

SUMMER 2025

# IN TOUCH

with CINNAMON

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CINNAMON  
LUXURY CARE



# TEAM MEMBER SURVEY

Thank you to everyone who completed the Cinnamon Team Member Survey. Your feedback will help us to ensure that we are living our company values and assist us on our journey to be the Best Company to work for in the senior care sector.

We are now considering your feedback and how best to act upon it. Watch out for an announcement in your home soon.

THANK YOU  
EVERYONE

## MOVING IN



**Natalie Birch**

*General Manager, Merriman Grange*

Natalie has over 15 years' experience in the health, social care, hospitality and luxury property management sectors. She lived in the United Arab Emirates (UAE) for several years during which she managed the Wellbeing Operations in the world-renowned Burj Al Arab Hotel in Dubai. On her return to the UK in 2017, Natalie joined Nuffield Health Wellbeing & Consumer as a General Manager for six years. Prior to joining Cinnamon Care Collection, Natalie was General Manager of Chertsey Parklands Manor Care Home for two years, joining originally with Signature Senior Lifestyle and then transferring to Avery Healthcare.

## MOVING UP



**Thomasina Allan**

*General Manager, Rokewood Court*

Thomasina changed her surname from Browne to Allan following her marriage earlier this year. She began her career in home care before moving to Gracewell Healthcare in 2017, where she worked in a variety of roles. A spell as Deputy Manager for Signature Senior Lifestyle followed and in 2019 she joined Cinnamon Care Collection as Deputy Manager at Rokewood Court. When the opening of the home was delayed due to Covid-19, Thomasina provided support to other Cinnamon homes including Wellington Vale and Earlsfield Court before becoming Commissioning Registered Manager at Rokewood Court.

Thomasina left Cinnamon first to join Gold Care as a Regional General Manager and then Anavo Care as a Registered Commissioning Manager. Following time out to care for a family member, Thomasina returned to Cinnamon as Interim General Manager of Rokewood Court.



**Manon James-Mallinger**

*General Manager, Rivermede Court.*

Born in Luxembourg, Manon began her career in 2007 with Care UK as a healthcare assistant. Following a variety of hands-on roles in the care sector, with a primary focus in nursing care, Manon joined Cinnamon Care Collection in 2020 as a Team Leader at Rivermede Court. She was promoted to Deputy Manager in 2021 and has been Acting General Manager at Rivermede Court since February this year.

## FIVE FABULOUS YEARS

Congratulations to **Dinesh Pradhan**, Care Assistant from Wellington Vale, on achieving his Five-Year Service milestone earlier this year.



passionate ABOUT PEOPLE



# A ROYAL OCCASION

Four residents and team members from Rivermede Court had an unforgettable experience at the Royal Windsor Flower Show in June, when they showcased their talents in gardening, cookery and art.

The group proudly brought home rosettes in eight out of the 15 categories in which they competed. It was an impressive achievement, made even more memorable by having the opportunity to meet His Majesty King Charles III who took the time to chat with the residents and shake their hands.

Hanka Vlhova, Lead Wellbeing & Lifestyle Co-ordinator, said, 'Meeting His Majesty The King surpassed all our expectations for the day.

He graciously spent time with our residents, creating memories that will last a lifetime. It was an honour and a privilege that left us all completely elated. In fact, we're all still on cloud nine!'

Additional highlights included meeting BBC TV presenter Alex Jones and the legendary David Emanuel, designer of Princess Diana's iconic wedding dress.

This was the third year that Rivermede Court has taken residents to the Royal Windsor Show where they have a track record of success. This year they won first prize for their home-grown herbs, beetroot and lettuce, second prize for 'vegimal' (animals made from vegetables) and ornamental grass, and third prize for peas, broad beans and rhubarb, all grown by residents in Rivermede Court's delightful gardens.





2-8 June 2025

# Volunteers

## WEEK

A time to recognise, celebrate and thank all Cinnamon's volunteers.



SUNNYBANK  
VOLUNTEERS

Sunnybank House held a sparkling reception to thank the home's volunteers for their time, skills and talents. Paul Burrows-Gibson, Lead Wellbeing & Lifestyle Co-ordinator, presented a small gift of appreciation and a certificate to each volunteer there. Separate ceremonies were held afterwards for volunteers who were unable to attend on the day.

'We were thrilled when our volunteer, Lucy Williams, was one of two winners of the Greg Swire Award a few weeks later, which was dedicated to volunteers at this year's Cinnamon Awards,' said Paul. The

second winner was Kevin Farrow, volunteer at The Gables.

Lakeview Grange held a 'Thank You' reception for volunteers Mary Poole-Smith, Clive Lucas and Jenny Moir and the home's Duke of Edinburgh Award students. Each one received a gift, card and volunteer certificate. A delicious buffet with residents, families and local guests was followed by a slideshow of all their activities and their traditional 'Whole Home' Word Game Challenge.

### Heart of gold

Rectory Court held a prosecco



party to show how much the team appreciates its popular volunteer, Liz Hills, and presented her with a gift card for a theatre trip of her choice.

'Liz is very talented musician who contributes her skills and experience to our community choir and other music activities,' said Hedvika Pavluchova, Wellbeing & Lifestyle Co-ordinator. 'She has a heart of gold.'

*'Volunteering at Watermeadow Grange has been one of the most meaningful experiences of my life. Whether it's sharing stories or simply offering a listening ear, every moment is a reminder of how much connection matters. I highly recommend it.'*

Judy Blaylock, Volunteer at Watermeadow Grange







Outram Fields

### Forging community bonds

The Outram Fields team hosted a volunteers lunch during which each volunteer received a special certificate, a thank you card and a small gift of appreciation. Over lunch, Ellen Badger and Greg Harris shared how much they look forward to visiting Outram Fields each week and enjoy spending time with residents and team members.

'Their kind words reminded us of the incredible bond volunteering has forged within our community,' said Donna Pierpoint, General Manager. 'I'm delighted to announce that two more volunteers, Andy Heap and Eliza Rundle, have recently joined us.'

### Unsung heroes

Earlsfield Court hosted its inaugural volunteer tea party to thank the unsung heroes who give their time and energy to enhance the lives of people in the local community.

They welcomed volunteers from a range of local organisations, including Parkinson's UK, Warming Up the Homeless, St Mark's Church, The Bexhill Lions, Friends of Little

Common, St Michael's Hospice and Age UK.

Guests enjoyed a traditional high tea complete with homemade scones, Victoria sponge cake, a delicious selection of sandwiches, canapés and plenty of tea and bubbly. Local performer Rockin' Mike serenaded the volunteers with a selection of classic hits which had everyone dancing, clapping and singing along.

### Read all about it

Last but by no means least, Wellington Vale celebrated its oldest volunteer's 92nd birthday in



Earlsfield Court

April – turn to page 28 to read all about paperboy Bert West, MBE. The following month, volunteer Matt Cox was presented with his official name badge at Wellington Vale's VE Day 80 event, to cheers and applause from residents, team members and families.



VALUED  
VOLUNTEERS



# The right stuff



## Checking qualifications meet Cinnamon's standards

What a confusing subject qualifications are. Do you need an NVQ? An RVQ? An apprenticeship? A diploma? What does it all mean?



In short, NVQs (National Vocational Qualifications) are now called RVQs (Regulated Vocational Qualifications) while diplomas could be used for many types of programmes.

Whether you are recruiting a new team member or planning to embark on a qualification yourself, beware of what the programme actually is, as it could be worthless! There are numerous training providers offering courses that purport to supply you with an online training qualification in just two weeks, at a wide range of prices: these can vary from a few pounds to over £1,000.

### Qualification Credit Framework

Any qualifications that Cinnamon offers team members are on the Qualification Credit Framework which is regulated by OFQUAL. If you are a team member and want to complete a qualification

in Health & Social Care, there is a simple application process to follow to get you started.

If you are recruiting a new team member you will need to ask some questions and look at their certificate to determine whether the programme meets Cinnamon's standards. To demonstrate competence, it would not be an online programme only; we need to know that the skills outlined have been observed. The programme is not likely to have been completed in under one year as a person needs to develop and learn new skills and acquire new knowledge.

Most good training providers for care are endorsed by Skills for Care, our sector skills council, so we can check on their endorsed provider list.

Please call Linda Sutton, Training Administrator, on 07851 247 193 if you are uncertain about a particular qualification's rigour and we can investigate this for you.

# Congratulations

Ten Cinnamon team members from our wellbeing and lifestyle teams passed their LifeDock DrumTastic! course in June. The feedback from LifeDock commended the group's positive energy and huge amount of talent. Residents can now look forward to enjoying more DrumTastic! classes which form such an important part of Cinnamon's Wellbeing Programme.

## Congratulations to:

- Chantelle Barratt, Abbotswood Court
- Anita Andrew and Aneta Jenkins, Eden Court
- Lauren Lewin and Michelle Bishop, Emerson Grange
- Sally Hunt, The Gables
- Zoe Smith, Merriman Grange
- Rebecca MacDonald, Sunnybank House
- Jan Fawcett, Watermeadow Grange
- Siobhan Martin, Wellington Vale



WELL DONE  
EVERYONE

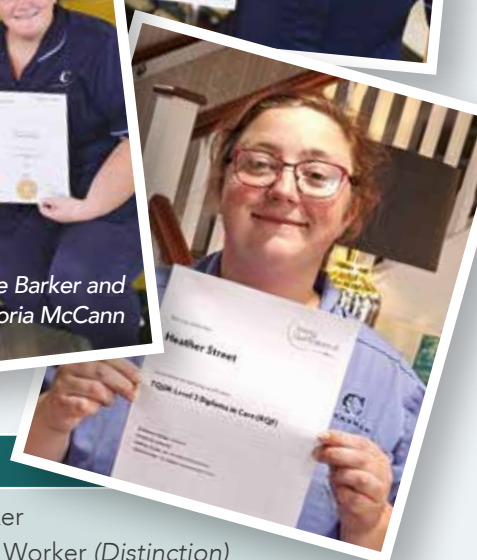


# Success stories

Cinnamon is dedicated to supporting our team members to achieve their goals with a nationally recognised qualification. A big round of applause for these team members who have successfully completed their relevant vocational qualification (RVQs/NVQs) in care, catering and activities this year, two with Distinction.

Charlotte Keyworth, Relationship Manager from Impact Futures, one of Cinnamon's accredited training providers, said, 'Impact

Futures would like to say a massive congratulations to all the team members who completed their relevant RVQ courses with Impact Futures this year. Your commitment to learning and growth has been evident throughout and everyone at Impact Futures wishes you all the best in your future endeavours.'

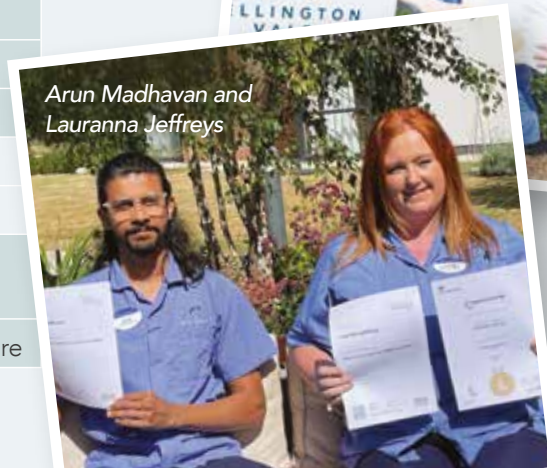


Home	Team Member	Qualification
Abbotswood Court	Heather Street Daisy Hammerton	Level 2 Adult Care Worker Level 3 Lead Adult Care Worker ( <i>Distinction</i> )
Earlsfield Court	Jane Quicke	Level 2 Adult Care Worker
Heathland House	Arun Madhavan Lauranna Jeffreys	Level 3 Diploma in Adult Care Level 3 Lead Adult Care Worker
Mornington Court	Szilvia Tanka	Level 3 Lead Adult Care Worker
Outram Fields	Victoria McCann Claire Barker	Lead Practitioner in Adult Care Level 4 Level 3 Certificate in Activity Provision in Social Care
Parkfield Grange	Danielle Inman Claire Mole Jade Purchase	Level 3 Lead Adult Care Worker Level 5 Leader in Adult Care Qualification ( <i>Distinction</i> ) Level 3 Diploma in Adult Care
Sutton Park Grange	Stephanie Mulvey	Level 2 Adult Care Worker
Wellington Vale	Louise Flemming	Level 2 Adult Care Worker

## Qualifications available

If you want to pursue personal development and progress within Cinnamon, please discuss your interest with your manager. The following courses and qualifications are available:

Care apprenticeships	TQUK Level 2 Adult Care Worker
	TQUK Level 3 Lead Adult Care Worker
	TQUK Level 4 Lead Practitioner in Adult Care
	TQUK Level 5 Leader in Adult Care
Catering apprenticeships	Production Chef Level 2
	Senior Production Chef Level 3
Activities qualifications	OCN Level 2 Award in Supporting Activity Provision in Social Care
	OCN Level 3 Award in Activity Provision in Social Care







Thurnby Fields

# First MILESTONE FOR THURNBY FIELDS

**Up to 60 new jobs being created in the area**

A brick laying ceremony marked the first official milestone of the £21 million building development of Cinnamon's new luxury care home in Thurnby, Leicester.

Thurnby Fields care home, which is due to open by the end of 2026, will provide the community

with exceptional residential, dementia and respite care. It will have 63 ensuite bedrooms and 10 luxurious one-bedroom care suites. Surrounded by beautiful gardens, it will also have a cinema room, hair and beauty salon, a café/bar, a library/lounge and a private dining room.

'We are very excited to be opening in Thurnby and to play an active role in the local community,' said Mark Shockledge, Operations Manager. 'We chose to build our 24th care home in Thurnby due to the growing need for high quality care homes in this area and to complement our growing portfolio across the Midlands and the rest of the UK. Thurnby Fields will offer the same level of excellent care in an equally high-quality environment as the other care homes in our group.'

Jordan Connachie, Managing Director of Kori Construction, said, 'Reaching project milestones is always exciting, but celebrating our first milestone with a new client is particularly special for Kori. We're proud to be delivering this new development, transforming a brownfield site into a luxury care home that will help to address the local shortage in care beds.'

Thurnby Fields will create up to 60 full- and part-time jobs for people from the local community. Vacancies will range from housekeeper and carers to heads of departments, kitchen assistants and gardeners. Recruitment will start in spring 2026.



The marketing suite for the new care home will open in summer 2026.  
For further information, please visit [www.cinnamoncc.com/thurnby](http://www.cinnamoncc.com/thurnby)





Cinnamon Tigers v Kori Vikings

# CHARITY *cricket* MATCH RAISES FUNDS AND FUN

As part of the community engagement project for Thurnby Fields, Cinnamon's new build home in Leicester due to open in late 2026, contractor Kori Construction recently organised a charity cricket match at the local Houghton & Thurnby Cricket Club. It was to raise funds for the Alzheimer's Society and the club.

## Cinnamon's eleven

The Cinnamon Tigers included: Aadil Baig (Captain), Senior Services Manager from Emerson Park; Emily Hocking, Home Admissions Advisor from Parkfield Grange; Nicky Kilpin, Home Admissions Advisor from Eastcote Park; Geoff Pride, Wellbeing & Lifestyle Manager; David Reaves from Marketing; Simon Toombs Marketing Manager and Toby Speller, Regional Sales Manager, as well as some friends borrowed from project managers, Fed3 Projects, to make up the eleven.

Despite conceding 100 runs to the Kori Vikings in their first 10 overs and despite Simon, in an unfamiliar and never-to-be-repeated role as wicketkeeper, dropping a catch from pacey team captain Aadil in their first over, the Cinnamon Tigers managed to restrict the Kori Vikings to a total of 156 runs.

In reply, although the Tigers put in a valiant effort, they sadly fell short of this daunting 156-run total but were very gracious in defeat!

Most importantly, everyone enjoyed a great day, forging important relationships with Kori Construction and the Houghton & Thurnby Cricket Club while raising over £2,500 for the charity and the club. The latter two certainly wish this to become an annual event!



KORI



CRICKET TOURNAMENT

CINNAMON TIGERS - V - KORI VIKINGS

HOUGHTON & THURNBY CRICKET CLUB  
WADKINS WAY, BUSHBY, LEICESTER LE7 9NA

FRIDAY 23 MAY 2025  
12:00 NOON

SPECTATORS WELCOME - BAR OPEN FROM 12:00 NOON  
FOLLOWED BY EVENING CELEBRATIONS FROM 18:00 'TILL LATE  
TO INCLUDE BARBECUE, TROPHY PRESENTATION,  
JC ENTERTAINMENTS PLAYING THE SOUNDS OF THE DECADES  
& LEATHERBRITCHES BREWERY BEER FESTIVAL

TICKETS WILL BE SOLD ON A FIRST COME BASIS  
Contact Graham Smart: gsmart@koriconstruction.com  
or Marie Beal: info@htcc-cricket.co.uk  
to secure your place

20/20 TOURNAMENT: £10 per player  
SPECTATORS: £2 each  
EVENING CELEBRATION: £10 per person  
CASH BAR & BARBECUE

ALL PROCEEDS TO BE DISTRIBUTED EQUALLY BETWEEN ALZHEIMER'S SOCIETY AND HOUGHTON & THURNBY CRICKET CLUB







# Competition Corner

The **Cinnamon Generation Games** ended on 18th July 2025. Geoff Pride, Wellbeing & Lifestyle Manager, will announce the four prizewinners on **8th August 2025**.

The **Cinnamon in Bloom 2025 competition** ends on **12th September 2025**. Please email your video entries to [competitions@cinnamoncc.com](mailto:competitions@cinnamoncc.com) for a chance to win one – or more – prizes in five categories!

**Celebrating Cultures Month** takes place in **October 2025** with three spot prizes of £250 for the Activity Award, Hospitality Award and Social Media Award. These awards will be judged through Facebook posts only but please remember to submit your stories and photos for the next issue of *In Touch with Cinnamon*.

The **Cinnamon Christmas Cake Competition** will run from **23rd November to 22nd December 2025** and details will be sent out soon.

*Don't miss these deadlines!*





# 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 the Cinnamon Awards lunch where the national Care and non-Care winners will be announced.

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

The winners for this quarter are...



## Sharon Beston

*Senior Care Assistant,  
Abbotswood Court*

Approachable and positive, Sharon leads and supports her team to provide the best person-centered care to residents. She always looks for innovative ways to

support residents living with dementia.



## Nsiong Agbanoma

*Care Assistant,  
Eastcote Park*

Nsiong's sunny smile and obliging nature has made her a firm favourite with residents and teammates and an integral part of Eastcote Park's care team.



## Wie Kobayashi

*Care Assistant,  
Earlsfield Court*

Although new to her role, Wie's willingness to help, proactive approach, positive attitude and compassionate care has elevated the standard

of support within the home and made a lasting impression.



## Anita Andrew

*Lead Wellbeing &  
Lifestyle Co-ordinator,  
Eden Court*

Organised and energetic, Anita brings residents and relatives together with inspirational, creative, meaningful, fun activities

and outings which connect them with the wider community and cater to their diverse needs.



### **Karen Phillips**

*Kitchen Assistant,  
Emerson Grange*

Karen cannot do enough for residents and their families. Quick to anticipate their needs and respond, her quiet determination and

kindness are felt by all those around her.

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### **Bryan Laury**

*Care Assistant,  
Lakeview Grange*

Bryan is attentive, caring, kind and always willing to go that extra mile. He knows exactly how to make residents feel special and has an outstanding memory for

the little things that residents like.

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### **Martha Greene**

*Care Assistant,  
The Gables*

Martha shows natural empathy towards residents and team members. She is consistently compassionate,

conscientious, committed, kind, patient and hard-working.

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### **Kayleigh Kennedy**

*Care Assistant,  
Leah Lodge*

Kayleigh makes residents laugh with her spontaneous dancing and relatives love her compassion and fun nature. Her teammates say she is always on hand to help them when needed.

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### **Wendy O'Hara**

*Administrative Assistant,  
Heathland House*

Wendy's kindness, approachable nature and ever-present smile make a lasting impression, creating a warm and welcoming atmosphere

for families, visitors and team members and ensuring everyone feels valued.

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### **Yvonne Bishop**

*Care Assistant,  
Merriman Grange*

A resident said, 'Without Yvonne's kindness and patience, I don't think I would ever have walked again. She encouraged me to keep trying. Now I can walk with a frame and hope to walk on my own soon.'

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### **Sushma Puredy**

*Senior Care  
Assistant (Nights),  
Hartwood House*

Sushma motivates and supports her team, inspiring them to ever greater heights. Hard-working and

professional, she is respectful, polite, very helpful to her colleagues and cares deeply about the residents.

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### **Charlotte Kaspers**

*Wellbeing & Lifestyle Co-ordinator,  
Mornington Court*

Charlie brings energy and fun to the home. She approaches each resident as an individual, learning from their life histories and listening to them and their families to ensure activities

reflect their choices and preferences.

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### **Louise Shacklady**

*Care Assistant,  
Netley Court*

Despite her recent bereavement, Lou has continued to provide excellent care for residents. She is an exceptional carer who is willing to go above and beyond for residents every day.





**Marta Rudnicka**  
*Housekeeping Assistant,  
Oakley Grange*

Although her team has been stretched recently, kind-hearted Marta has continued to show great energy and enthusiasm.

Residents love chatting with her as she makes them laugh.



**Nimisha Varghese**  
*Care Assistant,  
Rokewood Court*

Nimisha consistently shows how kindness, care and empathy make a difference to those she cares for – and their families too. She is exceptionally helpful to everyone

around her, including her colleagues.



**Jade Warris**  
*Care Assistant,  
Outram Fields*

A natural carer, Jade has had a huge impact on the home's dementia community, making residents feel cared for

and loved. Hard-working, respectful and kind, she is a pleasure to be around and always puts the residents first.



**Rebecca Macdonald**  
*Wellbeing & Lifestyle  
Co-ordinator,  
Sunnybank House*

Rebecca gives exceptional support to her line manager. She routinely accompanies multiple residents to hospital appointments to provide

comfort and uses her skills to make the experience light-hearted and fun.



**Marie Morroll**  
*Senior Care Assistant,  
Parkfield Grange*

Marie is a credit to the home: pleasant, kind, an excellent communicator and someone who is open to trying out new

approaches for the benefit of the residents.



**Karen Kemp**  
*Team Leader,  
Sutton Park Grange*

Nothing is too much trouble for obliging Karen. Kind, compassionate and always calm, she always does her utmost to support

residents and her teammates.



**Jacqueline Dodoo**  
*Senior Care Assistant,  
Rectory Court*

Jackie is an outstanding team player and her teammates appreciate her guidance and support. Residents say she is

always on hand to help and families say she puts them at ease.



**Jess Wagg**  
*Team Leader,  
Watermeadow Grange*

Jess is a consistently positive presence and a valued team member, always ready to offer assistance to colleagues and families whenever help is

needed. Her kindness, dedication and willingness truly make a difference.



**Sophie Roy**  
*Care Assistant,  
Rivermede Court*

Sophie has built strong, trusting relationships, especially with residents living with dementia, and shows a deep

understanding of residents' individual needs. She consistently goes the extra mile to provide exceptional care and support.



**Karen Sinden**  
*Housekeeper,  
Wellington Vale*

Karen's impact goes far beyond spotless rooms and polished floors: she turns daily chores into moments of celebration with joy, laughter

and a whole lot of dancing. Residents don't just look forward to a tidy room – they look forward to *her*!



# Virtual dementia experience inspires empathy

SENSORY  
CHALLENGES

Three Cinnamon homes invited members of their local communities and healthcare professionals to hop on board the Virtual Dementia Tour Bus in May and discover what it feels like to live with dementia. Parkfield Grange, Outram Fields and Rivermede Court all took part in this immersive experience for Dementia Action Week, which aims to deepen understanding, reduce stigma and celebrate those who are living with dementia.



The 'dementia experience' involved wearing glasses to impair vision, insoles that make walking uncomfortable, gloves to restrict dexterity and a device to inhibit hearing. By altering the participants' senses, the Virtual Dementia Tour is the only scientifically and medically proven method of giving a person with a healthy brain the experience of living with dementia.



'The Virtual Dementia Tour Bus gave us the opportunity to walk in the world of someone living with dementia and gain a greater understanding of how to improve their care,' explained Sam Clarke, Wellbeing & Lifestyle Co-ordinator at Parkfield Grange.

## Thought-provoking experience

At Rivermede Court, more than 30 people took part in this thought-provoking experience including Councillor Elaine Gill, the Mayor of Runnymede, and carers from the Purple Angel dementia support community. 'To be placed in the situation that many people find themselves with dementia was very sobering,' said Councillor Gill.

'While memory loss is what we often associate with dementia, it was the sensory challenges and confusion I felt on the tour that were startling,' added Debra Wong, friend of a resident and one of 40 people to take part at Outram Fields. 'It was an impressive reminder that we all need to approach dementia with greater empathy, patience and understanding.'



PATIENCE &  
EMPATHY



# Boogie WONDERLAND

To mark Dementia Action Week in May, the Hartwood House team hosted an event with a difference – a silent disco! With personalised playlists, familiar tunes and a safe space to express themselves, the atmosphere was full of joyful connection and smiles.

‘Music has an incredible power to unlock memories and emotions,’ said Charlotte Dean, Home

Admissions Advisor. ‘Seeing our residents light up, sing along and dance was an inspirational, heartwarming experience. This week has been a powerful reminder of the importance of empathy, creativity and community in dementia care.’



## Climb Every Mountain



Congratulations to Ben Stevenson, Lead Wellbeing and Lifestyle Co-ordinator at Sutton Park Grange, on completing the National Three Peaks Challenge in under 24 hours!

Intrepid Ben climbed the tallest mountains in the land – Scafell Pike in England, Ben Nevis in Scotland and Snowdon in Wales – covering 23 miles on foot and ascending more than 10,000 feet in total. He faced heavy traffic between peaks and tough conditions, including a dark,

wet and windy night ascent of Scafell Pike, which he completed in just 1 hour and 45 minutes. Climbing Snowdon, he was also confronted by rain and strong winds which made the climb even more demanding.

### Another adventure

Ben raised over £1,200 for Dementia UK. He is already looking forward to taking on another adventure to support families affected by dementia.

## 31 MILES IN MAY

Jo Thomas, Care Assistant, and Jodie Forbes, Administrator, both from Earlsfield Court, took on the 31 Miles in May challenge together with Jodie's son Reggie to raise awareness and support for people living with dementia.

They showed their determination to attain their 31-mile goal throughout the month, walking in all weathers come rain or shine. Thanks to the generosity of their sponsors, they raised £460 for this fantastic cause.



RAISING  
AWARENESS

## Service begins at Research Café

The Watermeadow Grange team recently turned their lounge into a Research Café, where conversation flowed alongside cups of tea and biscuits in an informal, inclusive atmosphere.

This friendly inaugural event gave residents the opportunity to share their thoughts and experiences with two academics in the initial stages of their research careers, contributing to their ongoing research into Alzheimer's disease.

Dr Jennifer Imm, Alzheimer's Society Research Fellow, and PhD student Marty Frith, both from

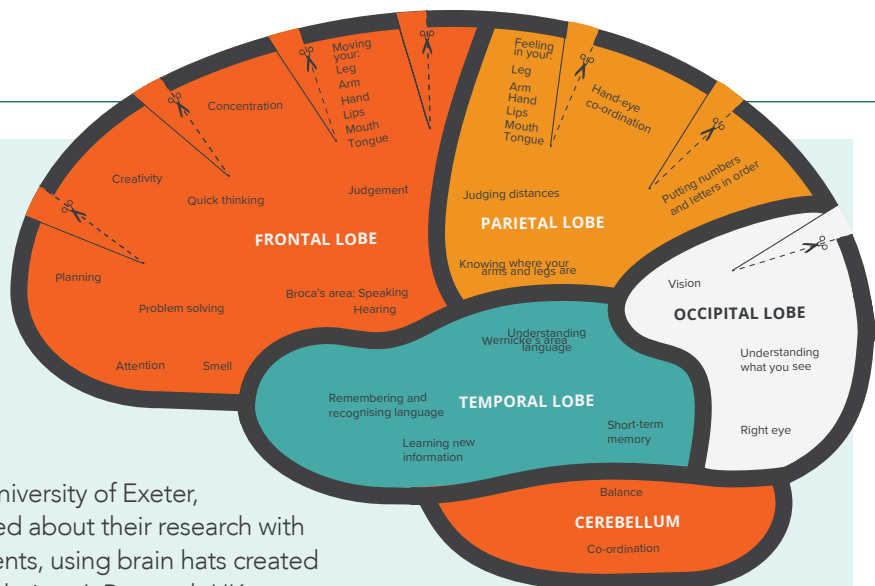
the University of Exeter, chatted about their research with residents, using brain hats created by Alzheimer's Research UK to illustrate and communicate their ideas about how the brain works. They also provided templates so residents could create an origami model of DNA and learn about its double helix structure.

### Heart-warming and inspiring

'Thank you to everyone who joined us for a heartwarming and inspiring morning,' said Lizzie Grant, the home's Wellbeing & Lifestyle Co-ordinator. 'Our special thanks

to Andrea Harvey and Jon Witton from Alzheimer's Research UK South West Network Centre who kindly helped to organise our speakers.'

'We recognise how important it is to our residents to take part in such programmes and how much impact they can have on research. We are already planning our next Research Café.'



## Emergency kit aids local preparedness



Parkfield Grange has donated a Bleed Control Kit to nearby Netherbrook Primary School. The kit contains specialist equipment to stop severe bleeding in an emergency.

'We are part of a close, caring community,' explained Emily Hocking, Home Admissions Advisor, 'so when our colleague informed us of Netherbrook's plan to raise funds for a Bleed Control Kit we were delighted to donate one.'

'We cannot thank Parkfield Grange enough for helping us to access this vital emergency equipment that could one day save lives,' said Catherine Marshall, Assistant Head Teacher. 'This donation not only enhances the safety of our pupils and staff, but also means we're better prepared to support our wider community in the event of an emergency.'

## RACE FOR *life*

Hedvika Pavluchova, Lead Wellbeing & Lifestyle Co-ordinator, joined Race for Life for the fifth year in a row in memory of her late mother who sadly lost her battle with cancer a few years ago. Hedvika completed the 10-kilometre course successfully, raising £400 for Cancer Research. Well done, Hedvika!







# OPERATION SPITFIRE

*A poignant tribute from Sunnybank House*

Sunnybank House, a registered Veterans Friendly Home, marked the 80th Anniversary of the end of World War II in Europe with a whole week of special events.

Operation Spitfire began three months earlier when Julie Swainston, Wellbeing & Lifestyle Co-ordinator, created a 2D Spitfire shell which residents decorated with knitted poppies. During VE 80 week, volunteers dressed the garden with red, white and blue bunting and displayed the Spitfire on the home's front lawn against a backdrop of poppies and remembrance crosses. Residents also created a wall of knitted poppies where the public could add their own remembrance poppy.

'The poppy Spitfire is a poignant tribute to everyone who served and gave their lives for our freedom. It is a fitting tribute to former residents of our home who served in all three branches of the armed services during World War II. Together we have raised our annual tribute to a new level and we are very proud of our achievement.' said Paul Burrows-Gibson, Lead Wellbeing & Lifestyle Co-ordinator.

On VE Day itself, team members and residents held a flag raising ceremony, followed by a community coffee

morning while watching the televised national commemorations. The catering team served up traditional fish and chips in paper for lunch, just as residents had enjoyed 80 years ago. A street party followed with delicious food and sparkling live entertainment for residents and visiting members of ex-service organisations.

Later, they held a special service of commemoration for residents, team members and the wider community in front of their Spitfire tribute. A Royal Air Force veteran read the Act of Remembrance, a former bugler from the Light Infantry Rifles sounded The Last Post and 80 young people lit 80 tealights which they placed around the Spitfire. A sunset ceremony brought this memorable, moving day to a close.



# VE DAY 80

REMEMBERING OUR HEROES



# SMILES & LAUGHTER

The sun shone brightly on Wellington Vale's VE Day Garden Party for residents and their families. Live music, scones with fresh cream and jam and plenty of tea were all on the menu. 'It was a beautiful, wholesome day filled with smiles, laughter and happy memories,' said Helen Cox, Home Admissions Advisor.



HAPPY  
MEMORIES



## HOPE FOR THE FUTURE



Peace and harmony between nations was the theme of Rivermede Court's VE Day celebration for team members and residents. The Mayor of Runnymede, Councillor Elaine Gill, exchanged symbolic tokens of peace with the Mayors and Deputy Mayors from Runnymede's twin towns in France and Germany which, 80 years ago, were the enemy.

The Rivermede Court team presented each dignitary with a white metal dove for their gardens as a universal symbol of peace.

Then, together, they planted a willow tree in the home's garden to represent unity, remembrance and hope for a peaceful future.

The event culminated with Councillor Gill presenting the Mayor of Runnymede Special Award for Services to the Mayoralty 2024-25 to the Rivermede Court team. It was in recognition of the home's ongoing dedication to community engagement and support.

Later, Rivermede Court's team members and residents joined the wider community at St Ann's Hill to take part in the ceremonial lighting of the beacon – a powerful symbol of remembrance and solidarity. They also attended the Mayor's VE Day Garden Party.





# SPIRIT OF '45

Eastcote's Park's residents honoured the spirit of 1945 with a classic street party buffet, complete with wartime favourites and nostalgic decorations.

## Victory rolls

'The ladies looked fabulous with their victory rolls in place, ready to celebrate VE Day in true 1940s style,' said Jo'Anne Hennessy, Lead Wellbeing & Lifestyle Co-ordinator. 'The day was made even more special by live music of the era and the company of family and friends.'



## Community Pride

The Emerson Grange team held a large and lively street party in the home's grounds. Residents and apartment owners shared stories and laughter over beautifully prepared sandwiches and sweet treats with Darren Kitchener, Chairman of Hextable Parish Council, team members, families and friends.

Embracing the spirit of the era, many ladies dressed in Land Girls' uniforms or patriotic red, white and blue. A live performance of nostalgic wartime tunes from Not King Cole, had everyone singing along and waving their Union Jack flags.

'This large celebration was made possible by the generous support

of St Peter's Church and Hextable Methodist Church who kindly lent us tables and chairs,' said Lauren Lewin, Wellbeing & Lifestyle Co-ordinator. 'We are also grateful for the unwavering support of our families, friends and volunteers whose time, energy and enthusiasm helped to bring generations together through music, memories and community pride.'





# MILITARY MEMORABILIA & *vintage* VEHICLES

The British Legion partnered with the Parkfield Grange team to organise their VE80 vintage street party. Major General Timothy Hodgetts, Deputy Lieutenant in the West Midlands Lieutenancy, was amongst the special guests who attended.

Team members dressed up in 1940s clothing and decorated the care home and gardens with bunting and Union Jack flags. Singer Michelle Williams treated residents and members of the local community to live entertainment and they enjoyed delicious homemade food from the catering team.

Barbara Morgan, aged 95, was one of four residents who recalled VE Day in 1945. 'I vividly remember the dancing in the street and how happy everyone was when the war was over. The Parkfield Grange VE Day Street Party has been a great celebration too – and an opportunity for everyone to think about people who served in the war and to celebrate peace.'

## Commemorative coin

Their week of celebration and reminiscence continued with a public exhibition of military memorabilia in the home's café/bar which included military uniforms, bullet boxes and a vintage military motorcycle. They also held an afternoon tea for members of 202 (Midlands) Multi-Role Medical Regiment who presented Parkfield Grange with a Certificate and Commemorative Coin of Excellence in recognition of the home's ongoing support for the Royal Army Medical Services.

To close the week, they held a vintage wartime vehicle display in the home's car park and invited local primary and secondary school children to visit.

'A big thank you to TW Ryders in Selly Oak for the loan of their military memorabilia,' said Mark Shockledge, Operations Manager. 'TW Ryders was established shortly after the end of the war and the son of the shop's founder is a much-loved resident at Parkfield Grange. Thanks also to David Spruce, a member of Stourbridge Military Vehicle Parade for kindly loaning us his vintage military motorcycle and air raid siren.'

'It's incredibly special to mark the 80th anniversary of VE Day with our residents, including those who remember the end of the war first-hand,' added Mark. 'Today's street party is not just a celebration – it's a tribute to their resilience, memories and the sacrifices made by so many.'





# SPECIAL MEMORIES



The VE Day party at Heathland House, attended by Mayor Terry Cordery, was made extra special by residents sharing their personal memories of VE Day in 1945.

Jean Williams, aged 91, remembered people dancing in the streets and the King George VI and Queen Elizabeth (later The Queen Mother) on the balcony of Buckingham Palace. Resident Sylvia Belford, aged 90, recalled going to church on VE day to give thanks and resident Len Ashwell, aged 92, remembered seeing the 'spivs' in their sharp suits with huge lapels at amazing VE Day celebrations.

'It was such a privilege to celebrate VE Day 80 with many residents recounting their war time experiences and memories of the original celebrations,' said Nadia Greenmaidan, General Manager. 'The care team looked wonderful dressed in 1940s outfits, we all enjoyed a delicious homemade afternoon tea and we showed old television footage and photos from 8th May 1945.'

## ...and a special occasion

Meanwhile, Rectory Court and its sister home Leah Lodge celebrated



together with a garden party and delicious street party food. A local singer sang 1940s hits and Rectory Court's community choir sang a VE Day medley.

Resident Keith Herdman, who recently turned 103, entertained the VE Day partygoers with anecdotes from his RAF service during World War II, proudly wearing his war medals. 'Keith preferred to celebrate his life this way rather than having a birthday party, which made it a very special occasion,' said Hedvika Pavluchova, the home's Wellbeing & Lifestyle Co-ordinator.



Su Edmonds and  
Keith Herdman



# 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.

## SAFARI SPECTACULAR

Muriel Goddard, aged 87, a resident at Rivermede Court, has spent over 70 years caring for animals in need, rescuing hundreds of cats, at least 80 dogs and a foal. Knowing that animals have been such a significant part of her life, the Rivermede Court team wanted to help her reconnect with her passion.

The sprinkled some Cinnamon and, in close collaboration with Longleat Safari Park, arranged for Muriel to go on a boat trip to feed the sea lions, meet some of the zookeepers, enjoy a safari drive and make friends with a variety of unusual animals.

### Helping hands

'It was an honour to organise Muriel's special day out and the Longleat team were incredibly helpful,' said Hanka

Vlhova, Lead Wellbeing & Lifestyle Co-ordinator. 'As well as seeing an aardvark for the first time, Muriel met some meerkats who jumped onto her lap for feeding and spent time in the lemurs' enclosure while they were being fed. She was fascinated and remembers every word that George the Zookeeper said about how to look after them!'

'I really loved the day at Longleat,' said Muriel. 'If I were a bit

younger, I would start working there tomorrow!'

Sue Posthumus, Muriel's niece, who accompanied her on her safari, said, 'My heartfelt thanks to Rivermede Court and Longleat Safari Park for creating such special memories for both of us.'



APPRECIATING  
AARDVARKS





## Virtual joy

Pauline Terry was sad when she could not attend her granddaughter's wedding in Cyprus last month, so the Sunnybank team sprinkled some Cinnamon for her.

With her family's assistance, they organised a surprise hen party and afternoon tea with the bride-to-be in their Rose Lounge. Then, on the day of the wedding, they arranged a live video link from Sunnybank House to Cyprus so Pauline could attend the ceremony virtually.

'Pauline was so thrilled to be part of her granddaughter's special day,' said Paul Burrows-Gibson, Senior Wellbeing & Lifestyle Co-ordinator.



## TEA & TEE for TWO

Wellington Vale had a double sprinkle of Cinnamon recently. First, they created a 194Teas Tea Room especially for resident Ann Vincent, aged 101, to surround her with memorabilia and memories.

'Ann was just 16 when the war broke out and played her part by driving trucks for the army,' explained Helen Cox, Home Admissions Advisor. 'She loved seeing all the reminders of the past and sharing her memories with us over a nice cup of tea.'

### Taking a swing

Resident Douglas Leach, aged 93, is a keen golfer so the Wellington Vale team teed up a special trip for him to the Portsmouth Golf Centre Driving Range – and it was a golf ball of fun! Duncan had plenty of swings, lots of laughs and there were smiles all around.



## This is not just *any* outing...

A group of residents at The Gables recently asked to go to the home's local M&S and Sally Hunt, Lead Wellbeing & Lifestyle Co-ordinator, was happy to oblige. Sally sprinkled some Cinnamon and assisted by Martha Greene from the care team, whisked them all off in the home's minibus for a shopping spree.

'Quite often the trips which are most successful are where we do something normal rather than

unusual,' explained Sally. This trip was no exception. After finding everything they needed, from a favourite sourdough loaf to baby clothes for a soon-to-arrive grandchild, they all relaxed over a well-earned M&S coffee. 'We're planning to visit M&S again as soon as we can,' said Sally, 'and it will be no ordinary outing!'





# HERE *comes* SUMMER

At Lakeview Grange, residents and team members have been soaking up the summer sunshine in their glorious garden at every opportunity.

For National Cocktail Day they said 'aloha' to a Waikiki Canapés & Cocktail Bar with drinks served by Hospitality Services Manager Dammi Archbold and Chef Eric Homer. Residents and guests played Guess the Cocktail with flavoured jellybeans and enjoyed the holiday atmosphere.

The sun continued to smile on the home's garden party for residents, families, friends and neighbours. The catering team served up a sizzling barbecue to a summer soundtrack in brass performed by the ever-popular Chichester City Band. A raffle raised £240 for local charity Second Chance Chichester which gives donated

high-quality furniture and white goods a second chance in new homes with people who appreciate them. Richard Plowman, CEO of Second Chance Chichester, gave a heartfelt speech of thanks for this support.

## Family fun

A huge 'thank you' to everyone who came along and contributed to such a special celebration from the hosting team: Hospitality Services Manager Dammi Archbold, Home Admissions Advisor Jackie Cridlin and Wellbeing & Lifestyle Co-ordinator Mary Oliver. 'Everyone had a wonderful time and said it felt like a big family barbecue with lots of fabulous food and fun,' said Mary.



## Living *the* Good Life



Residents at Parkfield Grange have enjoyed planting seeds and watching their vegetables grow this year thanks to Pot Gang's gardening subscription boxes. The monthly boxes contain everything they need to grow fruit, vegetables and herbs, including seeds, compost, pots and step-by-step guides.

'We have been very successful,' said Sam Clarke, Wellbeing & Lifestyle Co-ordinator. 'Doris Nelson, one of our residents and our head gardener, recently presented our Head Chef Jane Elton with a large crop of golden courgettes and basil, which Jane used to produce a beautiful Italian caponata-style starter for everyone to enjoy. We really are living the good life!'







# Spice Up Your Life

ZIG-A-  
ZIG-AH

Netley Court's wellbeing and lifestyle team spiced up residents' lives with a stunning Spice Girls tribute act at the home's summer music festival recently and delighted the audience. Special guest Mike Sidway, a local entertainer, topped the bill. It was all to raise funds and awareness for the Hampshire & Isle of Wight Air Ambulance charity while enjoying some music and fun.



## TABLE TENNIS AL FRESCO



Wimbledon is a highlight of the British summer and at Sutton Park Grange, team members and residents celebrated it in their own way – with a lively table tennis tournament!

'It's a fantastic way to get outdoors, enjoy some gentle exercise and sharpen hand-eye co-ordination,' explained Ben Stevenson, Lead Wellbeing & Lifestyle Co-ordinator. 'We're delighted that

residents who use wheelchairs have been able to join in the fun, making the games inclusive for everyone.'

Table tennis has proved to be a firm favourite among the home's residents, many of whom have shown some impressive skills. They are looking forward to many more games in the sunshine as they continue to make the most of the home's beautiful garden this summer.

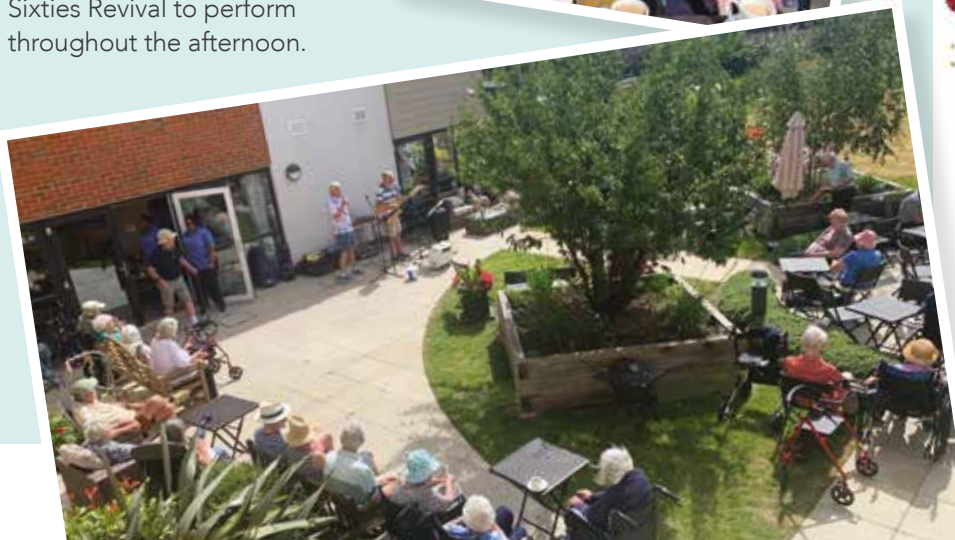
## Charity cream tea jamboree

Heathland House recently hosted an Afternoon Cream Tea to raise funds for the Dorset Blind Association which supports people living with sight loss or impaired vision.

Two residents at the home who have macular degeneration enjoy visiting one of the Association's fortnightly clubs in Ferndown for talks, entertainment and socialising with friends. The Heathland House team wanted to show their support for the Association and help to keep its clubs running.

The catering team served up a magnificent afternoon cream tea which residents and visitors enjoyed

in the home's beautiful courtyard gardens, raising over £500 from sales of visitor tickets. The Dorset Blind Association ran a stall with homemade goodies including local Wimborne honey, organised a raffle and brought in the brilliant musical duo Sixties Revival to perform throughout the afternoon.





# Biker brigade brings joy

Earlsfield Court residents received a special visit from Rolling Rides, a local charity motorcycle group, who arranged for 85 motorbikes to turn up outside the care home. Residents sat on the bikes and chatted to the motorcyclists while some lucky team members were taken for a ride.

Leah Warren, Deputy Manager, organised the visit to provide an interactive experience for residents and build stronger links with the local community. Over 100 people attended, with refreshments

including a sizzling barbecue provided by the catering team.

Resident Walter Usherwood, aged 96, said, 'I loved seeing all the motorbikes. I used to ride myself back in the day. When I sat on the bikes, I felt young again!' Ann Noonan, aged 91, added, 'We all had so much fun. One of the Rolling Rides bikers even gave me his hat to keep; I'm one of the gang now!'



Mark Hopgood who runs Rolling Rides alongside his father, said, 'It was a very successful day and we were really happy to bring joy to the residents. Earlsfield Court is beautiful and the team were all brilliant.'

## CYCLING VISIT

PEDALL aims to promote inclusive cycling in and around the beautiful New Forest National Park and make it accessible to everyone regardless of age, health condition or disability. Residents from Netley Court usually travel to the New Forest for cycling with Pedall but were recently delighted when Pedall came to them. It was a pleasant surprise.



## SUMMERTIME SAILING SESSIONS SUCCEED

The wellbeing and lifestyle team at Abbotswood Court recently took four 80-year-old residents dinghy sailing with the help of the specialist team at Testwood Lakes Sailability. It was part of their ongoing programme of new and engaging activities for residents to enjoy.

'This has definitely been a highlight in our activity schedule and we look forward to repeating it throughout summer,' said Lea Winter, General Manager. 'It was so rewarding to see our residents out on the water in the sunshine, enjoying an activity they thought they would not experience again at this stage of life.'

Resident Graham Jenkins, aged 82, said, 'It was very nice being out on the water. It brought back wonderful memories of when I used to sail with Weston Sailing Club at Netley, Southampton. I am very much looking forward to getting back out on the water again.'

### Safe and happy

The activity was made possible by the specialist team at Testwood Lakes Sailability who help people to overcoming physical impairments,

long-term health conditions, or age-related issues to ensure a safe and happy time on the water. For more information visit: [www.testwood.org.uk](http://www.testwood.org.uk)





## BBQ, BRACELETS AND GIVING BACK

A summer barbecue for team members, residents, relatives and friends was a recent highlight at Eden Court. Delicious food and laughter were the order of the day – but that wasn't all!

Residents had made beautiful bracelets which they sold to raise funds for the breast cancer charity, Walk the Walk, which organises the London MoonWalk. 'The money we raised will go towards breast cancer research, helping women and men across London,' said Yetty Adepegba, General Manager. 'The day was a wonderful combination of artistry, generosity and community spirit.'



## Stay cool!

Crafting paper fans proved to be a popular activity at The Gables recently. 'It not only kept our residents cool but brought back memories of childhood crafts, as well as giving the satisfaction of making something practical,' explained Evie Hurrell, the home's new Wellbeing & Lifestyle Assistant who spends her time crafting, singing and chatting with residents living with dementia.

'Participatory activities with tangible results are of great importance to our residents,' said Sally Hurrell, Lead Wellbeing & Lifestyle Co-ordinator. 'They help to restore a sense of worth and independence. Gardening is another such activity which is in full swing here at present. Our tomatoes are starting to turn red!'



## Eastleigh unveils *new* kit

Sunnybank House was delighted to sponsor the newly formed Eastleigh Mobility Football Group and proudly presented the team with their new kit in time for their first match in June.

The group gives people who thought they would never play competitive sport again the opportunity to play walking football and to test their skills in a safe, supportive and fun way. The team is made up of players living with Parkinson's, MS or recovering from heart attacks, stroke or limb injuries.

After playing amongst themselves for the past year, the team had their first 'official friendly' recently, in their new kit, playing against Dorset's Parky Striders, a Parkinson's group from Bournemouth.

'This sponsorship ties in with our ethos of supporting our local community whenever we can,' said Jessica Wooldridge, Home Admissions Advisor. 'We are thrilled to have been able to support the group with their new kit.'

Paul Shillabeer, one of the Eastleigh team, summed up the sponsorship and the match saying, 'Scoring a penalty wearing a proper kit made me feel like Matt Le Tissier!'



WELL KITTED OUT



# LOCAL PUZZLES PROVIDE *community* SUPPORT

The Outram Fields team has created a special Sheffield edition of the book *Puzzle Workouts for Your Brain* to give to hospitals and community charities. The book features local trivia, historic images and classic Yorkshire sayings.

Its front cover, illustrated by Sheffield artist and Outram Fields volunteer Greg Harris, features some of the city's most iconic landmarks, including the Henderson's Relish building. Greg kindly donated this bespoke artwork as a tribute to Transport 17, a community transport charity which will receive free copies of the book together with Age UK, Royal Hallamshire & Northern General Hospitals and The Rainbow Care Group Sheffield South.

## Sparkling conversations

'The book is designed to be a fun way to spark memories and conversations for older people and we are donating copies to local libraries, lunch clubs and memory cafés,' explained Donna

ARTIST GREG HARRIS



Pierpoint, General Manager. 'So far, we have donated 500 copies and are printing 1,000 more to give away in support of Transport 17.'

'The puzzle book is brilliant; it really gets your brain going and helps to keep your mind sharp,' said Margaret

Millington, aged 91, a resident at Outram Fields. 'It's especially good for older people like me. Seeing all the old Sheffield landmarks brought back happy memories and gave us something to chat about in the resident lounge.'

## READ ALL *about* IT!

At 92 years old, Bert West, MBE, is Wellington Vale's oldest volunteer and affectionately known as their cheerful paper boy. Every morning without fail, come rain or shine, Bert delivers the newspapers for the home's lounges and coffee areas. He also takes magazine orders from residents too.

A former Stagecoach bus driver, Bert began his Wellington Vale paper round three years ago when he was in the local newsagents and heard that the paperboy's car had broken down. Bert offered to step in and has been delivering papers to the care home on his way home ever since.

## A very special man

To thank Bert and to celebrate his 92nd birthday in April, General

Manager Sandy Atkins presented him with a birthday gift, balloons and a card signed by the Wellington Vale team and residents. 'Bert is a very special man and we wanted to show him our appreciation on his birthday, said Helen Cox, Home Admissions Advisor. 'His dedication to the community is inspiring – and he still finds time to join in at our events.'

'When I got home after receiving such a fuss at Wellington Vale for my birthday, I was all choked up,' said Bert. 'I couldn't believe they had planned this surprise for me for always delivering the papers for the care home residents. I do it because I love helping people and I like to keep the residents happy!'



PAPER BOY BERT



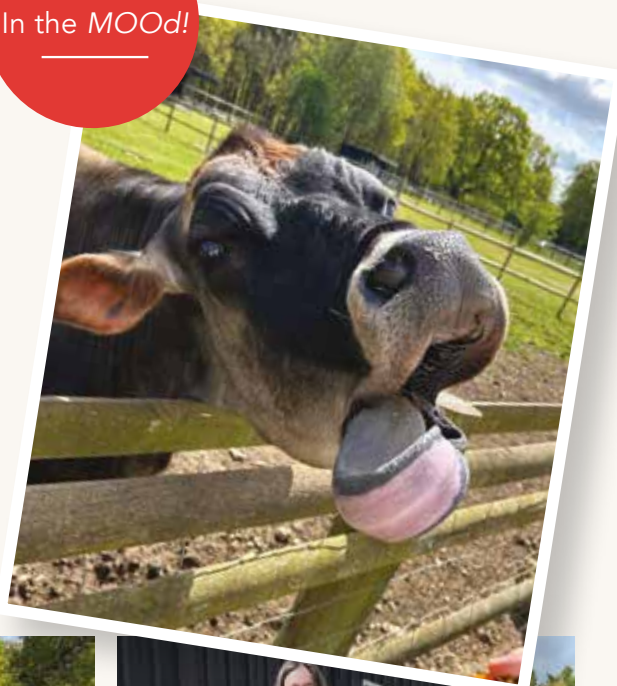
# ANIMAL ANTICS RAISE A *smile*

There's nothing quite like fresh air, friendly animals and blue skies to make an outing special – and that's exactly what residents and team members from Emerson Grange enjoyed on their recent trip to a local Christmas Tree farm.

Meeting and feeding the farm animals was the highlight of the

residents' day – and the animals seemed just as delighted to meet them! From curious goats to gentle donkeys and woolly sheep, each animal brought a sense of calm and connection as residents stroked, fed and chatted to their new furry friends. With lovely weather, fresh air and a peaceful setting, it was a perfect day of fun and relaxation.

In the MOOd!



## A MOHICAN *for* MOUNTBATTEN



Barry Clouder, resident ambassador at Netley Court, came up with a novel way to celebrate his 76th birthday in June. He shaved his head into a Mohican to raise funds for the local hospice, Mountbatten Hampshire. He even coloured his Mohican to match the colours of the charity's logo.

Barry has set himself a £1,000 target and has raised over £780 so far. 'The charity means a lot to me,' he said. 'Many of my friends have spent their last days at Mountbatten Hampshire. I wanted to mark

my birthday by giving something back and honouring the volunteers who work there. I hope that more people will sponsor me so that I can meet my target.'

Moirax Baxter, General Manager, praised Barry's initiative. 'As our resident ambassador, Barry leads with humour, compassion and commitment. His fundraiser has brought exuberance to the home and we're incredibly proud of him.'

Donations can be made via: <https://mountbattenhampshire.enthuse.com/pf/barry-clouder>





# Thanking Cinnamon Carers

Cinnamon homes celebrated Carers Week in June and honoured their incredible teams who make a vital difference to residents every day.

At Eastcote Park, each team member received thoughtful thank you gifts and sweet treats. 'They truly deserve it,' said Ben Dalgetty, Support Services Manager. 'We couldn't be more grateful for their care, compassion and dedication. Our amazing team is the heart of Eastcote Park.'



The Hartwood House team enjoyed a range of relaxing therapies and a little gift courtesy of the family of a former resident, Rosalind Payne, who recently passed away. 'Mrs Payne's daughters were so pleased with the excellent care their mother had received that they very kindly made a generous donation to treat our team members to something to enhance their wellbeing,' explained Gayle Burn, the home's General Manager.

Team members could choose from head massages, facials, Reiki and Thai foot massages by local holistic therapist Nicoletta of La Vita Rosa. Breakfast baps and ice creams made every day special and a barbecue for the whole team rounded off their week of appreciation.

## ... and nurses too

Meanwhile, Wellington Vale celebrated International Nurses Day with gifts for Cinnamon's nursing



teams. Helen Cox, Home Admissions Advisor, made a surprise visit to the community District Nurses office to deliver special presents on behalf of the home's team members and residents.

## RALLYING ROUND

Emily Cummings, Care Assistant at Lakeview Grange, has recently experienced first-hand the tremendous love and support of her Cinnamon family.

Earlier this year, Emily experienced two life-changing tragedies. First

her mother sadly passed away and then, while she was still grieving, tragedy struck again: their home was severely damaged by fire. Everything was destroyed, including all of Emily's mother's belongings, and they had to be rehoused in emergency accommodation.

## Eager to help

Naturally, her teammates' immediate response was to rally round and support her. Friend and teammate Caytlin Baker has been raising funds to help Emily and her family with their immediate needs, such as clothing and toiletries. A raffle raised £370 and, for those not online, Caytlin set up a JustGiving page which has raised over £4,000.

'Thank you to everyone for your generosity in helping to fund me and my family, and all the extra support you have given me this year,' said Emily 'I am more grateful than I can say.'





# Rewarding commitment

Congratulations to **Jessica Tetley**, Home Admissions Advisor on winning this year's Home Admissions Advisor of the Year award for her outstanding commitment to Leah Lodge and Rectory Court. **Nicky Harris** from Eastcote Park and **Karen Handley** from Sutton Park Grange came second and third respectively for Cinnamon's mature homes.

Amongst Cinnamon's non-mature homes, **Selina Sapsford**, from Watermeadow Grange, won first prize with **Claire Hoyles** from Outram Fields a worthy runner-up. **Emily Hocking** from Parkfield Grange and **Jackie Cridlin** from Rokewood Court were in joint third place.



PASSIONATE & PROFESSIONAL

'It's incredibly rewarding to see such dedication and excellence recognised across our teams. said Sarah Devlin, Head of Sales. 'These awards are a testament to the passion, perseverance, and professionalism our Home Admissions Advisors bring to every family they support. Congratulations to all our finalists – you represent the very best of what Cinnamon stands for.'



## Badge of Honour

The resident community at Merriman Grange has grown steadily since the home opened earlier this year and three residents have stood out as natural ambassadors. Sheila Dixon, Kathleen Litherland and Joyce Kelly are always on hand to extend a warm welcome to new residents and speak highly of the care and hospitality they receive to visitors.

In recognition of their ambassadorial role, the ladies have each been given a Cinnamon name badge which they wear with pride.



## Chamber Award for Merriman Grange

Merriman Grange was recently recognised by the Worthing & Adur Chamber of Commerce at their Annual General Meeting at Worthing Pavilion in May. Having been a member of the Chamber for one year, Jan Marples, Home Admission Advisor, accepted an award on behalf of the home for 'smashing the first year of membership'.

The Chamber praised Jan as an example of how to make the most of your membership through networking and collaboration with other members. The Merriman Grange team were warmly congratulated, not only for their dedication to community engagement but also for hosting fundraising events and meetings at their home.





# Sunnybank House signs Armed Forces Covenant

Sunnybank House has signed the Armed Forces Covenant, a national pledge to support the armed forces community across Hampshire and to uphold the values of unity, solidarity and gratitude towards those who have risked their lives for our safety. This pledge reinforces Sunnybank House's position as a veteran friendly care home, having achieved the standards required for the Veteran Friendly Framework (VFF) earlier this year.

Sunnybank House hopes to welcome those who serve in the military, as well as those leaving the military who are looking for work as community volunteers, with the chance to learn new skills. The care home is working with the Career Transition Partnership (CTP) to support the employment of service leavers. In addition,

Sunnybank House is offering colleagues who are members of the Reserve Forces and volunteering leaders in military cadet organisations closer collaboration now and in the future.

## Recognition & opportunity

Paul Burrows-Gibson, Lead Wellbeing & Lifestyle Co-ordinator, said, 'Signing the Armed Forces Covenant is not just a symbolic gesture; is a commitment to fostering an environment where veterans, active-duty members and their families receive the care, recognition and opportunities they rightfully deserve.'

Jessica Wooldridge, Home Admissions Advisor, added, 'Our ambition is for Sunnybank House to be known as a place where all those who serve or have served in the



VETERAN  
FRIENDLY

armed forces feel safe, welcome and treated with respect.'

Throughout the year, Sunnybank House organises many community and intergenerational initiatives involving residents, veterans and their families. These include VE Day, Armed Forces Day, Reserves Day, the Poppy Appeal Day and Remembrance activities as well as an Armed Forces Breakfast Club.

## CHEERS, dad!

The Emerson Grange team raised a celebratory glass on Father's Day in June to toast the wonderful fathers, grandfathers and father figures in their community.

Residents enjoyed a menu of refreshing mocktails and delicious cupcakes, all served with extra cheer and a side order of laughter. Local singer Jason Lines performed a lively set with energy and charm that had everyone smiling, clapping and singing along. 'It was a joyful celebration filled with music, treats and heartfelt appreciation for the men who mean so much to us all,' said Lauren Lewin, Wellbeing & Lifestyle Co-ordinator

HEARTFELT  
APPRECIATION







## Madder Mill Molly's Magnificent Show

The sun shone down on residents seated in the garden at Rokewood Court as, to the tune of three accordions, local folk dance group Madder Mill Molly began to dance.

This unusual style of English Morris dancing hails from East Anglia and was traditionally done by out-of-work ploughboys to earn money over the winter. The tradition was especially associated with Boxing Day and Plough Monday.

The Madder Mill Molly group dances in the vicinity of the River Wandle where, in 1790, there stood a madder

root mill which made red dye. The dancers dress in red and paint their faces.

'I had booked the traditional North Wood Morris Men to dance at Rokewood Court on a previous occasion and residents enjoyed it, so I thought the Madder Mill Molly would be a nice alternative,' said Lead Wellbeing & Lifestyle Co-ordinator Chris Shields. 'They certainly put on a magnificent show.'



STEPPING  
OUT



## Weekly walks *gain* a lift

Sutton Park Grange has got its wish: a summer full of sunshine so team members and residents can continue embracing the great outdoors together.

The home takes its name from Sutton Park next door, one of the largest urban parks in Europe, spanning approximately 2,400 acres. The Sutton Park team are now able to take more residents out to enjoy the beauty of the park, including those who may previously

have found access difficult, thanks to their new vehicle equipped with a wheelchair lift.

'These outings have been a lovely opportunity not only for our residents, but also for team members who enjoy a refreshing walk,' said Ben Stevenson, Lead Wellbeing & Lifestyle Co-ordinator. 'It's a wonderful way to spend an hour or two outdoors, stretching our legs and making the most of the park's accessible footpaths and convenient benches.'

## Let's get quizzical!

Residents, families and friends gathered at Emerson Grange for a lively evening of friendly competition and fun at their Quiz Night recently. It was hosted by Aadil Baig, Support Services Manager. Brain teasers ranging from general knowledge to light-hearted trivia ensured there was something for everyone to enjoy. 'This wonderful evening of connection and cheer brought our Emerson Grange community together through teamwork, laughter and a touch of healthy rivalry,' said Lauren Lewin, Wellbeing & Lifestyle Co-ordinator.





# Sweet memories

A new retro sweet shop has proved to be a big hit with the residents of Rokewood Court. The walls are decorated with old advertisements and the shop features an original set of sweet shop weighing scales sourced from eBay, an old till which goes 'ding' and lots of jars of sweets. A pile of old sixpences, shillings and half-crowns sits on the counter near the entrance for residents to use to 'buy' their quarter of sweets.

Chris Shields, Lead Wellbeing & Lifestyle Co-ordinator, was trying to

decide how best to use the home's summer house when he came up with the idea for a retro sweet shop. 'It's especially good for our one-to-one sessions with residents living with dementia,' he said.

## Many smiles on faces

'Taking them down to the sweet shop evokes childhood memories and has put a smile on many of the residents' faces. One resident

who had spent his childhood in his parents' confectioner's shop sat gazing entranced at the old pictures on the wall and weighing scales and jars of sweets. It's going so well that I might have to become a full-time confectioner!'



# Creating harmony

Rectory Court's Community Choir has been gaining momentum recently. The choir is for everyone – residents, relatives, team members and friends from the local community. Hedvika Pavluchova, the home's Lead Wellbeing & Lifestyle Co-ordinator, runs it in conjunction with volunteer and talented musician Liz Hills.

'It is a wonderful group of people who enjoy getting together and singing,' said Hedvika. 'We rehearse every Monday and a recent highlight was when we performed at the VE Day celebration. Residents said they found our performance very uplifting, which was lovely to hear.'



## STEPS ACROSS TIME

A performance by the London Children's Ballet filled Eden Court with smiles and applause recently. 'It captured the essence of what we stand for – joy, connection and a shared love for the arts,' explained Yetty Adepegba, General Manager.

'Watching our residents and the dancers share that magical moment together was a testament to the beauty of the arts in bringing people together, regardless of age.'





# DRAGON BOAT RACE THRILLS AND SPILLS

The mighty Watermeadow Warriors swapped keyboards for paddles, coffee cups for life jackets and set sail after a fashion in the annual Dragon Boat Race held at Exeter Quay recently in aid of Devon Air Ambulance.

With zero training, questionable steering and far too much enthusiasm, the team gave it everything they had. Did they paddle in sync? Not exactly. Did they accidentally spin in circles? Possibly. Did they laugh the entire way? Absolutely.

They may not have crossed the finish line first, but they definitely won in team spirit, soggy sneakers and sheer determination. 'A huge shout-out to everyone who cheered us on

– and to the swan we almost collided with,' said Lizzie Batley, Wellbeing & Lifestyle Co-ordinator.

They raised an impressive £1,300 for Devon Air Ambulance and plan to make a return voyage next year.

WATERMEADOW  
WARRIORS



## HEARTWARMING connection

Earlsfield Court continues to strengthen its special bond with the local nursery through heart-warming visits from the children every three weeks. Each visit is filled with laughter and magical moments as they enjoy different activities together, from reading stories to watering the garden and potting plants.

'It's wonderful to see the joy shared between our residents and the children,' said Daniel Ridgway, Home Admissions Advisor. 'The best bit is when it's time to say goodbye and the children give our residents the biggest, warmest hugs – it melts our hearts every time!'

*'We're so grateful for these visits and look forward to nurturing this beautiful connection with more visits in the future.'*





# 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 please be aware that if you don't use it – you lose it! By now, you should have used one third of your holiday allowance plus any days carried over from the previous year.

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...

### August

<b>5-31</b>	Cricket: The Hundred.
<b>5-9</b>	Great British Beer Festival, NEC Birmingham.
<b>11-17</b>	Afternoon Tea Week.
<b>15</b>	Football: Premier League season starts.
<b>16-4 Oct</b>	Rugby Union: Championship.

### September

<b>1</b>	World Letter Writing Day.
<b>4-14</b>	World Boxing Championships.
<b>11-14</b>	Racing: St Leger Festival, Doncaster.
<b>12</b>	Cinnamon in Bloom Competition: closing date for entries.
<b>13</b>	Last Night of the Proms.
<b>13-21</b>	World Athletics Championships, Tokyo.
<b>17</b>	International Country Music Day.
<b>21</b>	World Alzheimer's Day.
<b>24</b>	National Day of Arts in Care Homes.
<b>26</b>	The World's Biggest Coffee Morning.
<b>26-28</b>	Golf: Ryder Cup, New York.
<b>30</b>	Cinnamon in Bloom: winners announced.

### October

<b>1-31</b>	Celebrating Cultures Month.
<b>1</b>	You Make the Difference Award 2023 – closing date for nominations.
<b>2</b>	National Poetry Day.
<b>5</b>	Grandparents' Day.
<b>6-12</b>	Darts: World Grand Prix, Leicester.
<b>19</b>	International Gin & Tonic Day
<b>21</b>	Trafalgar Day. Diwali: Indian Festival of Lights.
<b>26</b>	Official British Summertime ends and clocks go back.
<b>31</b>	Hallowe'en.