

# Magic Life

Sharing Experiences

## Contents:

- Lets It Shine
- Here Comes The Sun
- I'm John (Podcast Interview)
- Great Expectations
- Taking The Lead
- Pulled Over
- Team Spirit
- Flying High
- Short Back And Sides
- Sharing Is Caring
- Love Train
- Beautiful Smiles
- Wetlands
- Independence
- Super 60 Challenge
- Looking Forward
- Beach Life



# Let It Shine

## Sunflower Challenge

Grow a Sunflower is back. As winter comes to a close and we welcome-in spring, what better time is there to bring back the Magic Life Grow A Sunflower Challenge.

You all should have received your pots filled with earth and an envelope with some seeds.

All you need to do is plant your seeds, add water and let the Magic begin.

Then, as your plant grows, take photos and send them to me. This is an ideal opportunity for you and the people you support to grow your own little bit of sun right there in your home.

I'm looking forward to see your pictures.



Collette Roberts  
Service Manager Cedar Lodge



Belinda Berry  
Service Manager The Chapel



# Here Comes The Sun

Eamonn

I would like to take the opportunity to say farewell to James our manager from the Chapel who helped to establish one of our newest service. I would also like to welcome Belinda to the role of service manager, where to date she has been doing an amazing job. Also to welcome one of our fastest growing services in Hale End, Collette, who has joined the existing management team and is already making waves.

I would like to make mention of the sad passing of an individual we provided support to. MB was only in the service for a few days when he tragically passed on. It was devastating to the staff and to the family when he unexpectedly passed on. Even though he was with us for a few days, it was comforting to hear from their mum who stated that she was glad he was in a place he called home as opposed to being in a clinical setting. It is always difficult to lose someone and our thoughts and prayers are with the family at this time.

As you know, I like to start my messages with a song title which represents the times ahead. Song choice for this month is Here Comes The Sun by The Beatles.

Ironically, as I sit here and reflect on the song of choice, the weather is in sharp contrast to the beautiful spring weather we experienced a week ago when the ice cream vans were out, people walking around, smiles on faces, in shorts and sandals and the feel good factor was in play. Fast forward a week later and certain parts of the country reported snowfalls and high winds. Does this remind anyone of health and social care?

To put into context, no two days are ever the same. There are days as we know where we experience several highs that just provide us with the motivation to give our very best with a smile on our faces and then there are days when we question the very notion of why we do what we do when things happen which is beyond our control. Then we are reminded of the fact that this is just real life.

What changes about those sunny days and the feel good factor is the fact that at the end of most days we know, that at the end of a shift, at the start of a new day, we are there to make that difference. That was something our director reminded me about when during one of our chats it was stated that this is the reason why we are in health and social care. To recognise the difficulties and to help anyway. We are watching the growth of our entire organisation. Similar to that of a sunflower. It starts as a small seed and we nurture, water and feed it while we watch the progress as it grows into a thing of beauty. The way we are expected to provide care and support is not too different. In order to see positive growth, we nurture that which we care about. We take time to ensure that we are doing the very best to give the people we support the best opportunities of having that quality in their lives. There are always going to be the setbacks when things do not go according to plan and that is when doubt and confusion takes over. By now you will have noted that in order to make things work, it is about the people you surround yourself with. People who are supportive will also watch as you grow and develop and support you when

everything seems dark and cold. Your colleagues, your staff, the people we support, the families of the ones we are charged with looking after. They can be our sunshine in order for things to grow.

I still think that I have one of the best jobs ever. The role in which I get to spend time with a host of different people we support, the staff doing the day to day support, the people we support, the families, the social workers, commissioners, and care co-ordinators who take the decisions of placing their loved ones within our care and support services and knowing that our only intention is to give back to those who rely on us. I know I continue to sound like a broken record but in truth even when things does become difficult, there is no place I would rather be. Message will always be to keep smiling. You just never know what impact it will have on others around you.



Eamonn Cummings  
Director of Operations



# I'm John

## Podcast Interview

After working for 24 years in one of London's leading events company where he became the warehouse manager. John Massaquoi took a big risk in changing his career path.

In this podcast we hear the reasons way he took the leap into social care and how he has quickly moved up the ranks to become a service manager with Magic Life. I would like to thank John for his time and for giving us an insight into his career so far.

To listen to his interview, please head to <https://magiclifeuk.com/magic-life-podcasts/>



Find Magic Life Podcast on Apple Podcast and Spotify



# Great Expectations

## Manor Place

March 2022 was filled with great expectations and progress.

Jo turned 18 years old and celebrated his birthday at home with his family.

Jo wanted a quiet day and enjoyed wearing the clothes his parents bought him. Jo enjoys walks in Potters Bar and often visits Chase Gate as he has dreams of living there in the future.

While walking in Potters Bar staff have been teaching him the green cross code and taking care on pedestrian crossings.



This month Magic Life Head office sent all residents some sunflower seed, pots and earth. Jo wasted no time in planting the seeds and watering them.

We have great news to share about Gareth. Back in February he got a job in a restaurant in High Barnet. Unfortunately, this didn't work out for him due to the hours they wanted. Although he was disappointed, he got straight back on the hunt for work. Manor Place are happy to say that Gareth has landed a new job in a restaurant in Enfield town working as a kitchen porter. Well done, Gareth for the getting straight back on the job hunt and finding work.

Michael loves football and he joined a local football team. He plays every Saturday in the position of midfield and defender. He has made lots of friend there and enjoys chatting to them about football on Facebook. This month Michael also went to Wembley Stadium to watch England vs Ivory Coast.

England won 3-0 and Michael celebrated the win with 73,000 fans in attendance. Before the game he went to



Weatherspoon where he enjoyed a burger and chips washed down with a coke. He travelled to Wembley by train which took him over an hour.

Shane spent a week at home with his mother and celebrated Mother's Day with her. On his return to Manor Place, he went to his favourite restaurant and enjoyed his favourite meal. Cod and chips followed by a small pizza. He told staff that he couldn't wait to get back to enjoy his weekly treat. Shane has also been doing his weekly shopping at Sainsbury's. Shane also got straight to work in planting his Sunflower seeds and labelled up his pot too.

At Manor Place the house is doing well under the leadership of John backed by the staff. The mood is high, and everyone is looking forward to warmer weather and watching the Sunflowers grow. In other news John the manager joined Joe for a Podcast interview where they discussed John's journey into social care.

A massive thank you for the Easter Eggs which Head office sent to the house.





# Taking The Lead

## Park Lodge

### Milo's Surprise Visit

Shomari had a surprise visit by our famous company dog Milo.

Shomari was over the moon when he saw Milo in the lounge ,he asked if staff could support him to take Milo for a walk in the park.

This was facilitated by two members of staff walking down to Pymmes Park. They walked round the lake where he sat down on the bench while feeding Milo biscuits which Milo loved.

While walking in the park Shomari felt proud and was very happy when other people at the park stopped him to look at Milo and said

**"What a beautiful Dog "**

### Sunflower Challenge

Shomari was excited to participate in the sunflower challenge.

For a few days he was excited about winning this challenge

He enjoyed checking the plants daily and watering them to see the progress .

Unfortunately after few days there were no sign of plants growing from his flower pot.

This was very disappointing for Shomari which made him upset and demotivated for couple of days. He was given the time and space to calm down and made another plan to buy more sunflower bulbs from local supermarket.



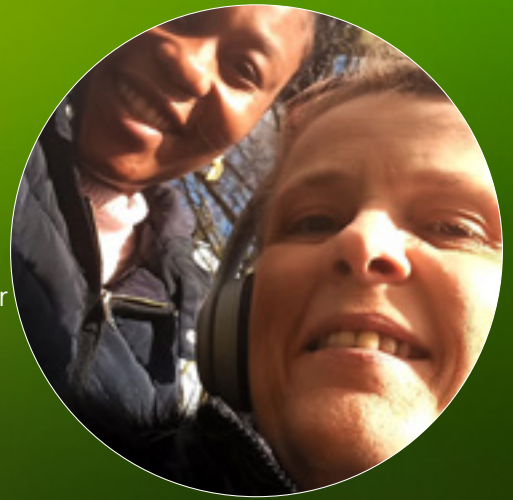
Remembering Morgan  
Magic Life extend our deepest  
sympathy to his family.  
Rest in peace Morgan



# Pulled Over

## Park Side

With the recent warmer weather the residents at Park Side have been getting out and about. Some of the residents have been enjoying Pymms Park and other went to Edmonton Green shopping centre where they met Police who are recruiting. Back in the house, residents have playing board games getting involved in the Sunflower challenge.





# Team Spirit

## 672 High Road

The Team at 672 are working well with individual goals being achieved. The team is really motivated and working hard to achieve our mission of person-centred support.

672 High Road is going from strength to strength with everyone doing well. Mica has really settled in, and she has formed a positive relationship with all of the staff but more so with female staff members.

Mica likes to help in the office answering the calls and taking messages. She really loves recycling as she finds this therapeutic. She likes folding up the cardboard boxes in the right sizes and then placing them in the recycling bin. But she really like interacting with staff and being part of office life. Her passion for cooking is showing with her chicken curry being her speciality. She especially enjoys cooking alongside staff members and enjoys the chats whilst cooking. Head office sent over the Sunflower challenge which she really liked. She has planted her seeds and her grandmother has advised to water them twice a day.

Paul has been busy going to the park and uses the parks gym facilities. He is trying to lose a bit of weight and is choosing healthier foods to eat. He too received the Sunflowers and has planted them and put them on the window sill.

Satpal is doing well and is enjoying life. He is taking care of his Sunflower and is looking forward to the sunflower sprouting. He enjoys daily tasks such as washing, and hanging his clothes and greets staff members

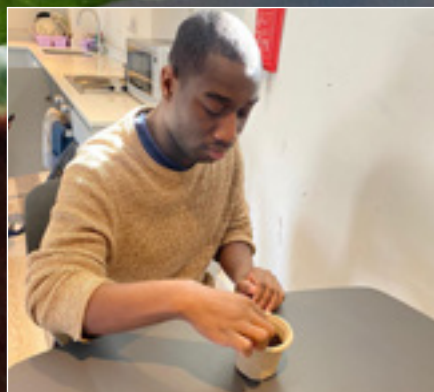
with a smile and a hello.

Daily life for Chris is settled and his daily routine of making his orange juice in the morning continues. He enjoys taking his daily exercise in the park, and the yard of 672

Rupert has been going out in the community which he enjoys. He has also been engaging with staff playing board games.



Mica celebrated her birthday and how 672 supported wished her a Happy Birthday





# Flying High

## Northlands

The Northlands girls love their pets and animals. LM enjoyed a walk with Milo on a sunny day in the park. She got loads of kisses from him and she gave Milo loads of treats too. She cannot wait for another visit.

She enjoyed going to the park with her new made hair which she referred to as pinky hair. Going to the park and engaging in a lot of outdoor activity is a way of letting out loads of anxiety, low moods, agitations and a beautiful way of expressing how she feels when she is in a good place.

She is well behaved and now better understands how to communicate her needs when in the community. She enjoys going to the park and enjoys seeing the dogs playing. She loved Milo and even walked him.



She enjoys the ducks and colourful birds in the lake. She fed them with bread as she enjoys seeing them eat and to add more fun to the park visit, she named a few ducks in the lake at the park side.

They are Daffy, Donald and Daisy which I believe are cute names for ducks.

She also had a go on the swings flying up in the air as if nothing matters, not worried I must say. She really enjoyed the sunny day at the park,

BA has been adjusting more and more each passing day and has been keen on engaging in more indoor and outdoor activities most especially outdoor activities. in the community.





# Short Back & Sides

171 Harringey Road

SE celebrated her birthday with all the residents and her close friend. She turned 51 this month. She received presents and cards from her family and staff. She was extremely happy as she read the messages on her cards from her loved ones. She was very pleased to be able to celebrate her 51st birthday in her new home.

JC used to go for regular haircuts however the first lockdown disrupted his routine. He found it difficult to go back to the barbers after the shops reopened as he developed a new routine of giving himself a shave and haircut at home. After 2 years, He returned to the barbers this month and after getting his make over he came back to the house looking sharp and fresh. To celebrate he went for a Chinese lunch after. Everyone was pleased to see for him being able to do this once again and we hope this continues to be a regular occurrence.

SE (Senal Enver), is our newest resident, we have slowly been discovering more of her talents. She helped staff to prepare a lovely lasagne dish for her weekly meal preparation. She is meticulous with her cooking, which resulted in her making a very tasty meal.

## St Patrick's day challenge

St Patrick's day was enjoyed by SE who baked a sponge cake and decorated it in bright green. Of course everyone tucked in and it was gone in minutes..

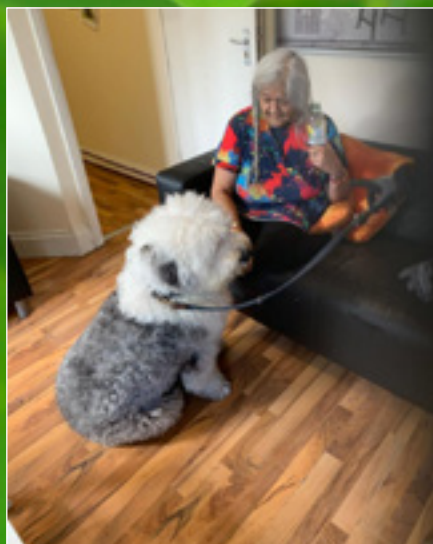
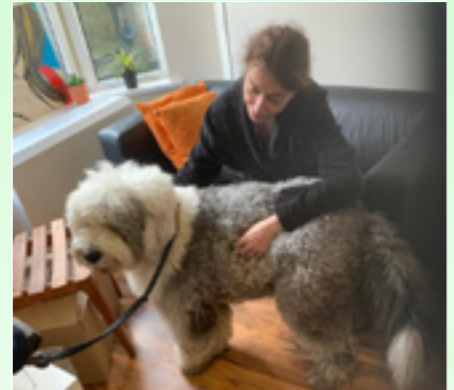
## Weekly communal cooking

The residents contribute money weekly for staff to prepare/

cooked meals this month. The residents suggested what they would like to eat, staff bought the ingredients and prepare the meal. Also, this month, with the suggestion of TB, staff prepared rice pudding from scratch, it was a huge hit with the residents.

## Sunflower challenge

We planted our Sunflower seeds and have now entered the Sunflower challenge. We encourage her resident to water them when required, we are waiting for them to grow.





# Sharing Is Caring

Grove Park Road



new bed and finished packing her belonging to move on the 18th of March. Well done Annette and we wish her the very best in her new home.

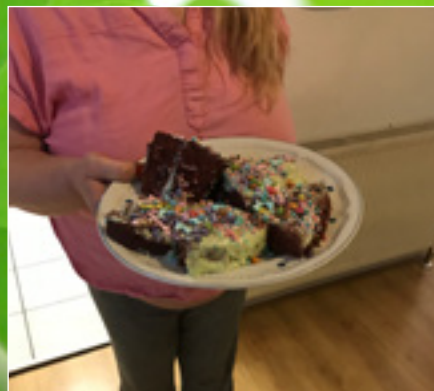
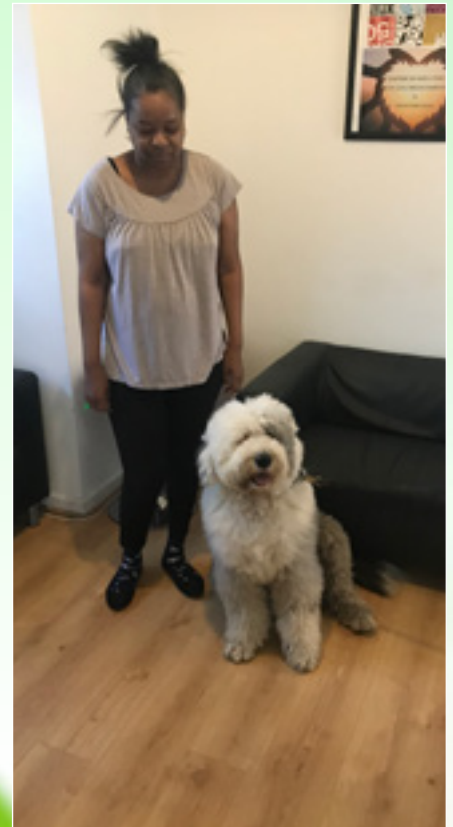
Dawn loves to cook and also got involved in baking the St Patrick's cake. She is excited to see the finished cake in the Magic Life Magazine. Also Dawn took delight in receiving the Sunflower seeds from Head Office. She planted the seeds and waters the plant daily is watches the pots grow on her window seal. She also takes pride in her appearance and enjoys painting her nails whilst drinking her coffee in the mornings. She spends a lot of time shopping and meets up with her daughter for lunch.

The Service has been very calm with the ladies enjoying doing lots of Baking, Cooking, Shopping, and socialising with each other, sharing their food etc We also had a visit from Milo the old English sheep dog which the residents loved.

The residents have been in a great mood, sharing food and being friendly towards each other which is lovely to see. NR continues with her usual routine and enjoys getting out about in the community. She often comes home later in the evening. When home she enjoys playing her music and we can often hear her singing.

Eusina loves to spoils her self with visits to the hair saloon and where she has her hair permed. She takes pride in her appearance and enjoys putting make up on when going out. This month she met Milo the Dog and a little reluctance in touching him. To celebrate St Patrick's day she baked a cake and decorated it.

We congratulate Annette on making the moving to independent living as she made the last preparations to move to her new home. She bought a





# Love Train

## Bruce Grove

The service is running well, and all of the service users are doing good.

For me this month has been one of the greatest at Bruce Grove, because there has been a significant turnaround with RB. We have battled to encourage him to become independent, make decisions, have purpose and value for his own life.

Over the months, RB has gradually warmed to structure, being rewarded for the good that he does with regards to his living standards, accepting support, staff continuously being persistent with routine has led him to now want to do it himself with minor prompting.

Where the story really began to shape up even more, is when he met Paulina some weeks ago, his girlfriend, we noticed that he began taking more care in his appearance, personal care, the way he kept his room and the smiles increased, he would hold conversations with the staff, sit in the lounge for longer periods of time, sit at the lounge table to eat, these are things he would not really do before.

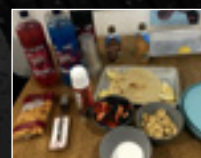
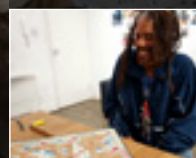
The biggest achievement was walking into the Drug Service in Bruce Grove and asking for help with his addiction. Although he missed the first appointment, he took the initiative to make this step, I asked him what made you want to make this change, he said I want to be free from drugs. He then relayed to me the fact that he missed the appointment, he went back into the Drug service to re-book another one. This was an overwhelming moment for all of us.

Another shocker was when he brought all of his clothing into the lounge to do his laundry, this has been a battle to achieve, but he again did this without prompting, staff supported him to achieve his goals.

Next was t trip to Camden trip to buy his new guitar, was the greatest moment for him, this has been his want for a long time and finally it happened as a reward for his achievements, he was in his element, playing for the passengers on the train. He has a

great talent as a musician

and singer and can do well, we will continue his journey with him, with a hope that his new girlfriend making him feel so loved and him now wanting to take pride in himself and his own being, will live out its longevity and lead to him living a better life. It's a little love that make you change, in turn, start to love who you are becoming, we have hope for RB and will continue to be on his new journey with him.





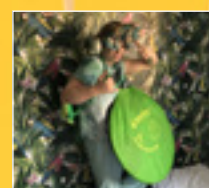
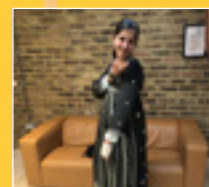
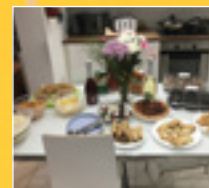
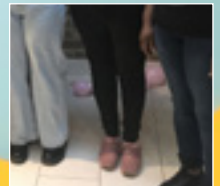
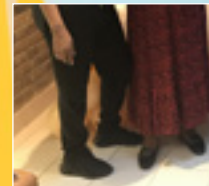
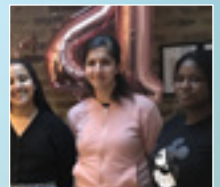
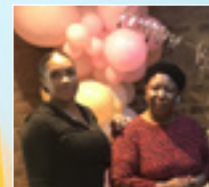
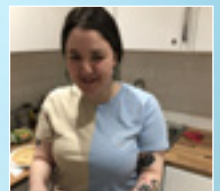
# Beautiful Smile

## Winns Mews

March has been the most rewarding month of achievements for the services users, at Winns Mews. We are extremely proud of our young ladies, there is so much to tell. It has been a time of Celebrations, beautiful smiles of gratitude and share joy, we have aimed to celebrate all of the known events that took place this month but we celebrated the most special one, which as LC and her twin sisters 21st Birthday. It was a time of reflection for all of the staff when planning, what I mean by this is, staff were reminded about how lucky we are having been able to celebrate our birthdays with our loved ones, in which ever way we choose, I asked them to refresh their memorable moments when they became 21. I know that I had the best 21st ever, my family went all out, but who was there to do this for LC, this where reflection hit home, unfortunately she only had the support workers, who genuinely care, to make this a special day for her and that we did. The planning took place about three weeks prior to her Birthday, we decided on a Surprise celebration. LC was anxious for a few weeks and continued to ask if we had planned anything for her birthday, we kept a straight face and kept telling her no not as yet but had to keep the surprise under wraps. Two days before, she asked again about her birthday, as I knew she wanted to feel special on her day, so said we will get her a cake with a straight face. On the day of her Birthday, the other residents enticed her out for a coffee, the planning took effect. Staff tapped into their skills and got to work, thank you to Tamara Davis who was responsible for

the decorations, how beautiful they were, Pauline Amankwah, for the Jollof Rice and plantain of which, LC really loves and Rose Chambers for her contribution. When LC arrived back, the shock was admirable, as she walked in to see how much we think that she is worth. The beautiful smile for the whole evening was just amazing. It got even better when her twin arrived and saw her name on the cake, how could we not include her, a beautiful smile of gratitude can only warm your heart and continue to encourage much more of these moments for our ladies. It didn't stop there, St Patricks day was celebrated by the team organising a competition, of which to our amazement, nearly all of the service users wanted to take part in, the pictures tell the story, we loved the fact that our PB did an amazing job, in just ten minutes by dressing up in all green which was very creative. A big shout out the HF who made the most beautiful cake and won the competition. Staff put together and purchased a Primark voucher for the 1st prize and a box of chocolates for the second prize which went to KF, she also went all out and dressed up in green traditional Asian attire, she purchased Asian green coloured sweets and dressed her table with her contribution. LC dressed in green and CK dyed part of her hair green, encouraging empowering each individual and enabling them to tap into their skills and thoughts to create such great ideas, is what we have aimed to do for a long while, it is happening and we are grateful that the hard work that is being put into encouraging confidence and gaining skills, is transpiring. Pancake day was also a success thanks to Henrietta

Saxon, who does an amazing job with teaching the residents, baking and cookery skills, on a weekly basis, HF booked a pineapple upside down cake and a stir fry to die for. Winns Mews has arrived.





# Wetlands

## Burlington Lodge

In March the weather seemed to get better, and the service focused more on outdoor activities.

Burlington Lodge is situated close to Woodberry Down Wetlands, Finsbury Park and Chestnut Park what gives a good opportunity for day outs to spend the time on a fresh air and enjoying a nice view.

Woodberry Wetlands reservoirs are resting places for a variety of birds and ducks, visitors of all ages can be seen in the area enjoying walks or sitting on the benches.

Sam and Gabriel have been regular visitors at Woodberry Down, having some snacks at local café.

An appointments at St Ann's Surgery giving an opportunity to connect it with Chestnut Park visits, where there could be found, playgrounds and a small restaurant offering very tasty meals.

Sam expressed his wish to use public transport often so Steven took him on the bus to Clapham Common where they visited a restaurant, Sam enjoyed having a cola.

On the 17th of March Elijah had his birthday, turned 31, he was visited by his family members brother Ishmel and his aunties. Staff arranged a party in the lounge area, Elijah was given sensory lights device what he can enjoy in his flat.

In-house activities included planting sunflower seeds in the pots and watering the plants, Each service user received one pot and will be caring of their

own sunflower.

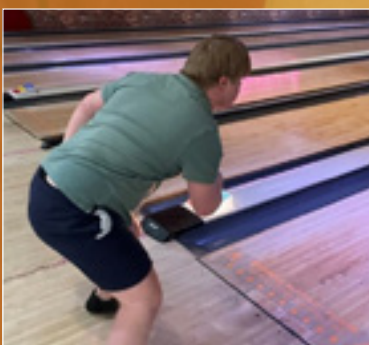




# Independence

## The Chapel

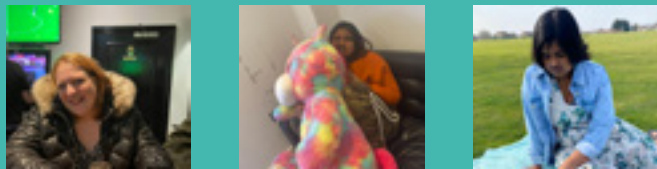
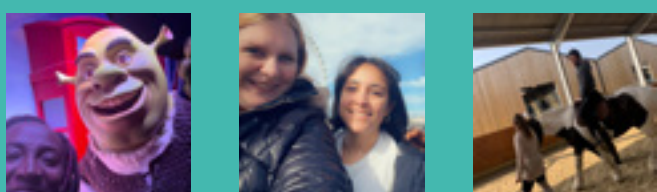
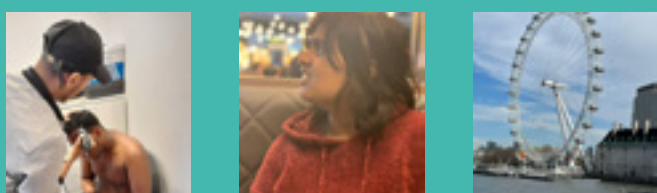
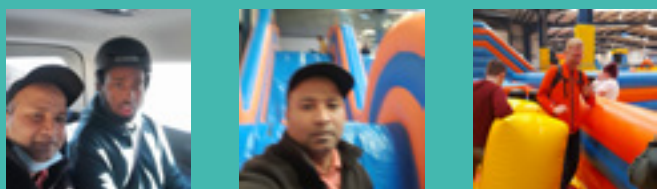
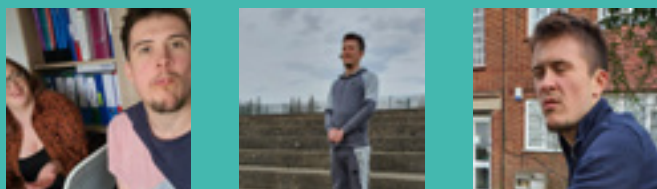
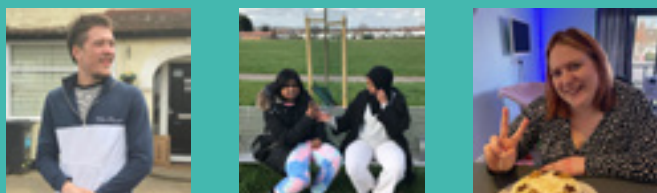
Ryan has had a good month and enjoyed working on being more independent. He has been helping to prepare his meals, do his food shopping and baking which is a huge achievement for Ryan and something that he has never done before. This month Ryan has learnt how to use the self-scanners in the supermarkets, and he now knows how to use his card to make the payment independently. All the staff at Chapel Row are very proud of him!











This month the Devonshire Lodge family has joined the Super 60 Challenge but what is the Super 60 Challenge? Well, this is a week commencing on the 28 March to 3 April) where the National Autistic Society hosts the World Autism Acceptance Week 2022, the number 60 is to celebrate 60 years of their foundation. They are here to transform lives, change attitudes and create a society that works for people with autism. The challenge consists, first in doing 6, 60, 600 etc of an activity we can commit in support for this event, second, we are also raising a donation which, by the way, Devonshire, on the first hour of starting the fundraising, overcame their target with members of the Magic Life family and relatives of some of our service users contributing to achieve our goal. OB already completed a 6-lap ride on his Quad bike, SS will bake 6 cakes, JI will jump 60 times on the trampoline amongst other service users, this obviously with the support of our colleagues, also members of management will also support by doing 600 push-ups, 600 squats and riding 60 kilometres. There is still so much to do but with every single one of us doing our bit, great things will be achieved.

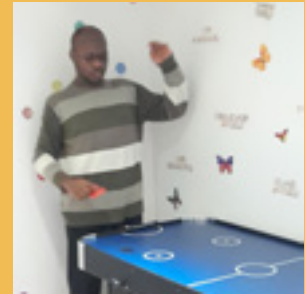
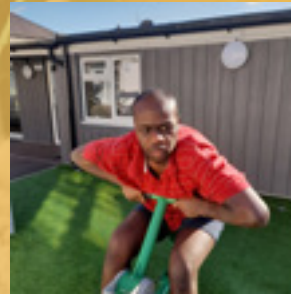
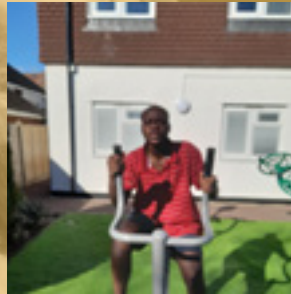
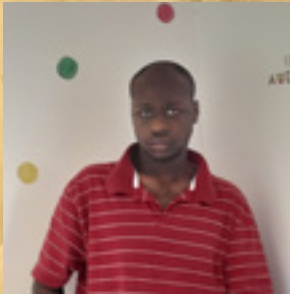


Since the new management (Pawel and Hollie) took over Devonshire lodge, we all have been injected with great motivation to support our service users. One way to provide them with the best service is to take risks, calculated risks, this way we will have a better understanding of what they like and make it a habitual thing or what they dislike and discard it for the future. By doing this, we learned OB is an amazing bicycle rider and his love of rock climbing, horse riding and swimming, now he is doing all of these on a regular basis. JI has been supported by going to the cinema any given Sunday and he really enjoys it, something we would have known if we would have taken the risk before. SS is also ice skating every week, this is thanks to the amazing support from her care workers, she loves horses and swimming. PC also had an amazing evening by going for the first time to Wembley stadium and watch his team England defeat Switzerland 2 – 1. A short clip shows his joyful celebration when Harry Kane scored the penalty that gave the win to the England team. In conclusion, taking risks even though they can be scary and stressful, they can also be easily squashed when you have the infinite support from your fabulous management team, the best thing that can happen is to add happiness to our clients and draw a smile on our faces, the worst thing that can happen is erase, rewind and try another activity. If you are not up for a challenge, this is not the job for you.



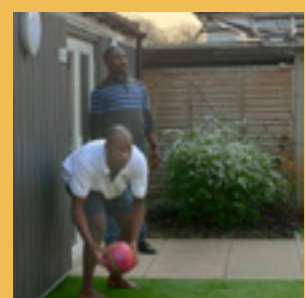
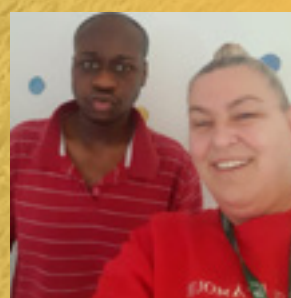
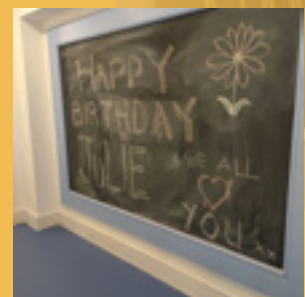
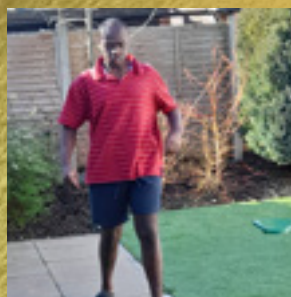
# Looking Forward

## Hale End

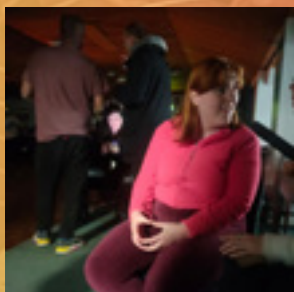


This month has been a great one we now have a new resident who sadly left us, so we would like to welcome曹. Also, one of our residents has finally started to communicate. We have also started to make bookings with the new service everyone is looking forward to.

We also had a lovely birthday party which Julie shared. We have also started to sow our sunflower seeds back. And finally, a big thank you to our lovely Daniel who has decorated the walls with colours and put pictures up everywhere and turn one of our toilets into a ladies rest room.



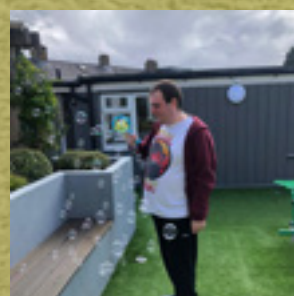
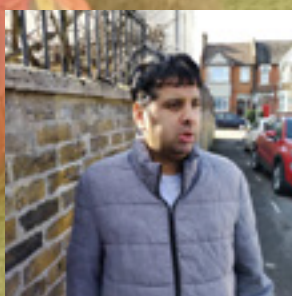
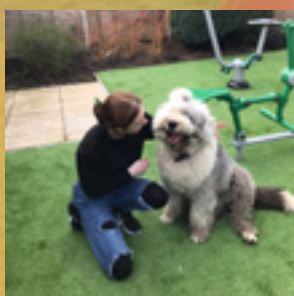
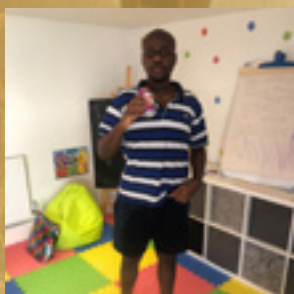
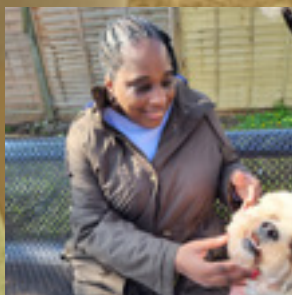




new manager who has just replaced Jennifer Collette to Hale End Road.  
one out of his room and join in some fun.  
magic life car for our daily outings which



shared with all the residents and staff.  
big thank you to Head office.  
who has brightened Hale End Road up with some  
ere and even managed to make us a cupboard  
only.





# Beach Life

## Magic Car



The summer sun is on its way I am sure you will want to make a trip to the seaside.

With this in mind it might be worth booking the Magic Life car in advance to avoid disappointment. In regards to distance Southend is also a great choice but you might like to go further a field. Great Yarmouth, Southwold or maybe Cromer. These have great beaches and around two hours away in the car.



Magic Life offer's a range of Services for people who require supported living accommodation

- Learning Disabilities
- Autism
- Mental Health Needs
- Respite
- Acquired Brain Injury
- Behaviours that are deemed to be Challenging
- Physical Disabilities
- Dual Diagnosis
- EUPD Support
- Forensic Support
- Long Term Support

To discuss how Magic Life can help please

Call Raff Baccus  
Business Development  
Manager on  
**0208 826 4348**

