

# IN TOUCH

with CINNAMON

## A Gift of Wellbeing

FOR 2024

OUR FREE  
GIFT FOR  
TEAM MEMBERS  
Page 03



### NAPA Membership

Nurture your  
professional  
development  
Pages 04-05

### Fancy a £500 Bonus?

Refer a friend  
or relative  
Page 07

### Winning Design

The Gables wins  
prestigious award  
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CINNAMON  
LUXURY CARE

## MOVING ON

**Kay Mitchell**, General Manager at Sunnybank House, and **Gill Irish**, General Manager at Netley Court, have both been offered opportunities with another care provider. We thank them for their hard work and commitment during their time at Cinnamon Care Collection and wish them every success and happiness in their new roles.

The Netley Court team wished a fond farewell recently to **Holly Overton**, Activities Co-ordinator, who has moved on to pastures new after five happy years with Cinnamon. Her colleagues presented her with a beautiful bouquet and said their goodbyes with cake and presents.

*Holly (centre) with General Manager Gill Irish and Nicola Hooton, Senior Activities Co-ordinator*



## MOVING IN



### **James Greene**

*General Manager, Sunnybank House*

James started washing up in care homes at the age of 15 and has focused his efforts on going a little further every day. He has worked in every role within care homes, even stepping in to cook lunch on a few occasions. During the last 12 years, James has managed nursing and residential care homes on small and large scales. A highlight of his career to date was being described by the Care Quality Commission (CQC) as 'having a contagious enthusiasm for improving the experience of others'.



### **Nadia Greenmaidan**

*General Manager, Heathland Court*

Nadia has worked as a care manager in the Dorset area for the last 10 years. During this time, she developed two care services from 'requires improvement' to 'good' Care Quality Commission (CQC) rated homes. Nadia is the person to call if you need an injection of positivity into your day.

## MEET THE NEW TEAM

Cinnamon's new home, Outram Fields in Sheffield, welcomed its new Heads of Departments team recently. We wish them all well in their new roles.



*Back row (L-r): Dean Millen, Head Chef; Claire Hoyles, Home Admissions Advisor; Claire Barker, Activities Co-ordinator; Rebecca Booth, Deputy Manager; Paul Rafferty, Head of Maintenance. Front row (L-r): Wendy Curtis, Head Housekeeper; Donna Pierpoint, General Manager; Jane Rhodes, Administrator.*

## Congratulations

Congratulations to Mandie Wright, Activities Co-ordinator at Wellington Vale, on passing her Drum Fit course. Mandie has started facilitating Drum Fit sessions which has been great fun for her, not to mention the residents who love it too.





# SPICE of LIFE

Your benefits programme and information portal are waiting for you.

To activate it, you only need your employee number. If you are unsure of your employee number, please contact your home's Administrator. Then follow these simple steps to discover all your key employee benefits as well as some great ways to save money on your everyday expenditure via a range of discounts online and on the high street.

1. Log on to **cinnamoncc.hapibenefits.com** on your computer, laptop, tablet or smartphone.
2. Click the 'Create an account' link.
3. Follow the on-screen instructions to create your own password to log in and access the site in the future.
4. Click on the app tile or search 'Hapi' in the App Store or Google Play Store to download the free app on your mobile phone.

Once activated, you can visit the website from any computer, laptop, tablet or smartphone as often as you like. A telephone helpline is open from 8.30am-5.30pm, Monday to Friday, at **0333 400 0844**.

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

Powered by hapi.

IT'S AS  
SIMPLE AS  
THAT

# A Gift of Wellbeing

FOR  
2024

If you have over-indulged recently or resolved to improve your general health, fitness and wellbeing in 2024, help is at hand. There's something for every Cinnamon team member at DanceSing – and it's free!

- ✓ Yoga
- ✓ Pilates
- ✓ Dance Fitness
- ✓ Motivation Series
- ✓ Singing Series
- ✓ Mind and Body Fitness

To join, log in at: **www.dance-sing.uk/dancesing-on-demand/login/**

Username (to login): **wellbeing**  
Password (to login): **cinnamon555**  
Find out more about DanceSing on YouTube at: **youtu.be/p7B4Ky8wp3Y**

Cinnamon's gift to you is free DanceSing classes for all fitness levels, anytime, anywhere, to help you look and feel your best this year. As well as 10-Minute Motivators, classes include:

- ✓ Nutritional Advice
- ✓ Strength Training

*Wishing you the very best of health for 2024!*

## Employee Assistance Programme

*Confidential personal support is just a phone call away.*

Sometimes we all need a little help to deal with practical and emotional challenges such as legal or financial

problems, family issues, medical information, insurance claims, stress and more.



Cinnamon's Employee Assistance Programme provides a 24-hour helpline from Health Assured and confidential personal support by qualified and experienced counsellors that are free to all Cinnamon team members. So please make that call rather than allowing your concerns to grow.

Call in strictest confidence on **0800 030 5182** or go to **www.healthassuredeap.co.uk**. Username: **Cinnamon**. Password: **Care**.

# It's great to be with the NAPA

Every Cinnamon home has membership of the National Activity Providers Association (NAPA). In 2024, we aim to take greater advantage of NAPA's professional development services to enhance the knowledge and skills of our activities team members and elevate their role.

Founded in 1997, NAPA champions the importance of activity, engagement and overall wellbeing, and their positive impact on the lives of individuals. In addition to offering professional development and helpful guidance, it champions and shares exemplary practices.

NAPA takes great pride in its collaborative approach with members when it comes to offering information, advice, guidance and training. Benefits are reciprocal: activity providers bring their own expertise, resources and practices to NAPA for the benefit of all involved.

### Active involvement

Lizzie Grant, Activities Co-ordinator at Watermeadow Grange, is one such example. Through her active involvement with NAPA, she has explored opportunities for volunteering with the organisation and used her NAPA membership to gain enormous personal development.

She has become a highly esteemed member of the NAPA Internal Activity Providers Advisory (APA) Group. This group is composed of dedicated activity providers who are NAPA members and who willingly participate to gather insights as well as share their valued opinions on various topics such as products, projects, partnerships and resources related to activity and engagement.

This opportunity has allowed Lizzie to participate in research projects such as the DACHA study (Developing research resources And minimum data set for Care Homes' Adoption). Lizzie contributes to this study through engaging with care home individuals to promote their involvement in public research. She has also



Lizzie Grant, Activities Co-ordinator

become part of the first group of activity providers in the UK to have their contributions acknowledged in an academic journal.

In addition, Lizzie has gained public speaking skills and experience through online platforms and conferences. Her decision to include NAPA campaigns at Watermeadow Grange, such as Arts in Care Homes, has helped her to form connections with the local community.

'It is truly delightful to collaborate with an activity provider like Lizzie,' said Natalie Ravenscroft, NAPA's Service Development Manager. 'Her warmth and passion not only contribute to but also exemplify NAPA's mission and values, where the core principles of nurturing happiness, involvement, and connection blend effortlessly into the way we provide care.'

*All Cinnamon activities team members have the amazing chance to emulate Lizzie, so please take advantage of your home's NAPA membership today!*



# Professional development VIA NAPA



At Cinnamon Care Collection, we are always pleased to support team members' professional development. This year, the National Activity Providers Association (NAPA) is offering a Level 3 Certificate in Activity Provision in Social Care.

If any Cinnamon activities team member is keen to do this course, please discuss it with your General Manager and then let Geoff Pride, Activities Support, know at [geoff.pride@cinnamoncc.com](mailto:geoff.pride@cinnamoncc.com). Cinnamon will pay the fee as part of your professional development.

## Who is it for?

Aimed at activities co-ordinators, the course develops understanding of the social benefits of providing opportunities for different kinds of activities in the context of care. It

provides a valuable insight to learners of ways in which activity provision can provide meaningful and purposeful engagement for people. It will enable learners to contribute to the planning, delivery and evaluation of an activity-based model of care. Learners will receive unit workbooks, a course handbook, a camera for assessments and full tutor support.

## Course content

The course comprises five units:

- Co-ordination of Activity Provision in Social Care
- Equality and Diversity in Activity Provision
- Implement Therapeutic Group Activities
- Community Involvement in Activity Provision
- Activity Provision in Dementia Care

## The certificate

To achieve this qualification, the

learner MUST successfully complete all five units. Learners will achieve unit credits and a certificate for each unit they complete. Those completing all five units will receive a fully accredited award certificate from Open College Network (OCN) London and the NAPA Activity Leader certificate and badge.

Further details are available on the NAPA website. Simply log in using your membership number and password and look under Services and Professional Development.



## NAPA LEVEL 3 NVQ: COURSE REVIEW

by Hedvika Pavluchova, Activities Co-ordinator, Rectory Court

I have been working at Cinnamon for almost eight years and have learnt a great deal while doing my job. This course, however, has given me new ideas and shown me other approaches I can use. I find it very interesting to compare my own work with what I learn and reflect on the similarities and differences.

I am about to complete Unit 4 of the NAPA Level 3 Certificate in Activity Provision in Social Care. I have one more unit left. I should

be finished by the end of January. I am encouraged to use my own work experience as an example when I write answers to the questions or engage with the videos. There isn't a lot of reading and learning: the focus is on the work I do and understanding its purpose.

## A better direction

New activities co-ordinators may discover that they do not fully understand part of their job and this course may provide a new and better direction.

I do, however, believe that you cannot teach this job. One has to have the right personality to become a good activities co-ordinator and genuinely want to make the difference to residents' lives. With passion and a positive, loving attitude, we can ensure our residents feel they are living at home surrounded by friends.



# Strictly Cinnamon

What a joyous October at Cinnamon it was, seeing all those fantastic posts on Facebook celebrating the world of dance for our Strictly Cinnamon competition. Once again, the incredible Cinnamon team spirit shone through and all expectations were well and truly exceeded – thank you!

The competition judges, Carole 'Bussell' Hunt, Geoff 'Du Pride', Sadie 'Ballas' Barker and Simon 'Severn' Toombs, enjoyed a wonderful afternoon at Support Office choosing the winners from so many magnificent entries.

We were delighted to see how much fun and joy Strictly Cinnamon brought to our residents and team members, as well as captivating and engaging a wider audience through all your brilliant posts on Facebook showing off your dancing.

As Naeem Arzu, Cinnamon's Digital Marketing Executive, noted, 'On average, across all homes, Strictly Cinnamon substantially helped to increase page reach. The high engagement on the page, including Page Likes, Post Likes, Shares and Comments, meant Facebook presented the videos/posts to a wider audience and that increased visibility of our page helped to boost our following. Additionally, more people were sharing content with their friends who were outside our existing page following. In other words, people were seeing activity in our homes who hadn't seen it before.'

I am sure you will agree that is a remarkable impact to have made, so well done and thank you!

## The results

After much deliberation and a little heated discussion, we finally all agreed that the four outstanding winners were homes that went the extra mile and more to post a dance a day that ranged from funny and hilarious, to moving and emotional, to highly creative and innovative. They even included some visitors from the community to bring some very different styles of dances. Huge congratulations to the winners who each receive a £250 prize:

- Lakeview Grange
- Parkfield Grange

- Watermeadow Grange
- Wellington Vale

Special commendations go to:

- The Gables
- Leah Lodge
- Rectory Court
- Sutton Park Grange

...and the incredible Lisa Walsh, Home Admissions Advisor at Mornington Court, whose 24-hour Danceathon raised over £1,200 for her local Oakhaven Hospice. On behalf of the judges and entire Support Office team, thank you once again for making October such a joyous month of dance!

**Geoff Pride**  
Activities Support



*"You dance love, and you dance joy, and you dance dreams"* GENE KELLY

# WHAT A SONG AND DANCE!

For the month of October, Cinnamon set the challenge of uploading a dance a day on Facebook and the team at Watermeadow Grange leapt at the chance to take part.

For 31 days they uploaded a dance a day onto Facebook: sometimes it was solo, or a group dance after a staff meeting, or pet therapy dog Milka's pirouetting skills. Pom-poms, tutus, blonde wigs and musical instruments became the norm as they danced their way through the entire month.

Highlights included a visiting Tudor Dance re-enactment group who taught team members to dance in a regal manner, solo dances to a drum beat and dancing the salsa to live singers. They learnt how to cha-cha-cha and the Housekeeping team



created a dance to an old English folk tune.

As well as having great fun, the team surprised themselves with their choreography skills and music choices, all of which helped Watermeadow Grange to carry off one of the four competition prizes.

'I am very proud of this achievement for my Watermeadow Grange team,' said Katherine Stephens, General Manager. 'We look forward to taking part in more Cinnamon challenges in 2024.'



Anyone joining the Cinnamon Care Collection will be asked at interview if they were referred and who referred them. If your name is recorded and the applicant is hired, you will receive a £500 introduction bonus\*.

To be eligible for the award you must still be employed by Cinnamon in any hourly role, care or non-care. Management will not be eligible.

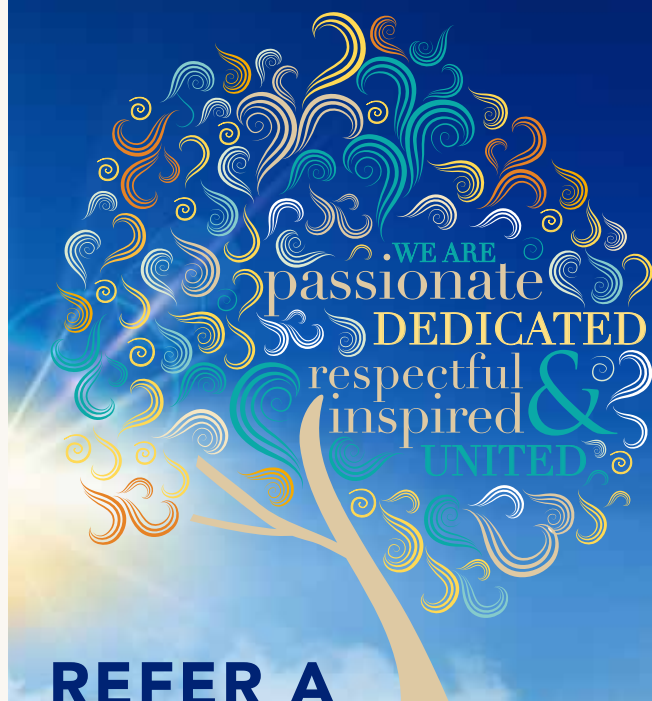
Please tell your friends all about us!

### Refer a Resident too

If you refer a permanent resident to Cinnamon and they move in, after 28 days you will be eligible for a £500 introduction bonus\*. Senior management and the sales team are not eligible for this award.

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

\*The introduction bonus is subject to tax and national insurance deductions.



**REFER A FRIEND... AND RECEIVE A £500 BONUS**

# 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 2024 awards are...



**Brian Acain**  
*Senior Carer,  
Abbotswood Court*

Brian is a very supportive team member who is extremely calm and collected under pressure. Always helpful, polite and very competent,

no wonder Brian is popular with residents and colleagues.



**JoAnne Hennessy**  
*Activities Co-ordinator,  
Eastcote Park*

JoAnne certainly knows how to deliver a varied programme of activities which meet the needs of a wide range of people. She connects easily with people and thinks

outside the box. Her genuine caring ability and warm nature always shine through. JoAnne is a great asset to the home.



**Sharon Dickson**  
*Kitchen Assistant,  
Earlsfield Court*

Sharon is a ray of sunshine in the kitchen. She is always ready to learn and bake new things. She goes above and beyond for residents, making a sweet

difference in their lives.



**Auddie Domingo**  
*Registered General Nurse,  
Eden Court*

Auddie goes out of his way every day to ensure the very best for residents, their families and colleagues.

Team members say he always has time to explain things and is so patient when new carers join the team. Residents appreciate the way Auddie gives them as much time as they need and has a chat even when he is busy.





### Lami Okunade

*Care Assistant,  
Emerson Grange*

Lami was nominated because she is always smiling and brings a positive attitude to her floor. Residents enjoy being looked after by her and everyone agrees she is a star.



### Mary Oliver

*Activities Co-ordinator,  
Lakeview Grange*

Talented, proactive and dedicated, Mary has organised many amazing activities sessions to fulfil the needs of residents and colleagues. Her ability to engage with local communities is unparalleled and everyone admits that Lakeview Grange could not do without her. She is one in a million!



### Josh Bickersteth

*Kitchen Assistant,  
The Gables*

Smiling Josh is an amazing ambassador for The Gables. When the home invited its neighbours for Christmas drinks, he stayed late to help out and showed how proud he is of The Gables by telling them all how amazing his team is. Josh has applied to do his NVQ as a chef and his colleagues are certain he will be a huge success when he qualifies.



### Leigh Morrison

*Activities Co-ordinator,  
Leah Lodge*

Everyone is impressed by Leigh's ability to communicate at all levels with residents. She links reminiscence and engagement into all activities, big or small, and has an unerring eye for detail. Her team members love her calm, helpful nature. Residents say her energy and passion is contagious.



### Tarita Mhakaingamwa

*Senior Care Assistant,  
Hartwood House*

Her colleagues describe Tarita as a loving and caring person with a heart of gold. Her patience and kindness made a difference to residents; she makes them feel loved.



### Szilvia Tanka

*Care Assistant,  
Mornington Court*

Szilvia does her utmost for residents and colleagues alike. She always puts the needs of each individual resident first. Empathetic, hard-working and popular, she supported the opening of the home's dementia community and has a personal understanding of each resident.



### Sarah Paddock

*Team Leader,  
Heathland House*

Sarah's passion for her role is as remarkable as her care for residents and their families. She happily volunteered to come in on her day off to help. She undertook an urgent assessment and completed all care plans and risk assessments to ensure a safe admission. Sarah stayed after her day shift to mentor a senior care assistant on nights and slept at the home to be instantly available if advice were needed.



### Ria Wallbridge

*Recruitment Administrator,  
Netley Court*

Ria is so welcoming and kind that new starters are instantly put at ease and feel supported. Reliable, patient and super-organised, Ria makes the recruitment process much more effective while also being a lovely colleague.



**Samantha-Jayne Clarke**

*Activities Co-ordinator,  
Parkfield Grange*

Samantha enthusiastically promotes Parkfield Grange. She loves her role and has a wonderful connection with residents.

Knowing their wants and needs so well means that activities and wellbeing are the definition of person-centred.



**Shannon Chamberlain**

*Kitchen Assistant,  
Sunnybank House*

Shannon produces the most beautiful cakes for residents and visitors. Her talents have not gone unnoticed and the compliments have been rolling in from all at Sunnybank House.



**Creston McKenzie**

*Second Chef,  
Rectory Court*

Creston will help his team at a moment's notice and has a particular flair with herbs and spices. Residents say his wit and humour make mealtimes

fun. Creston is always singing and dancing and makes the home feel fun and vibrant.



**Gemma Thomas**

*Host,  
Sutton Park Grange*

Gemma received so many positive comments about her willingness, dedication and passion for her role. She makes the residents feel incredibly special.



**Manny Sandhu**

*Administrative Assistant,  
Rivermede Court*

Manny demonstrates exceptional organisational skills, efficiency and a proactive approach. Her commitment to creating a positive work environment

and supporting the care home team, residents and family members has contributed to the home's success: it reflects her dedication to the wellbeing of residents and colleagues.



**Georgia Broadhead**

*Care Assistant,  
Watermeadow Grange*

Caring Georgia is an excellent member of the team, always willing to go out of her way to help. She is always happy and positive to be around. She is a wonderful

team player and very supportive.



**Aminat Yusef**

*Laundry Assistant,  
Rokewood Court*

The laundry department runs very efficiently since Aminat joined the team; there are virtually no lost items. Always smiling and happy, Aminat enjoys

chatting with residents. She is quick to help other teams and embodies Cinnamon's vision and values.



**Cremilda Chauke**

*Senior Carer (Nights),  
Wellington Vale*

Cremilda is a huge asset to the Night team. Hard-working and dedicated, she is always there to support her colleagues and frequently completes extra shifts to support the home.

Residents remark on her kindness and say they feel safe when she is on duty. She is very proactive when dealing with issues at night, which can sometimes be a lonely place. Nothing ever seems to phase her!

# Hartwood House celebrates staffing success

Hartwood House was delighted to welcome its first sponsorship team members in May 2023. To date, the home has recruited three senior care assistants and 20 care assistants from many different countries. After receiving a very warm welcome, they went on to have a robust induction and regular meetings with the home's team leaders and management.



A welcome party followed in the summer which, as well as being a fun day, allowed team members, residents and their relatives to get to know each other better. The team exchanged telephone numbers and organised lifts to and from work with each other.

Long-standing Hartwood team members quickly realised that many of the new sponsorship team required support with their homes and families. Donations to support their new colleagues poured in and were gratefully received.

The new team members were very interested to learn about British history and experience the home's Remembrance Day service. They enjoyed their first pantomime, carol service and Christmas party, and are looking forward to Burns' Night with keen anticipation.

## Amazing contribution

Moira Baxter, General Manager, said, 'On behalf of everyone at Hartwood House, I would like to thank our sponsorship team for the amazing contribution they have made. We

would also like to thank the HR & Recruitment Support Office team for their help with recruitment and the comprehensive induction. Thanks also to our long-term contracted team members for giving our new recruits such a warm welcome.

'We are all delighted to enter 2024 with a full team at Hartwood House and by the positive feedback from our new colleagues, all of whom have settled in well.'

*'It's a lovely place to work; the residents are lovely, the home is cosy and nicely decorated. I love my job here and would recommend to anyone to work here. I have learnt a lot of new skills.'*

Marbel Mtasa

*'I enjoy working at Hartwood because there is great teamwork. The management is very supportive: you rarely struggle to carry out your daily tasks as they offer sufficient training. The residents are well taken care of. Improving their daily lives is worthwhile and satisfying.'*

Geoginah Munyongani

*'I love and appreciate how the management involve themselves with the care. They help out where we are not able to. I have had great support from my team leaders and colleagues.'*

Carolyne Wachira:

POSITIVE  
FEEDBACK

# CHRISTMAS CHOIR *competition*



Back by popular demand, the Cinnamon Christmas Choir Competition soared to new heights this year. 'We asked for fun, festive, creative and engaging videos,' said Geoff Pride, Activities Support. 'We got that – and more! I would encourage everyone to search on Facebook for the winning videos; they are outstanding and capture the spirit of Cinnamon at Christmas beautifully.'

Congratulations to the four winners and the highly commended runner-up, all of whom showed wonderful team spirit and put tremendous effort, love and affection into their productions. Each of the four winners received a £250 prize.

- **Emerson Grange** with 'Rocking Around the Christmas Tree'
  - **Parkfield Grange** with 'Santa Claus is Coming to Town'
  - **Rivermede Court** with 'The 12 Days of Rivermede'
  - **Sutton Park Grange** with 'Mistletoe and Wine', complete with sign language too.
- **Wellington Vale's** performances of 'The Twelve Days of Christmas' and 'Rocking around the Christmas Tree' were highly commended.

*Thank you to everyone who took part.*



# Christmas *cake* challenge winners

It was the highest number of entries ever for this popular competition and consequently judging proved to be incredibly difficult for Rob Burcher, Head of Support Services, and Richard Pearhouse, Cinnamon's Executive Chef. The standard was so high that in addition to prizes for the winners they awarded Highly Commended prizes in both the resident and chef categories.

In the resident category, the **Wellington Vale** Activities team won for the second year running. Each imaginative cake represented either Christmas past, present or future, with Christmas present being a nicely-wrapped gift!

**Abbotswood Court** was highly commended for the involvement of their residents and quality of their design.

**Sutton Park Grange** was the overall winner in the chef category. The judges were impressed by the attention to detail and the beautiful house made from icing.

Two homes were highly commended: **Watermeadow Grange** for its artistically designed cake representing the town of Topsham and **Eastcote Park** for its intricate gingerbread village made by Fran Pedley, Kitchen Assistant.

## Thank you

'Well done to all the homes that entered,' said Rob Burcher. 'You are fantastic and thank you for all your hard work this year!'

Wellington Vale



THE WINNERS



Sutton Park Grange



Watermeadow Grange



Abbotswood Court



Eastcote Park

# PROFESSIONAL SANTA *wows* THE CROWDS

BEST GROTTO  
EXPERIENCE

Phil Jordon, Netley Court's brand-new activities team member, made a fantastic first impression as Santa in the home's annual Christmas Grotto. 'Phil has worked as a professional Santa Claus,' explained Nicola Hooton, Senior Activities Co-ordinator, 'so we were very fortunate he joined us at just the right time of year. Families said he was the best Santa they've ever seen and many people said our grotto experience was better than John Lewis!'

## Double trouble

Meanwhile, Lakeview Grange had not one but two Santas! Maintenance Manager Mark Wells delighted residents on Goodwood Lane by donning the disguise for their Christmas party. Jade Swain, Senior Care Assistant, and Care Assistants Kylie Rawlinson and Caitlyn Baker were Christmas cowgirl helpers along with Elf & Safety Monitor Mary Oliver.

Elf Mary reappeared on Christmas Eve, this time with Chief Elf Jackie Cridlin and her husband Simon as a second Father Christmas. 'It was definitely worth the effort,' said Mary. 'Our residents and their families loved receiving their gifts from Lakeview Grange in this way.'

## Elf crazy

There were more crafty elves at Parkfield Grange where two new elvish residents, Parky and Grange, indulged in amusing antics throughout December. Team members dressed up in appropriate costumes on Elf Day and held an Elf School for local children to make reindeer food, decorate gingerbread men, create their own snowman tree ornament and meet Santa. In fact, they went a bit elf mad. Elves were



the theme for their entries in both the Christmas Cake and Christmas Carol competition, too. Residents created a 'Seven Levels of the Candy Cane Forest' cake and Carolyn Clegg, Associate General Manager, dressed up as Buddy the Elf.

# STIRRED NOT SHAKEN

Stir-up Sunday, the last Sunday after Trinity and before the first one in Advent, is the traditional day for making Christmas puddings, a popular activity in the Cinnamon Christmas calendar.

At Eden Court, it was a family affair. 'We started with a wonderful festive performance from St Michael's Gospel Choir,' said Claudine Ruddall, Activities Co-ordinator. 'Then my nephew and niece, Bobby and Grace, handed out chocolates to all our residents and helped everyone to take part in our big pudding stir-up. It was a most uplifting, enjoyable day.'



MAKING A WISH



At Lakeview Grange, Head Chef Ciaran Jones and Activities Co-ordinator Mary Oliver invited residents, team members and visitors to learn about the traditions behind this Christmas event. Then everyone helped to stir a tippie into the Christmas pudding mixture and made a wish for 2024. 'It tasted great when eaten at Christmas!' said Mary.



# ALL wrapped UP

The crowds gathered with high anticipation as Emerson Grange pulled out the stops for its inaugural Christmas Jumper Day pageant. From residents and carers to hospitality and resident services advisors, the whole home took part as the battle for the best festive attire began with fancy catwalks and mini-interviews.

The audience cheered so loudly for every participant that there was no clear winner. Karen Norris, Head Judge and Care Services Manager, was given the deciding vote. Aadil Baig, Resident Services Advisor, scooped up the team member prize, whilst elf for the day, Christine Cave, collected the resident's prize.

## Prized possessions

Lakeview Grange residents used their Cinnamon In Bloom prize money for Best Residents' Project to purchase some living Christmas trees. Once decorated, they made a lovely display in the garden and on the balcony.



# CHRISTMAS AT CINNAMON

Cinnamon team members and residents ate, drank and made merry, celebrating Christmas with joyous carols and choirs, parties and pantomimes, Christmas jumpers and fairs, Santa and his elves and a whole lot of fun.



Eden Court



The Gables



Emerson Grange



Netley Court



Eastcote Elf Day



Lakeview Grange



Watermeadow Grange



Parkfield Grange





Netley Court



Netley Court



Parkfield elves



Netley Court



Lakeview Grange



Parkfield Grange

CHRISTMAS CHEER



Rectory Court

# Classic Christmas Show Brings Joy

Following their magical 'Night at the Musicals' in Battersea Park last summer, Activities Co-ordinator Claudine Ruddell and her colleagues accompanied ten residents to see a traditional Christmas pantomime.

After an early light lunch, they set off to the New Wimbledon Theatre for a matinee performance of *Cinderella*. As they settled into their seats, Claudine handed out bags of retro sweets to give a special flavour to this nostalgic trip.



'It was a wonderful family show and this year's cast was brilliant,' said Claudine. 'Pete Firman, the UK's leading comedy magician and a TV regular, played the part of Buttons while Craig Revel Horwood, the Strictly Come Dancing judge, was hilarious as the wicked



Appreciative audience

stepmother. The set and costumes were gorgeously colourful and our residents said the panto was "Fab-u-lous, dah-ling!" Will they be going again next year? Oh yes, they will!

## Panto pirates

Emerson Grange received an invitation to an inventive Christmas pantomime by their neighbours, Hextable Primary School. With swashbuckling pirates and original songs to boot, it was a unique performance

and very well received by the audience.

'Our five residents who attended particularly enjoyed getting to know the pupils, especially those who had submitted a design to our Christmas card competition,' said Joe Stratford, Lead Activities Co-ordinator.

## SWEET SINGING IN *the* CHOIR



The Rectory Court Choir prepared a beautiful programme of five Christmas songs and carols, ably assisted by Activities Co-ordinator Hedvika Pavluchova and a resident's relative who plays the piano.

They are experienced singers; many of them used to sing in choirs before moving to Rectory Court. 'Some of our residents even had a solo,' said Hedvika. 'We were so proud of them when they sang for their fellow residents and team members. The beauty of their singing touched my heart.'

There were more Christmas songs courtesy of a local singer at the home's Christmas Fair. Stalls selling arts and crafts made by residents, cakes, a raffle and a tombola all helped to raise £100 for Age Exchange.

## GREAT NIGHT, NO QUESTION

Rectory Court hosted its first Festive Quiz Night in December. 'We had five teams of three people and each team had to ring a bell before answering a Christmas-themed question,' said Hedvika Pavluchova, Activities Co-ordinator and quiz master for the night. 'First prize was a winner's trophy, a bottle of prosecco and some chocolate. It became very competitive and was so much fun. I was also thrilled to discover that I'm a good quiz master!' The evening was such a success that Hedvika plans to hold a quiz night every three months.



## TOWEL *triumph* AT LAKEVIEW GRANGE

Lakeview Grange residents took part in a highly original activity recently. Junvi Licayan and Jennifer Zhang from the home's resourceful and talented Housekeeping team came up with Towel Animals as one of the home's Christmas activities.

Conceptually like origami, they used towels instead of paper, folding them to create a range of different animals such as elephants, snakes, rabbits and swans. The practice originated on Caribbean cruise ships in the 1980s and has become popular on cruises and in hotels.

'It was so good for Junvi and Jennifer to interact with the residents and their visitors in a creative and fun way, away from their usual Housekeeping roles. It provoked lots of laughter and everyone could keep their animals in their rooms afterwards and admire their handiwork,' said Mary Oliver, Activities Co-ordinator. 'With a bit of imagination, you can make almost any animal using a folded towel. I even had a go at creating a snowman – although he looked as though he was melting!'



GREAT HANDY WORK

## TRIPPING THE *light* FANTASTIC

The annual tour of London's Christmas lights proved very popular with Eden Court's residents. Their minibus held as many residents as it could plus a welcome tin of chocolates. They sang along to Christmas music all the way from Eden Court to central London where the Christmas lights exceeded expectations.

'Oxford Street glittered with stars while Regent Street was radiant with heavenly angels,' said Claudine Ruddall, Activities Co-ordinator, 'It was a magical feast for the eyes and our residents loved every moment.'



# WINTER HEART- warmers



Wellington Vale team members and residents enjoyed showing off their dance moves daily during October's Strictly Cinnamon competition. The following month, they celebrated the home's seventh birthday with a gorgeous cake fit for a king, followed by sparklers in the garden.

On Remembrance Sunday they were joined by service men who led a service Raising the Flag. Gemma Mason, Administrative Assistant gave a touching addition to the day when she read segments from the home's remembrance book. The service was followed by afternoon tea and reminiscence with George Mason and Tim Cox, both of whom serve in the Navy.

### Busy elves

The team were very busy elves over the Christmas season. Having given their home a festive air, they hosted a community carol service. 'It was a magical evening with delicious mince pies and mulled wine made by our wonderful chef,' said Breda O'Doherty, Lead Activities Co-ordinator.

Next came the Christmas Choir competition and Sandy Atkins, Senior General Manager, suggested using it to combat loneliness for elderly people who live locally. They donated crackers and table decorations to Age Concern. They also opened their home to lonely people to enjoy a roast dinner and entertainment over the festive period, working closely with GPs and menu partners to ensure the people who needed them the most would be referred. Sandy adapted the lyrics of a well-known Christmas song to publicise their event.

### Christmas show

In a new departure, the team created and filmed an original show based on a Christmas at Wellington Vale. Everyone took part, singing and acting. They also filmed their version of 'The Twelve Days of Christmas' to share on social media. Both videos are available to watch on the home's Facebook page.

Next, Helen Cox, Home Admissions Advisor, organised a special Christmas party for their Parent and Baby Group with games, music and a visit from Father Christmas. The annual Christmas Fayre followed, attended by more than 300 visitors. Father Christmas had an exceptionally busy day meeting more than 100 children. It was a great event and everyone, old and young, loved meeting Father Christmas in his grotto.



# Santa, snow and smiles

Abbotswood Court hosts its third annual Santa's grotto

It just gets bigger and better! Over 150 families and children attended this perennially popular event at Abbotswood Court to meet Santa Claus, his faithful elves and the jolly snowman. Even the Grinch couldn't spoil the fun when high winds blanketed the home and surrounding area in snow. As daylight faded, the magical grotto lit up casting a warm glow into the early evening.

## Very good neighbours

'We are officially the best grotto in town!' said Annya Sait, Home Admissions Advisor. The whole team pull together to make this event special and it was truly wonderful day which created many happy memories for residents, families and the wider community.' They raised over £300 for a local charity, Romsey Good Neighbours.

BEST GROTTTO  
IN TOWN



## SWEET SEASONAL SONG

Sarah Cinco and Carolyn Panday, Care Assistants at Eden Court, are part of a singing group, so when they offered to come into the home on their day off to sing Christmas carols with residents, who could refuse?

'It was a joyous time, said Claudine Ruddall, Activities Co-ordinator. 'We had so much fun singing and dancing. It was made even more special when they sang a traditional Christmas song from the Philippines. Our thanks to Sarah, Carolyn and their friends for spreading so much seasonal joy.'

## Private performance

The musical treats didn't stop there! Christina Hindmarch, Assistant Director of Music at Newton Preparatory School, brought her pupils to provide a festive musical accompaniment during the home's Christmas luncheon and perform

again afterwards. An impromptu piano recital followed. 'Children bring such joy to a care home and we were all bowled over by their performances,' said Claudine.



# SPRINKLE of CINNAMON

makes wishes come true

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

During dance month in October, Samantha Clarke, Activities Co-ordinator at Parkfield Grange, organised a special performance by a local dance group for a married

couple who are resident at the home. 'They are our resident lovebirds, explained Samantha. 'The group composed a dance to their favourite song, 'When I Fall in



Love', and we invited their family to come in and watch along with them and the other residents. They were thrilled!

## MEMORABLE *milestone*

As part of his 102nd birthday celebrations RAF veteran Bryan Wardell, resident at Sunnybank House, received a visit from the Deputy Lord Lieutenant of Hampshire, Air Vice-Marshal Paul Douglas Luker CB, OBE, AFC, DL and a representative of the modern-day services, Flight Lieutenant Raph Winstanley from RAF Odiham, bringing together three generations of the RAF.

operational tour on No 50 Squadron (Lancasters) at RAF Swinderby. He then became an instructor on No 7 Heavy Conversion Unit at RAF Waddington. His final tour was as the Senior Test & Evaluation Air Engineer at Boscombe Down.

'This was a perfect way to celebrate Bryan's 102nd birthday,' said Paul Burrows-Gibson, Senior Activities Co-ordinator. 'I felt so proud to

be a part of this wonderful afternoon.'

Earlier in the autumn, Paul and Bryan's son had organised a flypast from a Battle of Britain Memorial Flight Lancaster Bomber. As reported in the previous issue of *In Touch with Cinnamon*, this was to mark the birthdays of Bryan and a fellow resident and RAF veteran, Willetta Woodley who celebrated turning 101.



Family, friends and members of the local armed forces also joined the celebration to honour this former World War II bomber who still has strong connections with the RAF. 'I feel so honoured to have had such distinguished visitors come to see me,' said Bryan.

### Distinguished career

Bryan joined the RAF as an LAC engine fitter in 1942 and was posted to No 74 Squadron (Spitfires) at Biggin Hill shortly after the Battle of Britain. He went on to train as a Flight Engineer and completed an



DISTINGUISHED VISITORS

# Chris COMES TO THE RESCUE



Rokewood Court's newly appointed Activities Co-ordinator, Chris Shields, rushed to the rescue recently when a scheduled entertainer fell ill at the very last minute.

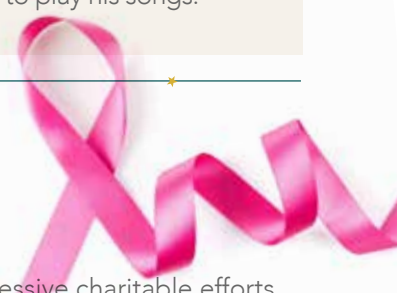
Chris didn't hesitate to step in. With the help of his acoustic guitar, Spotify and a Bluetooth speaker, he performed a 90-minute music set for residents which really rocked the home, everything from Elvis to Jerry Lee Lewis and Frank Sinatra.

Resident Bernard Baulch said, 'We couldn't believe the songs he was doing – everything from Bill Haley through to Glen Campbell, even playing any requests we shouted out.' Another resident, John Eggs, congratulated Chris on his knockout performance. 'We were so impressed at the standard of the show, especially as it was all played off the cuff.'

Chris, who used to play professionally, had kept his musical prowess hidden, but now Rokewood's residents want him to sing every week.

As well as releasing five self-penned music albums, Chris has published five non-fiction books ranging from history to a biography of Rik Mayall. Visit his website [www.chrisshieldsmusic.com](http://www.chrisshieldsmusic.com) or 'ask Alexa' to play his songs.

## SWEET CHARITY *success*



It is always nice to be appreciated, so Home Admissions Advisors Debra Wyatt and Ben Dalgetty were very touched to receive a lovely letter from Age UK Solihull thanking the Eastcote Park team for all their support in 2023.

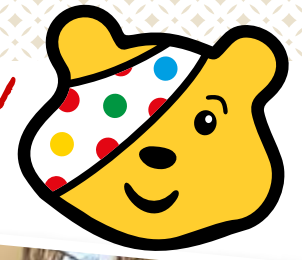
The team held two festive lunches which raised £268 through

raffles and donations from the guests, as well as numerous events throughout the year including raffles, quiz nights, a stand at a beach party, Welcome Wednesdays' donations, sales of greetings cards and chocolate bouquets. They raised over £1,800 in all as well as earning the gratitude of Age UK Solihull.

Their impressive charitable efforts did not stop there. Residents made 50 poppies in time for Remembrance Day to support their local British Legion. Team members and residents dressed up in pink to raise funds for breast cancer research on Wear It Pink day, raising a smashing £87 for this fantastic cause.



# WHAT A GREAT *oardeal!*



The Watermeadow Grange team decided to take part in this year's Children in Need and the Royal Marines by rowing the equivalent of 100 miles around the South coast on two static rowing machines. The 28-strong team comprised team members, residents and family members as well as two Exeter Chiefs, who took turns rowing and reached their very ambitious target in just 25 hours.

They were featured on BBC Spotlight cheering on General Manager Katherine Stephens as she rowed them onto the start line. The team took turns to encourage each other when spirits were flagging: pom-poms, disco music and a pirate all helped to keep their motivation high.

Selina Sapsford, Home Admissions Advisor, who organised the initiative said, 'It was such good fun and an amazing team effort by our care home residents, staff, their families and members of our local community. It took us quite some time – it's harder than you think! – as our team members were working and could only row when we got the chance. The night team even managed to fit in a row at 2.30am!

### Huge thanks

'Huge thanks to go the Royal Marines and Caroline Newman, daughter of one of our residents, who lent us the rowing machines, as well as to Exeter Chiefs' Community Delivery



Manager, Tom Steer, and Community Development Coach, Olly Hale, for rowing with us.'

Together, the team raised over £400 for their two chosen charities. Further donations can be made via Just Giving using the following link: <https://shorturl.at/fijl9>.

## A TIME TO GIVE BACK

Christmas is not so much about opening presents as opening our hearts and giving joy to others. This spirit shone brightly in the Sutton Park Grange team. Tarrece Harris, Senior Care Assistant, suggested collecting gifts for the Birmingham & Solihull Women's Aid charity for children affected by domestic violence. The charity, however, asked

if they could also include gifts for the ladies too as they often go without.

### Amazing response

'We had an amazing response from team members and relatives,' said Karen Handley, Home Admissions Advisor. 'There were so many toys and gifts that we filled four very large bags and some boxes too. The charity was extremely grateful; the people they help face very difficult situations.'

'I am extremely proud of my team who, once again, found true happiness and the meaning of Christmas through giving something back to our community,' said Su Edmonds, General Manager.



## Distinctive achievement

Congratulations to **Conor McManus**, Team Leader at Netley Court, on achieving Distinction in his Level 5 NVQ in Adult Care. He was overwhelmed when his teammates gathered in reception to applaud him and present him with celebratory chocolates and a bottle of rum. 'Conor is delighted and we are all so proud of him,' said Sarah Gillett, Home Admissions Advisor.





# POPPIES *for* REMEMBRANCE

The Sunnybank House team marked Remembrance Day with a vast display of more than 2,400 knitted poppies covering all the hedges, bushes and trees in the front garden. It looked spectacular from the road and attracted many compliments from visitors and passers-by.

'It took more than two hours to put it together and although we had to abandon the display coming from the second floor due to wet weather, the result was humbling and very worthwhile,' said Paul Burrows-Gibson, Senior Activities Co-ordinator.

'I was not alone in my reaction. I posted our photos on social media and there were over four thousand views in four hours. My contacts in ex-service organisations also kindly shared the photos with their members. Other social media posts

across Hampshire went live later.'

On Remembrance Day itself, Paul accompanied one of the home's resident veterans to lay a wreath at the Village War Memorial on behalf of Sunnybank House. A service of remembrance at the home followed for residents, families and the wider community.



HUMBLING  
DISPLAY



## SPRIGHTLY NEW YEAR

The sound of music and sweet smell of baking filled Netley Court during December as residents enjoyed a variety of arts and crafts activities.

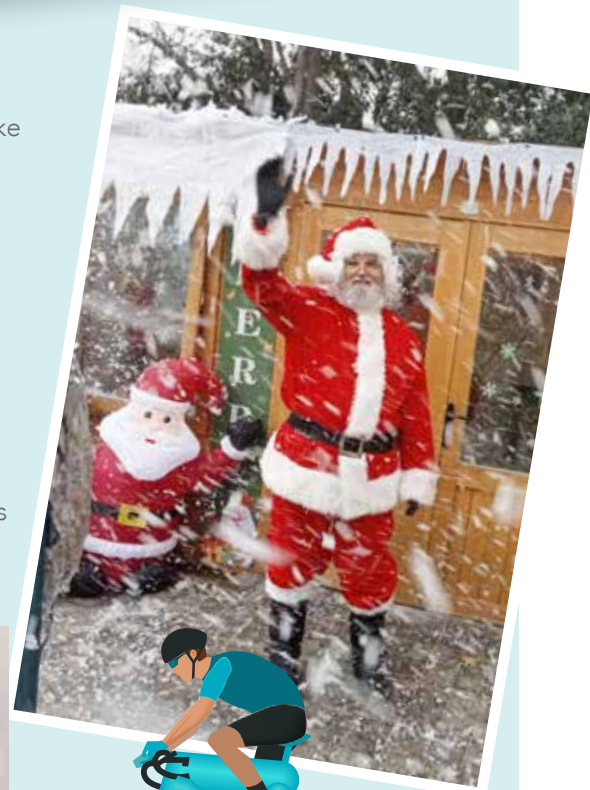
'Our Christmas Grotto was a great success,' said Nicola Hooton, Senior Activities Co-ordinator. 'It looked magnificent and we received a lot of positive feedback from residents.'

This year, team members are looking forward to more community groups visiting the home and being able to

sprinkle some Cinnamon and make some wishes from their wish tree come true.

### Active days out

Residents are looking forward to sprightly days out as the weather improves, cycling in the New Forest with PEDALL, boat trips with Solent Dolphin aboard the Allison McGregor, power boating with WetWheels and trips with the Queen Elizabeth Activity Centre on the Hamble River.





# Veterans' Tea & Banter group

Sunnybank House held its inaugural Veterans' Tea and Banter Group in November, providing tea and cake for local people who serve or have served in the armed forces. It was a great opportunity for service people to enjoy spending time together, sharing experiences and forging new friendships.

Kay Mitchell, General Manager, said, 'We are honoured to have several veterans living in our home, including two over the age of 100 who served in the Royal Air Force

during World War Two, a 90-year-old lady who served in the Royal Navy, and a number who served in the Army.

### Sharing memories

'We know that many who have served over the years miss the comradeship of being in a regiment and can often feel lonely and isolated when they enter civvy street. We created this group to enable veterans to spend time together, to talk about memories of when they served and to make new friends. We



MAKING  
NEW FRIENDS

look forward to welcoming them to our home – and we know that our veteran residents are very much looking forward to it too!'

The group will meet on the first Tuesday of each month at 2.30pm. All veterans are welcome to attend on a regular or *ad hoc* basis.



## A CARD FROM OUR KING

One of Eden Court's residents, Edwin Siebert, recently received a special card from King Charles III and The Queen Consort to mark his centenary.

Edwin invited nine of his closest friends to celebrate his birthday with him. They enjoyed a leisurely lunch together at Eden Court, chatting and reminiscing about long-standing friendships. Activities Co-ordinator Claudine Ruddall had arranged a surprise party with an entertainer afterwards and invited all of Ewin's Eden Court friends to sing, dance and make merry. 'It was an emotional afternoon,' said Claudine, 'and we all took great delight in celebrating this wonderful man's special day.'



# UNPRECEDENTED SUCCESS

Congratulations to Rose Strutt, Head Housekeeper at Rivermede Court, and her Housekeeping team on winning Team of the Year at The Surrey Care Awards. Nine team members were nominated, four of whom became finalists in their category. The finalists were:

- Dafne Garcia Nieto, Care Assistant, for Care Worker of the Year.
- Hanka Vlhova, Activities Co-ordinator, for Service Users Involvement Champion.
- Mariano Conceicao, Maintenance Manager, for Unsung Hero.
- Rose Strutt, Head Housekeeper and the Housekeeping team for Team of the Year.

‘We were thrilled to have four finalists; it is quite unheard of have so many,’ said Candice O’Neill, General Manager. ‘It is a huge achievement to be nominated and to be a finalist representing your home across the whole of Surrey.’

‘We are delighted that Rose and her team won Team of the Year. Their dedication and hard work have significantly contributed to the success of Rivermede Court, so this recognition is very well deserved.’



FINALIST & WINNER

# ROKEWOOD COURT *takes IT TO THE BANK*

With the Christmas season approaching, the Rokewood Court team was looking for a way to give back to their local community. At the same time, team members had been hoping for a dress-down day. They cleverly combined the two ideas and held a non-uniform day where team

members could wear appropriate non-uniform work clothing in exchange for a small donation to the local food bank.

‘We got our box ready in reception to receive donations,’ said Chris Shields, Activities Co-ordinator. ‘It was quickly clear we would need more than one box! We ended the day with a box full of goodies plus four full bags. We took them down to the food bank where everything was gratefully received. Everyone enjoyed the day and many residents remarked how nice it was to see us in “normal” clothes. We hope to do something similar next year.’



# The Gables' *Winning* Design

The Gables team recently celebrated being crowned the UK winner of the Healthcare and Wellness Design Award in the prestigious Society of British Interior Design (SBID) 2023 awards.

Founded in 2009, these awards attract entries from across the world and recognise, reward and celebrate design excellence in interior design. Winning a SBID Design Award is an impressive achievement, as entries are evaluated by leading industry experts for aesthetic creativity, while the design-conscious public also have a say in voting for the most inspiring projects.

Catalyst Interiors were commissioned by Cinnamon to design and fit out The Gables care home with luxury and hospitality in mind. A bright and welcoming reception and a bespoke piano bar provide style, elegance and comfort for residents and their visitors.



Luxury and hospitality

Every detail at The Gables has been considered, with residents benefitting from exceptional facilities including a coffee bar, hair and beauty salon, cinema and private dining room.

Julie Weaver, Senior General Manager, said, 'We are thrilled that The Gables has won this prestigious

award. Our residents benefit from beautiful design aesthetics, matched by the highest level of individual care, which is key to our ethos at Cinnamon.'



## WE ARE BLESSED

Lakeview Grange recently received a blessing from Father Angus Reid, Rector of the home's parish church, St George's in Whyke, Chichester.

Father Angus is a familiar figure in the home; he visits each month to hold a Holy Communion service and some of his congregation are volunteers and visitors at Lakeview Grange.



## Animal antics

Residents at Parkfield Grange enjoyed a hands-on animal encounter recently, getting up close and personal with an owl, guinea pig, rabbit and hedgehog courtesy of Angie's Animal Antics, a local pet therapy company. 'They also love visits from my dog, Ruby, and take care of her as though she is their own,' said Samantha Clarke, Activities Co-ordinator.

Meanwhile, Rectory Court received a visit from some delightful two-week-old Cockapoo puppies who belong to a residents' relative. They brought so much joy to residents and team members and everyone adored them.



# Cockney cappers

Residents at Rokewood Court recently met some engaging ruffians from *Oliver Twist* during the home's Dickens Day. Roy Booth, Home Admissions Advisor, dressed up as Bill Sykes, Jan Singfield, Administrative Assistant, became the lovely Nancy and Chris Shields, Activities Co-ordinator, transformed himself into Mr Bumble the Beadle. Last, but not least, Roman the bull terrier delivered a devastating cameo performance as Bullseye.

They all stayed in character while they joined residents in singing some of the songs from the 1968 musical, including 'Food, Glorious Food' and 'Consider Yourself'. 'Our residents really enjoyed

the afternoon and all 'aitches were dropped in true cockney style!' said Roy. 'We ended the afternoon by watching the film of the musical together.'



## CAKES FOR CHILDREN IN NEED

Netley Court raised funds for charity on Children In Need Day recently with a truly scrumptious cake sale. All the cakes were made and kindly donated by a resident's relative. Residents also made badges for visitors which were sold at reception. They raised £77 for the charity, now in its 43rd year, which supports disadvantaged children and young people around the UK.





# DANCING *their hearts out*



Wellington Vale enjoyed an active October taking part in the Strictly Cinnamon challenge. This initiative, created to keep residents active and spread some joy, involved celebrating the wonderful world of dance by posting a different dance on Facebook every day throughout the month.

Team members, residents and their families rose to the occasion, taking part in different dances. They also involved local dance groups including Fit N Funky, Classique School of Dance, Love to Jive and Showstoppers Stage School. The home's Parents & Baby Group even joined in, with an outstanding performance of 'Heads, Shoulders, Knees and Toes'.

Helen Cox, Home Admissions Advisor, Wellington Vale said, 'We love getting residents involved in creative activities and the Strictly Cinnamon challenge was a perfect way to have fun and bring our whole community together, both inside and outside the care home.'

### Impressive moves

'We were very impressed by everyone's dance moves and it was great to see how much everyone enjoyed dancing their hearts out. We were very proud of our 33 competition entries. Stand-out moments included team members and residents dancing together to "Eye of the Tiger", "Footloose" and "Singin' in the Rain". We also had

a remarkable dance from one of our residents with dementia who performed "I Can't Help Falling In Love With You" with her husband. It was truly beautiful to watch.

'Strictly Cinnamon has been a fantastic opportunity to showcase the fun and camaraderie at Wellington Vale and throughout our care home group. We are looking forward to taking part again next year.'



## Best day since sliced bread

Lakeview Grange team members enjoy a variety of themed days throughout the year. On International Bread Day, residents were treated to a bread-tasting session, sampling a variety of breads from around the world. Hot chocolate with marshmallows and chocolate wafer biscuits was the beverage of choice for their elevenses on National Hot Chocolate Day.



# MOONWALK

make every step count.

LONDON LIVE  
SAT 18 MAY 2024

# LONDON MOONWALK 2024

Let's make every  
step count!

Join our intrepid Cinnamon team  
and take part in the iconic London  
Moonwalk on **Saturday 18th May**  
to raise money for a great cause,  
Breast Cancer Awareness.

This promises to be a great team-  
building experience, so please email  
Geoff Pride, Activities Support, if you  
would like to take part at [geoff.pride@  
cinnamoncc.com](mailto:geoff.pride@cinnamoncc.com).

**SIGN UP NOW &  
WALK THE WALK!**

**ANYONE**  
CAN GET BREAST  
CANCER



walkthewalk.org



Charity No  
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walkthewalk®



# USE IT, DON'T LOSE IT

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

As a company we want 85 to 90 percent of holiday taken and paid for by the end of January. This does not include holiday you plan to take in February and March. May we also remind you again, that if holiday is not used, it will be lost.

If you do not book your holiday, then Cinnamon as your employer can tell you when to take your leave. We need to give you two days' notice for every day we want you to take. For example, if we ask you to take four days' holiday, we need to give you eight days' notice of this.

*Please get your holidays booked!*



## Coming soon...

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

### February

<b>2 Feb-16 Mar</b>	Rugby Union: Men's Six Nations.
<b>10</b>	Chinese New Year – it's the Year of the Dragon.
<b>13</b>	Shrove Tuesday.
<b>14</b>	St Valentine's Day.
<b>17</b>	Random Act of Kindness Day.
<b>17-23</b>	Real Bread Week.

### March

<b>1</b>	St David's Day.
<b>1-31</b>	Marie Curie Great Daffodil Appeal.
<b>4-10</b>	<b>British Pie week and Cinnamon Best Pie Competition.</b>
<b>7</b>	World Book Day.
<b>7-10</b>	Crufts Dog Show 2024.
<b>10</b>	Mother's Day (Mothering Sunday).
<b>11-18</b>	Nutrition & Hydration Week (smoothies, mocktails).
<b>12-15</b>	Cheltenham Festival & Gold Cup Race.
<b>15</b>	Red Nose Day raises funds for Comic Relief.
<b>17</b>	St Patrick's Day.
<b>29</b>	Good Friday (Hot Cross Buns Challenge).
<b>31</b>	British Summertime starts: clocks spring forward one hour. <b>Easter Sunday &amp; Cinnamon Easter Egg Competition.</b> You Make The Difference Award – deadline for final quarter's nominations.

### April

<b>9</b>	Winston Churchill Day.
<b>13</b>	Grand National, Aintree.
<b>20 Apr-6 May</b>	Snooker: World Championship, Crucible Theatre, Sheffield.
<b>23</b>	St George's Day – celebrate traditional English food. Shakespeare Day.