

IN TOUCH

with CINNAMON



DRESSED TO
THRILL
Page 31

Be the Best

Best Companies team
member survey

Page 04

Volunteering at Cinnamon

Give the gift of time

Pages 08-09

All About You

Capturing meaningful
memories

Page 18



CINNAMON
LUXURY CARE

BUNDLE OF JOY

The Abbotswood team send huge congratulations to Housekeeper **Alex Street** on the recent arrival of her little bundle of joy, **Elena**.



Alex and baby Elena



GOING SWIMMINGLY

Congratulations to **Marta Golabek**, Care Assistant at Netley Court, on taking the plunge and learning to swim successfully. She can now swim two lengths with ease and has improved her wellbeing at a stroke.



MOVING IN



Rukmi Silva

Associate General Manager, Oakley Grange

Rukmi moved to the UK from Sri Lanka in 2003 and started her career here a housekeeper. She quickly became a care assistant with Southern Cross and found immense fulfilment in assisting those in need. Promotion to team leader helped her to hone her skills in managing and co-ordinating care efforts.

After 13 years working in care, Rukmi became a Registered Home Manager and three years later achieved an Outstanding CQC rating for her home. Rukmi has worked as a General Manager for Sanctuary, Avery and Sanders Senior Living. She is dedicated to excellence, committed to delivering an outstanding experience for residents and regards each day as an opportunity to make a meaningful difference to the lives of others.

MOVING UP



Moira Baxter has been the General Manager at Hartwood

House for 10 years and has been with Cinnamon since its inception. She recently decided that she needed a new challenge and has taken on the role of General Manager at Netley Court. We thank Moira for all her hard work and commitment to Hartwood House and wish her every success and happiness at Netley Court.

Championing wellbeing



Geoff Pride, who supports Cinnamon's Activities Programme, has agreed to become our Wellbeing Advocate.

In the coming weeks, Geoff will be looking for a Wellbeing Champion from every home to support him. The role of the Wellbeing Champions is to ensure every team member is not only aware of the brilliant portal we offer

through DanceSing on Demand but also has log-in details and access to it, thereby taking positive steps towards team member wellbeing.

The Champions will collaborate with Geoff, using their creative flair to encourage team members to use the wellbeing portal, share stories of how it has helped them and celebrate their success through our quarterly *In Touch* newsletter.



Outram's on-song OPENING DAY



Outram Fields, Cinnamon's newest 69-bedroom home in Sheffield, held its official opening ceremony on 12th March when Pamela Liversidge, Deputy Lord Lieutenant of South Yorkshire, cut the ribbon with her Sheffield steel scissors and declared the home open.

Residents and VIP guests were invited to tour the home and admire the fantastic facilities on offer. After the tour, South Yorkshire Rock Choir led by Kate Threlfall provided musical entertainment featuring the dulcet tones of Donna Pierpoint, General Manager (pictured above).



Next, the Catering team showed off their skills. Amongst the culinary delights on offer were Wild Mushroom Bon Bons, Pickled Cucumber and Prawn, Gherkin and Asparagus Wraps, as well as Roast Beef and Mini Yorkshire Puddings.

'I am so proud of the way my team pulled together to make our VIP Day an exceptional event,' said Donna Pierpoint. 'I have no doubt it will be the first of many.'

Lakeview's stylish success

Congratulations to Lakeview Grange on winning Best Interior Design at the prestigious Healthcare Design Awards 2024. Attracting entries from across the country, the Healthcare Design Awards celebrate the best of healthcare design from new build developments to renovation projects, recognising innovation and excellence.

Lakeview Grange was singled out for its outstanding creative interior design of a new care home, including use of colour, materials and signage to improve the resident experience.

'We are delighted,' said James Gant, Development Director. 'These awards shine a spotlight on exceptional architecture and interior space in the UK healthcare sector and to be recognised for an award in this way is an incredibly proud achievement for the home and Cinnamon's development team.'



A MAGNIFICENT *seven*

For the seventh consecutive year, Cinnamon Care Collection has been named a Top 20 Large 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 reviews of care homes nationwide between 1st February 2023 and 31st January 2024. 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.

Demand for care homes is set to grow due to an aging population who are living longer. The carehome.co.uk awards provide an independent

endorsement of the very best care home groups in the country.

Huge achievement

'To win an award for being an exemplary care home group for the seventh consecutive year is a huge achievement, particularly in such a highly competitive sector,' said Carole Hunt, Director of Cinnamon Care Collection.

'This prestigious 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 21 of our care homes. *Congratulations to you all!*



BE THE BEST

Best Companies Team Member Survey

Cinnamon Care Collection is keen to be the best company to work for in your local area. We want to ensure that we attract, develop and grow the best team members, give everyone a great career pathway and make the Cinnamon the best company to work for.

We usually send out an annual team members' survey to help us to do this. The survey asks you what you like about Cinnamon, what you don't like and what we can do to enhance your working life.

This year, however, you will not be receiving the usual survey but will be receiving one from the Best Companies to work for in the UK.

The Best Companies Team Member Survey will ask you many of the same type of questions about your individual working conditions, communications with your team and your managers, your concerns and understanding of where we are going as a company.

We will follow it up with a plan to address any issues to help us continue our journey to be the Best Company to work for. We will use all the feedback you give to us to ensure that we are living our values every day: that we are passionate, dedicated, respectful, inspired and united.

We are passionate about people and would like to celebrate that with you, so when you get the survey, please complete it in the knowledge that we are listening to you and acting on your feedback.

Sadie Barker
Head of HR & Training

Thank you for your co-operation.



PLEASE
COMPLETE
YOUR SURVEY





Sharing strategies for SUCCESS



Following our Activities Focus Group Meeting in February, I am keen to set up a series of fortnightly Teams meetings to share best practice with the wider group and facilitate personal development.

The sessions will run over the summer months and are likely to be on a Wednesday or Thursday from 12.30pm to 1.15pm. They will consist of answers to the questions Who, Why, What, Where, When and How, as well as the benefits of a variety of activity initiatives.

Initial topics

Each session will be followed up by a one-page pointer e-mail by each presenter summarising the key points above. The topics for the first seven sessions are:

1. Making the Most of NAPA:

its resources, awards, initiatives and more, by Lizzie Grant at Watermeadow Grange.

2. Intergenerational Gardening Club:

Little Muddy Boots, by Hanka Vlhova at Rivermede Court.

3. Mother & Toddler Group

by Breda O'Doherty at Wellington Vale.

4. Volunteers & Volunteer Process:

how to find volunteers, paperwork and regulations, ensuring they add benefit and more, by Paul Burrows-Gibson at Sunnybank House.

5. Creative Dementia Activities:

(10 mins each)

- ✓ 'Tray Art' by Lizzie Grant at Watermeadow Grange.
- ✓ 'End of Life Sensory Sessions' by Hanka Vlhova at Rivermede Court.

- ✓ 'Sensory Reminiscence' by Claudine Rudall at Eden Court.
- ✓ 'Themed Reminiscence Sessions' by Mary Oliver at Lakeview Grange.

6. Resident Ambassadors for Activities by Hedvika Pavluchova at Rectory Court.

7. Examples of Success with the All About You Journals by Ben Stevenson at Sutton Park Grange.

More sessions may follow depending on demand.

Geoff Pride

Activities Support



Look out for more information in your home. ♥

VISIONARY events

The Vision & Values Roadshow 2024 is in full swing. These sessions are for new team members as well as any team members who missed them last year. The sessions are mandatory every two years for all team members including management.

The aim of the sessions is to be a gentle reminder as to the importance of our vision and values, to celebrate how we bring our values to life and to say thank you to our team members who really do 'make the difference' every single day.

Sessions were held at Outram Fields in January and at Sunnybank House, Hartwood House and Rokewood Court in March. April saw the Vision & Values Roadshow at Lakeview Grange, Emerson Grange, Abbotswood Court, Heathland House which hosted Mornington Court too, and at Parkfield Grange.

Dates for the May sessions appear left, with the remaining homes to be arranged shortly.

1st May	The Gables	14th May	Earlsfield Court
2nd May	Sutton Park	22nd May	Eden Court
3rd May	Eastcote Park	28th June	Wellington Vale
7th May	Rectory Court & Leah Lodge		



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

Cinnamon *in Bloom* 2024 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 2024 (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 **13th September 2024**.

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 via email on 30th September 2024.

Cinnamon Garden of the Year 2024

- £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.

Good luck!

TOP
PRIZE

Outram Fields café-bar



Merriman Grange



Oakley Grange



Ipswich



Building **FOR** **THE FUTURE**

It has been an exciting start to 2024 with the completion of the building works and fit-out of Cinnamon's latest home at Outram Fields in Sheffield.

The home has 69 large ensuite bedrooms and six elegant care suites, as well as luxurious lounges and dining rooms, a café bar, a cinema and a professional hair and beauty salon. It has been a pleasure to visit the home since it opened its doors to residents and to see Donna Pierpoint, General Manager, and her amazing team bring it to life.

We are also excited at the prospect of completing the building works this year on the two remaining construction projects that are

currently onsite. The first is Oakley Grange in Warwick, where we hope to have the building works and fit-out completed during the summer of 2024. Once opened it will offer 66 fully furnished ensuite rooms with level-access wet rooms, plus a choice of five deluxe care suites. Each care suite boasts splendid living spaces including a charming lounge and kitchenette, with premium fixtures as standard throughout.

The second project is Merriman Grange in Worthing which we hope

to have finished in the autumn of 2024. Nestled at the foot of the South Downs, Merriman Grange sits in a picturesque location between the cathedral city of Chichester and the resort town of Brighton. It will have 72 spacious ensuite bedrooms and five luxurious one-bedroom care suites which include a lounge and kitchenette, as well as access to a host of onsite facilities.

The future is also bright for other projects and pipeline. We have submitted a planning permission for an 80-bedroom care home in Ipswich, Suffolk which we hope will be approved at the end of spring 2024.

We are also looking for approval from the planning department to make some minor amendments to a scheme that we are working on in Leicestershire. We are working towards having both of those projects onsite before the end of 2024.

James Gant
Development Director

VOLUNTEERING AT *Cinnamon*

Do you have time on your hands? Are you looking for a rewarding opportunity as a volunteer?

Cinnamon is always looking for volunteers to support our Activities teams. Anyone can volunteer, you don't need experience or qualifications. All we ask is that you enjoy spending time with older people, have plenty of kindness and patience and a good sense of humour.

Helping our residents in the garden, playing board games, crafts, knitting, giving support on outings or simply having a chat over a cup of tea are just a few of the ways volunteers can help. You don't need any specific skills, but any hobbies or interests that you can share are always very welcome.

You can find out more about our volunteers below. If you would like to become a volunteer, please call in for a chat at your nearest Cinnamon home. We certainly appreciate our volunteers and we're sure you'll find it very rewarding too!

THE GIFT *of* TIME

Linda Berry began volunteering at Earlsfield Court in September 2022. 'I read once that the greatest gift a person can give to another is the gift of time. It is so true,' she said.

Linda first went to Earlsfield Court for respite care. Although lonely at first, she found people very kind and soon started to form friendships with other residents. 'It was summertime and the weather was lovely,' she explained. 'We would sit in the garden and play cards, chat, laugh, walk around the grounds and sometimes even have afternoon tea and evening meals in the garden. So when the time came to leave, I felt much better. I felt stronger because I had made friends who filled a gap in my life that I didn't realise I had.'

Before she returned home, her new friends asked if she would come back and visit. Linda agreed. She found they would carry on more or less where they had left off: having coffee, playing memory games, reminiscing and enjoying a chat

about times past. 'It's unbelievable how much these elderly residents have experienced in their lifetime,' said Linda. 'Many residents have lost loved ones, like me, but it seems to help when they feel as though they are among people with similar tales to tell.'

Great fun

Over the past 18 months they have formed the Knit & Natter group making baby blankets for team members, local hospitals and now animal sanctuaries. They are embarking on Arts & Crafts sessions with the support of another former respite resident. 'We think this will be great fun,' said Linda. 'None of us are artists, but we are going to sit together, draw anything that comes to mind and let our artistic flare flow freely.'

'These people have made such a difference to my life. I hope in some way I have helped them to deal with the cards they have been dealt in their later lives and find out how to get the most out of each day. Earlsfield Court is my safe place, somewhere I'm always welcome, where I can do something I enjoy and help make a difference. I know if I ever needed a care setting, Earlsfield Court would become my new home.'



Weekend Wonders

Parkfield Grange is proud to have two young volunteers. Charlotte Abbots is currently working towards her gold Duke of Edinburgh award and chose to volunteer at the home on weekends. She enjoyed it so much that she plans to continue volunteering at Parkfield Grange after she has completed her A-level exams. Charlotte leads crafting activities with residents and they all love it when she visits.

Alex Jones is the grandson of one of the home's residents, Pearl White. He visits the home on weekends to read to residents from his favourite books and introduce crafts and games relating to the books afterwards. He also enjoys telling them all about his rugby exploits.



CUDDLES WITH MILKA

Helen Morrish visits Watermeadow Grange every other week with her pet therapy dog, Milka. Residents look forward to spending time with Milka, either in their rooms or in the communal areas. 'Their work is very valuable, especially if a resident has just moved in and is feeling a bit unsure,' explained Lizzie Grant, Activities Co-ordinator. 'Milka is such cheerful company and if a resident is missing their own pet, they can have a cuddle with Milka.'

Gradually, Helen became a volunteer and started helping out with different events and activities too. At the home's Easter event recently, she served refreshments and looked after residents, their families and friends.

'We really appreciate Helen and Milka giving up their time to visit us and the difference their friendship makes to our residents' lives,' said Lizzie. 'We recently nominated them



for the BBC Radio You Make A Difference Awards and will hear the results in May.'

Vintage volunteers

Lakeview Grange recently welcomed two new volunteers, Clive Lucas and Jenny Moir, to join their original volunteer, Mary Poole-Smith.



A newly retired social worker, Clive is planning to bring in his classic Morris Minor car for residents to enjoy. He is planning to start a film club too and has already made his first poster for *Mrs Miniver*. Jenny had a career in television and publishing and is keen to assist with residents' *All About You* journals. She enjoys singing, loves animals and is very active: as well as chatting with the residents, she



has embraced the Drum Fit spirit already!

Some highlights of Mary's time with the home include gardening, drumming and one-to-one time with residents. She is always encouraging them to get involved and to move, sing and enjoy themselves. Mary is a member of the local church and assists with Lakeview's 'in-house' services too.

All three volunteers will shortly sing in a local concert with Activities Co-ordinator Mary Oliver.

Sharing good news

Oliver Addison, aged 8, Wellington Vale's youngest volunteer, was so excited to be awarded a Blue Peter badge that he marched straight over to tell his friends at Wellington Vale the news. Everyone is very happy for Oliver and proud to have him as a volunteer.



PUTTING A smile ON THEIR FACES

Volunteers are an important part of the Sunnybank House family and none more so than Yvonne Saunders who started her volunteer journey over 12 years ago.

A local lass, Yvonne remembers when Sunnybank House was built and what was there before. Her children went to the school opposite the home, which is where her grandchildren are now pupils too.

Yvonne is a popular addition to the home's Activities team; residents appreciate her friendliness and warmth as well as her time and dedication. 'We thank all of our

volunteers so very much,' said Jessica Wooldridge, Home Admissions Advisor, 'but this is a special, large thank you just for Yvonne!



VEG *for* LIFE CHALLENGE

COMPETITION AND DEVELOPMENT DAY

During Veganuary, Richard Pearshouse, Executive Chef, challenged every Cinnamon chef to create a showstopping dish suitable for a vegan diet.

'More and more of our residents choose a vegan or vegetarian diet and we want to ensure we are always a head of the curve with regard to what we are offering,' said Richard. 'Setting our chefs this challenge reminds them always to think outside the box and be creative, regardless of diet.'

The competition judges, Amanda Woodvine and Justina Bajorinaite, carefully considered the nutrition, presentation and creativity of each entry and did not find their task easy; the standard was extremely high. There could, however, only be one winner and Attila Volosinovski carried off the prize with his outstanding Celeriac Remoulade with vegan mayonnaise, trio of beans, candied butternut jelly, puréed beetroot, avocado emulsion, basil tuile and roasted tomato coulis.



WINNER

'It was beautifully presented and attractive to the eye with the colours almost popping off the plate. The love and attention to detail that went to this dish made it outstanding. It was a great idea to add protein using beans in different forms to keep the dish interesting and appealing. I would love to try this myself!'

Congratulations to Attila and all the chefs who entered the competition.

Development day

In March, Richard held a development day at Bidfood HQ with one of the

development chefs at Vegetarian For Life. The UK charity strives to be the first port of call for information, support and advice for older vegans, vegetarians, their families, friends and a broad range of care caterers.

Following a fascinating presentation, the chefs worked together to create some stunning dishes including cashew and basil pâté, nut roast and a sublime chocolate dessert.

'Development days are crucial part of giving our chefs new skills and confidence to enhance the dining in their homes,' said Richard. 'They are also a great team-building day for everyone involved.'



All fired up

Care Home Catering Awards 2024

Cinnamon's talented chefs are flying the flag for quality and innovation yet again, winning three finalist places in the Care Home Catering Awards 2024. In addition to Cinnamon Care Collection being a finalist in the Group Care Home Caterer of the Year category, two chefs have won individual finalist places.

Magnificent chefs!

Congratulations to Attila Volosinovszki, Head Chef at Eden Court, on becoming a finalist for Chef of the Year 2024 and Samuel Sewell, Head Chef at Wellington Vale, on becoming a finalist for the Above and Beyond Award. The awards will be presented in London on 5 June 2024. Good luck to all our magnificent chefs!

FINALISTS



Attila Volosinovszki

Samuel Sewell



TRAINING RATIONALE

Every Cinnamon kitchen has at least one piece of Rational professional catering equipment. For the chefs to get the most out of their equipment, they need the right training. This training day at the Rational kitchens in Slough focussed on being able to cook a whole breakfast menu including pastries, eggs, bacon, sausage, mushrooms and hash browns all at once in their ovens.

The chefs put their latest piece of equipment, the state-of-the-art Rational iVario 2-XS, through its paces. This innovative cooking system is designed to replace almost all conventional cooking appliances. Able to boil, griddle and deep fry, it enables chefs to cook dishes such as risotto, stews, stocks, scrambled eggs and rice pudding without risk of burning or

reducing the quality. It cooks up to four times faster than a conventional cooking appliance, takes up less space and uses up to 40 per cent less energy too.

'Our chefs were blown away by the ease, efficiency and boost to productivity that the iVario offers,' said Richard Pearhouse, Cinnamon's Executive Chef. 'One chef remarked that it's like having another chef in the kitchen!'





MEALTIME mastery

As part of Cinnamon’s ongoing Chef Development programme, Richard Pearhouse, Executive Chef, holds regular International Dysphagia Diet Standardisation Initiative (IDDSI) workshops in Cinnamon homes to help chefs master modified diets.

Dysphagia is a swallowing disorder which affects an estimated 560 million people worldwide. The most common causes of dysphagia are related to underlying medical or physical conditions. Having a swallowing disorder greatly impacts upon an individual’s quality of life.

One of the most common ways of managing dysphagia is the provision of texture-modified foods which are chopped, minced or puréed and liquids that are thickened to different degrees. These modified foods and drinks help to reduce the risk of choking or having food enter the person’s airway causing choking.

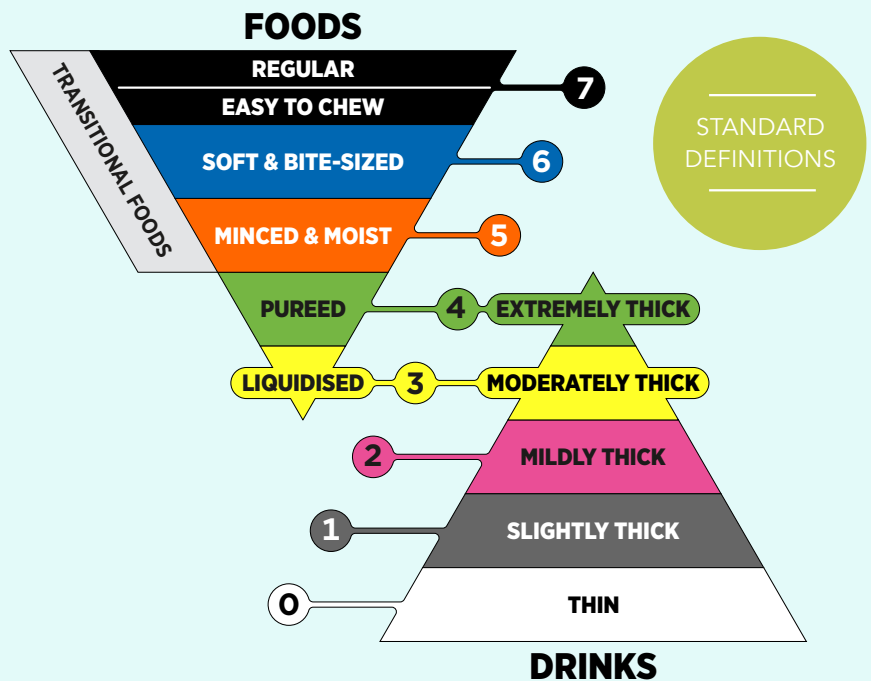
Safety and care

To avoid confusion regarding diet textures and drink consistencies and any resulting harm, The International Dysphagia Diet Standardisation Initiative (IDDSI) created a common terminology and definitions for texture-modified foods and thickened liquids to improve the safety and care for individuals with dysphagia.

The IDDSI framework consists of a continuum of 8 levels (0-7), where drinks are measured from Levels

The IDDSI Framework

Providing a common terminology for describing food textures and drink thicknesses to improve safety for individuals with swallowing difficulties.



© The International Dysphagia Diet Standardisation Initiative 2019 @ <https://iddsi.org/framework/>

Licensed under the Creative Commons Attribution Sharealike 4.0 License <https://creativecommons.org/licenses/by-sa/4.0/legalcode>. Derivative works extending beyond language translation are NOT PERMITTED.

0–4, while foods are measured from Levels 3–7. In parallel, IDDSI Testing Methods are designed to confirm the flow or textural characteristics of a particular product at the time of testing. Testing should be done on foods and drinks under the intended serving conditions, especially temperature.

Interactive

‘I start the workshops with a brief history of IDDSI before going through all the seven levels of the framework. The workshops are as interactive as possible to keep the chefs and attendees engaged. We focus on desserts and how one modified ingredient can have multiple uses. For

example, we create some crumble mix and blend it with a thin custard, but we can also use this to create sweet pies, crumbles and tarts for our other residents since this contains the same ingredients and pastry.

‘The most important part of the training is testing. I teach our chefs always to audit the food, check throughout the process and don’t assume the food is suitable just because it’s puréed and looks correct.

‘All Cinnamon residents should be given the full choice of the menu regardless of what modified diet they are on.’

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 this quarter of the 2024 awards are...



Millie Booker

*Housekeeper,
Abbotswood Court*

Everyone admires Millie's 'can do' attitude. She willingly undertakes any task and always goes the extra mile to make Abbotswood Court look clean and

sparkling. A valuable member of the amazing Housekeeping team, her contribution is noticed by every visitor. Thank you, Millie.



Lucy Poole

*Care Assistant,
Eastcote Park*

Shy, retiring Lucy has blossomed into a confident, bubbly person at Eastcote Park. She is a great advocate who consistently goes that extra mile for the people she

supports. Lucy has a wonderful rapport with residents, relatives and her colleagues.



Tracey Talbot

*Team Leader,
Earlsfield Court*

Tracey makes a difference to everyone, greeting people with a smile and keeping spirits high. She is a pleasure to work with, supporting and motivating her team

to show them what they can achieve. She makes her colleagues and residents proud!



Yvonne Brown

*Administrative Assistant,
Eden Court*

Yvonne is one of the first people visitors meet as one of the Reception team and has received exceptional feedback. One said they have never been made to feel so

welcome anywhere. Yvonne's colleagues appreciate her helpful kindness. The Activities team appreciate Yvonne taking on extra shifts as a bank Activities Co-ordinator. Yvonne exemplifies Cinnamon's values and ethos.



Papeth Afable

*Care Assistant,
Emerson Grange*

Described by her colleagues as 'an all-round superstar', Papeth is admired for her lovely way with residents and team members and

demonstrating Cinnamon's values every day.



Lorraine Noel

*Care Assistant,
Lakeview Grange*

Despite a roller-coaster year personally, Lorraine has continued to support residents with a smile and passion for improving their day. She is a valued, respected member of

the team and is always happy to support others. She stepped up without hesitation to support her team by training to deliver medication. What a star!



Amber Jackson

*Activities Co-ordinator,
The Gables*

Amber incorporates Cinnamon Vision's & Values into the activities and outings she devises, bringing smiles of joy to residents' faces. Her

positive energy wins compliments and praise from residents, visitors and colleagues.



Jo Moore

*Team Leader,
Leah Lodge*

Jo is passionate about her role. Residents love her; they gravitate towards her and sit in the office while she's working. Relatives say Jo is amazing and always puts them at ease when

they visit. The home's GP nominated Jo for her in-depth knowledge of all the residents.



Esther Mawire

*Care Assistant,
Hartwood House*

Esther is an asset to the team; she is always willing, polite, professional and supportive to her teammates. Residents say she is kind, considerate

and always checks to see if she can do anything more for them before she leaves their room. Always smiling, Esther lights up the home.



Rijesh Chacko

*Senior Care Assistant,
Morningson Court*

Rijesh has a positive impact on everyone in the home. He is always aware of his residents and their needs and has close relationships with colleagues. He handles stressful situations with

ease, is willing to help and quick to entertain. Rijesh tries to spread his happiness to everyone around him.



John Lochtie

*Housekeeper,
Heathland House*

John goes out of his way to take care of residents' needs. He works in a person-centred way and nothing is too much trouble for him. He is

caring and compassionate when residents are distressed, supporting them with calm words and reassurance.



Victor Munoz

*Care Assistant,
Netley Court*

Victor was nominated by residents, families and many of his colleagues for his kind, gentle manner and the love and commitment he shows towards Netley Court and

everyone in it.



Philippa Wilson

*Kitchen Assistant,
Outram Fields*

Philippa shone during the internal fit-out of Outram Fields and its VIP Day. She is so helpful and kind. Nothing is too much trouble for her and

she does everything she is asked to do with a beaming smile.



Gwendolyn Oppong

*Care Assistant,
Rokewood Court*

Gwen is a bank team member who is always willing to cover shifts and support the home. She has a very good rapport with residents and is endlessly obliging, keeping residents happy. Gwen looks

forward to becoming a permanent team member soon.



Emily Hocking

*Home Admissions Advisor,
Parkfield Grange*

Supportive and positive, Emily is always first to offer colleagues assistance to meet residents' wants and needs. She clearly loves Parkfield Grange and

shows her pride in the way that she delivers show rounds, building rapport with enquirers and their loved ones.



Nicki Reeves

*Recruitment Assistant,
Sunnybank House*

Nicki successfully stepped into her role and has been encouraging the Resident Ambassadors to be part of the interview process, allowing them to play a huge part in recruiting team members for the home..



Maxine Bailey

*Care Assistant,
Rectory Court*

Maxine was nominated by residents for her tireless care and compassion. Her fellow team members say she will always help them with a smile. Families love

Maxine and are comforted by her willingness to sit and talk with them.



Della Hunter

*Care Assistant,
Sutton Park Grange*

Della was nominated by her colleagues for the way she embraced the choir and the Christmas competition and her support to the Activities team. Her colleagues congratulate her on this award.



Catherine Beamson

*Team Leader,
Rivermede Court*

Exceptionally dedicated and committed, Catherine provides outstanding care. She exceeded her duties by ensuring that new team

members received a good induction. She willingly changed her working pattern at short notice to provide Moving & Handling training to new team members. Her positive attitude and desire to do her best greatly improve residents' wellbeing.



Samantha Lindsey Lee

*Administrative Assistant,
Watermeadow Grange*

Samantha goes out of her way to help her colleagues and shows exceptional kindness. She stepped in to cover her teammate's workload when they were unwell and kept things going, always

with a smile and no complaints. Samantha is amazing!



Ionica Ivanus

*Care Assistant (Nights),
Wellington Vale*

Residents nominated hardworking Ionica saying, 'She made me feel like she really cared for me, which made me happy' and 'She caters for my needs with kindness and comfort every day'.

Ionica is a great asset to the team.

Easter

AT CINNAMON

Cinnamon homes celebrated Easter with chocolate galore, friendship and laughter.

Easter fun and games!

Abbotswood Court served up an egg-cellent Easter egg hunt for families and friends. Everyone enjoyed meeting the Abbotswood Easter Bunny, played by Lea Wintle, General Manager, and the children particularly enjoyed the Easter chicken and a 'crazy egg on the loose'.

Eden Court celebrated with an Easter Family Fun Day. Residents made floral table decorations as part of a flower arranging activity. The Catering team served up a delicious buffet for the guests and their 'hopping mad' Easter bunny helped the children to hunt for Easter eggs. Adults and children alike enjoyed decorating cookies and their cake sale raised £85 for the Alzheimer's Society. They topped off the day with live music from local entertainer David Karl, lots of dancing and an Easter bonnet parade.

The Gables held an Easter Egg hunt with the appropriately named Cotton Tails Nursery. No one went away empty-handed; every child who took part received a gift bag and certificate.

First Easter event

The Watermeadow Grange team welcomed its local community for Easter treats, a children's colouring competition, an Easter-themed photo booth and free face painting for the children. They also held a raffle for their local primary school in Topsham to thank the children for visiting the home's residents. It raised an impressive £167 for the school's Parent Teacher Association, which will fund much needed science supplies.



EASTER EGG-CITEMENT!



Everyone had a fantastic day!

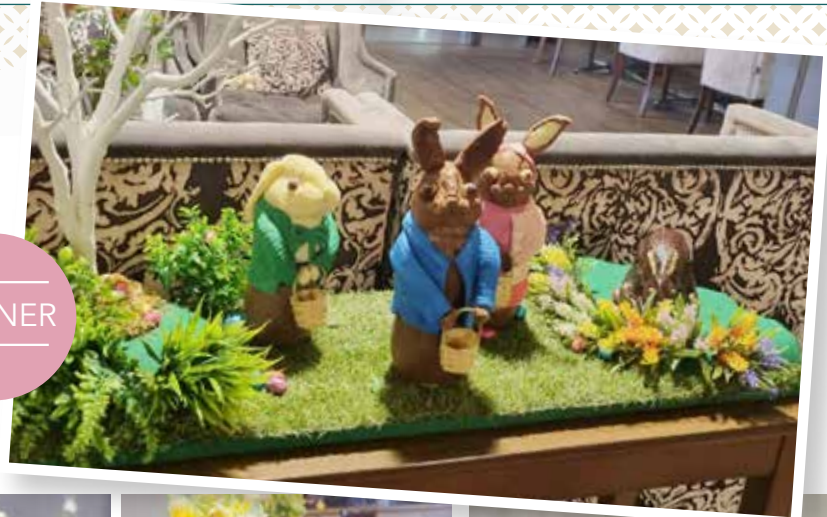


Chocs away

The annual Easter Egg Challenge required chefs to plan, make and decorate an impressive Easter egg.

Monika Roguz, Rokewood Court's Head Chef, carried off the prize for the second year running with her enchanting Easter bunnies. Competition judge, Richard Pearson, Cinnamon's Executive Chef, said, 'She won for her attention to detail, originality and creating a display that really adds 'Wow' factor!' Sam Sewell, Head Chef at Wellington Vale, was highly commended for his colourfully decorated egg surrounded by a nest with crème eggs.

WINNER



Catwalk classics

March unfolded energetically as Emerson Grange hosted Hextable Primary School for two dazzling fashion parades.

The foyer bustled with pupils dressed as their favourite literary characters on World Book Day, supervised by the home's very own Mary Poppins, Activities Co-ordinator Michelle Bishop. Residents marvelled at the creativity on display as children shared tales of their favourite books.

The pupils returned for an Easter Bonnet parade, showcasing their remarkable crafting talent. Amongst a sea of artistry, Aron Doda's full-body costume and hat stole the spotlight, earning him a well-deserved commendation for his efforts. Combining his victory speech with a touching poem further cemented his status as a worthy champion.



First birthday bash

Lakeview Grange marked its first anniversary in February. Residents, team members, friends and families celebrated in style, raising a glass or two of bubbly accompanied by birthday cakes made by Ciaran Jones, Head Chef. Jackie Cridlin, Home Admissions Advisor, gave a speech reflecting on how far the home has come and all that the team has achieved in the last 12 months. Following the speeches, it didn't take much encouragement for Jackie and Activities Co-ordinator Mary Oliver to get the party started with karaoke singing and dancing.



SPARKLING OCCASION

Capturing meaningful *memories*

Cinnamon's *All About You* journal, a smart little book enabling team members and relatives to document the lives of residents in a fun, interactive and engaging way, is proving to be a tremendous hit.

Ben Stevenson, Activities Co-ordinator at Sutton Park Grange, initially set up a Saturday afternoon workshop with residents and families to introduce them to the journals. 'This turned out to be a successful afternoon and we all enjoyed sharing stories and old photographs,' he said. 'I knew this project relied on the families as much as me to ensure the journals were as accurate as possible. Some of the families of our residents have been extremely helpful and I am so grateful to them.'

Alan's story

'One of our residents, Alan Parkes, has a daughter, Diane, who is a journalist. She often gets involved with our activities. Diane embraced the journal and sent me a plethora of old photographs to use, as well coming along to the regular sessions I have been running since our initial launch. With Diane's help and encouragement, we have almost completed Alan's life journal to a very high standard. It has been a special way for Diane to relive parts of her dad's life with him.'

'We've found the journal to be a really easy way to connect and share stories,'



said Diane. 'I've discovered things about Dad's life I didn't know and we've jointly remembered things we have done as a family. It has also been interesting going back through Dad's photos together to find the best ones for the book.'

'We are very fortunate to have this time together to recall and record Dad's memories and I would recommend it to anyone. In fact, I've already encouraged a couple of friends to do something similar with their parents.'

Getting to know you

'Ben has organised some Sunday afternoon sessions where residents come together to share their memories using the journals

and these have been an effective way to encourage conversations between people who then discover shared or similar experiences. They have been a lovely way to get to know other residents at Sutton Park Grange much better.'

A big thank you to Diane and Alan for embracing the *All About You* journal with Ben!



SAYING IT WITH *flowers*

To celebrate Mothering Sunday, residents at Rivermede Court made bunches of daffodils with Reverend Andrew Reed for members of their local community.

Their gift was greatly appreciated and, to say thank you, parishioners from another church nearby, St Pauls in Egham Hythe, made bouquets for the residents in return.





THE INSEPARABLE FRIENDS



GOLDEN GIRLS' Galentine's DAY

Barbara Bowyer, age 83, and Julie Mitchell, age 86, marked over 35 years of friendship with a special 'Galentine's Day' celebration organised by the Netley Court team.

Barbara and Julie lived two doors apart from each other in nearby Butlocks Heath for 34 years and now, as residents at Netley Court, they are neighbours once again.

'Barbara and Julie are inseparable. We refer to them as the Golden Girls; they have such a special friendship,' explained

Sarah Gillett, Home Admissions Advisor, 'We decided to give them an early Galentine's Day celebration and arranged for a saxophonist to play live music to them whilst they enjoyed a nice cup of tea in our lounge.'

Blossoming friendship

'Our friendship really blossomed during the pandemic,' said Barbara. When the restrictions meant that you could only meet one person outside, we'd take a packed lunch and coffees and go to the local park together. We'd walk and talk and sit on the benches and when restrictions eased, we attended art classes together and

went to a ladies' lunch club. Our friendship means the world to me and I am so pleased that we are now living together at Netley Court.'

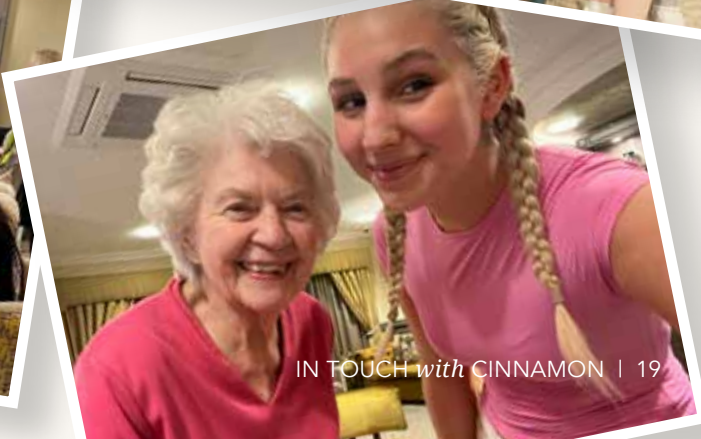
Julie added, 'Barbara really is my best friend and being together every day is just wonderful.'



PICTURE *this*

Residents and team members at The Gables shared a lively programme of events and activities recently, including bowling, a food festival for Nutrition & Hydration week which included a chocolate fountain, wearing pink for International Women's Day and dressing up as their favourite characters for World Book Day.

Housekeeper Samantha Lewis and Amy Duffy, the home's volunteer, were both presented with pink roses to show how much they are appreciated. Amber Jackson, Activities Co-ordinator, helped residents to capture their favourite moments by showing them how to take and keep 'selfies'.



SPRINKLE *of* CINNAMON

makes wishes come true

Abbotswood Court resident Patricia Unwin used to enchant the crowds with her opera singing. She confided to the home's Activities Co-ordinator, Lorraine Brennan, that she would love to experience the magical sound and atmosphere of opera once again.

Lorraine sprinkled some Cinnamon and invited a young professional tenor, Gregory Steward, age 24, to sing for Trish. She was overjoyed. Gregory recently graduated from

the Royal Welsh College of Music & Drama and is now embarking upon his musical career. The operatic pair enjoyed sharing their experiences, one generation to

another. 'We hope Gregory enjoys a long and successful career,' said Lorraine, 'Our grateful thanks to him for spending time with Trish and making her day so special.'



VALENTINE'S DAY *special*

Parkfield Grange hosted a 'Galentines' afternoon tea on 14th February for Joan Dudley and Iris Webb, two of the home's residents who had been childhood friends, lost touch and then found each other again at Parkfield Grange.

Spreading the joy

They also spread the Valentine's Day joy around by handing out roses to team members and small love hearts to residents which had been crocheted by Elaine Harper, Kitchen Assistant.



HAPPY VALLEY

The occasional shower could not dampen the spirits of two Rectory Court residents when Hedvika Pavluchova, Activities Co-ordinator, arranged for them to take a trip to The Valley, the home ground of local Charlton Athletic FC as their sprinkle of Cinnamon. Marjorie Hutchinson and Peter Stoate used to live locally and attend matches regularly, so it was a wonderful surprise.

FERVENT
FOOTIE FANS



A gathering of clans

Team members and residents at Watermeadow Grange joined together earlier this year to celebrate the life and poetry of Scots bard Robert Burns on Burns Night.

Local bagpiper Duncan Nelmes piped traditional tunes throughout the day, concluding with a rousing rendition of 'Auld Lang Syne' after their traditional Burns lunch had been served. There were toasts and readings of Burns' poetry according to tradition, including his famous 'Address tae a Haggis'.

Head Chef Lee Acreman presented the haggis and provided whisky for the toast, as well as tablet and shortbread for afternoon tea. A screening of Alexander Mackendrick's classic 1949 film, *Whisky Galore!*, in the home's cinema rounded the day off.

'It was a fabulous event made really special with the help of the residents and Midge Midgley, our Hospitality Supervisor,' said Lizzie Grant, Activities Co-ordinator. 'We are already looking forward to our 2025 Burns Night celebrations.'

AWAITIN'
A WEE DRAM!



ENTER the DRAGON

The Watermeadow Grange team ushered in the Year of the Dragon with tasty Chinese canapés, including delicious sesame toasts with a choice of dips and some custard cream puffs. They decorated the café-bar with traditional Chinese favours made by the residents. The Peking Duck Pond proved very popular with its fortune cookies predicting happiness for all.



Lest we forget

Emerson Grange welcomed members of the Lest We Forget organisation for a charitable concert recently. Dedicated to providing entertainment for ex-service personnel in care homes, their performance delighted everyone with captivating vocals, electrifying violin melodies and dynamic piano instrumentals. 'Our residents revelled in the enchanting music as we celebrated the valour and sacrifice of our veterans,' said Joe Stratford, Lead Activities Co-ordinator. 'It was a wonderful atmosphere, suffused with gratitude and admiration for the performers and the cause they represent. We hope they will visit again soon.'



Lapping it up

Red Nose Day is a highlight of the Cinnamon year. At Emerson Grange, residents and team members embraced the occasion and red noses with gusto. Residents embarked on a spontaneous challenge to walk laps around the whole of Emerson Park. Each lap took 10 to 15 minutes to complete and quickly became a testament to their commitment and fitness. More than 10 residents completed at least one lap and the

respective walking groups finished five separate laps in total, waving to supportive fans on their way. The walk highlighted the strong bonds within Emerson Park.

Meanwhile, at Rivermede Court, team members wore red outfits to match their noses and held a bake sale which raised over £130 for Comic Relief.



RED NOSE CAKE SALE



WHAT GREAT TASTE!

Team members and residents at Watermeadow Grange celebrated Red Nose Day with cake decorating activities. Wearing different coloured tops to mark the occasion, they enjoyed creating a variety of different toppings for the cakes, although at times seemed to do more tasting than decorating! Head Chef Lee Acreman melted a pot of chocolate as a dipping sauce for some strawberries: they were eaten before they had even been put on top of

the cakes! They also tried out some new smoothies as part of National Nutrition & Hydration Week. These proved so popular that they are now part of the home's weekly activities programme, with a different flavour each week for residents to taste.



Going overboard

Eighty-year-old Valerie Haynes and 77-year-old Claude Vidal, residents at Netley Court, impressed their home's entire team when joining them in a rowing challenge to raise funds for Comic Relief. Along with 11 team members and one relative, they collectively rowed a staggering 51,229 metres on a rowing machine, raising £427.

'It was a fantastic team effort. Valerie, who has Parkinson's, was adamant that

she wanted take part as she said all her strength was in her arms. She impressed us all with her 500m row, said Sarah Gillet, Home Admissions Advisor. 'Claude rowed 500m and then couldn't wait to get back on for another 500m stint. In fact, I think he'd still be there now if we hadn't insisted he had a rest!

'A huge thanks to Netley Court's wonderful team, family members and residents for taking part in our



rowing challenge. We all had such a fun day and it was great to raise money for such an amazing cause.'

Further donations can be made at www.justgiving.com/page/sarah-gillett-1709219852518

LET BATTLE COMMENCE

The Wellington Vale team played a wild game of Gnomes v. Smurfs to raise money for Red Nose Day. Placing the residents at the centre of their shenanigans, team members could win points for every photo taken with residents on their mobile phones. They scored extra points for activity photos and for pictures with residents from a different community.

Each contestant could challenge another to a duel, with residents rolling some dice to decide their fate and how many strikes they could take against their opponent. Prizes were awarded for the Most Points, Best Fight Scene and Funniest Fail. They raised £140 for Comic Relief via online donations.

GNOME MANS' LAND!



PLATINUM *celebration*

The Gables recently hosted a party to celebrate the 70th wedding anniversary of residents Tony and Pam Turner.



The couple, who lived in Barnt Green near Birmingham for over 50 years, originally met at a local cricket game. They put the secret of their happy marriage down to patience, partnership and appreciating the 'ups and downs' that make life interesting. They are very pleased to remain local, having lived in the surrounding area for decades, and enjoy living together at The Gables with support from the care team.

'We were delighted to be part of such a special day and enjoyed a champagne reception with Tony and Pam's friends and family,' said Julie Weaver, General Manager. 'The icing on the cake was receiving an anniversary card from the King and Queen.'

They could have danced all night

As Valentine's Day approached, residents at Emerson Grange attended a delightful evening soiree where they were serenaded by pianist Colin Pyne. Adorned in romantic décor, the dining room set the stage for a night of enchantment, complete with a selection of fine champagnes, wines and soft beverages. Residents and team members revelled in melodies and waltzed the night away. 'This lovely, shared experience brought us all much closer together,' said Joe Stratford, Lead Activities Co-ordinator. 'We could have danced all night and still have wished for more.'



Operation Rehab

Sheffield residents requiring post-operative care are to be offered dedicated recovery support at Outram Fields. This will include rehabilitation in partnership with Hallamshire Physiotherapy, Sheffield's leading specialist physiotherapy clinic.

'Physiotherapy rehabilitation is a vital part of the recovery process after private and NHS surgery,' said Donna Pierpoint, General Manager. 'Many patients are sent home early to recover after an operation. It is often quite demanding for family and neighbours to support the patient during their recuperation. We are providing a short stay package unique to Sheffield which

suits individual needs and assists patients in their progress and recovery, 24 hours a day.

Vital for recovery

'In my previous care home, Hallamshire Physiotherapy regularly provided individual treatment for residents. They were very professional, helpful, well liked and delivered great results. I had no hesitation in asking the clinic to partner with us in this exciting new venture.'

The clinic is also delivering some informative talks for residents and the local community on subjects



such as Dizziness and Falls, Living Well after a Stroke; and Living Well with Osteoarthritis.

For more information about Hallamshire Physiotherapy Clinic in general, please visit: www.hallamshirephysiotherapy.com



EXPERIENCING THE WORLD OF WORK



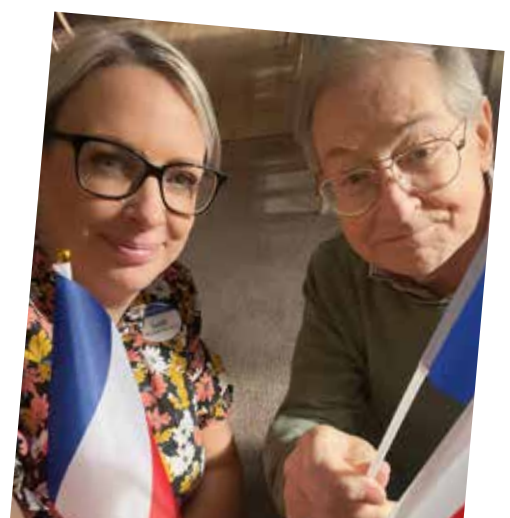
Watermeadow Grange welcomed two students from Exeter College for work experience as part of their NVQ 2 in Health & Social Care. Aiesha Pym and Georgia May Sealey spent time in the different departments learning about life and work in the care home. They enjoyed lunch with the residents, helping with activities and taking part in an herbal tea tasting afternoon as part of National Nutrition & Hydration Week.

The duo will be returning in July for a full week's work experience to assist their studies and gain more insight into a career in care. 'The students really benefitted from their time at Watermeadow Grange,' said Katherine Stephens, General Manager. 'We are delighted that we have forged this link with the Health & Social Care team at Exeter College and are looking forward to welcoming more students to our home.'

PARLEZ-VOUS FRANÇAIS?

When Sarah Gillett first came to Netley Court as Home Admissions Advisor, she met Claude Vidal, a resident who is fluent in French. 'He would always say *bonjour* to me and I would reply with the standard *bonjour*. Although I had an A for my GCSE, I hadn't practiced and didn't feel confident enough to try anything else.'

Sarah set herself a goal to have a full conversation in French with Claude. She uses an app to help her learn and relies on Claude to correct her. 'I practice my new phrases every day and Claude tells me if I have said things correctly or not. Our daily chats have really ignited my passion for languages again. Fortunately Claude enjoys it too!'



UNDER THE HAMMER

Breda O'Doherty, Activities Lead, and Claire Eden, Activities Co-ordinator, both from Wellington Vale, recently set out to create a new activity for residents every month. Claire came up with the idea of combining antiques appreciation with their own version of *Homes Under the Hammer*.

A local estate agent donated some of their displays and, having covered up the prices, they were perfect for this new activity. Breda went shopping with a resident and purchased a selection of jewellery, vinyl records, ornaments and a Navy tankard. Their preparations were complete.

Smartly dressed in a suit and white gloves, Breda presented the items for sale in a comical fashion with *risqué* details of their provenance. Then residents had to guess their value. 'Our new activity was a great success,' said Breda.



WHAT AM I BID?



LEARNING FROM EACH *other*

Sharing ideas and experiences with colleagues not only helps to expand knowledge, avoid mistakes and achieve better results, it can also improve communication and working relationships, as two of Cinnamon's Activities Co-ordinators recently discovered. Claudine Ruddall from Eden Court and Hanka Vlhova from Rivermede Court recently had an exchange visit.

'It wasn't the easiest journey but I'm delighted I made it,' said Hanka. 'It was so helpful. Claudine showed me around Eden Court, and we shared ideas for different activities and how we could improve them for the benefit of our residents. Claudine is an inspiration for me! Her

creativity and ideas for Arts & Crafts are amazing.'

Claudine received an equally warm welcome when she paid a return visit to Rivermede Court. 'I showed her how we do things in our community and Claudine was so helpful. She particularly liked our Gardening Club and we gave her some plants to help her start a similar club at Eden Court. The two days we spent with each other were very valuable and we learned a great deal from each other.'



WHAT A *card!*

Ilse Pospischil, aged 94, was given an unexpected welcome by Jurgen Klopp when she moved into Wellington Vale for three weeks' respite care whilst her daughter went on holiday.

As part of the admissions process, Helen Cox, Home Admissions Advisor, noted that Ilse has been a huge fan of Jurgen Klopp for over 25 years. She arranged for a life-sized cardboard cut-out of Ilse's hero to be in her room as a welcome gift.

'At Wellington Vale we always like to cater to our residents' individual needs. This seemed the ideal way to make Ilse feel at home from the outset,' said Helen. 'She was completely taken by surprise. As soon as she saw him, she threw her hands in the air and screamed, 'Hallelujah! Kloppy Kloppy Kloppy!!'

Ilse saw Jurgen Klopp play for Mainz during a return visit to Germany to see her parents. She has been a dedicated fan ever since, watching

him manage Mainz and lead them to promotion in the Bundesliga.

'I have always admired Jurgen and couldn't believe he was standing there in my room,' said Ilse. It made me feel so special that Helen thought of this wonderful gift for me and, at the end of my stay here, I am taking him home with me too!'



ROLLING OUT THE *red* CARPET

A social media post prompted Candice O'Neill, General Manager, to realise that there was a real need in the area. It was for facilities which are easily accessible for elderly people and can accommodate the needs and sensitivities of people living with dementia.

The idea grew from there and led to the home opening its hair salon and cinema to the local community. 'We offer a relaxing environment, with highly trained staff and high-quality facilities,' said Candice. 'Rivermede Court's hairdressers, Chrissie and Julie, offer hair and beauty treatments including haircuts for men and women, colour, perms and manicures, all at very competitive prices. Both hairdressers are experienced in providing services

to the elderly including people living with dementia.'

Community cinema screenings

Rivermede Court has also started hosting fortnightly community film screenings in its eight-seater, luxury cinema room. Films are free to attend and refreshments are provided. The cinema room has spacious seats and can accommodate wheelchairs. Booking in advance is essential.

'Our residents really enjoy watching films in our cinema room; the old classics trigger wonderful memories and the musicals are always great for a sing-along,' explained Candice. 'We chose *Mamma Mia* for our first public screening because it is such a firm favourite amongst our

residents; they love Abba music. Our VIP guest was Councillor Elaine Gill who, as Deputy Mayor, officially opened the cinema for our residents, so it seemed quite fitting that she returned to open it to the local community.

'We hope there will be strong demand to attend our community film sessions. We have a wide selection of films available and will be asking those who want to attend for any film requests. We look forward to welcoming non-residents into our home.'

For further information, or to book for the hairdresser or cinema, please call 01784 818518 or email rivermede.haa@cinnmoncc.com.



Financial time

The first Administrators & Finance Day at Heathland House recently brought together all of Cinnamon's home administrators with Julie Brotherhood, Regional Business Manager, and the Finance team. What a successful day it was! Key processes, collaboration and teamwork were the main focus of the day. Team members gained insight into each other's roles and their demands.

It culminated with an awards ceremony. Bree Webber from Wellington Vale and Nancy Johnson from Leah Lodge won the Rocking the Revenue Award. Tanya Riley from Netley Court carried off the Meticulous Coding Master Award, while the Debt Devil Award went to Sue Saxton who always ensures Rokewood Court is always on top of any debt. Post-event feedback was excellent and they are all looking forward to their next meeting in 2025!

BUSINESS AND PLEASURE



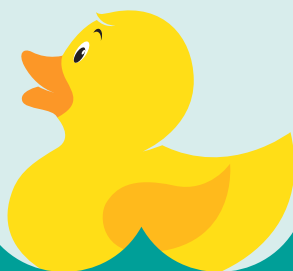
Thank you all for a very constructive and informative day. It was really enjoyable and lovely to meet everyone.

All the fun of the fair

Emerson Grange waved goodbye to winter with a heart-warming Spring Fair in support of Marie Curie, the UK's leading end of life charity.

Excitement filled the air as residents, apartment owners and local community gathered together. Guests took part in a variety of engaging activities from guessing the name of a cuddly teddy bear to estimating the weight of a delicious cake. They tested their luck with classic games such as Tin Pan Alley and Hook a Duck. They also demonstrated their accuracy with darts and throwing bean bags at a Cornhole Board.

As the laughter and camaraderie flowed, so did their generosity. This joyous occasion married the themes of giving and Spring together and raised over £300 for the Marie Curie charity.



Right on target

Eighty-six-year-old Norma Plowman took part in an archery competition with fellow residents and team members at Wellington Vale recently. It was to show their support for Norma's granddaughter, 17-year-old Isabel Plowman, who was representing Team GB in in the Junior Barebow Team at the European Indoor Championships 2024 in Croatia.

Isabel put on an outstanding performance, winning a gold medal with her team and a gold medal for her individual event. This was the first ever Barebow Team GB medal won at a European Indoor Championships, senior or Under 21. Isabel has become the first official Barebow Women's Under 21 European Indoor Champion for Great Britain.

Norma's archery skills, however, were not in the same league. She wasn't in the winning team but enjoyed having the opportunity to take part in the home's archery competition. 'It was great to share the experience with my fellow residents and to give archery a go myself,' she said. 'I am so happy for Isabel. She has done very well and I am so proud of her. Isabel has been doing archery for years, but you never think one of your family will be in a championship final and go on to win a gold medal as part of Team GB.'

Helen Cox, Home Admissions Advisor, said, 'I bought an archery kit



PROUD GRANDMA

for Wellington Vale so that we could all celebrate Isabel's achievement and to show our support for Norma, who is such a proud grandma. Isabel has done her country proud. Perhaps she can give some archery lessons to Norma when she comes to visit?'

It's fun to be with the NAPA

Every year NAPA (National Activities Providers Association) dedicates a week to highlighting the work of activities co-ordinators throughout the UK. To mark the occasion, Katherine Stephens, General Manager at Watermeadow Grange, presented Nicola Baines and Lizzie Grant, with bouquets. She congratulated them on their success in providing a wide range of activities and events for the home's residents.

Nicola and Lizzie work closely with residents to create an engaging, diverse programme and receive generous support from their colleagues with the

different weekly activities. They have just enrolled for their next NAPA Activities Programme to increase their understanding of their roles and upgrade their existing skills.

Nicola recently set up an in-house pop-up shop for residents which has proved very popular. Every week residents can buy a variety of goodies including the best-selling Tunnock's caramel wafer bars. Nicola also takes a mobile shop around to residents who are unable to visit the pop-up one. They love being able to choose from the display and have a chat with Nicola about their day.



Singing through the *years*

The Eden Court team has developed a close relationship with nearby Francis Holland school and for the last two years has been visited regularly by sixth formers who take part in activities with residents.

Pia Kebell, Georgia Gunderson and Letisia Georgalos are three of the six pupils who have been visiting every Monday afternoon this year. The residents look forward to engaging in a variety of fun activities and chatting with them. So far this year, they have enjoyed poetry recitals, ceramic painting classes, bingo and art together.

'Music therapist Phil Evans visits Eden Court twice a month and we thought it would be fun to have our Francis

Holland sixth formers join our afternoon group music session,' explained Claudine Ruddall, Activities Co-ordinator. 'They are bright, confident and engaging young ladies who have completely embraced our intergenerational song swap. Our residents come up with a song we can sing to our student visitors, something they are unlikely they have heard before. In turn, they choose and sing a popular song to our residents. It's a great, fun session for everyone and we always look forward to discussing what we will sing on their next visit.'



Once upon a time

The residents at Sutton Park Grange have been exploring their literary talents lately.

A poetry-writing session produced two uplifting poems to celebrate Spring. In another session, they enjoyed writing a short fairytale together. A pure-hearted prince on a quest encounters a wise old crone who, it turns out, is a beautiful princess under an enchantment.

'We had such fun writing it,' said Ben Stevenson, Activities Co-ordinator. 'One of our residents, Sally Edge, also went away and painted some beautiful illustrations to go with our story.'



PAINTERLY
SALLY EDGE



What's in a name?

The Lakeview Grange team and residents recently chose the names for each community after a long, and very democratic, person-centred process. They brainstormed ideas and then all residents and team members were invited to vote for their favourites. The winning names were particularly popular as they reflect the locality, referencing Chichester Cathedral's Bishops, the South Downs hills which are visible from the home's second floor and the famous Goodwood Estate nearby.

The honour of unveiling the plaques went to the first few residents in each community: Jennifer Turner for 'Bishop's Walk', Doreen (Dean) Towner for 'Southdowns View' and Frances Crook, on behalf of her late husband, for 'Goodwood Lane'.

'Now we feel more like it's our home, not simply a care home,' said Mary Oliver, Activities Co-ordinator.

CHALLENGING COASTAL *charity trek*

Josie Dugmore, Team Leader at Watermeadow Grange, is in training for the Alzheimer's Society Trek26 on 8th June 2024. The route starts at Brixham and will follow a section of the South Devon Coastal Path before heading along the River Dart Estuary and returning to Brixham. The scenery is picturesque but some of the cliffs and hills are arduous: the walk is classed as 'very tough'.

'Fortunately, Josie has taken part in the walk before and knows what to expect' said Lizzie Grant, Activities Co-ordinator. 'We all hope she will have a nice sunny day with a bit of a breeze.'

If you would like to sponsor Josie or donate to the Alzheimer's Society, please visit <https://www.justgiving.com/page/josie-squires-1713809063347>.



OVERCOMING *obstacles* FOR JONNY

Jess Tetley, Home Admissions Advisor at Leah Lodge and Rectory Court, recently completed the Winter Walk 10K as one of the JB Warriors. She has also signed up for the Tough Mudder endurance event and

will attempt to complete the 10-to-12-mile obstacle course which plays on common human fears, such as fire, water, electricity and heights.



'We aim to raise at least £3,000 for the WAY (Widowed and Young) charity this year,' explained Jess. 'We're doing this in memory of my friend, Jonny, who tragically died in a car accident in Marbella on his stag night. He left behind his fiancé, Cheri, and one year-old son, Leo. We want to help WAY to support other young families who have been affected by a tragedy like this.'

To donate to the JB Warriors, visit: www.justgiving.com/team/jonnysangels



GOOD HAIR DAY

When Marie Hodson, a resident at Emerson Grange, decided to lend a helping hand in the home's hair salon, little did she know she would leave that day as the assistant to the hairdresser. Marie has since embraced her new role with enthusiasm, proving herself to be an asset to the salon every Tuesday. From preparing cups of tea to tidying up, Marie approaches her duties with dedication and care. Her willingness to lend a hand is inspiring other residents to take up posts of their own.



DRESSED TO THRILL

A bit of dressing up and silliness are always popular at Parkfield Grange. 'Individuality is part of the spirit of Cinnamon, so we like to give team members the opportunity to choose a theme for a particular day,' said Samantha Clarke, Activities Co-ordinator. 'We chose Childhood Icons for March.'



Some team members dressed up as the Teletubbies and recreated the opening title sequence of the television show on video, which they posted on Facebook. Residents shared memories of those they had admired when they were younger and characters they loved. At the party that followed, residents enjoyed dancing with all four Teletubbies to live music from professional soloist, Michelle Williams.



All grown up

On another occasion, Emily Hocking, Home Admissions Advisor, had the opportunity to choose a theme for her birthday. Emily chose 'When I grow up'. Team members dressed in the clothes of professions that they had wanted to follow when younger or could have followed when they grew up. A mechanic, a vet, a park ranger and various builders were amongst the fascinating choices.



WHEN I GROW UP!

Vintage vehicle visit

A visit by two local vintage car enthusiasts created a buzz at Watermeadow Grange. General Manager Katherine Stephens, Deputy Manager Sharon Harris, Home Admissions Advisor Selina Sapsford and resident Ann Dimmock, aged 91, could not wait to clamber on to the back of a vintage American van for a photograph.

Everyone so enjoyed chatting with the owners that they have invited them to return in June. They will bring around 10 vintage or classic

cars to display for the residents, their families and friends.

June raffle

Learning that the owners raise funds for local families to buy them Christmas presents and food, team members were keen to show their support. When they meet again in June, they plan to hold a raffle with the proceeds going towards the Christmas fund. Refreshments will be provided by the home's Catering team under the watchful eye of Head Chef Lee Acreman.



Save the date!

The first Cinnamon Awards lunch was held at Great Fosters, Egham, in June 2019. The intention was to continue holding it in summer but unfortunately, Covid-19 intervened. After lockdown the next two awards lunches were held in late November.

We are now reverting to our original plan to hold the awards lunch during the summer to take full advantage of the better weather, easier travel and beautiful gardens at Great Fosters. We hope it will also mean that fewer guests are unwell and everyone is able to attend.

Since we put considerable time and effort into arranging the awards lunch and the last one was only a few months ago, we have decided to hold the next awards lunch on **Tuesday, 17 June 2025**. Once again, it will be at Great Fosters and we look forward to seeing all our finalists there.

Please save the date. The winner of one of the Cinnamon Awards could be you!

Sadie Barker
Head of HR & Training



Coming soon...

Some diary dates that you could include in your activities...

May

	Prepare for Cinnamon in Bloom Competition 2024.
1-31	Dementia UK's Time for a Cuppa. Get your fundraising pack at www.dementiauk.org .
2	National Chocolate Truffle Day
8	Victory In Europe (VE) Day.
13	World Cocktail Day.
13-19	Dementia Action Week.
21-25	Chelsea Flower Show.
29	National Biscuit Day.

June

	Prepare for Cinnamon in Bloom Competition 2024.
1-2	The Big Lunch 2024: the UK's annual community get-together.
14 Jun-4 Jul	UEFA Euro 2024, Germany.
15	King Charles III's birthday. Beer Britain Day.
15-23	English Wine Week.
16	Father's Day.
18-22	Royal Ascot – see www.ascot.com .
28	National Cream Tea Day. Find top tips for the perfect cream tea at www.creamteasociety.co.uk/cream-teas .
	Celebrating Cultures at Cinnamon initiative.

July

1	You Make The Difference Award 2024 – deadline for nominations.
1-14	Wimbledon Tennis Championships.
7	World Chocolate Day. Prize for best chocolate dessert or display.
10	Teddy Bears Picnic Day.
17-21	152nd Open Golf Championship, St Andrews.
19 Jul-14 Sep	BBC Proms 2024 – find out what's on at www.bbc.co.uk/proms .
26 Jul-11 Aug	Summer Olympics 2024, Paris.
	Celebrating Cultures Initiative: traditions, music and dishes from around the world.