

# INTOUCH

with CINNAMON



## The Big Reveal

Amazing good news  
Page 03

## Cinnamon Olympics

Celebrating cultures  
& sport  
Pages 04-05

## Birthday Bonanza

Let the good times roll  
Pages 16-17



CINNAMON  
LUXURY CARE



# CONGRATULATIONS



Geoff Pride recently undertook the new role of Engagement & Activities Manager with responsibility for managing and co-ordinating a successful activities and volunteer programme within all Cinnamon homes.

He aims to enhance Cinnamon's reputation through publicising our activities programme internally and externally. Geoff will also be responsible for supporting Wellbeing Champions and encouraging team member engagement in Wellbeing areas. In addition, he will promote our Cinnamon Vision & Values programme to reinforce our company's positive culture and understanding of diversity.

**Ewa Grzelinka**, Senior Care Assistant, and **Hanka Vlhova**, Activities Co-ordinator, recently celebrated their five-year anniversary working at Rivermede Court. The entire team send their congratulations.

**Arelis González**, Senior Care Assistant at Rivermede Court, recently qualified as a finalist for Carer of the Year at The Surrey Care Awards 2024. Her teammates wish her good luck at the awards gala.



Ewa Grzelinka



Arelis González



Hanka Vlhova



Charmaine Taylor

Congratulations to **Charmaine Taylor**, Head Chef at Rectory Court, on completing her apprenticeship and attaining her Level 3 NVQ qualification as Senior Professional Chef.

## MOVING ON

Parkfield Grange said a fond farewell to Head Housekeeper Aimie Croft recently as well as a temporary goodbye to Kitchen Assistant Josh Thompson. Josh will return to Parkfield Grange at Christmas as a bank team member before returning to university where he is studying for his degree in Nursing.



## MOVING IN



**Michelle Gray**  
*Care and Quality Specialist, Support Office*

Michelle is a Registered General Nurse (RGN) with over 30 years' experience. Prior to joining Cinnamon Care Collection, she was General Manager for three Signature Senior Living homes and Regional Governance & Compliance Support Partner. Before that, Michelle was Head of Nursing in neuro rehabilitation at Queen Elizabeth's Foundation for Disabled People (QEF), a charity committed to helping people with acquired brain injuries and other disabilities. Michelle holds an MA in Practice Education and is a Practice Teacher and qualified Mental Health First Aider (MHFA). She will continue to provide supervision and teaching at Cinnamon.



**Jo Pattison**  
*Peripatetic General Manager, Support Office*

Jo started her career as a Senior Care Assistant in a variety of BUPA settings across Hampshire while also studying at college and university. She went on to work in nurse and care recruitment for 10 years and subsequently became a Group Operations Manager for Autism services. Before joining Cinnamon Care Collection, Jo held senior management roles at Sunrise Senior Living, Barchester Healthcare and, more recently, Colten Care where she was Operations Manager in the Christchurch, Bournemouth and Poole area. Jo will be working mainly in Cinnamon's southern homes.



# The BIG REVEAL

Cinnamon team members enjoyed an amazing day watching the Best Companies to Work For Big Reveal onscreen and celebrating with afternoon tea and goodie bags.

Cinnamon Care Collection was recognised as:

**No. 5 in the Best Companies to Work For  
in the Health & Social Care sector.**

and a Best Company to Work For across all sectors in the following regions:

**4th in Yorkshire & Humberside  
23rd in the West Midlands  
73rd in the South East**

A VERY BIG  
THANK YOU TO  
YOU ALL!



'This is a fantastic achievement for our first entry into the Best Companies to Work For Awards,' said Sadie Barker, Head of HR & Training. 'It is all due to our brilliant team members and the questionnaires they completed about what it is like to work for Cinnamon Care Collection.'







# CULTURAL OLYMPICS

Cinnamon homes embraced the opportunity to celebrate different cultures and timed it to coincide with the opening ceremony of the Summer Olympics in Paris. Each participating home chose a variety of cultures represented by individual team members and residents.

The celebrations began with a tasty lunchtime buffet showcasing the drinks and cuisine of each home's chosen cultures. At Netley Court, Head Chef Stephen Sutton created a menu that included dishes from Africa, India, Malta and Poland.

## On parade

An Opening Ceremony parade followed featuring homemade flags and bunting. At Lakeview Grange, team members set the pace, passing their Olympic Torch from one to another as a symbol of unity between generations and different cultures. It also served as a reminder of the Olympic ideals, promoting peace, friendship and fair play.

Eastcote Park opened its games with a genuine London 2012 Olympic Torch. They celebrated the day with Caribbean steel pan drummers, limbo dancers, stilt walkers and a winning Olympics cake.

At Wellington Vale, team members held aloft a banner during their

Opening Ceremony garden parade that had been made for the occasion by residents. Sporting events followed including an archery tournament.

## Fiercely competitive

At Emerson Grange, residents and team members competed floor by floor in 17 Olympic-style games with a thrilling tug of war finale. Buckingham and Kensington floors were crowned the victors.

Undaunted when rain stopped play, Lakeview Grange team members and residents moved their Olympics indoors for a fiercely competitive bean bag-tossing tournament. Meanwhile, Watermeadow Grange held a running machine challenge and a tour of the gardens with the toddlers from Little Ducklings Nursery.

At Parkfield Grange, DrumTastic drummers wearing hats from their chosen cultures pounded out each national anthem. Residents cheered them on waving flags in time to the beat. A didgeridoo performance from a resident representing Australia was an unexpected highlight.

To close this Olympian event, many Cinnamon homes joined together for an al fresco DrumTastic class which included a rousing rendition of Queen's timeless hit, 'We Will Rock You', as the grand finale.

## Olympian winners

A panel of judges awarded prizes of £250 in four competition categories. Eastcote Park carried off the prize for Best Celebrating Cultures & Olympic-Themed Buffet Menu, with Rivermede Court Highly Commended in second place.

Hartwood House and The Gables were joint winners of the Best Celebrating Cultures & Olympic-Themed Dessert. Abbotswood Court and Sunnybank House were Highly Commended.

Mornington Court received first prize for the Best Celebrating Cultures & Olympic-Themed Opening Ceremony Parade, with Eastcote Park, Hartwood House and Outram Fields all Highly Commended.

Eastcote Park and Parkfield Grange were joint winners of the Best Celebrating Cultures & Olympic-Themed Al Fresco DrumTastic Class with Netley Court, Sutton Park Grange and Watermeadow Grange all Highly Commended.

**'Huge congratulations to all our Winners and runners-up,' said Geoff, 'and thank you again to all those who entered the competition.'**







# Perfect 10

Mornington Court has received the ultimate rating from residents, their families and friends, scoring 10 out of 10 on the national reviews website [carehome.co.uk](https://carehome.co.uk).

Known as 'the Trip Advisor of the care home sector', Carehome.co.uk publishes reviews of 16,703 care homes of which less than one per cent score 10 out of 10. Mornington Court is one of the select few to achieve a perfect 10.

Carehome.co.uk collates its scores from a range of criteria including care and support, residents being treated with dignity, staff, facilities, activities and the quality of the food.

Gemma Ridout-Bowden, Senior General Manager, said, 'Receiving top marks on carehome.



## TOP TEAMS

co.uk and such incredible reviews from residents, their family and friends is a huge testament to the hard work, dedication and care provided by the whole team at Mornington Court.

### Privileged to care

'We feel it is a privilege to care for our residents and we always try to go the extra mile. We are all thrilled that this has been recognised.'

*'The care given to my Mum has been exceptional and made her feel accepted and special. It's made a difference to all the family knowing she is safe and happy.'*

Daughter of a resident

*'We would not hesitate to recommend Mornington Court to all who need a high-standard care home with lovely facilities.'*

Friend of a resident

# CREATIVE, CARING & COMPLETELY committed

Two team members from Rivermede Court have been selected as finalists in the prestigious National Activity Awards 2024. The awards recognise dedication, creativity and excellence in providing stimulating, tailored activities for residents in their care home. They are run by the UK's leading activities and engagement charity, the National Activity Providers Association (NAPA).

Hanka Vlhova, Activities Co-Ordinator, is a main contender in the Working Together category, which highlights the power of teamwork in developing creative approaches to activity and engagement. Hanka's community collaborations include a craft club at Egham Library, trips to and educational classes with BCA Zoo, gardening competitions for the

Royal Windsor Flower Show and visits to Royal Windsor Theatre. She has also created a host of initiatives with local churches, Egham Chamber of Commerce and Egham Museum.

### Unsung hero

Volunteer Chrissie Webster is a finalist in the Unsung Hero category. This recognises invaluable, quiet champions who tirelessly contribute towards providing activities without seeking recognition. Noted for her creativity, Chrissie has encouraged residents to take part in outstanding art activities including popcorn art, book-folding art and reduce, reuse and recycle projects. Chrissie supports Hanka in arranging day trips for residents and their involvement in local community initiatives.

## CREATIVE CHAMPIONS



'Together, Hanka and Chrissie bring so much joy to our residents,' said Candice O'Neill, General Manager. They both thoroughly deserve this recognition.'

The winners will be announced at a black-tie event on 24 January 2025 at The Liner Hotel in Liverpool.



# CHEFS OF THE *year*

Samuel Sewell, Head Chef at Wellington Vale, was recently crowned Care Chef of the Year at the National Association of Care Catering (NACC) gala awards dinner. This is the most important competition for chefs in the care industry.

Samuel was one of 12 chefs nationwide, all of whom had won their regional heats, to compete for the national title. He excelled throughout the competition, impressing the judges with his Fish & Chips My Way main course. His scrumptious, creamy dessert of caramelised White Chocolate Namalaka previously featured as an *In Touch with Cinnamon* recipe card in summer 2023.

## Proud and privileged

'The competition was fierce and I am still in shock that I won,' said Samuel. 'It was amazing to be cooking alongside such talented chefs and I learned so much from the judges along the way. I feel so proud and privileged, not only to have been able to represent Wellington Vale and the Cinnamon Care Collection, but also to have been selected as the winner.'

Sandy Atkins, Senior General Manager at Wellington Vale, said, 'Samuel is such a talented chef and our residents love the food he serves to them. He has had our full support at every step of the way!'

Richard Pearshouse, Cinnamon's Executive Chef, added, 'To have won the national final of the NACC Care Chef of the Year competition is a fantastic achievement. Huge congratulations to Samuel.'

## Highly commended

The good news didn't stop there! Second place went to Nigel Cooke, Head Chef at Eastcote Park, for the second year in a row. Nigel received a Highly Commended award for his main course of pork tenderloin wrapped in bacon with a black pudding cottage pie, celeriac and HP sauce.

'I'd also like to congratulate Nigel Cooke on being awarded second place and the Highly Commended Main Course award,' said

Richard. 'It is an unbelievable success for one company to have chefs winning first and second place at such a prestigious national competition and a real testament to their culinary skills and knowledge.'



RUNNER UP  
NIGEL COOKE



WINNER  
SAMUEL SEWELL





# SEEK WISDOM

Every Cinnamon team member now has exclusive access to the revitalised Wisdom app from Health Assured.

Accessible via your mobile, tablet and desktop, Wisdom's Health Hub can guide you towards greater health and happiness using an interactive health tracker, four-week health plans, mini health checks, guided breathing exercises, soundscapes and mindful meditations.

The Wellbeing Connected feature offers individual personalisation so you can tailor the resources on offer to your personal interests. It also

makes it as easy as possible for you to get the right advice when you need it the most.

The Live Chat feature enables you to contact a dedicated wellbeing counsellor using confidential live messaging and video calls. For further support, there is also a confidential telephone helpline available 24/7, 365 days a year. So, download the app today and discover how much Wisdom can help you!



## Take these *fun* first steps to health

Making history yet again, Cinnamon Care Collection is one of the first care providers to create the role of Wellbeing Champion. A big thank you to everyone who volunteered to take on such an important role.

Posters are on display in every team room showing the name of your Wellbeing Champion, so please take note of who they are. Badges are also being distributed to each Wellbeing Champion so you can identify them easily.

Over the coming months, each Wellbeing Champion will carry out a 10-minute induction to familiarise team members with the danceSing Wellbeing portal and show you how to access all the available resources. Once you have completed your induction, you will receive a wallet card with your log-in details, which will allow you and your family to take part in as many online classes as you like.

Each Wellbeing Champion will not only encourage their team to use the danceSing platform but will also help you to record your wellbeing progress. We would like to share some of those results with other homes via *In Touch with Cinnamon*. Prizes will be awarded to the homes recording the highest usage of the danceSing portal and for the most creative ideas to promote engagement.

So, start posting on Facebook about your Wellbeing Champions and our ongoing mission to help every team member improve their wellbeing. There is no doubt that positive health and wellbeing allow you to be the best person you can be, so take advantage of the danceSing platform today.

*Geoff Pride*  
Engagement & Activities Manager



KEEP  
DOING  
SOMETHING  
*positive*  
TO IMPROVE  
YOUR  
HEALTH AND  
WELLBEING!





# LEADING THE FIELD

Parkfield Grange Administrator and Wellbeing Champion, Julie Hampton-Williams, and Activities Co-ordinator Sam Clarke are leading the field when it comes to introducing the danceSing Wellbeing portal their team.

They began by setting their home a cycling challenge to raise money for the Alzheimer's Society. 'This was to encourage team members to find out more about our Wellbeing programme,' explained Julie. 'It encouraged everyone to do some exercise during handover, training sessions and during meetings. Even our residents joined in!' Julie and Sam also had fun trying out some of the yoga movements and salsa classes they found on the portal.

Julie has now created an induction pack showing highlights from the danceSing Wellbeing portal. Meanwhile, Sam has created a short introductory presentation



which will be used as part of the 10-minute induction. These will be included in the new starter packs for team members, together with wallet cards with individual log-in details.

## Evidence of progress

The induction course has been added to Grey Matter Learning to track which team members have completed their induction and when. This will show clear evidence of the progress we have made regarding team members' wellbeing when the Care Quality Commission makes its next home inspection.

Finally, Julie and Sam found a very creative way of getting Heads of

A BRILLIANT IDEA!



Departments (HoDs) smiling and moving in the mornings: they recently asked them to do a little dance when entering the room before the daily Ten at Ten meeting – with predictably hilarious results. *A brilliant idea!*

# WELLBEING GARDENS *gain* ABUNDANT SUPPORT

The Team Member Wellbeing Garden initiative launched in the summer.

Each home will be invited in turn to help create a garden which enhances team members' wellbeing, as well as using it later as a tranquil, sensory place for rest and relaxation. It began with a quiz at the General Managers' meeting.

Five lucky winners received £1,000 each towards creating a wellbeing garden for their home, courtesy of sponsors Healthy Estates Facilities Management (HEFM). The winners were Abbotswood Court, Hartwood House, Netley Court, Sunnybank House and Wellington Vale.

Each winning home's General Manager will decide who is to design their garden and photos will be shared once the work begins in the spring. Look out for updates on Facebook and in this newsletter!



A second quiz will take place at the next General Managers' meeting when the next five winners will receive a £1,000 prize to create their own wellbeing garden. The Best Team Wellbeing Garden will be a new category in next year's Cinnamon In Bloom competition.







# Your Wellbeing Services



## Home Life Support

If you're having trouble balancing your budgets, debt, or civil disputes, we have expert advisors here to offer the support you need.



## Work-Life Assistance

Our work-life advice is dedicated to supporting you through professional issues, whether it be returning to work or coping with change.



## Physical and Emotional Health

We have a range of resources aimed to support you both physically and emotionally, from managing anxiety to simple breathing techniques.



## Wellbeing Resources

We recognise the value of self-help tools, which is why we provide a range of wellbeing modules, factsheets, and invaluable video counselling.\*



## 4-Week Health Plans

Our 4-week plans are designed to support your health goals, whether that be eating healthier, quitting smoking, sleeping better, or coping with pressure.



## Mini Health Checks

How are you feeling today? Take a minute to check in with yourself by using the health checks to assess and support your health and mental wellbeing.



## Health Calendar

The health calendar raises awareness of different health concerns each month, awareness days, and how to prevent issues from arising.



## Wellbeing Videos

BrightTV – powered by Health Assured is a monthly series, featuring well-known personalities talking about their personal experiences with mental health.



## Wisdom App

Wisdom is your guide to health and mental wellbeing. The brand-new features are designed to help track your wellness, improve your mental health.

Download the Wisdom App

Unique code:



\*Clinical assessment will be needed, to help support expectations.

0800 028 0199

| health assured



# RECRUITING THE *best*

The Cinnamon Recruitment team welcomed a new member earlier this year. Hayley Hatcher joined as an additional Recruitment Assistant to work alongside Lizzy Curtis who has been a team member since June 2022.

Lizzy and Hayley previously worked as dedicated Recruitment Administrators at Wellington Vale and Rivermede Court respectively, so are able to provide daily support and advice to all Cinnamon homes.

## Applications & opportunities

Lisa Howard, Recruitment Manager,

has recently implemented a new Applicant Tracking System, WaveTrackR, throughout Cinnamon homes, improving the application process for candidates as well as administration teams. 'The recruitment pages on the Cinnamon website are also currently being redesigned to showcase all the

opportunities available to potential applicants and highlight our Best Companies Accreditation,' said Lisa.

'We are always testing and trialling new ways to advertise and attract the best candidates to join our Cinnamon team!'

Hayley Hatcher



Lisa Howard



Lizzy Curtis



# MOVING *up*

As well as recruiting the best candidates, Cinnamon Care Collection offers everyone the opportunity to further their career through ongoing training and development. Congratulations to these team members who recently received well-deserved promotions.

**Donna Moore** joined Cinnamon Care Collection after 27 years' experience in the care sector. After two years as Deputy Manager at The Gables, she has been promoted to Associate General Manager.

**Gayle Burn** first joined Cinnamon Care Collection in 2018 as a bank

nurse. Her hard work and commitment have resulted in promotion first to Deputy Manager, then Acting General Manager and now General Manager at Hartwood House.

**Denise Kilfoil's** hard work and dedication to the Finance team have led to her rapid progress from Accounts Payable Supervisor to Assistant Management Accountant, Management Accountant and now to Senior Management Accountant.

As Resident Services Advisor, **Aadil Baig** was the first point of contact at Emerson Grange, showcasing the home's exceptional lifestyle. In his new role as Support Services

Manager, Aadil will help to shape residents' experience of living in a Cinnamon home.

**Damilola (Dami) Baiyewu** has recently been promoted from Care Services Manager at Eden Court to Head of Care Services at Emerson Grange.

Following his success in achieving his NVQ Level 5 qualification in Adult Care with distinction earlier this year, **Ben Dalgetty** has been promoted to Support Services Manager at Eastcote Park. He says this is the first step in his journey to becoming a general manager.



Donna Moore



Gayle Burn



Denise Kilfoil



Aadil Baig



Damilola Baiyewu



Ben Dalgetty





# You make the difference

This award recognises Cinnamon team members who inspire others through consistently demonstrating their determination to be the difference in the lives of our residents and their families.

**Each quarterly winner receives a £100 gift voucher.**

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

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

## The winners for the final quarter of the 2024 awards are...



### Cyril Dorado

*Senior Carer,  
Abbotswood Court*

A highly competent Care Assistant, Cyril received special praise from a family recently. They believe Cyril's quick thinking and prompt action probably

saved the life of their loved who suddenly became unwell. Their gratitude knows no bounds.



### Adam Carless

*Gardener,  
Eastcote Park*

A superb gardener and colleague, Adam has made a big impact in his short time at Eastcote Park. He will often be found discussing horticulture with residents,

assisting with their vegetable gardens and helping in any way he can.



### Sonia Nobrega

*Housekeeper,  
Earlsfield Court*

A consummate professional, Sonia's exemplary standards of service make her a firm favourite with residents. They say it's

her attention to little details that makes them feel special and loved.



### Sara Cinco

*Senior Care Assistant,  
Eden Court*

Sarah is an exceptional team player whose priority is her residents and team. As well as carrying out her own role, Sara always makes an extra effort to support the nurse

on duty and assist her colleagues. Residents love her ready smile and say she makes their day.





### Jennifer Leaming

Care Assistant,  
Emerson Grange

Jenny's warmth and compassion have a profound impact on everyone she supports. Families frequently express their heartfelt gratitude for her kindness and dedication. Her hard work and genuine passion for caregiving make her a joy to work with and invaluable to the whole team.



### Mark Wells

Maintenance Manager,  
Lakeview Grange

The word 'no' is not in Mark's vocabulary. Always cheerful, he is a valued member of the team who seeks ways to keep his teammates, residents and their families smiling every day. Mark is an asset to Lakeview Grange.



### Esther Hall-Cotton

Care Assistant,  
The Gables

Esther is cheerful and hard-working, going above and beyond her duties even on her days off. She is always enthusiastic about her work and team.



### Nancy Johnson

Administrator,  
Leah Lodge

Residents love Nancy's kindness and cheerful willingness to help. Fellow team members say Nancy always solves their problems and makes them feel better. Families love the way she puts herself out to make a difference to everyone.



### Rachael Crosbie,

Administrator,  
Hartwood House

Rachael is always smiling and willing to help. She is happy to cover weekend shifts when needed and assist with show arounds. She

purchases newspapers for residents on her way into work and helps to distribute them. Residents and visitors remark on how thoughtful, patient and caring Rachael is.



### Biby Sajan

Senior Care Assistant,  
Mornington Court

A delight to work with, Biby is extremely kind to residents and teammates alike. Calm, knowledgeable and always happy to step in and help, she is constantly smiling and approachable, energetic and a great team player.



### Nicola Elsworth

Activities Assistant,  
Heathland House

Warm, caring and energetic, Nic is known for her infectious smile and positive attitude. She brings joy and creativity to every activity she delivers.

Her dedication to creating a vibrant atmosphere not only uplifts spirits but inspires others to join in, as seen recently in the home's production of *Oliver!*



### Rozaliya Dermendzhieva

Housekeeper,  
Netley Court

Roza is proud to work for Cinnamon and shares her feeling freely with residents and their families. Roza is one of the most amazing housekeepers at Netley Court!



### James Workman

Maintenance Manager,  
Oakley Grange

James is a father figure to new team members: he gives them a warm welcome and is always friendly and reliable. No job is too big for him; he exceeds expectations in everything he does.





### **Charlotte Grant-Mensah**

*Night Care Assistant,  
Outram Fields*

Charlotte's positive attitude and kindness make a positive impact on residents' lives. Always reliable, she listens

carefully and carries out her work in a gentle, quiet and efficient manner. Charlotte is a valued team member who always supports her colleagues and anyone who needs her help.



### **Schneequa Pettigrew**

*Senior Care Assistant,  
Rokewood Court*

Schneequa is a great team player; she has residents' wellbeing at heart and nothing is too much trouble for her. When given a task, she always achieves more than expected. Her teammates say

it is a pleasure to work alongside her.



### **Elaine Harper**

*Kitchen Assistant,  
Parkfield Grange*

Dedicated and hard-working, nothing baffles Elaine; she takes everything in her stride and always with a lovely smile. Head Chef Jane

Elton noticed how happy Elaine is in her job and looks forward to each shift when they're working together.



### **Kanal Panchal**

*Senior Care Assistant,  
Sunnybank House*

Kanal is constantly positive, supporting residents and her colleagues in addition to 'excelling as a leader. She demonstrates Cinnamon's value every day'.



### **Jenny McKean**

*Administrator,  
Sutton Park Grange*

Jenny gives exceptional care and support to residents coping with dementia. She recently took one resident to the newsagent, then later to purchase new clothes and finally to hospital for a brain scan.

Her colleagues are all incredibly grateful for her support.



### **Jane Price**

*Administrator,  
Rectory Court*

Residents love the way Jane solves problems quickly and efficiently without ever losing her smile. Families say she is always willing to

help. Teammates say Jane is interested in their wellbeing and ready to give her support.



### **Hillary Tafadzwa**

*Care Assistant,  
Watermeadow Grange*

Residents look forward to Hillary being on duty; he makes them feel safe. They appreciate how willing he is to do more for them. His teammates say he will do anything to help them and they love his happy smile.



### **Rutendo Madafi**

*Care Assistant,  
Rivermede Court*

Exceptionally dedicated and committed, Rutendo provides outstanding care to residents and often exceeds her duties. Her positive attitude,

willingness to help and determination to do well even in adversity have a positive impact on their wellbeing.



### **Portia Chimba**

*Care Assistant,  
Wellington Vale*

Residents describe Portia as a ray of sunshine; she lights up the room when she enters. Kind and cheerful, she is always on hand to help and can very often be heard singing along the corridor with her

beautiful voice and beautiful smile.



## STRUTTING THEIR STUFF

Cheered on by residents, the Mornington Court team celebrated wellbeing at their team meeting last month with a line-dancing lesson in the home's café-bar.

'We had lots of fun, laughter and a few sore toes,' said Tammy George, Administrator. 'It was a great way to get the team together and show our appreciation for their continued hard work and dedication.'



## Doggies delight

A delightful dog show organised by Joe Stratford, Lead Activities Co-ordinator, was an outstanding

summer event at Emerson Grange. The garden was alive with excitement as team members, residents, relatives and friends gathered together, eager to show off their beloved pets. The doggie tricks of 20 canine contestants brought smiles and laughter as they paraded for the judges. Every dog left with a prize celebrating their unique talents.

'Our Catering team prepared a wonderful spread to complement the festivities and the sun graced us with perfect weather, making it a truly memorable day,' said Joe.



## What a wag!

Netley Court held its inaugural dog show recently. This family event was open to the entire community and was well attended by residents and relatives. The Catering team provided a delicious buffet and, since the day was pleasantly warm, guests enjoyed ice cream in the garden afterwards.

A resident kindly donated the prize of a magnificent hamper to the raffle. It attracted many ticket sales, raising £117 for Blue Cross

Southampton Rehoming Centre. A panel of resident judges voted golden retriever Peggy, Rectory Court's own therapy dog, the winner of the show and her owner, Guy Hastie, cheerfully accepted the prize on Peggy's behalf.

PETS WIN PRIZES





# Birthday Bonanza

As summer drew to a close, five Cinnamon homes celebrated birthdays. September saw a full weekend of celebration at Sunnybank House. Residents, team members, families, volunteers, supporters and local businesses came together to celebrate 10 years of the home delivering excellent care and support. More than 200 residents have experienced the Sunnybank difference during the past decade.

John Hunter, the son of the first ever resident 10 years ago, cut the birthday cake along with Anne King, Sunnybank's newest resident. 'What a delightful celebration,' said John. 'I am thrilled to see how wonderful the home remains. Dad was very happy here and I always enjoyed visiting Sunnybank House.'

General Manager James Greene said, 'I was delighted to see so many visitors this weekend to join us in our celebrations. It would not have been possible without all the support

from our local community as well as our amazing team and volunteers. I am extremely proud!' With live entertainment and plenty of food and drink, the weekend of celebrations was a splendid success.

## Let the good times roll

Emerson Grange marked its sixth birthday in September, too, with a vibrant Rockabilly-themed party. Inspired by the hit musical, *Grease*, team members and residents dressed up as Pink Ladies, Jocks and Greasers while enjoying a soundtrack of classic 1950s and 60s rock 'n' roll.

Registered manager, Damilola Baiyewu and Support Services Manager Aadil Baig cut the birthday cake to mark the official start of the home's seventh year. Guests enjoyed a fun photo booth and took part in a lively photo competition guessing who was who from a wall of nostalgic childhood snapshots.

## Five great years

Rivermede Court celebrated giving five years of great care to the Egham



community with live music from a Frank Sinatra tribute act, a delicious hog roast, public tours and, of course, that all-important birthday cake created by Second Chef Jossie Lei.

'It tasted as good as it looked,' said Candice O'Neill, General Manager. 'A big thank you to Councillor Sam Jenkins and Mayoress Elaine Gill, who joined us for this milestone anniversary.'







### Blooming lovely

Sutton Park Grange celebrated three happy, successful years with a July garden party complete with bunting and barbecue. Residents, families and team members turned out in force to enjoy the garden and festivities.

Activities Co-ordinator Ben Stevenson, ably assisted by student volunteer Ben Mostart, manned the barbecue while the Catering team made delicious cocktails and mocktails. Local soloist Barry Styles serenaded the guests as they danced on the lawn in the summer sunshine. A round of garden games followed including table tennis and Hook a Duck!

It was great to see so many people admiring the lovely flowers that our resident gardener Ian Merkel tended to so carefully leading up to the party,' said Joe Stratford, Activities Co-ordinator. 'What a wonderful way to celebrate our home's anniversary.



We can't wait for our next garden party!

### First birthday bash

Meanwhile, team members, residents and guests at Watermeadow Grange celebrated the home's first birthday with an afternoon of bubbly, barbecue, singing and friendship.

Katherine Stevens, General Manager, gave a welcome speech and praised the team members who work so hard to look after the home's residents. Then the Deputy Mayor of Exeter officially opened the birthday party.

Exmouth A Capella, a four-part harmony, unaccompanied ladies' choir, helped the afternoon to go with a swing, while local magician Simon Leach kept everyone guessing with his table-top magic. Len Goodman, the first resident to move into Watermeadow Grange, cut the celebration cake which had been created especially for the occasion by Head Chef Lee Acreman.





# 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.



GIFTED  
DEBBIE'S  
CERAMICS

## A MAGNIFICENT *tribute*

The highlight of a recent Cream ChariTea event at Heathland House was an auction of beautiful ceramics on behalf of resident Tony Thomson. They had been created by his late wife, Debbie, an artist who sadly passed away after battling cancer. Tony and Debbie used to have a stall together selling her ceramics at Macmillan events.

The sale raised over £360 for Macmillan Caring Locally (MCL) which supported the couple during

Debbie's illness; the charity provides specialist end-of-life care and support to families, carers and friends. As a special thank you, Tony also gifted a painting of Debbie's for auction at MCL's Flutterby Ball in October.

### Sparkling event

To honour the couple, Heathland House became an MCL Golden Partner in its 50th anniversary year and held this sparkling event. As well as the auction and afternoon

tea, guests enjoyed a Human Fruit Machine created by the Macmillan team with chances to win some fun prizes. Local singing group and MCL supporters, The Diamond Divas, kept everyone entertained with a variety of hits including Cinnamon Care Collection's unofficial anthem, 'Sweet Caroline'.

With the ceramics auction and ticket sales from the Cream ChariTea, they raised over £1,000 for MCL.

## YOU MAKE ME FEEL LIKE DANCING

Mavis Bliss enjoyed a visit from a very special guest for her 95th birthday celebrations. Knowing that Mavis is a huge Olly Murs fan, the Earlsfield Court team arranged for a life-sized cardboard cutout of her pop hero to be present.

'Mavis is very possibly Olly's biggest and oldest fan,' explained Daniel Ridgway, Home Admissions Advisor. 'She is often heard in our bistro saying "Alexa, play Olly Murs" and she sings along to all his songs. She has an incredible sense of humour and is a much-loved

member of our Earlsfield Court family, so we wanted to make it a special day for her. It was great to see how much she appreciated this simple gesture.'

Mavis celebrated her birthday with friends and family, including a surprise visit from friends at the retirement complex where she previously lived.

'I love Olly,' said Mavis. 'He has a great voice and personality, so this



was the icing on the cake to make my birthday so memorable. I was surrounded by other residents who have now become my friends and the team here at Earlsfield Court. My 95th birthday has been very special.'



# Outings and innings

At Parkfield Grange, the largest sprinkle of Cinnamon was for resident Anthony Garlick, a lifelong Birmingham cricket fan who had not attended a game for nearly 50 years!

The team arranged a minibus to take Anthony and a group of residents to the Vitality Blast professional Twenty20 cricket competition at Edgbaston to watch the Birmingham Bears. After a delicious picnic in their own private box courtesy of the stadium, team members took Anthony to meet one of the players. He certainly was bowled over!

## Two smaller sprinkles...

Team members also assisted Anthony to buy some flowers for his wife Janet to celebrate their 59th wedding anniversary together.

Meanwhile, Senior Care Assistant Jade Purchase took resident Martin Shenton to McDonald's for lunch because he was longing for a Big Mac.



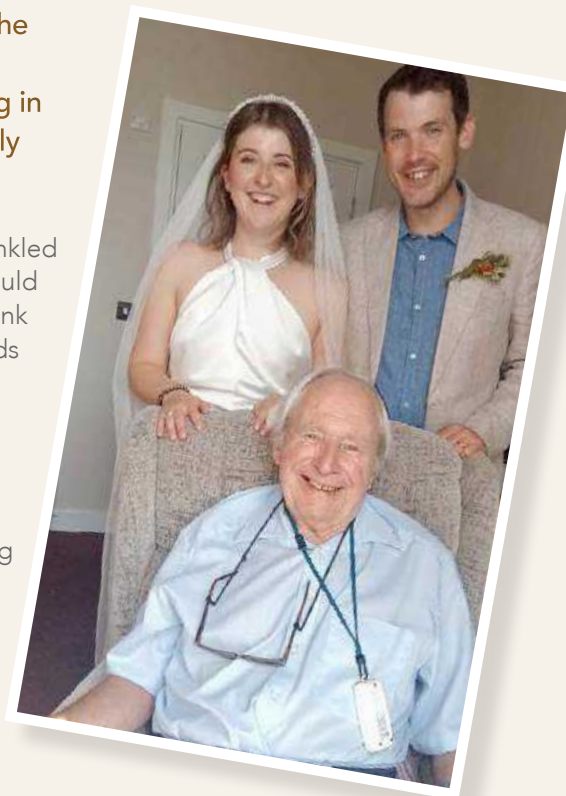
# JOHN'S GRAND video wedding



John Wood felt sad that he was unable to attend his granddaughter's wedding in the grounds of their family home.

The Netley Court team sprinkled some Cinnamon so John could gather watch it via a video link with his long-standing friends and toast the happy couple with champagne and cake.

Later, his granddaughter and her husband, both resplendent in their wedding attire, paid John a surprise visit. 'John was so thrilled and couldn't stop smiling,' said Nicola Hooton, Activities Lead.



# Love story

Dawn Davis, Activities Co-ordinator at Eastcote Park sprinkled some Cinnamon for Paul and Pam Lathan to give them a very special 51st wedding anniversary. She arranged a special celebration lunch in the home's private dining room followed by a screening of their favourite musical, *The Sound of Music Live*, in the comfort of the cinema room.





# FASCINATING *water* FEATURES

Mary George and Bernie Towers, both residents at Sutton Park Grange, wished to take a trip down memory lane and walk in nearby Sutton Park. Covering around 2,200 acres, it is one of Europe's largest urban parks and a National Nature Reserve. Many of the home's residents have happy memories of walking in Sutton Park with their friends, families and dogs

## Pleasure pools

Ben Stevenson, Activities Co-ordinator, and his teammates sprinkled some Cinnamon and whisked Mary and Bernie off with several other residents to visit some of the pools in the park. They enjoyed ice creams at Blackroot Pool one afternoon and a pleasant coffee at Bracebridge Pool on another occasion.



'They loved being outside in the open air by the water, remembering the good times they had enjoyed in the park as well as the present moment with their new friends,' said Ben.

# Waves of memories

Resident Marilyn Rendell longed to have coffee at the Cooden Beach Hotel once more. The Earlsfield Court team not only made her wish come true but also bought her a scarf in her favourite colour and invited her husband, Brian, to join her. 'Brian said it was a very special occasion which brought back beautiful memories,'

explained Yetty Adepegba, Interim General Manager. 'They were able to sit in their favourite spot at Cooden Beach Hotel and we took them to another place where they could watch the waves, which was magical for them. Brian was so happy with our sprinkle of Cinnamon; it made their simple wish come true'.



# Together we remember, lest we forget

To mark Remembrance Week, Sunnybank House created a unique tableau made up of over 2,400 poppies knitted by residents and members of the wider community.

Situated in the grounds of Sunnybank House, it consisted of two life-sized figures of a lady wearing a dress made from knitted poppies standing next to a soldier in uniform. They were set against a backdrop of 100 wooden crosses containing the names of over 500 veterans who have passed away since fighting for our country, as well as those who have died in wars and conflicts since 1914.

The tableau also featured a grass of poppies and other service

memorabilia, with the Army, Navy, Royal Air Force and Merchant Navy ensigns draping the corners.

## Remembering the fallen

The home held a short remembrance service at 11am on 11th November to mark the armistice signed between the Allies of World War I and Germany. The guns fell silent on the Western Front at the 'eleventh hour of the eleventh day of the eleventh month' of 1918.

Later, Activities Co-ordinator Julie Swainton, who served in the Royal Air Force for several years, joined Sunnybank House resident and Royal Navy veteran Roger Verlander, aged 87, at the Fair Oak Village War Memorial. Together they laid a

wreath to the fallen on behalf of the care home's residents and team.





# Vintage Sage Experience

Mary Oliver, Activities Co-ordinator at Lakeview Grange, loves all things 'retro' and often holds Nostalgia Days so residents can enjoy bygone fashion, cars, dance, music and more.

'We recently attended a Vintage Day at Sage House, a dementia support charity in nearby Tangmere,' said Mary. 'The display of cars was especially appealing to our new resident, Gordon Coppuck, whose

career was in motor racing. The ladies enjoyed looking at retro handbag accessories with Care Assistant Gani Akolade and a genteel Tea Dance.'

Residents attend regular art classes at Sage House run by David Shannon who will shortly become 'Artist in Residence' at Lakeview Grange.

MARY'S  
RETRO FLARE





# ARTISTIC JOYS

September saw Cinnamon homes celebrate the National Day of Arts in Care Homes. This annual event organised by the National Activity Providers Association (NAPA) was a fantastic opportunity for residents to try something different, learn new skills and enjoy being creative together. This year's theme was 'Home'.

'It can be an emotive word, especially for our dementia community,' said Mary Oliver, Activities Co-ordinator at Lakeview Grange, 'so we focussed on homes for hibernating wildlife. We talked about bird houses, bug hotels, hedgehog homes and bat caves, passed related objects around and shared memories of tidying the garden in autumn and getting ready for bonfire night. We ended the session with leaf artwork as we listened to songs about autumn leaves.'

## Personal expression

In addition to promoting cognitive skills such as memory, attention and problem-solving, artistic activities offer a valuable outlet for personal expression, reduce stress, improve mood and contribute to overall emotional health.

Residents at Earlsfield Court and Sutton Park Grange both chose collage for their creative form and turned it into a floral, sensory experience. Earlsfield residents used colourful, stretchy crepe paper for their collage while those at Sutton Park Grange arranged real dried flowers that had kindly been donated.



Meanwhile, residents at Parkfield Grange tried their hands at pottery. Each resident shaped a trinket dish from clay and once it had been air-dried, they added paint and an imprint of leaves from the garden to illustrate what 'home' means to them. The dishes were displayed in the home.

## Sense of community

The group participation aspect of artistic activities helps individuals to connect with each other and build supportive relationships, enhancing a sense of community.

At Outram Fields, Activities Co-ordinator Claire Barker used art to bring different generations together. During the monthly visit

from a local toddler group, residents and children worked together to create an autumnal picture using poster paint and printed shapes using cotton wool. 'We've enjoyed chatting and painting,' said resident Hazel Cox. 'It's so lovely to see the children each month.'

Meanwhile, residents at Watermeadow Grange enjoyed an afternoon filled with flowers, companionship, chat and cups of tea as they reminisced about their own gardens and created pretty table decorations, bookmarks and cards.

A subsequent session saw residents using pumpkins and autumn leaves to decorate their rooms and the home, adding a personal touch and creating a welcoming, seasonal atmosphere.





# PICTURES *at* AN EXHIBITION

An art exhibition held as part of the NAPA National Day of Arts in Care Homes 2024 displayed artwork that residents had created while at Eastcote Park and throughout their lives.

Hanne Crocker has been painting for 35 years. For this occasion, Hanne set herself the challenge of recreating two paintings by Vincent van Gogh: *Cornfield* and *Irises*.

Kay Young has been painting for most of her life. Fashion designs marked her first foray into art and she has expanded her repertoire since then to include imaginative interpretations of life. Her *London Docks* is one such scene depicting her vision of the docks after a

bombing raid. Similarly, *Vienna* shows a Venetian gondola painted from imagination while *Flower Buds*, reflecting the glorious colours of autumn, was inspired by nature. 'It was a fantastic evening enjoyed by family, friends and our local community,' said Jo'Anne Hennessy, Lead Activities Co-ordinator.

## Private view

Rectory Court opened its art exhibition with a special private view of residents' work for the artists and their relatives. The guests enjoyed canapés and glasses of bubbly to the musical accompaniment of a saxophone. A poetry reading and silent auction of a painting by the English artist



Hanne Crocker

Henry Bird followed, with the auction proceeds going to Age Exchange.



Kay Young



Rectory Court

'It was lovely to see the artwork on display all around us,' said Hedvika Pavluchova, Activities Co-ordinator, who had curated the exhibition. 'Not many residents can visit galleries and museums any more, so it was an enchanted evening for them and their families.'

## New art club

Paul Burrows-Gibson, Senior Activities Co-ordinator at Sunnysbank House, has recently launched a weekly Art Club. 'An increasing number of our residents are exploring their creativity through art, said Paul. 'We hope to have our own exhibition in the New Year and forge deeper links with a local art group.'





## BOOT SCOOTIN' BOOGIE

Sister homes Leah Lodge and Rectory Court joined held a joint summer fair with a country 'n' western theme. Activities Co-ordinators Leigh Morrison and Hedvika Pavluchova transformed their garden pub into a Wild West saloon and organised a variety of entertainment including country 'n' western singers, line dancing and hobbyhorse racing.

A tombola, raffle and profusion of stalls helped to raise £200 for the Mycenae House Reach Out programme which supports local people who are socially isolated and suffer from poor health or loneliness. A tempting barbecue lunch and ice cream van rounded off a most entertaining afternoon.



## Hoedown high jinks



There were more summer hoedown high jinks at Wellington Vale's annual fête with a country 'n' western singer, line dancing and a residents' choir performing 'Country Roads, Take Me Home'. A raffle raised £567 for Rowans Hospice. Yee-Haw!

## Fête accompli

Lakeview Grange held a spectacular summer fête with an abundance of stalls and games to keep their guests entertained and a retro ice cream van serving traditional ices. Local singers added to the lively atmosphere with Elvis topping the bill.

Richard Plowman, former Mayor of Chichester and now Town Crier, declared the fête open. It was the home's first fundraising event for the charity he founded, Second Chance Chichester, which offers a second chance for good quality household items to go to people in most need instead of landfill.

### Second chance indoors

A second fundraising event followed, a sponsored walk which took place indoors due to the rain. The bad weather did not dampen their spirits as team members and residents vied to complete as many laps as possible.

Together both events raised £693 for this local charity. During a recent first visit to the home, Chichester's Lady Mayoress, Sarah Quail, officially presented the Lakeview Grange contribution to Mrs Richard Plowman of Second Chance Chichester.





# Home on the Grange

Residents, relatives, and team members kicked up their heels for a night of fun when Emerson Grange celebrated a lively country music barn dance during the summer.

Organised by the home's dedicated Activity Co-ordinators, Michelle Bishop and Lauren Walker, the event featured talented duo PJ & Rose providing musical entertainment while Head Chef Richard Callingham delighted the crowd with delicious array of dishes.

It was a joy to see everyone come together for line dancing,' said Joe Stratford, Lead Activities Co-ordinator, 'although as the night progressed, the organised steps became a somewhat chaotic improvisation!'



## ABBA-SOLUTELY FABULOUS



Eastcote Park certainly knows how to party.

Jo'Anne Hennessy, Lead Activities

Co-ordinator, invited the fabulous

Abba-Riginal tribute band to entertain the home and together they raised the roof. Residents, family, friends and team members dressed up in flamboyant costumes, sang, danced and enjoyed Voulez-Whews cocktails. 'There were lots of Dancing Queens,' said Jo'Anne. Mamma mia!



## Feeling free

More than 30 Abbotswood Court residents enjoyed the thrill of cycling once again in the summer weather. Even a centenarian was able to take part thanks to a specially adapted bicycle provided by PEDALL New Forest Inclusive Cycling. Some residents loved the feeling of freedom and the breeze on their faces so much that they went around the mile-long route twice.





# EGGING THEM ON

A team from Heathland House put their best foot forward and joined the Bournemouth Memory Walk to raise funds for the Alzheimer's Society. After a quick breakfast, they set off along the sunny coastal path stopping off to visit some of the sights along the way.

Bournemouth's cliff-grazing goats who help to manage the vegetation on steep slopes were their first port of call. A visit to the Jon Egging memorial statue followed. When the Red Arrows pilot sadly lost his life at the Bournemouth Air Show, his wife established the John Egging Trust to help vulnerable, unconfident young people realise their future potential.

Inspired by these examples, the team completed their Memory Walk in good time raising a magnificent

£650 for the Alzheimer's Society.

## We'll never forget

Meanwhile members of the Oakley Grange team successfully completed a 15-kilometre Alzheimer's Memory Walk through Sutton Park in Birmingham. It was all in memory of residents, past and present, who have been and are going through their memory journey. They raised a magnificent £260 for this important cause.



**Alzheimer's Society**



## Sunnybank's *strong* support

Sunnybank House has always given strong support to people living with dementia and their families, holding regular, successful Dementia Friends training sessions and liaising with local dementia support groups. Now the Sunnybank team have gone a step further.

When Andover MIND lost its funding for its monthly support group, Paul Burrows-Gibson, Senior Activities Co-ordinator, and Jessica Tetley, Home Admissions Advisor, came to their aid. By making the support group meetings a weekly event and taking time out to Walk For Dementia for local charity Hampshire & IOW Dementia Support, they have strengthened the home's local links.

Providing a relaxing, supportive environment where everyone can share their experiences and taking time to listen to the group's members has proved successful for everyone.



'It's such a pleasure to hear how important our group is to those who come along,' said Jessica. 'We were thrilled to help with the sponsored walk and to know the funds raised will make such a difference for local people.'







## Ice cream tea

Nicola Hooton, Activity Lead at Netley Court, organised a sponsored walk to the Royal Victoria Country Park to mark World Alzheimer's Day in September.

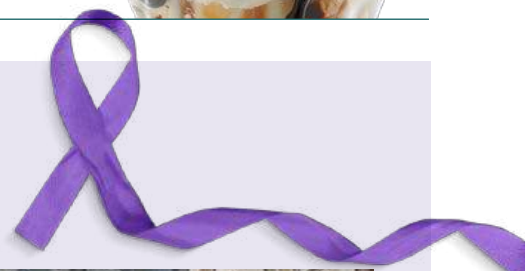
'We stopped off at the pier for ice creams,' she said. 'It was a glorious day and everyone enjoyed the walk. Afterwards, we returned to the Moorlands Suite at Netley Court for a special afternoon tea. Relatives and residents remarked on how lovely the day had been and together we raised £115 for the Alzheimer's Society.'



MAKING  
MEMORIES



## Sweet smell of success



To mark World Alzheimer's Day in September, Selina Sapsford, Home Admissions Advisor, and Activity Co-ordinators Lizzie Batley and Jan Fawcett, all from Watermeadow Grange, planned a full day of informative activities.

A talk about dementia awareness with Mark McGlade from Homestead Exmouth opened the proceedings. A display of flowers and aromas followed with Lea Lutke of Aromatic Space demonstrating how different blends can enhance wellbeing. A rousing performance of 1950s and 60s hits by Terri-May of the Nightingale Singers rounded off a most enjoyable day.



Lea Lutke



Terri-May



# Rokewood Court's Italian Job

Rokewood Court has introduced a new travel initiative for residents, with British Airways cabin crew checking passports, stamping visas and issuing boarding cards for 'armchair flights' to popular travel destinations.

The inaugural ROK-1909 'flight' to Italy whisked resident passengers away for an afternoon of Italian splendour, including learning about Italian cities, food, drink, music and history.

'Our residents thoroughly enjoyed the "flight" and engaging with all things Italian,' said Roy Booth, Home Admissions Advisor. 'Having the BA cabin crew in full uniform interacting with residents was wonderful and we thank them for their enthusiasm and kindness. Next month they will return for our second armchair "flight" to Australia. We can't wait!'



TICKETS  
PLEASE



## Ticket to ride



The Outram Fields team are delighted by their new minibus and enjoyed many outings over the summer to stately homes, museums, shopping centres and parks.

Receptionist Chloe Pawson and Care Assistants Cara Cullen and Joanne Booth recently came in on their day off to accompany residents to the local Totley Show where they encountered Scales and Tails, a local pet sitting service with a difference. Residents encouraged Cara to face her worst fears by having a huge snake draped around her neck.

'A minibus for resident transportation is so important,' said Claire Hoyles, Home Admissions Advisor. 'Outings allow residents to interact with the wider community while care assistants share these positive experiences, building trust and stronger relationships with those they care for.'





# Leap of faith

Braving an impending thunderstorm, Mary Stepin, Deputy Manager at Heathland House, took flight recently for a 10,000-foot sky dive in support the nurses of Lewis-Manning Hospice in Poole.

Throughout the day supporters gathered at Wiltshire airfield to watch the plucky parachutists walk to the plane and take a leap of faith at 10,000 feet. 'It was such a buzz to do the jump,' said Mary, 'but I'm even more thrilled that I have raised £1,250 for Lewis-Manning hospice so far.'



# Colourful carnival magic

Residents at Abbotswood Court enjoyed an afternoon of carnival magic with a lesson in steel pan music. The lounge was filled with colour and carnival beats as they learned a song note-by-note and by the end of the lesson were able to perform it. 'The sounds and colours made it a real summer highlight,' said Annya Sait, Home Admissions Advisor.



# New horizons

Netley Court residents enjoyed an exhilarating trip on the local Wetwheels powerboat recently. Wetwheels Hamble helps disabled people, including those with complex needs, to experience the thrill of being on the water. It is part of the Wetwheels Foundation, the national powerboating charity.

Getting out onto rivers and the sea promotes physical and mental wellbeing, or 'Blue Health', from higher levels of vitamin D, renewed self-belief and better social relations.

The Netley Court group set off from Mercury Yacht Harbour Marina and cruised gently along the river Hamble while the skipper explained about its fascinating history. At the mouth of the river, the boat gained pace for a thrilling high-speed run across Southampton Water before returning to the marina.

Before bidding the skipper farewell, Netley Court ceremonially presented him with a donation of £95 raised from the sale of raffle tickets at the home's 1970s Fun Day Celebration during the summer.





# WHO *cares?* WE CARE'

Over 200 people attended the 'Who Cares? We Care' event at Fair Oaks Village Hall in the summer to find out more about how and where they can find help if they need local care and support for themselves, family member or friends.

Jessica Wooldridge, Home Admissions Advisor at Sunnybank House, organised 'Who Cares? We Care' with 35 stalls ranging from care homes and transport services through to wellbeing and financial planning. Local saxophone player MCSAX and soul singer Queenie provided a mellow musical soundtrack. Attendees also had the opportunity to meet some wonderful therapy dogs from Greyhound Lifeline. A raffle raised £200 for Dementia Support Hampshire and Isle of Wight.

## Well attended

VIP guests included the Mayor and Mayoress of Eastleigh, local councillors and the Police Community Support Officer (PCSO). David Pragnell, Mayor of Eastleigh said, 'We were thrilled to be invited to such a successful and well-attended afternoon.'

Jessica added, 'I was delighted by the high attendance – the afternoon was a total success. There were lots of information stands, links to local services and interactive things to see and enjoy. The feedback I have had has been amazing and I am already speaking to my colleagues about a future "Who Cares? We Care" event.'

*'Who Cares? We Care' was sponsored by Eastleigh Rotary, Cognitive Law and Doyle & Palmer Wealth Management.*



VIP GUESTS





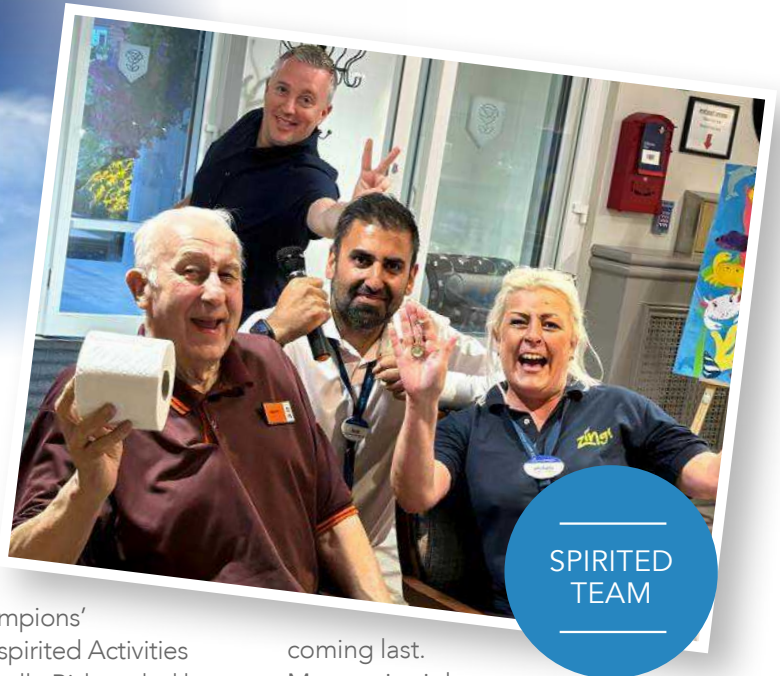
# Angelic victory

Emerson Grange invited team members, relatives and residents to a summer quiz night to test their knowledge. More than 30 participants divided into eight teams and battled through multiple rounds, separating the Eggheads from the rest to claim the title.

Expertly hosted by Aadil Baig, Support Services Manager, the

evening was filled with laughter and special guest entertainment from passing care assistants. Angela's Angels carried off the champions' prize. Meanwhile spirited Activities Co-ordinator, Michelle Bishop, led her team to a humorous result, winning a supply of Andrex toilet rolls for

coming last. More quiz nights have been planned after the success of this lively event.



## LONELY NO MORE

Sunnybank House has joined forces with the Chitter Chatter Club Group to hold a weekly meeting for lonely, isolated people to come together for tea, cake and a chat with the home's volunteers and residents. It takes place every week at Sunnybank House at 2pm. There are different activities each week and it is free to attend.

'A recent YouGov survey highlighted the increasing levels of loneliness in all parts of the

community and across all ages,' explained James Greene, General Manager. 'Sunnybank House is very proud to host the first Chitter Chatter

Club in Hampshire, leading the way for greater community engagement and breaking down the barriers that often exist between care and community.'



## No falls at all

Sam Clarke, Activities Co-ordinator at Parkfield Grange, recently requested some specific falls training from the Local Enhanced Care Home Team along with Emily Hocking, Home Admissions Advisor, and Amy Morgan-Lees, Deputy Manager. This enabled the trio to give 'TUMBLES' training to residents on how to reduce their risk of falling.

'Our first session with residents went very well and we have plans to complete a session with relatives as well as extend it to community groups,' said Sam. 'We are the first home in the borough to ask for and receive this training.'





# CRUMBS!

Netley Court held its first annual bake off recently with three bakers vying to be crowned Star Baker. Residents sampled an indulgent chocolate cake

from Head Chef Stephen

Sutton, a classic fruit

cake by Daphne

Gibbs, a resident's

wife, and a delicious

coffee and walnut cake by

Lynda Crotty from Netley

Women's Institute.

After the votes

had been carefully counted, Lynda Crotty carried off the title.

## Cake away

The following day, Netley Court held its first 'Cake Away' inviting their local community to drive through or drop in for coffee and cake for just £3. All proceeds went to Macmillan Cancer Support as part of its World's Biggest Coffee Morning appeal to raise funds to support people facing cancer. 'It was a great day with lots of support from the local community,' said Sarah Gillett, Home Admissions Advisor.



# TEA ON THE *quay*

Trainee Chef Nathan Wagg from Watermeadow Grange recently baked over 160 scones as a part of the home's donation to Topsham Hospiscare's annual Tea on the Quay fundraiser. Local visitors enjoyed a delicious cream tea with a choice of Nathan's plain or fruit scones in the sunshine beside the River Exe. Nathan's efforts helped to raise over £650 for the charity.

## Fundraising walk

Watermeadow Grange Heads of Departments set out on a

fundraising walk to show their support for General Manager Katherine Stevens who sadly lost her close friend Hannah, age 42, to cancer earlier in the year. Hannah received exceptional care from the Weldmar Hospicecare team.

They walked the 10 miles from Exmouth to Topsham, stopping off at Watermeadow Grange for a well-deserved break before completing the trip at Exeter Quay.

Katherine's husband Mark will continue their fundraising effort with a trek along the Inca trail to Machu Picchu in Peru next year. To donate, please visit **JustGiving** and enter **1710241437352** in the search bar for Mark Stephen's page.



## Best elevenses

Watermeadow Grange residents and team members hosted a Macmillan Coffee Morning for their local community in September. They raised an outstanding £160 for the charity while enjoying coffee and homemade cakes.

Resident Ann Dimmock and her sister enjoy a coffee







# THE DOUGHNUT *games*

The ever inventive Wellington Vale team celebrated National Cream-Filled Doughnut Day in September with a variety of diverting doughnut games including Eating a Doughnut from a String and Toss the

Doughnut. Everyone shared a lot of fun and laughter.

After all those doughnuts, a fitness class was the answer and Jackie Goddard from the Activities team certainly put her heart and soul into it.



DOUGHNUT  
DAZE



## SECOND HELPINGS

A group of Lakeview residents recently enjoyed a trip to Chichester Festival Theatre to see a performance of Lionel Bart's classic musical, *Oliver!*

Mary Oliver, Activities Co-ordinator seized the opportunity to invite three

volunteers, Jenny Moir, Clive Lucas and Mary Poole-Smith, to accompany the group to thank them for their hard work and dedication. A resident's daughter also joined them.

'It was an amazing show,' said Mary. 'Lakeview Grange has become a "Friend" of the theatre and part of their Easier Access scheme, so we will enjoy many more visits. The Christmas Concert tickets are already booked!'



## OPENING chapters

The Rectory Court team recently turned their talented hands to publishing. Jessica Tettey, Home Admissions Advisor, invited local children send in their short stories. Sian King, Activities Co-ordinator at Emerson Grange, created magical illustrations.

Then, in association with Bookheath Book Festival, Grant Saw Solicitors and sister home Leah Lodge, they published their children's book, *Magical Memories*. The book is on sale locally and all proceeds will go to the local charity Age Exchange.



FIRST EDITION

## It's a family affair

Congratulations to Jacob Chew, Chef at Sutton Park Grange, on the birth of his first child, Arthur, with his beautiful partner Beth. Baby Arthur was born on the 11th September at 1.22am and weighed in at a healthy seven pounds and one ounce. Jacob's colleagues are looking forward to his return and hearing him read out the menu in the style of an M&S advert.



The Finance team recently welcomed a new arrival, baby Noor Masood. Doting father Mas Riasat who is responsible for the management accounts of nine Cinnamon homes is becoming accustomed to nappy-changing and sleepless nights. Many congratulations to Mas and his wife Diana on the arrival of their bundle of joy.



## Grandtots' progress

Sunnybank House launched a new toddlers' group during the summer holidays to unite care with community.

The aim was to provide grandparents looking after their grandchildren during the school holidays with a place to meet others and enjoy quality time together. The trial was so successful that the home has continued to bring children and residents together every Monday for songs, reminiscing, games and lots of bubbles.

'The group has grown over the weeks and to see the interaction between the children and our residents has been amazing,' said Paul Burrows-Gibson, Senior Activities Co-ordinator. 'Every week we do something different from colouring to icing biscuits and making cakes.'







BACK BY  
POPULAR  
DEMAND!

# *Strictly Cinnamon*

## *1st-30th November*

"YOU DANCE LOVE, AND YOU DANCE JOY,  
AND YOU DANCE DREAMS"

Gene Kelly

Celebrate the wonderful world of dance this November by posting as many dance videos on Facebook as you wish featuring residents and team members performing solos, in pairs or in groups.

From a toe-tapping array of dances from around the world, from ballroom, Latin, ballet and tap to belly-dancing, folk, hip-hop and funk, the choice is yours.

As well as having fun, there will be four prizes of £250 for:

- Most moving and emotional dance
- Most hilarious dance
- Best dance celebrating a different culture
- Best dance involving the community

The judging panel will once again be Sadie 'Ballas' Barker, Simon 'Severn' Toombs and Geoff 'Du Pride'...with a little assistance from some surprise guest judges!

Remember to post good quality videos to increase your chance of winning and take some great photos for *In Touch With Cinnamon*.

*Keep  
dancing!*



CINNAMON  
LUXURY CARE



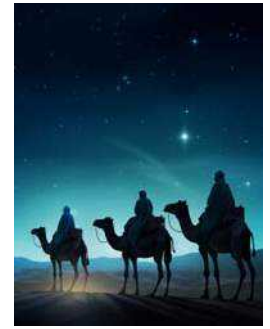
# USE IT, DON'T LOSE IT

It is very important that you take time off to rest and enjoy yourself with your family and friends throughout the year. Your annual holiday allowance is from 1st April to 31st March and by now you should have used at least half or more of your holiday allowance.

As a company, we want 80 per cent of holiday taken and paid for by the end of December. This does not include holiday planned in the future. 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...

### November

<b>1-30 Nov</b>	A Dance a Day initiative.
<b>5</b>	Gunpowder, treason and plot: it's Guy Fawkes' Night.
<b>11</b>	Remembrance Day: lest we forget those who gave their lives for our freedom.
<b>24</b>	Stir-up Sunday: make your Christmas pudding.
<b>30</b>	St Andrew's Day. Horseracing: Coral Gold Cup, Newbury

### December

<b>1-31</b>	Cinnamon Christmas Cake Competition.
<b>1</b>	First Sunday of Advent & Tree Dressing Day. Deck the halls...
<b>1-13</b>	Cinnamon Christmas Choir Competition.
<b>2-18</b>	Cinnamon Mince Pie Competition.
<b>12</b>	Cinnamon Christmas Jumper Competition.
<b>18-22</b>	London International Horse Show.
<b>24</b>	Christmas Eve.
<b>25</b>	Merry Christmas!
<b>26</b>	Boxing Day. Horseracing: King George VI Chase, Kempton Park.
<b>26-3 Jan</b>	Hanukkah (Chanukah), the Jewish Festival of Lights.
<b>31</b>	New Year's Eve and Hogmanay.

### January 2025

<b>1-31</b>	Chin-chin ! Raise a glass to Gin-uary.
<b>3</b>	You Make the Difference Award – closing date for nominations.
<b>5</b>	Twelfth Night – take down your Christmas decorations.
<b>6</b>	Epiphany or Three Kings Day.
<b>25</b>	Burns Night celebrates Scotland's national poet, Robert Burns.