

IN TOUCH

with CINNAMON

COMING
SOON!

Team Wellbeing
Programme
Page 04


danceSing
Creating Harmony



Celebrating cultures

Cinnamon teams
embrace different
customs

Pages 06-07

Charity firewalk

Parkfield Grange
and The Gables
team up

Page 25

London Moonwalk 2023

Join the intrepid
Cinnamon team

Page 27



CINNAMON
LUXURY CARE

CONGRATULATIONS

Debra Wyatt, Resident Services Advisor at Eastcote Park, celebrated her 60th birthday recently with Mark Shockledge, Senior General Manager, and Greg Collis, Maintenance Manager.

Cindy Burns, Head of Housekeeping, and **Fran Wren**, Care Assistant, both from Wellington Vale, were delighted to receive bouquets of flowers to mark reaching their five-year service milestone.



Debra Wyatt



Cindy Burns



Fran Wren

MOVING UP



Congratulations to **Gemma Ridout-Bowden** on her recent promotion to Senior General Manager covering Mornington Court and Heathland House. Gemma has been a member of the Cinnamon team right from the start. She commissioned Sunnybank House, Abbotswood Court, Mornington Court and now Heathland House. Congratulations, Gemma, on a very well-deserved promotion.

MOVING IN

Adam Tallis, Village Manager, Eden Court

Adam started his career in hospitality and has worked in a variety of settings including hotels, the Royal College of Surgeons, Artizian, Dulwich College and the CH&CO group which oversaw the annual garden parties at Buckingham Palace. Adam decided to move into care while researching alternatives for his grandmother who had Lewy Bodies Dementia; he witnessed the absence of hospitality in a care setting. Caring for his grandmother gave him insight into the emotional turmoil involved in choosing the right care for a loved one and equipped him with the knowledge, empathy and expertise to help ease the transition. He went on to work as a general manager for BUPA and, more recently, commissioned The Kensington Care Home for Loveday & Co.



What a *swell* party!

Cinnamon Support Office team members celebrated the festive season with a sparkling Christmas party. A highlight of the occasion was when Declan Walsh, Managing Partner, joined Directors Carole Hunt and Greg Swire in wishing **Jo Bown**, Sales & Marketing Consultant, a happy retirement and thanking her for her outstanding support to the company during the last five and a half years.



Jo Bown

proud to have played a very tiny part in the success and growth of such an incredible company.'

'What a swell Christmas party it was,' said Jo, 'and, for me, an amazing send-off! Thank you for all the fun and friendship as well as your generous gifts, cards and kind words which mean so much.

'It has been a complete privilege to work with Cinnamon and I am



FUTURE LEADERS PROGRAMME TO BE REPEATED

Cinnamon Care Collection aspires to growing and developing its own leaders, to meet the specific needs of the organisation as well as the care sector through its Future Leaders programme.

A HUGE SUCCESS!

Courses have been added along the way as further needs have been identified and the whole programme, comprising 12 courses, has been repeated in the North, South and Central areas of the business.

Due to its tremendous success, the sessions will be repeated in the second quarter of this year, opening up this training to Team Leaders as well as any Deputy Managers who have inadvertently missed any of the previous sessions. Look out for dates in the coming months.

COMING SOON!

From April 2023, Activities Support Consultant Geoff Pride will be visiting each home to re-visit Cinnamon's Vision and Values. Everyone in the home will attend one of these important sessions. They will also take place at Support Office.

Those who have attended in the past will also be invited to see a re-vamped session that will include showing how you have made a difference to our residents' lives. Thank you, Geoff, for your enthusiasm in ensuring this happens.



DRUM *Fit* CLASSES COMMENCE



This year sees an exciting new addition to Cinnamon's Activity and Wellbeing Programmes: drum-based exercise.

Seated drum-based exercise is a wonderful way to encourage less active people to move more. This simple physical activity programme is tremendous fun, with lively sing-along music and drumming routines that engage participants mentally, encourage movement and promote social interaction.

There is a body of documentary evidence on the benefits of drumming which include:

- Stress relief
- Enhanced general wellbeing
- Increased circulation
- Improved cognitive function
- Improved social interaction
- Lower blood pressure
- Improved pain levels
- Increased energy levels

'We are delighted to be the first care home group in the UK to have trained and qualified Drum-based Exercise Leaders through our LifeDock Training,' said Geoff Pride, Activities Support Consultant. 'Now they are ready to get our residents drumming their way to better health and wellbeing!'

Creating harmony



danceSing is the inclusive, intergenerational, feel-good wellbeing experience, anytime, anywhere.

It offers a unique fusion of fitness and the arts coupled with advice, motivational support and a vibrant online community to support you on your wellbeing journey, whether you want to learn something new, maintain or develop your fitness, or simply connect and make new friends.

Fitness Programme sessions include all dance fitness workouts covering a broad range of genres and styles including yoga, ballet barre and Pilates-based workouts from gentle to more intense. To kick-start each day and get you in the right mood, there are 10-Minute Motivators. Strength training sessions are also on offer

as the foundation for everything and key to staying fitter, active and more flexible for longer.

danceSing offers expert-led vocal training sessions on demand anytime anywhere, as well as timetabled live sessions weekly, including being part of a choir. With sessions from beginner to advanced it has something for everyone.

Singing Programme sessions include vocal production, part-singing, breathing and relaxation techniques, vocal layering, harmonising, diction, enunciation agility and much more! The series repertoire songs cover a broad

Self-care checklist

- Talk to loved ones
- Listen to music
- Try something new
- Stretch
- Read a book
- Buy yourself flowers
- Take a nap
- Take a long bath or shower
- Work out
- Meditate for five minutes
- Cook your favourite meal
- Spend some time outdoors
- Watch your favourite film
- Book yourself a massage
- Choose a goal to focus on
- Challenge negative thoughts



range of musical genres that everyone will love and enjoy. Your wellness journey starts here. Look out for more details in your home and on Altura.



TAKE NOTE



Putting music at the heart of care

Cinnamon Care Collection has entered into a unique and exclusive partnership with Roehampton University to carry out a research study into the benefits of music and singing for older people in care settings. A growing body of research has shown that music

can enhance people's quality of life through improved mood, the relief of depressive symptoms, anxiety and much more besides. Music can also enhance the atmosphere within the care home and help with the delivery of daily care, which in turn benefits team motivation and morale.

This exciting two-year project will also support the production of online resources to deliver music effectively to residents. It is part of our ongoing endeavour to put music at the heart of care. Look out for updates in future issues of *In Touch With Cinnamon*.

CINNAMON CHOCOLATIERS REFINE *their* SKILLS

AN
INSPIRING
DAY

January saw Cinnamon chefs visit Callebaut Chocolate Academy to develop their chocolatier expertise.

The Chocolate Academy is situated next to the Callebaut Chocolate Factory in Banbury, Oxfordshire. It is run by Julie Sharp, formerly Executive Pastry Chef at Claridges, and UK Academy Chef Mark Tilling, winner of the first edition of Bake-Off Crème de la Crème as well the winner of two editions of UK Chocolate Masters.

The chefs were welcomed with a presentation about how Callebaut chocolate is made, showing the challenges of the small area in which cacao beans can grow, the difficulties involved in transporting them and the production of the chocolate callets or chips used in Cinnamon homes. The presentation highlighted how important it is to use every last drop of chocolate.

The chefs then donned their Chocolate Academy whites and convened in the development kitchen to learn about all the different methods of tempering chocolate and which recipes they could accomplish with the different chocolate products. Each chef received a recipe book that The Chocolate Academy had created for Cinnamon for the day. A demonstration of how to create chocolate meringues, mousses, brownies and Guinness cake followed before Cinnamon's chefs had a go at tempering chocolate themselves and creating their own chocolate lollipops and decorations.

A fabulous lunch followed, during which Julie heard Richard Pearshouse,

Cinnamon's Executive Chef, mention the Cinnamon Easter Egg Challenge. As a result, the afternoon session concentrated on the process of making Easter eggs with different designs using cocoa butter and colours, and it included lots of helpful tips. The chefs thoroughly enjoyed their development day at Callebaut's Chocolate Academy.

'The best thing is that we can use all these ideas throughout the year, not just special days, to decorate mousses, ice cream sundaes, gateaux and birthday cakes.' *Charmaine Taylor, Leah Lodge & Rectory Court.*

'The whole experience gave me motivation, new ideas and confidence. Thank you!' *Elvin Koras, Eden Court.*





Celebrating Cultures

Cinnamon teams gave a wonderful response to the Celebrating Cultures initiative with so many homes celebrating different cultures in highly creative ways.

'It was lovely to see our team members and residents enjoying the celebrations together and embracing different cultures,' said Geoff Pride, Activities Support Consultant, 'and great to see the Finance team at Support Office joining in the fun too. A huge thanks to everyone who took part.'

There were three spot prizes on offer and, as always, it was very difficult to choose the winners from so many strong entries. After much consultation and deliberation with Rob Burcher, Head of Support Services, and Simon Toombs, Marketing Manager, the results were as follows:

Mornington Court won the Activity Award for organising the wonderful children who turned up in full costume to perform a Bulgarian dance.

Wellington Vale took the Hospitality Award for their stunning Ukrainian Sunflower Cake.

Meanwhile, **Rokewood Court** carried off the Social Media Award for a series of very engaging and humorous posts celebrating Japanese culture.

Congratulations to the three winners, each of whom received £250 in gift vouchers as their prize.



Congratulations!



Eurasian journey

The Mornington Court team held four separate Celebrating Cultures events across as many afternoons. Team members, their families and their communities made a huge effort to share their cultures with residents and colleagues.

They journeyed through India, Romania, Bulgaria and France, sampling the delicious cuisines and learning about each country's traditions, costume and folk dances.



Rectory Court goes east

Rectory Court celebrated Eastern European cultures including Czech, Slovak, Polish, Hungarian, Romanian, Ukrainian, Latvian and Lithuanian. They tasted food and drinks, listened to traditional music and talked about famous people, inventions and discoveries from all of these countries.

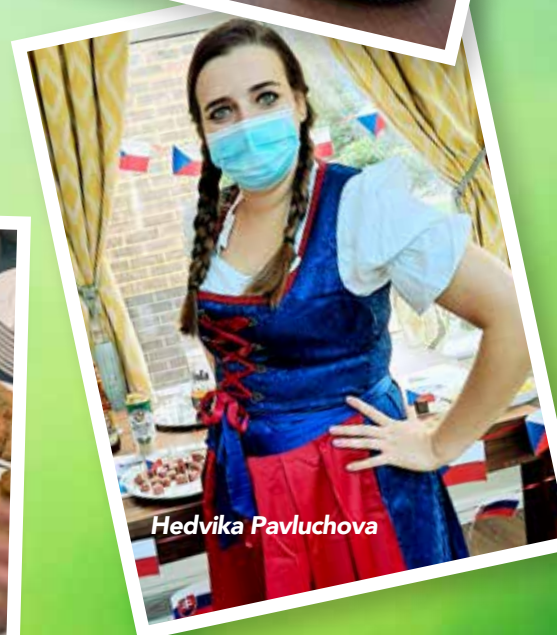
'We chose Eastern Europe because I am from the Czech Republic and some of my colleagues are from other Eastern European countries', explained Hedvika Pavluchova, Activities Co-ordinator. 'Our residents were interested to learn more about where we come from.'



Eclectic mix

The Finance team at Support Office enthusiastically joined in the Celebrating Cultures initiative with an eclectic mix of Cypriot, Indian, Italian, Sri Lankan and South African

food as well as shop-bought cakes and a freshly baked gluten-free cake. They were delighted to be included in this event and enjoyed themselves immensely.



Eden Court scoops DESIGN AWARD

CARE
HOME
DESIGN
AWARD

Eden Court in Battersea, London, has won the prestigious Care Home Design Award in the 2023 Knight Frank Annual Care Home Awards. Knight Frank LLP is the leading independent global property consultancy and these awards recognised excellence in the care home sector while raising over £60,000 for charity.

Knight Frank's annual Luxury Care Home Guide lists the UK's top 100 luxury care homes and honours three overall winners, each of which are judged on the quality of care they provide, the design of their homes and the strength of any renovation and refurbishment work undertaken.

The awards were judged by an independent panel. All submissions for the awards will form part of the Knight Frank Luxury Care Home Guide 2023.

Phenomenal achievement

Commenting on the win, Carole Hunt, Director of Cinnamon Care Collection, said, 'It's a real honour to have been recognised for this care home design award which is respected across the industry. Finalists were chosen from over 180 submissions this year and to go on to win the award is a phenomenal achievement. This is testament to the exacting design environment at Eden Grange, coupled with the luxurious facilities that our residents get to enjoy and benefit from on a daily basis.'

The award was presented to Declan Walsh, Managing Partner, and Kenneth

Mackenzie, Development Director for Cinnamon Care Collection, at Knight Frank's Healthcare Property Lunch at The London Marriott Grosvenor Square. The event raised £65,000 for the Matt Hampson Foundation, a charity which provides support and treatment to those suffering from serious injuries or disabilities from sporting activity, and The Clocktower Foundation.

Julian Evans, Head of Healthcare at Knight Frank, said, 'These awards provide annual and much-deserved recognition of excellence in healthcare property. This is a leading sector event and we were pleased to host such a notable group of sector experts who provided their insights on the future of healthcare property.'

Declan Walsh, Cinnamon's Managing Partner (right), Kenneth Mackenzie Cinnamon's Development Director (left) with Kenneth Mackenzie, Founder and CEO of Target Fund Managers



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 third quarter of the 2023 awards are...



Clare Tuffin

*Kitchen Assistant,
Abbotswood Court*

Clare is a bundle of joy to have around. Intent on gaining and sharing her skills, she is unfailingly cheerful and organised, always with her notepad to

hand. Nothing is too much trouble for Claire who is endlessly obliging.



Jean Howes

*Administrative Assistant,
Eastcote Park*

Jean plays a leading 'front of house' role and ensures that everyone receives a warm Eastcote welcome. She makes time to chat to residents who need a

friendly listener and has formed many trusted relationships with them.



Emma Frogely

*Kitchen Assistant,
Earlsfield Court*

Emma is a huge support to her Catering team colleagues and to the whole home. Her positive energy and welcoming smile light up Earlsfield

Court. Her colleagues describe her as patient, kind, and caring... and she makes irresistibly delicious cakes!



Carlos Ruiz

Housekeeper, Eden Court

Carlos is a star. He goes above and beyond his role to maintain a positive, upbeat atmosphere in the home and always makes time to spend with residents and keep them

smiling. A true professional, he willingly takes on extra tasks to support colleagues in other teams and ensure the very best care for Eden Court's residents.



Nelson Hemida

*Care Assistant,
Emerson Grange*

Nelson is committed to providing high quality care to residents. He is consistently supportive towards his colleagues and regularly shows

how much he values them.



Alina Ciuta

*Senior Housekeeper,
Mornington Court*

Approachable and supportive, Alina leads by example and nurtures her team. She always achieves very high standards of cleanliness and leads on infection control. Loyal and

caring, Alina willingly assists any department, even on her day off.



Ellie Peters

*Home Admissions Advisor,
Hartwood House*

Ellie is an absolute star; she has been so caring and supportive towards the Care team, especially over Christmas when team members were

on annual leave. Enthusiastic Ellie is a great ambassador for Hartwood House. Her conversion rate is exceptional and she really does make a difference.



Carlos Silva

*Care Assistant,
Netley Court*

Carlos was nominated by residents and relatives. One resident wrote, 'A perfect gentleman, genuine care for people, nothing is too much trouble. You can feel the love

he has for the job he is doing.'



Natalie Fripp

*Care Assistant,
Heathland House*

Natalie works hard to keep residents safe and happy. She is kind, caring and dedicated to her role. One colleague said, 'Natalie was very helpful

and clear at explaining my training to me. She is very organised and made me feel welcome when I started.'



Sarah Shaw

*Care Assistant,
Parkfield Grange*

Always pleasant and polite, Sarah takes the time to talk to residents and reassure them if required. She is helpful and obliging towards her colleagues, very particular about her daily tasks and

takes pride in her work. Sarah is a natural carer and her polished, professional attitude makes her stand out.



Cherrie Williams

*Head Housekeeper,
Leah Lodge*

Cherrie was nominated for her passion and commitment to her job during the six years she has been at Leah Lodge. She also helps at Rectory

Court. Residents love Cherrie's kindness and happy smile while her colleagues appreciate her willing, positive attitude.



Regina Romero Alpizar

*Administrative Assistant,
Rectory Court*

Regina was nominated for her commitment to her home and colleagues. She approaches her busy reception duties with a smile and a

positive attitude and is always ready to help if help is needed, providing cover at short notice at both Rectory Court and Leah Lodge.

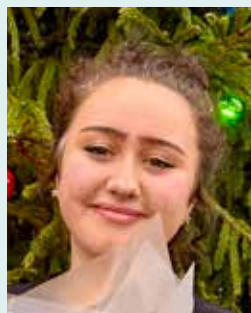


Manon James-Mallinger

*Deputy Manager,
Rivermede Court*

Manon leads the Care team with passion and dedication, carrying a high level of responsibility. She shows great

commitment to the home, always making sure that the safety and welfare of the residents is at the core of everything she does. Her knowledge of the residents and their needs is second to none. Manon's support for colleagues, residents and family members is outstanding.



Mia-Leoni Bradnick

*Temporary Activities
Co-ordinator,
Sutton Park Grange*

Despite no experience, Mia temporarily stepped into the role of Activities Co-ordinator while recruitment takes place. She has done an amazing

job organising a variety of activities and encouraging residents to join in: the laughter in her sessions is a delight to hear. Hard-working, caring and upbeat, Mia-Leoni is adored by residents and colleagues alike and brightens everyone's day.



Lisa Heslop

*Care Assistant,
Rokewood Court*

Residents and team members say that Lisa is calm and organised, the residents love her and they feel settled when she is around. She goes above

and beyond what is expected of her and is always friendly and very helpful. Bright and cheerful, Lisa always makes time to chat and remembers all the little details about people.



Wendy Jenkins

*Care Assistant,
The Gables*

Wendy stood out for her kindness to her colleagues and her ability to share her extensive knowledge with them.



Simon Ashdown

*Care Assistant,
Sunnybank House*

Although new to care, Simon has shown himself to be one of the most gentle, kind and considerate carers you could ever wish to meet.

He is usually found on the dementia floor where it is plain to see that residents feel safe and happy in his care. One lovely resident, who becomes particularly distressed at times, will only relate to Simon. He is a very worthy winner.



Catia Cacote

*Deputy Manager,
Wellington Vale*

Catia exerted a calming influence during a significant COVID-19 outbreak over Christmas. Her effective communication and management of rotas kept

residents and staff well cared-for and safe. She was tenacious in supporting a family, arranging appropriate palliative care and involving all the relevant multi-disciplinary team members in their loved one's care. She is a huge asset to the home.

ck the halls with boughs of holly
Tis the season to be jolly Fa la la la, la la la, la la la
Don we now our gay apparel Fa la la la, la la la, la la la
Sing the ancient Yuletide carol Fa la la la la, la la la la

Christmas Choir

competition results

Back by popular demand, the Cinnamon Christmas Choir Competition provided even more fun this year.

Geoff Pride, Activities Support Consultant, enlisted the help of three guest judges to seek out the most festive, creative, engaging and fun videos posted on Facebook. They were Sadie Barker, Head of HR; Simon Toombs, Marketing Manager; and Naeem Arzu, Digital Marketing Executive.

In addition to the residents' choirs, there was an additional competition for team member only choirs. However, since the judges received more team member choir videos than resident choir videos, they decided to put them all together and award four overall prizes.

'The winning entries were all warm, engaging, festive and clearly showed enormous team spirit and a huge sense of fun,' said Geoff. 'The judges were blown away by the amount of work, co-ordination and planning that had gone into each production. They were absolutely joyous to watch and are still available on Facebook for anyone who has not already seen them.'

Congratulations to the four winners who each received a prize of £250:

- Abbotswood Court with the timeless 'Frosty, The Snowman' complete with a dancing snowman.
- Emerson Grange with the 1984 Band Aid classic 'Do They Know It's Christmas?'.
- Sunnybank House Residents with 'The Twelve Days of Christmas'.
- Wellington Vale with Shakin' Stevens' 1985 hit 'Merry Christmas Everyone'.

Team effort

'It took a bit of pleading, grovelling and bribery with chocolates but we all pulled together as team to make our video', explained Sarah Dewan, Senior Activities Co-ordinator from Emerson Grange. 'A big thank you to our choir members and to Aadil Baig, our Resident Services Advisor, who was in charge of recording our film. It brought us so much laughter and has made us think of new and exciting ideas for 2023 as we grow to become a bigger and better team.'

Thank you so much to all Cinnamon homes for taking part in such a joyous event.



Abbotswood Court



Emerson Grange



Wellington Vale



Sunnybank House

CHRISTMAS CAKE challenge

WINNERS

The standard was exceptionally high and consequently the judging proved tough for Rob Burcher, Head of Support Services, and Richard Pearshouse, Cinnamon's Executive Chef. This resulted in the judges awarding prizes to both a winner and a highly commended runner-up in both the Resident and Chef categories of the competition.

In the Resident category, **Wellington Vale Activities team** were the worthy winners. With a theme of Christmas memories, their entry stood out because residents made a decoration for each cake that represented a personal Christmas memory. One resident made an angel to sit upon one of the cakes.

Rokewood Court was highly commended for their fun cake that showed tremendous detail in the overall design.

In the Chef category, **Eastcote Park** baked the winning cake. The judges were impressed by the originality of the design, attention to detail and presentation of the cake. They commented that the way the smoke billowed up really gave the effect of Santa's sleigh moving.



Sutton Park Grange was highly commended in the Chef category for its unique design using a Croquembouche Dessert Tower to create a Christmas tree (or Brussels sprout tree depending on one's viewpoint!).

'Well done to all the homes that entered,' said Rob Burcher, 'and please continue with your tremendous efforts to raise the standard of food in care. Richard and I agree that you are all fantastic!'



Christmas AT CINNAMON

Cinnamon teams and residents made merry over Christmas and New Year with choirs and carols, pantomimes, parties, Christmas jumpers and cakes, festive markets, delicious food and lots of good cheer.





Many HANDS MAKE LIGHT WORK

The whole Emerson Grange team pulled together to make sure their Christmas Lights Switch On event at the beginning of December was a huge success.

Jamie Bushnell, Head of Maintenance, made sure the Christmas tree was erected outside the home and Trevor Boulding and Terry Harry, Maintenance Assistants, decorated the outside of the home in readiness for the big day.

Meanwhile, Lorna Maggs, Apartment Services Co-ordinator, and Sarah Dewan, Senior Activities Co-ordinator, with some help from Gintaris Pukas, Driver, and Amber Brooker, Housekeeper, decorated all three floors of the care home and

the two apartment blocks to make it look as festive as possible.

Sarah Dewan and Aadil Baig, Resident Services Advisor, arranged for the local school choir to perform Christmas songs and carols while the Catering team baked countless mince pies and supplied and served hot drinks.

Members of the local community also took part. 'We had 12 stall holders and three food vans outside, as well as two different

singing acts by local entertainers and a visit from Abie the pet therapy dog,' said Sarah. 'Our local police cadets volunteered to help out on the day and wrap the presents for Santa to give out to the children. The Mayor gave a speech and opened our event and our local vicar came along to support our Christmas Lights Switch On.'

'Everyone pulled together to make the day a resounding success,' added Vincent Hook, General Manager. 'Special thanks go to Emerson team members for their overwhelming support and for generously giving up their days off to ensure our event was a triumph.'



FROSTY FUNDRAISER

For the second year running, Abbotswood Court welcomed more than 100 children and residents through its doors to visit Santa's Grotto, raising just over £300 for the Romsey Food Bank. Local children enjoyed meeting Father Christmas and his elvish helpers and even got to play in the 'snow' with Frosty the Snowman, a role taken on by Lea Wintle, General Manager.

'We were delighted by such a large turnout,' said Annya Sait, Home Admissions Advisor, who organised the event. 'It was extremely

rewarding to see the children's non-stop smiles and lovely to see our residents share the experience with their own families. The event was



made even more special by the fact that we raised money for our chosen charity. We look forward to running an even bigger and better event next year!'

Festive magic

Meanwhile, at Wellington Vale, team members transformed their summer house into a Santa's Grotto with reindeers, festive decorations and stalls. Hundreds of people attended the event and were greeted by team members dressed as elves. It was a magical day.

WELLINGTON VALE'S VIRTUAL CHRISTMAS

The tech-savvy Wellington Vale Activities team made it a virtual Christmas hosting a combined carol service between several Cinnamon homes via Zoom and filming their original Christmas pantomime, *The Curse of Koz*.

Everyone who joined in the carol service wore festive attire and enjoyed a great afternoon of singing and fun. Volunteers helped to perform the pantomime, which included original songs too, and team members uploaded their film of it to Facebook and YouTube.



Rivermede residents' craftsmanship raises charity funds

Freddy Hodges, age 89, a resident at Rivermede Court, spearheaded an initiative to make and sell Christmas items to raise money for the Dramatize Tea Room in nearby Shepperton. Dramatize enables adults with learning difficulties to gain work experience and progress to paid employment.

With a group of other residents, Freddy made Christmas gnomes, yarn snowflakes and two kinds of Mason jars, one filled with biscuits and the other with hot chocolate.

He also helped team members to run the Rivermede Court stall at the Egham Christmas Market, raising a total of £425.

'I enjoyed making the cute gnomes because I knew we were going to sell them for a good cause,' explained Freddy. 'The atmosphere at the Christmas Market was great. I really enjoyed being there and am very proud that we raised over £400 to help the Dramatize Team Room.'

Hanka Vlhova, Activities Co-Ordinator, said, 'We regularly enjoy visits to this café and our residents wanted to show their support. Although not a usual member of our Arts & Craft Club, Freddy thoroughly enjoyed keeping himself very busy with the large quantities of items that he made. We were overwhelmed by the demand for our homemade items at the Christmas Market.'



Social whirl

The residents' social whirl also included making 50 Christingles for the Winter Wonderland Fair at St Mary's Church in Thorpe, a Winter Tea Party at Strode College, a pet therapy visit from Kevin the Christmas pony, a performance of *Cinderella* by The Rah Rah Theatre as well as two Christmas parties in the home and plenty of mince pies and mulled wine.

CARING TOGETHER AT CHRISTMAS

The Rectory Court Activities Team organised a Christmas Fair with live music, mulled wine and mince pies for residents, their relatives and friends. There was also a raffle, a bake sale and a stall with Christmas cards and gift labels made by residents. The fair raised a fantastic £200 for Age Exchange whose Caring Together Services are designed for older people who live with dementia, providing them with meaningful sensory activity, music, movement, craft and reminiscence sessions.



Festive frolics at Parkfield Grange

Parkfield Grange celebrated the opening of its Memory Lane at the beginning of December with a fabulous party which included a tasty buffet courtesy of the Catering team and entertainment from one of the residents' favourite singers.

They continued to spread Christmas cheer with their entry into the Cinnamon Christmas Choir Competition. A fabulous Christmas party followed, with a sumptuous festive buffet and entertainment by Chris Nott. Residents were thrilled to receive Christmas presents carefully chosen for each individual.

Visitors to the home over Christmas included Santa's reindeer and pupils from Greenfield Primary School who sang carols for the residents before meeting Santa in person and collecting a gift. 'It was a glorious Christmas,' said Sasha Bursi, Activities Co-ordinator.



MEMORY LANE
OPENING

Santa does the splits

Netley Court team members transformed their summer house into a festive Santa's grotto. Calum Howat, Housekeeper, volunteered to be Father Christmas. Unfortunately for Calum, he split his Santa trousers when he sat down to greet the excited children and Christine Purkiss, Activities Co-ordinator, had to rush out with the stapler in a cloak and dagger operation to put Santa back together. Calum took it all in good part with a cheery 'Ho, ho, ho'.

Netley team members also donned Christmas jumpers and gathered in reception to have their photos taken, raising money for Save the Children.



Rivermede Chef wins national award

Philip Meyer, Head Chef at Rivermede Court, is celebrating a win at the Vegetarian for Life (VfL) Awards, having beaten strong competition from across the care sector nationwide. Philip received the 'Most Innovative Veggie Dish Award' at a prestigious awards ceremony which took place at The Houses of Parliament in November.

The VfL Awards were created to give recognition to chefs who are pioneers in modern care catering. They shine a spotlight on care caterers who make a special effort to create delicious and nutritious vegetarian and vegan meals.

Philip's innovative main course was shallow-fried Savoy cabbage leaves filled with spiced garlic, puréed red pepper and puréed fennel, presented with vegan battered aubergines and a minted pea purée, garnished with a reduction of balsamic vinegar. His impressive dessert was a soya vegan panna cotta layered with a lime purée, presented with a summer fruit berry compote. It was garnished with a vegan cinnamon shortbread biscuit and a spiced orange purée.

Commenting on his achievement, Philip said, 'What a fabulous day



– not only to be recognised for championing vegetarianism and entering a national competition but actually winning the award! I'm over the moon, not just for me but for Rivermede Court and our residents.'

Incredible achievement

Candice O'Neill, General Manager, added, 'What an incredible achievement. Philip has always impressed us with his culinary skills and his ability to create delicious, nutritious and visually appealing dishes for our residents. We are all so



proud of his success. He has never won a national competition before and this win means so much to him!'

ROYAL response

Residents at Netley Court were thrilled and very proud to receive a message from King Charles III thanking them for the sympathy cards they had sent to Buckingham Palace following the sad death of Queen Elizabeth II.



NATIONAL RECOGNITION FOR WELLINGTON VALE TRIO

Congratulations to Wellington Vale team members who became finalists in a variety of national awards in the care home sector recently.

Helen Cox, Home Admissions Advisor, won The Putting People First/Personalisation Awards at the Great British Care Awards (South East) in recognition of having an innovative approach to empowering residents to have more control over the support they need in their lives.

Katie-Marie Percival, Wellington Vale's Sous Chef, was also selected as a finalist in the Great British Care Awards. This was for The Care Home Cook/Chef Award for her 'whole home' approach to food and nutrition, providing a wide and varied menu, promoting healthy food choices and catering for residents needing special menus.

A number of team members joined them at the Hilton Brighton

Metropole Hotel in November to show their support. 'We were very proud to cheer for Helen and Katie-Marie,' said Breda O'Doherty, Senior Activities Co-ordinator. 'It was such an exciting moment when Helen won her award.'

Rising stars

Breda herself was shortlisted for The Rising Star Award in the Women Achieving Greatness Awards 2022 (WAGS), organised by Care Talk. This recognises women in the early stages of their career who have demonstrated leadership and innovation and have the potential to become trailblazers of the future.

The Housekeeping and Activities teams were also shortlisted for the WAGS 2022 and, although they did



Helen Cox

not win, they were delighted to have made it as far as the finals.

Sandy Atkins, General Manager, said, 'We have an incredibly committed team who share so much passion and enthusiasm for making Wellington Vale a special place for our residents, and, in particular, catering to their individual needs. We have always known that Breda, Helen and Katie-Marie are outstanding. They all thoroughly deserve the recognition they are gaining through these national accolades.'



Housekeeping team



Activities team



Katie-Marie Percival



At the Great British Care Awards

Hidden treasure



Two local authors, Laura Meloni and Sarah Onions, who write together under the name S.L. Roman, visited Rivermede Court last year to give a talk to residents about their book, *One Year, One Night*, and read excerpts from it.

Their gripping historical romance is based on a true story of an event in Egham and explores the impact of the outbreak of the Second World War on a close-knit rural village community in the

Home Counties. In 1960, Annie, the narrator, retrieves the diary she kept in her teens and the story is told by interspersing extracts from her 1940 diary with her 1960 commentary on them.

'After their book talk, the authors spoke to some of our residents about their experiences during the Second World War,' said Hanka. 'It gave them plenty of inspiration for a second

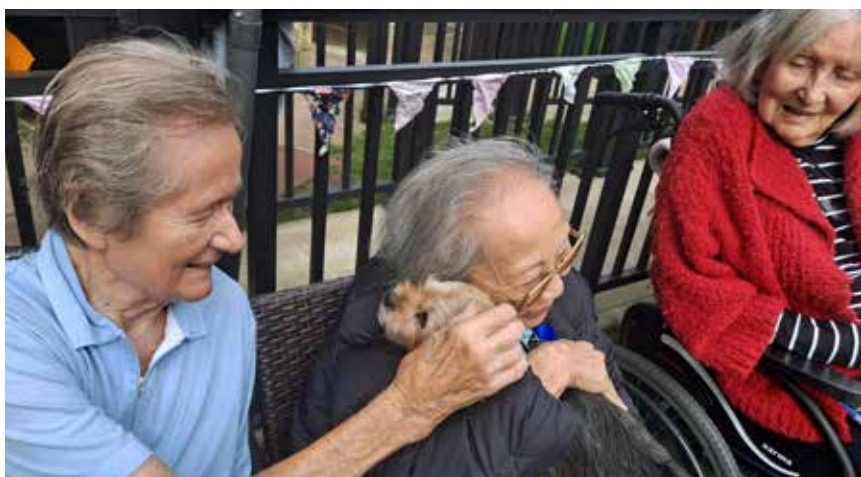
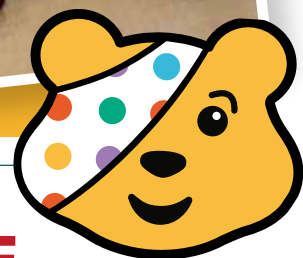
book they are planning. Afterwards, Sarah Onion wrote an article about her visit to Rivermede Court, too.'

'On World Book Day this year, we plan to hold an event at the Egham Literary Institute. The Egham Museum will mount a display of all the true facts behind our local authors' story. We will finish the evening off with a quiz.'



PUDSEY'S PYJAMA PARTY

Netley Court team members raised money for charity on Children in Need Day by wearing their pyjamas to work. They also organised a variety of activities for residents to enjoy including Pin the Nose on Pudsey, Pudsey creative artwork and a game of Pass the Parcel which had a Pudsey badge as the final prize. As well as having fun, they raised a fantastic £124 for this great cause.



CANINE capers

Rectory Court held a Dog Show in the autumn organised by Roy Booth, Home Admissions Advisor. Fifteen dogs entered and the judges, who were all residents, found it very difficult to choose one winner for each category. 'Everyone loved it,' enthused Roy, 'and we are definitely going to hold another Dog Show this year.'

PIMP MY ZIMMER

Sunnybank House recently held a competition to help residents give their walking frames a colourful make-over.

The Pimp My Zimmer Competition, which recalled the television programme about customising cars, is a way of helping to prevent falls. People with failing eyesight or cognitive decline may forget to take their Zimmer frame or use someone else's because they are all an identical grey and hard to see clearly. Brighter colours make the frames more visible, while a touch of personal memory means residents can easily recognise which frame is theirs.

Each of the 16 entrants took turns presenting their creation to the judges and explaining its story. Notable amongst them were an Aeroplanes and Clouds Zimmer from Ron Grout who used to be a commercial pilot; a Scottish Flags and Tartan Zimmer from Rae Peacock as a nod to her Scottish heritage; and a Flags of the World Zimmer from Joanna Price with a flag from each of the seven countries she has lived in.

The judges facing the unenviable task of selecting a winner were General Manager Kay Mitchell, Head of Housekeeping Oliver Rivera and

John Hunter, Chairperson of Age Concern Fair Oak. John's father was also the first ever resident at Sunnybank House.

The winners

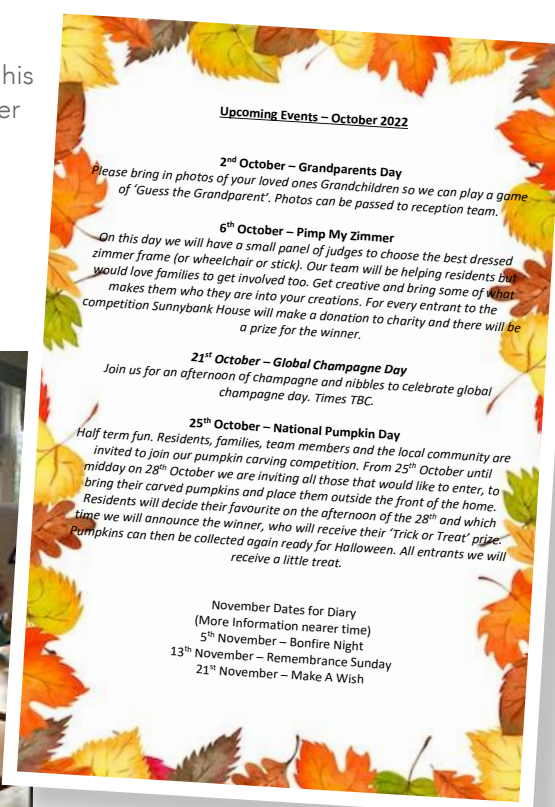
Betty Hill scooped first prize with her Zimmer and wheelchair decorated with a Fish 'n' Chips theme; Betty used to own a fish and chip shop. She decorated both her Zimmer and her wheelchair, cleverly incorporating not only fish and chip cones and bags but also a price list and signage with the old phone number of her shop.

John Bateman was a worthy runner-up, winning for his cheery smile and happy nature as much as for his creation. Decorated with photos of Buckingham Palace and the Royal Crown, John's Zimmer design paid tribute to his career as a mechanical engineer for the late Queen Elizabeth II.

Sunnybank House donated £10 to Age Concern for each entrant, resulting in a magnificent donation of £160.



'It was a fantastic effort from the whole team as well as the residents and their families,' said Sarah Gillett, Home Admission Advisor. 'A big thank you to them all for the creativity and thought that went into making this event so wonderful.'



HANKA'S HOPE FOR THE HOMELESS

Hanka Vihova, Activities Co-ordinator at Rivermede Court, recently used her spare time to organise a groovy 60s and 70s music event in conjunction with the Egham Chamber of Commerce. It was to raise funds for the Hope Café at St John's Church in Egham. Hanka's efforts raised £500 which will go towards feeding 120 homeless people and less fortunate families.



Fundraising party to make Christmas meal for others

HANKA Vihova, activities co-ordinator at Rivermede Court care home in Egham, has teamed up with Egham Chamber of Commerce to organise a 1960s and '70s fundraising party that will provide free Christmas lunches for people in need in the community.

The project is aiming to provide the lunches at St John's Church Hope Café, in Manor Farm Lane, and it needs your support.

The fundraiser will take place at The Literary Institute, in Egham High Street on Saturday November 19 from 8pm (doors open at 7.30pm), with music from Beth Sherburn to get everyone dancing.

Ms Vihova said: "St John's Church Hope Café would like to organise two Christmas lunches - one on

December 14 and one on December 24, and we are calling on residents and businesses to support this.

"We want to provide Christmas lunches to members of the community who may otherwise not be able to afford a Christmas meal or who may be alone at Christmas this year.

"We have planned a fantastic fundraiser, with an amazing musician and a raffle.

"We really hope that people in the local community will support us and that we can raise the funds needed for this initiative."

Tickets for the fundraiser are priced £15 per person. Businesses can sponsor a table at a cost of £10 per table. For further information and to apply for tickets, contact eghamchamber@hotmail.com

Eastcote launch *Eastcote of the Seas*

The Eastcote team took their residents on a fabulous cruise recently. They decorated the dining room to look like a cruise ship and served cruise-style fine dining with an appropriate musical background. Everyone dressed up for the occasion and had a fantastic time.

FINE CRUISE
CUISINE



Fire walk with me

Intrepid team members from Parkfield Grange and The Gables teamed up recently to walk across hot coals. Their courageous firewalk raised £395 for the Mary Stevens Hospice in Stourbridge which has been providing care and support for people living with an incurable illness, and their families, for 30 years.



READY TO
FIREWALK



New community library scores great success

Wellington Vale has opened a Community Library, the first of its kind in the area, enabling local residents of all ages to borrow and donate adult and children's books. The library is located outside the care home in Darnel Road, by a popular woodland footpath.

Breda O'Doherty, Senior Activities Co-Ordinator at Wellington Vale who has spearheaded this initiative, commissioned Independent Activities to design a bespoke 'Library House' which holds over 50 books. The Community Library has the support of Waterloooville Library and nine local authors have kindly donated books so far.

'A number of our residents love reading and enjoy trips to the local library,' explained Breda. 'We

wanted to share the joy of reading with the local community and give people of all ages access to a range of books.

'One of our residents, Pamela Joy, has volunteered to be our nominated librarian and she will help to oversee the scheme. Playing a part in the local community is very important to our residents – so we hope that people will enjoy using our Community Library. We have even cemented two dog bowls to

the posts of our library so that local dog walkers can give their dogs a drink whilst they select their books.'

The library, which launched at the end of November, is already proving to be popular and is open for use by everyone in the local community.



Happy Anniversary

Wellington Vale team members and residents recently celebrated the sixth anniversary of the home being open. Sharron Cooper, Kitchen Assistant, made a stunning cake and everyone enjoyed a party in the reception area where they mingled with special VIP guests.



SIXTH FORM STUDENTS ENRICH EDEN COURT

A group of sixth form students from Francis Holland School in Kensington recently visited Eden Court every Friday for 10 weeks as part of the school's Enrichment Programme. During their visits, the students assisted with different activities for the residents ranging from coffee and conversation, board games, chair-based exercise sessions, singing and art classes.

The students impressed the Eden Court team members with their ability to create bonds with the residents and the feedback has been very positive with huge benefits to all parties. Some of the students voluntarily chose



to attend the Derek Paravicini Concert on their Inset Day and about five of the group now wish to continue visiting Eden Court as volunteers.

In addition, a new set of students will start another 10-week programme soon so there will be plenty of visitors and volunteers at Eden Court this year.



Promoting careers in care

Lee Mussell, Home Admissions Advisor at Mornington Court, attended a full day Careers Fair at The Arnewood School & Sixth Form recently to publicise recruitment opportunities at the home.

'Our stall was very busy... possibly helped in part by the chocolates on offer,' Lee grinned. 'There were over 30 businesses and universities in attendance and it gave us a great opportunity to discuss the wide variety of roles available within a care home as well as dispel a few myths.'



OVER

£137

MILLION RAISED

LONDON LIVE

CLAPHAM COMMON

SAT 20 MAY 2023

MOONWALK

make every step count.

27%
OF BREAST
CANCERS
ARE PREVENTABLE

LONDON MOONWALK 2023

Join the intrepid Cinnamon team and take part in the London Moonwalk to raise money for a great cause, Breast Cancer Awareness.

The team will meet up at Eden Court on the evening of Saturday 20th May for a pre-walk drink or two before making their way to Clapham Common for the start of the 15.1-mile challenge.

It promises to be a great team-building experience so please let Geoff Pride, Activities Support Consultant, know if you would like to take part by emailing geoff.pride@cinnamoncc.com. Full details on registration will follow together with details of the JustGiving fundraising page.

Monica Sood, Financial Controller, and Denise Kilfoye, Management Accountant, will be Team Leaders and assist with registration. The individual registration fee is £54 and includes a welcome pack of bra, T-shirt, reflective cap, training plan and the coveted London Moonwalk medal.



So come on... challenge yourself to do something brilliant in 2023!



Charity No
SC029572



walkthewalk®
uniting against breast cancer

**SIGN UP
NOW!**

walkthewalk.org

LOVE WHAT WE DO

Use it, don't lose it

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

Please remember that your annual holiday allowance is from 1st April to 31st March and if you don't use it, you lose it. By now, you should have used most of your holiday allowance.

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.

February

4 Feb-18 Mar	Rugby Union: Men's Six Nations.
14	St Valentine's Day.
17	Random Acts of Kindness Day.
21	Shrove Tuesday.
	Launch of Team Member Wellbeing Programme.

March

1	St David's Day.
2	World Book Day.
6-12	British Pie Week and Cinnamon Best Pie Competition.
9-12	Crufts Dog Show 2023.
14-17	Cheltenham Festival and Gold Cup Race.
17	St Patrick's Day. Red Nose Day raises funds for Comic Relief.
19	Mother's Day (Mothering Sunday).
21	Hydration Week. Make smoothies and mocktails.
26	British Summertime starts: clocks spring forward one hour.

April

1	You Make The Difference Award – deadline for final quarter's nominations.
7	Good Friday. Time for hot cross buns.
9	Winston Churchill Day. Easter Sunday and Cinnamon Easter Egg competition.
15	Grand National, Aintree.
15 Apr-1 May	Snooker: World Championship, Crucible Theatre, Sheffield.
23	St George's Day. Celebrate English food. Shakespeare Day.