dale, the new Activities Co-ordinator at Sutton Park Grange, has involved residents in an exciting new craft project. They plan to upcycle an old tea trolley into the new Sutton Park Grange sweet trolley, resplendent with pink and white bunting and flowers.

'We did some initial brainstorming and residents came up with the overall design,' explained Jayne. 'Now I need to get busy

sanding and painting the trolley, with residents assisting me where they are able. It promises to be spectacular when finished.

'We plan to use it for our themed days and to provide a range of healthy and sweet afternoon treats for our residents so they can enjoy sampling different things. We hope our afternoon treats will encourage those with smaller appetites who would benefit from some extra calories, too.' Look out for photos of the finished article in the next issue of *In Touch with Cinnamon*.

BRAINSTORMING
THEIR DESIGN



Teatime reunion

Helen Cox, Home Admissions Advisor, recently threw a Welcome Home party for Wellington Vale's respite residents.

'We were thrilled to welcome back six past respite residents to our tea party, who each brought a friend with them. Some current residents also joined us along with a prospective new resident.



'My mum Sue, son Luca, daughter Lucy and my grandson all came along to help serve the tea and we had an amazing time. Afterwards, just to put the icing on the cake, I received two further respite requests.'

MORNINGTON WARBLERS' HEAVENLY HARMONIES

Singing in a choir has never been more popular and it's easy to understand why. As well as being a fantastic creative outlet and social activity, it improves breathing, posture and muscle tension. Singing has also been shown to improve happiness and wellbeing and can spark wonderful memories.

With all of these benefits in mind, the Mornington Court team recently launched its very own community choir, The Mornington Warblers, and invited local people to join.



'We were over the moon when 1970s pop star Nicky Stevens from Brotherhood of Man officially launched our choir and joined in The

Mornington Warblers' first session,' said Lisa Walsh, Activities Co-ordinator. 'We sang popular songs such as 'Que Sera Sera', 'You Are My Sunshine', and 'Don't Sit Under the Apple Tree', as well as more classic favorites. Everyone was in fine voice and their harmonies rang throughout the home. Nicky also talked about her life in the Eurovision-winning group and sang some solos too.'

'We hope members of our local community will contact us to join



The Mornington Warblers,' added Gemma Ridout-Bowden, General Manager. 'It is a great way to make friends and build relationships. It is also great for our residents to feel part of the wider community, too.' The Mornington Warblers will practise on the last Friday of every month from 3.30pm to 5pm. It is free to join and refreshments will be provided. Booking a place is essential.



OLIVER'S STORY TIME WINS FAIRY-TALE PRIZE

Regular readers may recall the story of Oliver Addison, a kind-hearted schoolboy who regularly gives up his weekends and school holidays to read stories to the residents at Wellington Vale.

Oliver volunteered after attending the home's summer fête last year and his visits became very popular with residents. His father posted about it on Twitter and newspapers from

the southeast of England to Scotland picked up the story.

Take it away, Oliver

Finally, Oliver received a nomination for his amazing work at Wellington Vale and won a holiday to Florida from *Ant & Dec's Saturday Night Takeaway* television show. He still found time to read to the home's residents before leaving for the airport and will be back after his well-deserved break to see his friends at Wellington Vale again.



CONGRATULATIONS



Three cheers for **Fran Pedley**, Kitchen Assistant at Eastcote Park, on winning the Learner of the Month award for her work towards her NVQ Level 2 as Production Chef. Congratulations also go to **Michelle Wade, Flora Endove** and **Cheryl Grove** at Rivermede Court who have completed their NVQs in Care. Your colleagues are all very proud of you.



Meanwhile, **Tony Martin** at Wellington Vale was thrilled to receive his Five-Year Service award with a £250 gift voucher and appreciation card. Tony has been a stalwart member of the Housekeeping team throughout his service.



Keeping their fingers crossed

Hanka Vlhova, Activities Co-ordinator, has nominated Rivermede Court for one of the first Runnymede Business Awards.

The awards are designed to celebrate the Borough's businesses, raise the profile of Runnymede as a great

location and create a networking opportunity. Hanka has nominated the home for the Business Innovation of the Year award, one of seven award categories.

Shortlisted businesses will be invited to a lunchtime awards ceremony at the prestigious Fairmont Windsor

Park hotel on Friday 26th May. 'We have our fingers firmly crossed,' said Hanka. 'We have also applied for an accessibility award from Runnymede Borough Council as well.'



Ello, ello, ello

Mornington Court's residents recently welcomed two members of their local Neighbourhood Watch team, Police Sergeant Arron Wood and PC Will Hadaway, who gave a talk about their role in the New Milton community before answering questions. 'Our residents found this extremely interesting and really enjoyed feeling part of the community, which is so important,' said Lisa Walsh, Activities Co-ordinator.





C I N N A M O N
L U X U R Y C A R E

Your opinions make a difference

TEAM MEMBERS' OPINION SURVEY 2023



Make your voice heard in complete confidence

- ✓ Questionnaire will be sent to your personal email address from 15th May 2023
- ✓ If preferred, you can get a paper copy from your home
- ✓ All questionnaires will be returned to an independent agency for analysis
- ✓ No personal information will be released back to your home

THE CINNAMON TEAM MEMBERS' OPINION SURVEY STARTS
15TH MAY 2023 AND CLOSSES 31ST MAY 2023



Coronation Street Party competition

In celebration of The Coronation of King Charles III, every Cinnamon home is invited to hold an outdoor or indoor street party-themed event for residents and guests over The Coronation weekend. There are two prizes of £250 to be won.

Activities prize

To enter for the Activities Prize, send a brief write-up about your event with photos and videos to competitions@cinnamoncc.com by **12th May**. Please also post your material on Facebook, too.

The judges will look for:

- Resident involvement in preparation and choosing a theme.
- Community involvement.
- Relevant creative activities and entertainment on the day.
- Decorations and presentation.

Catering prize

To enter for the Catering Prize, send photos of your street party buffet and menu to competitions@cinnamoncc.com by **12th May**. Don't forget your Coronation quiche and do remember to include modified diets as well.

Good luck and have a marvellous day!



Coming soon...

Some diary dates that you could include in your activities.

May

Prepare for Cinnamon in Bloom Competition 2023.	
1	Dementia UK's Time for a Cuppa. Get your fundraising pack at www.dementiauk.org .
6	Coronation of King Charles III. Cinnamon Street Party Competition.
8	Victory In Europe (VE) Day.
13	World Cocktail Day.
15-21	Dementia Action Week.
23-27	Chelsea Flower Show.
29	National Biscuit Day.

June

Prepare for Cinnamon in Bloom Competition 2023.	
3	F.A. Cup Final, Wembley.
6	National Carers' Week.
12-18	Diabetes Prevention Week.
18	Father's Day.
20-24	Royal Ascot – see www.ascot.com .
30	National Cream Tea Day. Find top tips for enjoying the perfect cream tea at www.creamteasociety.co.uk/cream-teas .
Celebrating Cultures at Cinnamon initiative.	

July

Between July and August, hold an event in line with the Chef Competition Brief that will be circulated to all homes.	
1-31	Afternoon Tea Competition for Cinnamon in Bloom judging.
1	You Make The Difference Award 2023 – deadline for first quarter's nominations.
6-9	Formula 1 Aramco British Grand Prix, Silverstone.
3-16	Wimbledon Tennis Championships.
7	World Chocolate Day. Prize for best chocolate dessert or display.
14-8 Sept	BBC Proms 2023 – find out what's on at www.bbc.co.uk/proms .