

Magic Life

Sharing Experiences

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MAGIC
SUMMER

Who does what

Find the right person!

Magic Life has seen amazing growth

Magic Life has experienced remarkable growth in recent years. We have expanded our operations to encompass over twenty sites across the United Kingdom, employing a workforce of more than three hundred sixty individuals. As the company continues to grow, our roles within the organization have evolved and will continue to adapt to meet the demands of our expanding operations.

Shine with Magic Life
No matter where you start
within the company, we
all have the potential to
develop and grow.

At Magic Life, we take **great pride** in our commitment to promoting from within. Many of our Service Managers initially joined the company as Support Workers and have since progressed in their careers.

We have outstanding examples such as **Julie Faws, Hollie Ferguson, Sundus Mohamed, Shamar Grant, and Pretty Bhinda**, all of whom have been promoted internally within Magic Life. Additionally, **Pawel** began his journey with Magic Life as a Service Manager and has now advanced to the position of Operations Manager.

These success stories demonstrate the ample opportunities available to anyone within Magic Life to develop and thrive professionally.



More than an office Manager Michelle has been with the group for over twenty five years. Michelle started working at Paul Simon Estate Agents in Green Lanes Haringey as an administrator and then in sales. She has seen it all and done it all, from cleaning houses ready for a new tenant to assembling furniture. She is one of the most hard working members of team and developed and grown within the company. Today she manages Magic Life alongside Simon. She embodies hard work, dedication and oversees all aspects of Magic Life.



Business Development Manager Raff joined Magic Life back in 2015 as a Support Worker when he was completing his studies to become a registered manager. After gaining his BACP his journey with the company started and he has covered every role from Support Work, Project Manager, Area Manager and today Business Development Manager. He plays a major part of the growth of Magic Life and has a passion for helping vulnerable people come to Magic Life.



Business Development Executive Alfie joined Magic Life this year. Working closely with Raff he will be helping develop the business and bring in new clients to Magic. Alfie has developed Magic Champions which highlights champions the wealth of skill and knowledge of staff have and aims to share this with the company as a whole.



Operations Manager Pawel started his career as Support Worker and built his career over fifteen years. He joined Magic Life three years ago as Service Manager and today helps run Magic Life with our dedicated team. He works closely with Raf, Alfie, Sonia and Ally ensuring we deliver a secure, safe and enjoyable life for our service users.



Quality Assurance Manager Sonia has a wealth of knowledge and been in social care for many years, she ensures that we deliver a safe and secure service guiding managers to deliver the best levels of care for our clients.



Area Manager Ally has been working in the care industry for nearly two decades and bring a vast amount of knowledge, compassion to the role. She knows how to bring a team together and get the best out of people and develop their skills

This month, Jade Colling has become the Magic Life HR Manager. Jade has been a valuable member of the Paul Simon Magic Group for fourteen years. In practice, Jade has already been fulfilling the responsibilities of an HR manager, as she has been overseeing the payroll for Magic Life staff. This official title is a well-deserved recognition of her ongoing contributions and the important role she plays in the company.



Jade



Shanice



Alex

HR TEAM

Jade leads the HR team and works alongside Shanice and Alex. Shanice main responsibility is handling all aspects of recruitment, including the process of bringing new staff members on board. Alex, on the other hand, focuses on ensuring that staff members are properly registered and using the Deputy Software platform, where he can provide assistance in all areas related to Deputy. Additionally, Alex supports Jade in managing the end-of-month payroll, ensuring the approval of all time-sheets, and ensuring that staff members' training records are properly maintained.



ACCOUNTS

Mariya is responsible for managing the accounts for Magic Life. She has been with the company since 2017 and transitioned to the Magic Life accounts department a year ago.



Bulent



Melis



Debbie

MAINTENANCE TEAM

The maintenance team consists of Bulent, Melis, and Debbie. They are responsible for overseeing all of the group's properties and ensuring that The Magic Life homes are properly maintained. Additionally, they handle day-to-day issues as they arise. If you encounter any problems, please feel free to email them so that they can promptly address the issues.



TRAINING

Peta is the in-house trainer at Magic Life. Her role involves developing and delivering training courses to ensure that our staff members are up to date with the latest skills and knowledge in their respective fields. Her efforts contribute to the continuous professional development of our employees.

TRANSPORT

Mo is Magic Life's driver and his role is to assist our service users on wonderful days out. The main purpose of the Magic Life car is to promote social activities. To book Mo, please contact Joe who manages is calendar.



MARKETING AND COMMUNICATIONS

For those of you who have not met me, my name is Joe. I have been with the group for seven years and have a background in sales, marketing, and the film business. I joined the Paul Simon Magic group as their marketing manager, and over time, my role has expanded to encompass all aspects of the communications infrastructure, company vehicles, and back-office operations. I work closely with Team AD, who oversee our Microsoft Accounts and our new CCTV system. My primary responsibility is to assist you with all things IT, communications, access to document storage, and CCTV systems. Therefore, please feel free to contact me if you experience any issues with your computer, laptop, mobile phone, document storage, or CCTV systems.

WORDS & PHOTOS BY: **JOE BERNARDES**

"My purpose now comes from supporting others to develop their skills and talents to best serve the needs of those we support as well as providing a safe, happy environment that helps people to live their best lives"

QUOTE BY: **ALLY SLATER**



Personal Religion

A Hindu Journey For PKP
Winns Mews 2

Religion can be seen as a collection of institutionalised beliefs, customs, and institutions, frequently centred around the belief in and reverence for a supreme power such as a personal god or superior being. Religion can foster a sense of community, offer support, and provide guidance. It has been demonstrated to affect both physical and mental health.

At 2 Winns Mews, PKP was supported by staff to visit a Hindu temple. This was his first time attending, and he was quite content. Overcoming language barriers to encourage him to socialise outside of the service was challenging, yet the staff persisted in finding ways to enhance his social interactions. This visit was a resounding success, well worth the effort. It presented him with an opportunity to connect more deeply with his faith and engage with people who not only shared similar beliefs but also the same culture and language. He offered gifts and prayers and savoured the environment of the place. It required significant encouragement to persuade him to leave.

Another noteworthy aspect of this visit was the staff's support. Despite not sharing the same faith or religion, they ensured that he was fully supported on his trip. This action reflects the inherent human virtues of empathy and charity. While fairness is generally extended to all, acts of love, charity, and social intelligence are typically personal attributes. It's also posited that all religious traditions contain admirable and inspirational teachings about humanity. We should, with respect for each other, always strive to uphold the highest ideals in our beliefs. This is a culture that is epitomised in Magic Life and extends to the staff who work across our services.

Upon his return to the service, PKP could not conceal his delight as he shared his experience with a few of his house-mates and staff. It has been mutually agreed that PKP will visit the temple every fortnight, and he is eagerly anticipating it.

BY: **EMEM EKENAM**



Family Tour

Kicking off the summer at Winns Mews 2

Winns Mews has been an exhilarating service to be part of this month! The service users have truly thrived, experiencing new ventures and engaging in a variety of activities, which have greatly enlivened our environment.



RT was fortunate enough to enjoy a tour of Tottenham Stadium alongside his parents. He relished many facets of the professional football lifestyle, from delving into the players' changing rooms to stepping onto the pitch where the action takes place! This unforgettable experience is something he will treasure for a lifetime – simply remarkable.

PKP also had the chance to visit a Hindu Temple, an event he eagerly anticipated. The welcoming atmosphere and outpouring of love he experienced made his visit exceptional. The opportunity to pray was deeply significant to him. Satisfied with the time spent there, he showed his gratitude

by making an offering, which was greatly appreciated by the temple. He is looking forward to visiting again and is even contemplating monthly visits!

This month was also bustling for AM, who attended his nephew's wedding. His presence was crucial as his entire family was excited to see him on the big day. Dressed impeccably, he truly enjoyed catching up with family members he hadn't seen in a while! This meant a lot not only to him but also to the staff at Winns Mews 2. As he generally enjoys his solitude, his attendance was an incredible achievement for us. We continuously encourage him to engage in more activities and hope he will be more open to participating in future.

KF is another service user who prefers his own company. He spends his days engrossed in video games and watching his favourite films in the comfort of his flat. That's why it's a delight to see him during his regular visits to the local coffee shop with Sophia, his rough sleeper navigator. He has made significant progress and now engages more with staff and other residents. We will continue encouraging him to get more involved in activities, which would be beneficial for him and for the service.

BY: ISAAC AMANING



Building Confidence

Winns Mews 3 Make Up & Photo shoot



Our Magic Life family has been a beacon of resilience and innovation this month. We've all been learning and growing together, especially in supporting one of our family members who has particularly complex needs. As the weeks pass, we're joyfully witnessing them settle into our family fold, a testament to our communal efforts and spirit.

Living with Emotional Unstable Personality Disorder (EUPD) can be a challenging journey that varies from person to person. Even when things seem to be going well, unexpected changes can occur. But in the face of such hurdles, our Magic Life family stands strong, ready to extend helping hands and warm hearts.

Our newest family member at No. 3 Winns Mews, who joined us in mid-June, has shown remarkable growth and determination. Initially, she found it hard to adapt, but with the love and support from our Magic Life family, she's beginning to thrive.

HER PARTICIPATION IN OUR GIRLS' CLUB HAS BEEN A SOURCE OF JOY FOR US ALL. HER TALENTS IN SINGING, MAKEUP ARTISTRY, AND TIE-DYEING HAVE INSPIRED US AND GIVEN US MUCH TO CELEBRATE.

In the final week of the month, we've been filled with pride as we've noticed some promising changes. We've seen more smiles and a marked increase in confidence. Most rewarding of all, she's been working with our family members to confront her challenges, proving that small steps can indeed yield significant results.

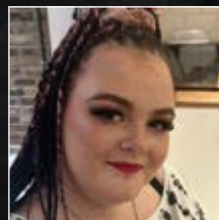
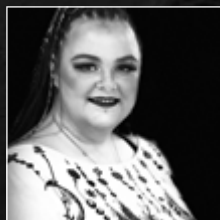
One noteworthy triumph was when she cooked her first meal in the service, with the assistance of a staff member. We were all moved by her efforts, but the most remarkable part was her genuine delight in achieving this milestone.

BY: CHERYL EVANS
PHOTOGRAPHY BY: DK



Another victory came when she shared her photographs with us, showcasing newfound confidence. This was a significant step for her, and it filled our hearts with joy.

Progress is a journey, not a destination. Our beloved saying, "Rome wasn't built in a day," couldn't be more relevant. We see the strong foundations she's laying for her future, and it fills us with immense pride. The pictures she's shared speak louder than words. They are a testament to the incredible journey she's embarked on. And they are, in every sense, truly amazing."



CB - has settled in remarkably well. Recently, he thoroughly enjoyed his visit to the Duxford Imperial War Museum alongside CP. He claims it was the "time of his life", and is eagerly anticipating further activities. At home, CB loves to play his keyboard, often singing along to his favourite musicals.

CP - has been actively exploring the community. His recent visit to the Duxford Imperial War Museum was particularly rewarding, given his fondness for aircraft. A good day was had, and he continues to indulge in his hobby through aviation-themed magazines.

SSS - takes pleasure in community walks and indoor activities. It has been a time of enjoyment and exploration.

CJ - has been relishing his time outdoors, taking long walks within the community and actively engaging with staff members.

CM - likes to venture out into the community. He occasionally visits the local pub to enjoy a game of pool or plays football in the courtyard, blending his outdoor activities with social interaction.

CK - has been involved in African drumming sessions and also enjoys walks in the locality.

CONGRATULATIONS

Kellyann Adjei

We extend our heartfelt congratulations to Kellyann, an exemplary support worker who has just graduated from university with impressive grades, all while studying sociology. Kellyann has been a valuable member of the Magic Life team for over three years. Her dedication to meeting the needs of the service customers she supports is commendable. Her aspiration to make a significant difference in the lives of others is palpable, and she manifests this through her consistent support. Bravo, Kellyann! Keep up the good work.



Hurricanes & Spitfires

Skies The Limit At 672 High Road



BY: SHAMAR GRANT





Heartwarming Adventures

Making Friends In Greyhound



In the bustling world of 95 Greyhound Road, one resident stands out for her heartwarming and joyous experiences. Let us introduce you to LK, a beloved member of our community, whose infectious positivity and love for life have been truly enchanting.

LK's passion for walking has been the catalyst for some delightful encounters. During one of her routine strolls, she crossed paths with a charming black and white cat. It was love at first sight! As they say, animals have a way of understanding us like no other, and LK and the cat seemed to share a unique bond. Sitting down to stroke her newfound furry friend, LK's face lit up with happiness, and it was a heartwarming sight for everyone who witnessed this special moment.

But LK's joy didn't stop there. Recently, she had the pleasure of meeting her new baby cousin, and the happiness on her face was simply radiant. Holding the tiny bundle of joy, LK's eyes twinkled with delight, and you could see the love and connection between the two as they met for the first time. It was a beautiful family moment filled with love and warmth.

As a community, we are grateful to have LK as part of our Magic Life family. Her uplifting spirit and genuine connections with both animals and people inspire us all. It is these moments of connection and joy that remind us of the true essence of life, and how even the simplest things can bring immense happiness.

We are excited to see what more adventures await LK on her walks and beyond. As each day unfolds, we look forward to sharing more heartwarming stories from our residents at 95 Greyhound Road, where magic truly happens in the little things that bring us together.

BY: **GREYHOUND ROAD**



Thankyou Postcard

Burlington Lodge

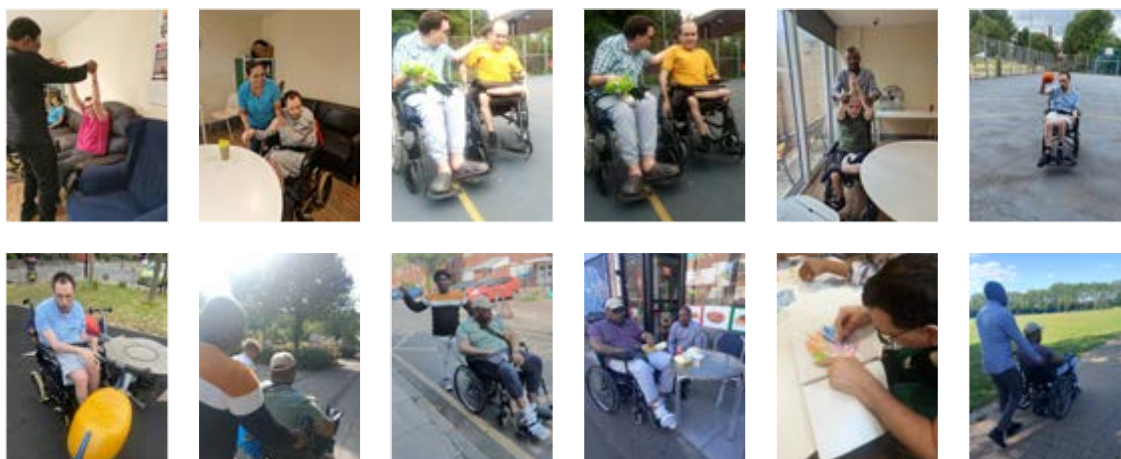
Our service users have enjoyed an abundance of opportunities to engage in structured daily activities both in-house and within the wider community. Local parks, playgrounds, and shopping centres have provided excellent venues for their outings.

Staff have arranged various daily in-house activity sessions such as baking, cooking, sports-related activities, board games, music, drawing, and housekeeping sessions.

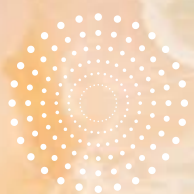
Junior has enjoyed regular visits with his children. He often meets them at their school and spends quality time with them at a local restaurant.

Michael has found benefits in using his standing frame to stretch his body, which improves blood circulation after extended periods in his wheelchair. Not only does the frame aid his physical health, but it also allows him to engage in favourite pastimes, such as playing the piano or watching television.

We were delighted to receive a heartfelt postcard from Paul, who moved to Sherwood Court Hatfield, Hertfordshire last month. He expressed his deep gratitude for the support he received from our team



BY: JOZEF



Peace & Quiet

Enjoying the quite at Grove Park Road

The ladies residing at Grove Park Road have had a rather serene month, continuing with their daily living activities such as maintaining their rooms' cleanliness, doing laundry, and preparing meals.

ST took a long weekend to visit her mother in Hastings. During her stay, she called the service centre, expressing how much she was enjoying her time at the beach.

DR is eagerly anticipating her upcoming trip to Butlins in Bognor Regis. She's planning to spend a long weekend there with her children, grandchild, and a niece. We look forward to featuring the photos from her trip in next month's magazine.

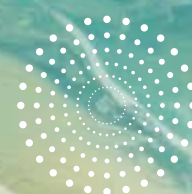
El has taken to shopping more regularly this month and has also been supported during her various appointments.

NR has started cooking more frequently than she did in the past. After her shopping trips or visits to the local food bank, she returns to the service with a variety of groceries.

BY: **DOREEN**

Bed Frames & Byes

Harringay Road Wish SE fairwell



Several residents of Harringay Road celebrated small, but significant victories this month.

JC, who is known for his preference for frequenting the same restaurants, surprised everyone this month by suggesting and visiting a new place. He reported thoroughly enjoying the food.

RL achieved a personal milestone by purchasing a new bed frame, an item she had previously struggled to acquire. After this accomplishment, RL and the staff enjoyed lunch at a delightful new restaurant on the high street, and even managed to do a bit of window shopping.

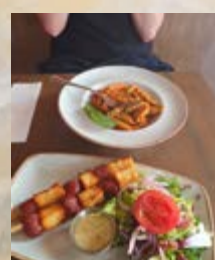
This month, TB ventured out into the community independently, embarking on an unplanned walk to the local park, Ducketts Common Park in Turnpike Lane. Despite feeling tired upon her return, she was filled with a great sense of achievement.

BR was thrilled when his girlfriend surprised him with a lovely bouquet, a tangible testament to her love for him.

Former staff member, SM, made a brief visit this month, which brought great joy to TB who was particularly pleased to see her.

Lastly, it was a bittersweet month for the residents and staff of Harringay Road as we said our goodbyes to SE, who has moved on to a new setting. We wish her all the best in her new endeavours.

BY: **YOLANDE**



London Trip For Manor Place

After the previous trip to Central London, one of the unique achievements at the Manor following a long period, clients were eager for another outing. They settled on a date during a convivial tea time gathering—a practice that was rare just a few months ago. The trip was agreed upon for the 27th of July and was well-executed, thanks to cooperation with transport from the head office.

Despite the ever-changing weather, the clients and staff had a good time, though time was short to cover all the planned visits to places of interest. More trips are anticipated before the end of the year, perhaps even as far as Brighton.

EAGER GATHERINGS

Despite the ever-changing weather, the clients and staff had a good time

SERVICE USERS:

SH: SH has enjoyed very fulfilling days, participating eagerly in in-house activities. Following his routine well, SH frequently leaves his room to use the phone, watch TV in the lounge, or attend house meetings. Though overwhelmed by the trip to Central London, he appreciated the initiative and looks forward to more. SH's family visits every Wednesday, now spending time in the lounge mingling with other residents. With his birthday upcoming on August 11, SH plans to celebrate with his parents and has invited his housemates to share cake upon his return.

JO: JO continues to visit his dad at the family home nearby, two or three times a week, engaging in activities of his choice, including swimming at Fairfield's and daily walks to favourite community spaces such as Chase Gate. JO enjoyed a recent trip to Central London and is actively exploring job prospects. He anticipates a few appointments and a trip abroad in the coming month.

GS: GS's birthday is on the horizon, and he plans to visit family as it has been some time since he last saw them. His days have been fulfilling, filled with cinema visits, food shopping, and job hunting, all assisted by staff. GS has been helpful to his housemates, assisting in various activities, including trip planning. Over the weekends, GS stays busy, connecting trains and buses to his much-loved job.

BY: MANOR PLACE TEAM



TIME TO SHINE

Bruce Grove Shine

It's been a splendid month at Bruce Grove, with everything running seamlessly and without any hitches. Our service users remain settled and continue to journey towards independence.

They've taken the time to bask in their refurbished garden while the weather's been favourable, and before any changes in the climate, a grand BBQ is in the offing.

Our staff have been investing significant effort with our newest service user, JLH, over the past few months since his arrival. One of the primary objectives has been encouraging

Each week, JLH astonishes the team with his enthusiasm and eagerness to engage in cooking and take the reins of the organised activities. His desire to excel has definitely been recognised this month. He no longer requires prompting and independently prepares his meals. He's become quite proficient at making a tasty cheese and ham sandwich and has a fondness for mayonnaise on almost everything. As a reward for his fantastic work and progress, he was taken to his favourite café to enjoy a breakfast cooked by someone else. Giving praise and rewards for good work is always an effective way to continually encourage and boost an individual's confidence. Well done, JLH!

and educating him about the importance of a healthy diet and maintaining regular eating habits. This has been a tremendously rewarding endeavour, as he's shown an eagerness to learn. A meal plan is devised weekly with his involvement, a process that also serves to teach him budgeting skills. This way, we ensure he doesn't overspend.

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BY: **CHERYL EVANS**

Together We Thrive

OUR COMMUNITY stands as a beacon of unity and mutual support. Life's challenges are daunting, but we're firm believers that collective effort can surmount any obstacle. Collaboration, communication, and mutual respect are values we cherish dearly.

Celebrating the Strength and Resilience of Our Community

This month, we had the sheer joy of commemorating the 29th and 39th birthdays of two of our cherished residents. The celebrations were abundant with decorations, food, and lively activities, and our residents were absolutely delighted. We took immense pleasure in adding that extra sparkle to their special day.

In other uplifting news, one of our residents has made a triumphant return to swimming, thanks to their mother's unwavering support. This journey has been strenuous, but witnessing them back in the water, revelling in every moment, was a heartening sight.

These achievements and milestones are a true testament to the indomitable spirit of our residents and the relentless dedication of our staff. Each action we undertake as a community carries immense significance, be it celebrating a resident's birthday, aiding someone on their path to reclaim a beloved activity, or just being present every day to provide care.

We are immensely grateful for our hardworking staff who consistently deliver excellent care to our residents. In spite of various challenges, they've remained steadfast, and we're certain our residents recognise and appreciate their tireless efforts.

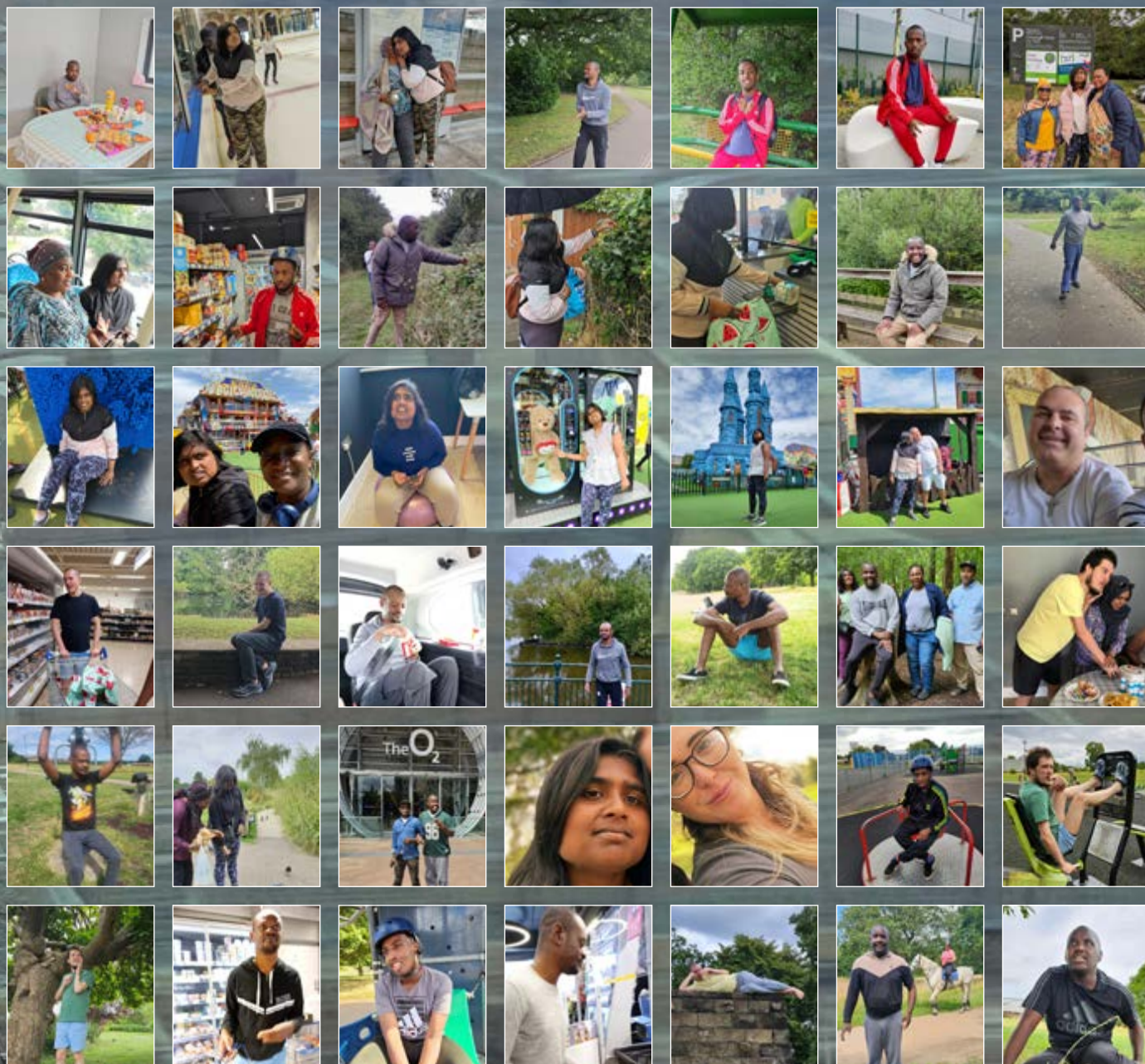
As we look towards the future with optimism, we can't help but feel excited about what we can accomplish as a unified community. By persisting in our support and collaboration, we're confident that we can navigate any challenges and continue to make great strides.

Remember, the strength of our community lies in the heart of each individual who calls it home. Keep shining, Magic Life!

WORDS & PHOTOS BY: **DEVONSHIRE LODGE**
COVER PHOTO BY: **MICHAEL MCCARTHY**



Devonshire Lodge



“Our community stands as a beacon of unity and mutual support. Life’s challenges are daunting, but we’re firm believers that collective effort can surmount any obstacle. Collaboration, communication, and mutual respect are values we cherish dearly”.

We've had a few new additions to our team recently, and we're excited to welcome them aboard. Our residents have been having fantastic outings, including a trip to Clacton-on-Sea.

Regrettably, we've lost a senior member of our team, hence we are currently in search of new staff members to join us.

After a long period of time, we've finally parted ways with the agency and are now recruiting directly.

Service Users:

Michelle (MG): Michelle's mood has been fluctuating over the month, but she remains resilient and cheerful. She's been active in the community and has participated in several trips.

Raphael (RE): Raphael has been thoroughly enjoying his daily outings and Wednesday evening trips to the park with his mother and our staff.

Irfan (II): Irfan had an exhilarating time at Clacton, playing in the water and going on the rides. He also enjoyed visiting his favourite food joints and partaking in swimming and bowling activities.

Toby (TP): Toby had a fantastic time at Clacton, particularly on the rides. His days have been filled with joy, from bowling to hunting gorillas in London's Covent Garden, to swimming and park visits.

Sarah (SR): Sarah has been displaying some challenging behaviours as she navigates her transition to a new home. We're supporting her through this process.

Jude (JA): Jude has been somewhat unpredictable this month, but he continues to relish his interactions with the other residents.

Anjan (AB): Anjan has been actively participating in swimming and bowling and has enjoyed trips to the forest.

Adrian (AR): Adrian has been spending time both in and out of his room. He's had a few relaxed days where he preferred staying in his personal space.

Ayhan (AA): Ayhan has made wonderful progress in walking around the garden, and he's now beginning to venture out into the community - a truly delightful development to witness.

Claire (CH): Claire has been engaging in the activity room and thoroughly enjoying her time with other residents and staff.



Alicia (AMD): Alicia has been relishing her weekly swimming and shopping trips, and she loves feeding the ducks at the forest.

Peter (PB): Peter has been greatly enjoying his music lessons and strolls out in the community. Overall, it's been a bustling and engaging month for both our staff and residents. We're looking forward to more joy and growth in the coming weeks.

BY: JULIE FAWZ



Hale End Enjoy Clacton On Sea





Summer Moments

Northlands Birthday Surprise

LUCY has been making the most of the summer months. She recently visited the local swimming centre, where she experimented with various strokes and techniques. It's clear she had a delightful time. On her trip to the Northlands, Lucy developed a fondness for ducks at the park. Now, every visit involves feeding them, an activity that brings her immense joy given her love for animals. After her duck-feeding sessions, Lucy often finds a quiet spot in the park to relax and soak in the warmth of the season.



Lucy and Lulu have become inseparable companions, partaking in numerous activities together. From bowling and nail painting to park visits and feeding the ducks, the pair share many heartwarming moments. This month alone, Lucy delved into various pursuits such as art and even tried her hand at golf. She has indeed been filling her days with engaging activities.

CHARLOTTE'S birthday on the 18th of June was a joyous occasion for everyone. Before she awoke, the house was festooned with decorations, and her reaction to this morning surprise was pure elation. The birthday spread was plentiful: rice, chicken, a variety of snacks, and of course, her cherished birthday cake. As the staff serenaded her with 'Happy Birthday', Charlotte's excitement was palpable. The act of blowing out her candles and unwrapping gifts further added to her delight. This birthday held a unique significance for Charlotte; it marked her first celebration in many years. Though she had hoped to spend the day at home, circumstances didn't allow for it. However, the overwhelming love and company from those around her ensured she felt cherished. Dancing her way through the day, Charlotte expressed heartfelt gratitude to all who joined in the festivities.



BY: LYNN

ALBAN has made a daily habit of walking dogs. He's particularly fond of visiting museums during weekends, sometimes even venturing into London. A passionate artist, Alban has recently explored designing on clothing.

RYAN takes pride in enhancing his life skills. These include cleaning his toilet, assisting maintenance staff with minor tasks when they come around to his flat, and neatly folding his clothes in his room. Once, he delightedly sported a superhero costume. An avid movie watcher, he enjoys training films and recently had a refreshing visit to the park, where he engaged in some outdoor gym activities. Always keen on presenting himself well, he frequents the barber's salon to maintain his appearance.

INDIGO had a thrilling time visiting the London Eye and, on another occasion, stopped by the O2 Arena for some window shopping. She enjoyed a game of bowling with the staff and even captured a memorable moment with a security officer in the community. Train trips with the staff have been another source of joy for her. Indigo also takes pleasure in preparing her breakfast.

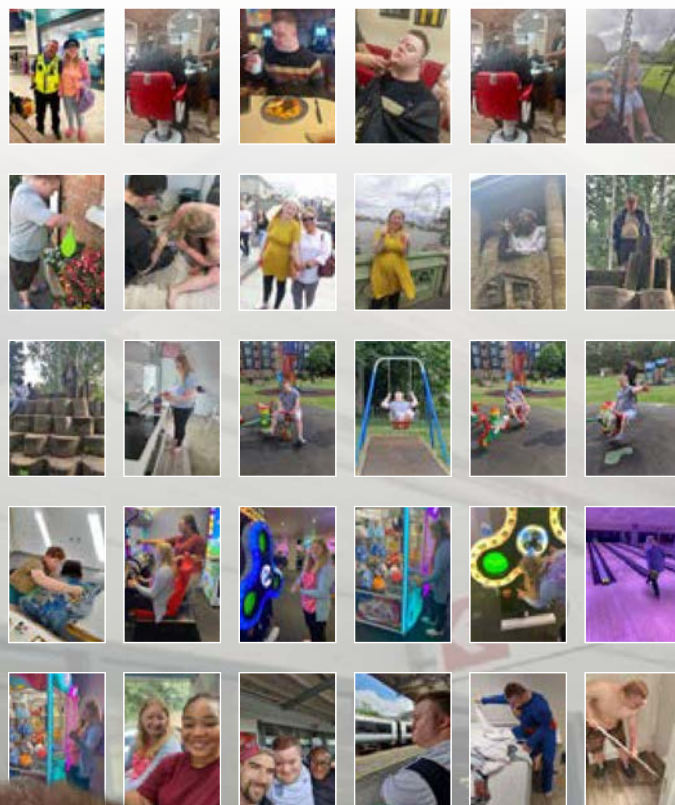
THE CHAPEL ROW SERVICE:

The Chapel Row service remains steady. The staff continues to grow in confidence, adeptly handling issues. They provide valuable support to both the Manager and the team leader in their daily tasks, assisting service users with both community outings and indoor activities. In June, the service welcomed a new member, who has been thoroughly enjoying her placement.

BY: **THE CHAPEL**

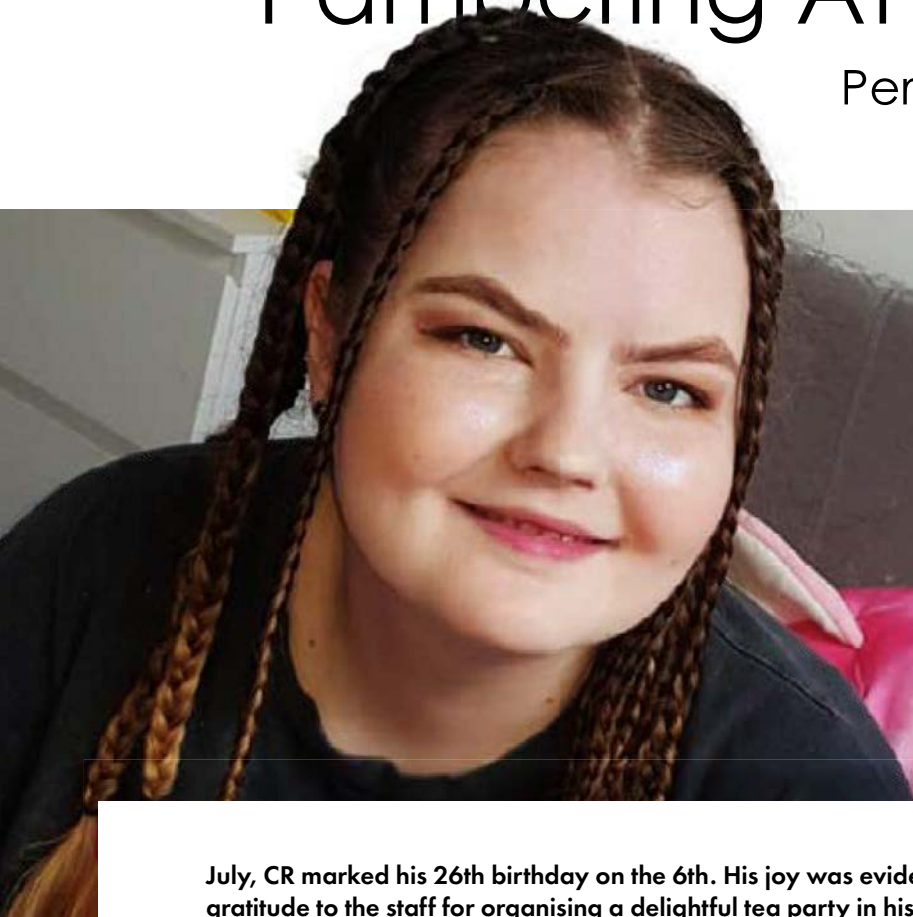
Light Speed

Chapel Train Spotting



Pampering At The Park

Perosnal Touch Park Lodge



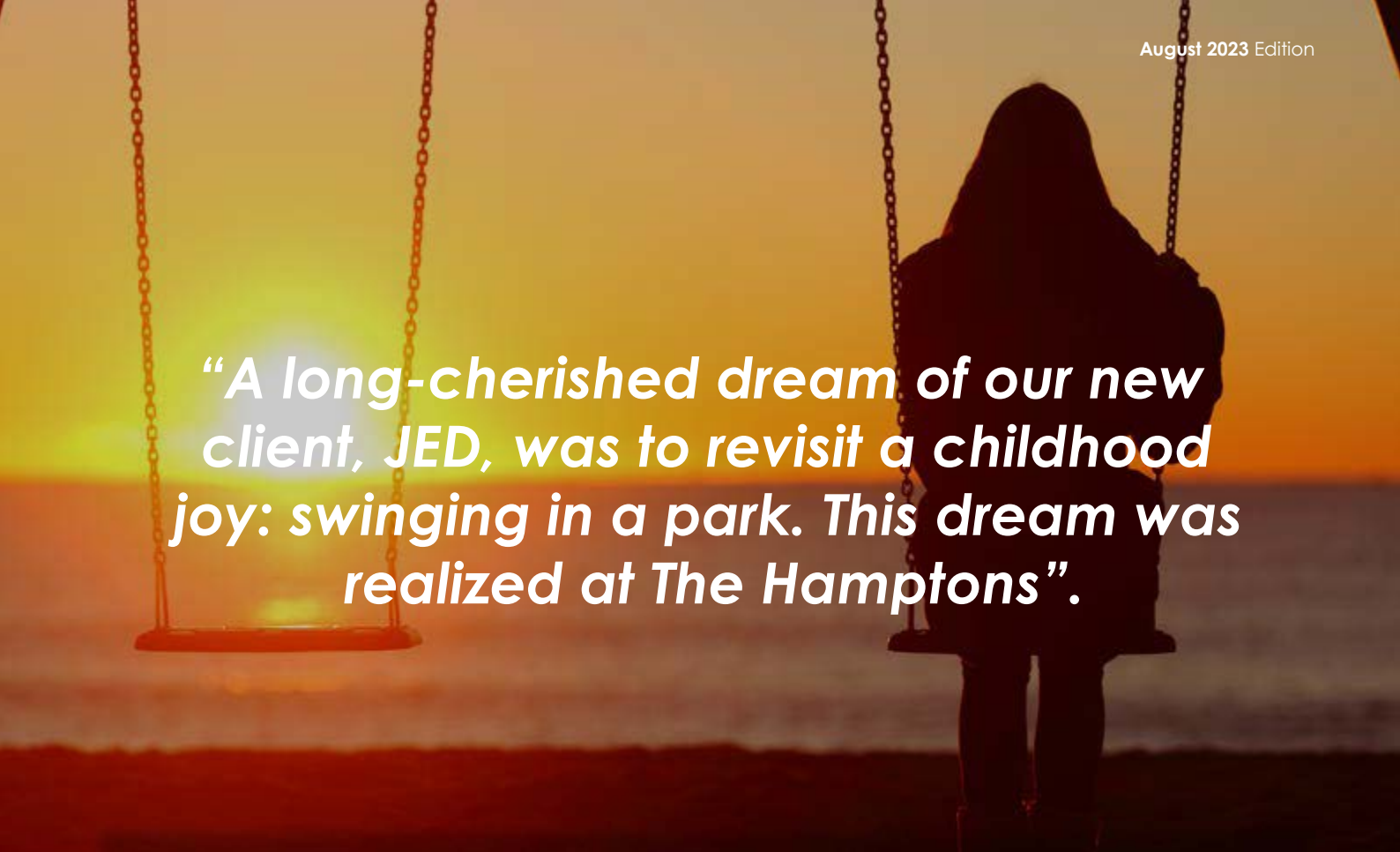
July, CR marked his 26th birthday on the 6th. His joy was evident, and he expressed heartfelt gratitude to the staff for organising a delightful tea party in his honour. The highlight? CR's dance performance, which entertained and captivated everyone present.

We welcomed new faces this month: CAW & CJW. Both have seamlessly integrated into the PL community, getting to know fellow residents and staff.

While the unpredictable weather and rain showers curtailed our outdoor excursions, it didn't dampen our spirits. Indoor activities became the order of the day. Notably, CR & CW's basketball matches have been a consistent source of amusement. In one memorable game, CR played against a female resident, and both showcased their skills, netting an equal number of goals!

Meanwhile, the ladies at Park Lodge indulged in some well-deserved pampering. Visits to the hairdresser, rejuvenating foot spas, makeup sessions, and hair styling kept them in high spirits.



A person is seen from behind, sitting on a swing. The swing is suspended by chains. The background is a warm, orange and yellow sunset sky over a body of water. The person's silhouette is dark against the bright sky.

“A long-cherished dream of our new client, JED, was to revisit a childhood joy: swinging in a park. This dream was realized at The Hamptons”.

Dream Come True

Hamptons Team Swing In To Action

A long-cherished dream of our new client, JED, was to revisit a childhood joy: swinging in a park. This dream was realized at The Hamptons.

Our initial hurdle was locating a nearby park equipped with a suitable swing for her. Following that, we wanted to ensure the setting was tranquil and not overly crowded. The third challenge was encouraging JED to venture to the park solely with her support worker, without my presence.

While the third challenge persisted, I eventually accompanied JED and her support worker. In retrospect, I'm grateful I did; witnessing the radiant smile on her face as she relished the swing was truly invaluable.

The journey to the park proved equally heartwarming. The serene view of the lake combined with the picturesque lanes was captivating. A pair of playful blackbirds, trailing one another, further enhanced the scene.

Such moments reaffirm that life's simplest pleasures, which often come without a price tag, can yield profound happiness.

This inaugural month, marked by the addition of a client who introduced unique challenges for our freshly recruited staff, emphasized the value of teamwork. Together, we collaborated, lent support, learned, and appreciated each other, all to ensure JED's transition to life at The Hamptons began on the best foot.

As The Hamptons anticipates welcoming new clients and facing diverse challenges, we're reminded that the smallest gestures can profoundly impact an individual's life.

BY: **STACY**

Global BBQ

"REPRESENT YOUR COUNTRY"

Park Side Travel The World With Food



On the 15th of July, Parkside celebrated diversity with a "Represent Your Country" BBQ party. The weather favoured us: although windy, the rain held off. Staff and residents donned T-shirts and clothing showcasing their respective countries, embodying a spirit of equality and unity.

Countries represented included Jamaica, Nigeria, Ghana, Scotland, England, and Congo. We extended our invitation to staff and residents from Park Lodge, including Cloe, Shamari, and Danny, who joined in our festivities.

The culinary spread was a testament to our diversity: potato salad, vegetable rice, jollof rice, BBQ chicken, Ghanaian traditional dish "Eto", fish, sausages, sweet chilli chicken stew, roasted pork with potato wedges, and pasta salad. Our guests from Park Lodge contributed a vegetable salad, while our dedicated staff whipped up pancakes and a special turkey cake. Drinks flowed freely.

All our service users, including Pauline, Derek, Errol, Sarah, and Stephen, were in attendance. The day was filled with music, sing-alongs, and even a cha-cha-cha dance performance by our staff and residents. Heartfelt thanks go out to all the staff who infused the day with joy: Dan (manager), Suzette (deputy manager), Lydia B, Nana, Omolara, Margaret, and Lydia O. A special mention to Sonia from the head office for gracing the event.

In other highlights, Stephen had a productive outing that included a doctor's appointment, lunch, and some shopping. It was a significant step for him, considering he sometimes prefers to stay in.

Errol, after being indoors for a few weeks, had a delightful day at the local park. He fed the ducks and admired the blooming flower gardens, thoroughly enjoying himself.

BY: SUZETTE





Calling All Magic Life Girls

*Come and join in the fun at Winns Mews Girls Club
The Club happens every other Wednesday*

From 12pm to 4pm

Agenda

12.30pm Games

1pm Discussion with light snacks

2pm - 4pm Arts & Craft Activities

Please RSVP to Tamara or Rose

Mind & Body

Five Ways to Good Mental Wellbeing

1. Connect with Other People

Encourage clients to foster strong relationships with the positive individuals in their lives. Building ties with family, friends, or meeting new people can be immensely beneficial. Social interactions can:

- Improve feelings of belonging and self-worth.
- Allow sharing of positive activities and experiences.
- Provide emotional support and an opportunity to support others.

Ways to stay connected include:

- Spending time as a family daily, e.g., during dinner.
- Having lunch with a friend.
- Calling or texting someone to see how they're doing.
- Using video chat apps like FaceTime and WhatsApp.
- Joining local groups.

2. Be Physically Active

Regular physical activity is crucial not just for physical health but also for mental well-being. Benefits include:

- Boosting self-esteem.
- Reducing depression, anxiety, and stress.
- Lowering the risk of long-term health conditions, such as heart disease, Type 2 diabetes, and some cancers.
- Setting and achieving personal goals.
- Causing positive chemical changes in the brain.

Adults should aim for at least 150 minutes of activity weekly. Options are:

- Slower-paced activities like walking around the home or garden.
- 10-minute workouts on the NHS website.
- Walks, bike rides, or outdoor games.
- Home exercises via YouTube or fitness apps.
- Low-impact exercises like stretching.
- Alighting a bus or tube stop early and walking the rest of the way.

3. Learn New Skills

Encouraging clients to acquire new skills can enhance mental wellbeing by:

- Raising self-esteem and confidence.
- Imparting a sense of purpose.
- Fostering connections with others.
- Reducing low moods and depression.

Ways to learn include:

- Signing up for online courses, e.g., at a local college or through FutureLearn.
- Reading books or starting a book club.
- Picking up a new or old hobby.
- Trying a new recipe.
- Working on DIY projects using online tutorials.
- Exploring dance or art techniques on YouTube or Instagram.

4. Give to Others

Teach clients the merits of giving back. Acts of giving can:

- Create positive feelings.
- Offer a sense of reward.
- Instill feelings of purpose and self-worth.
- Help in meeting new people.

Those keen on assisting others are often happier.

Ways to give include:

- Expressing gratitude.
- Shopping for an elderly neighbour.
- Actively listening to others.
- Spending time with those in need.
- Listening to podcasts about making positive changes.
- Volunteering locally.

5. Pay Attention to the Present Moment

Allowing oneself to be present, being cognizant of thoughts, emotions, bodily sensations, and the environment, can boost mental health. This mindfulness can lead to better self-understanding, improved problem-solving, and enhanced life enjoyment.

To introduce clients to mindfulness:

- Direct them to Good Thinking's podcast on the topic.
- Recommend the Centre for Clinical Interventions Mindfulness Workbook.
- Introduce daily mindfulness techniques.

BY: **TAMARA SMITH DAVIES**
MAGIC CHAMPION





Poems about Magic Life

By Christopher Reid Park Lodge

When I first found out about magic life on the web internet, I came across a supported living place called magic life. I thought to myself it looked good on paper had a sensory room activity room and garden space. And opened plan kitchen. But then I had to speak to my social worker, and it's had to go through lots of paperwork also going to a panel which could take 6 months or even a year depending on how many cases they have.

making sure they go through all their safety checks to make sure is the right place for me and right support package that comes with it. For the supported living place, company,

the residents, the clients fit in well with the other residents. Also, the clients have a transition period to see if they like the place. If works for both the young person company, family professionals.

Once they get an agreement date tenancy agreement to start on although it has to be agreed and approved by council and provider. It's a long process but you will get there in the end.

The manager of magic life dan is very professional and friendly easy to talk to also he gets things done not like other mangers I have been in supported living this is the far the best supporting living by far that I have experienced. As they have lots of activities going on. And the residents we have similar interests, and the staff are good.

End of my poems but I am just getting started.

WRITTEN BY: **CHRISTOPHER REID**

Locations Magic Life

Magic Life Head Office **5-11 Green Lanes, London, N13 4TN**

Bruce Grove
52 Bruce Grove, London, N17 6RN

Burlington Lodge
21-29 Tewkesbury Road, London, N15 6SE

Devonshire Lodge
139 Devonshire Hill Lane, London, N17 7NL

Greyhound Road
95 Greyhound Road, London, N17 6XR

Grove Park Road
57 Grove Park Road, London, N15 4SL

Harringay Road
171 Harringay Road, London, N15 3HP

High Road Tottenham
672 High Road, London, N17 0AB

Manor Lodge
3 Cedar Close, Potters Bar, Hertfordshire, EN6 1EW

Maple Lodge & Cedar Lodge
271-275 Hale End Road, Woodford Green, IG8 9NB

NorthLands
10 Northlands, Potters Bar, Hertfordshire, EN6 5DF

Park Side
Quadrant Court, 2a Park Avenue, London, N18 2UH

Park Lodge
8B Park Road, London, N18 2UT

The Chapel
14 Chapel Row, Bishop's Stortford, CM23 3SE

Winns Mews
2,3,4 & 5 Winns Mews, London, N15 4FF

The Hamptons
403 Eagle Way, Peterborough, PE78EG

Cherry Tree Lodge
185 London Road, Croydon CR0 2WN, UK

**Visit <https://magiclifeuk.com> for further
details or call Raff on 0208 826 4348**



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



[www.magiclifeuk.com](https://magiclifeuk.com)

