

Magic Life

SHARING EXPERIENCES



Contents

- Have Your Say
- Great British Care Awards: Magic Life's Shining Stars
- Marathon For Mind
- Embracing Mental Wellbeing:
- Highlights From 672
- Winter Wonders at Burlington Lodge
- Cherry Tree Lodge Active Outings
- Devonshire Diary
- Bingo, Prizes & Community Spirit
- Celebrating Special Days
- A Month of Progress & Preparation
- Funtimes & Northlands
- Embracing the Spirit of Togetherness and Achievement
- A Month Full of Joy and Adventure
- Time To Reflect
- The Winns Friendship Wave
- Celebrating A Milestone
- Cook-athon Extravaganza

Have Your Say

Magic Life Magazine wants to hear what you have to say

At Magic Life, we cherish the diversity that makes our community so vibrant and special. Our staff members come from various backgrounds, bringing a wealth of experiences, cultures, and stories to our family. In our ongoing effort to celebrate this diversity, we're excited to introduce a new initiative that puts the spotlight on what's truly important to our staff and residents: their voices.

Empowering Our Team

We believe that every member of our team has a unique perspective and valuable experiences to share. To foster a sense of belonging and encourage open communication, we've introduced a new platform that allows our staff to submit news articles about topics close to their hearts.

Sharing Cultural Celebrations

One of the remarkable aspects of Magic Life is the tapestry of cultures that enrich our community. Our staff members have been sharing stories of cultural celebrations, festivals, and traditions that hold deep significance for them. From Diwali to Eid, Chinese New Year to Hanukkah, these articles provide insights into the diverse cultural mosaic that we proudly embrace.

Events that Matter

Magic Life is more than just a place to live; it's a place to thrive. Our staff has been actively involved in organizing events that bring joy and togetherness to our residents. Whether it's a talent show, a themed party, or a charity event, these articles highlight the remarkable dedication of our team in creating unforgettable experiences.

Exploring Culinary Delights

Food has a unique way of bringing people together, transcending borders and languages. Our staff members have been sharing their favorite recipes, culinary adventures, and the heartwarming stories behind the dishes that remind them of home. It's a delicious journey that connects us through our taste buds.

Celebrating Personal Achievements

At Magic Life, every achievement is worth celebrating. Our staff members have been sharing their personal success stories and milestones. From completing a degree to mastering a new skill, these articles showcase the unwavering determination and resilience of our team members.

Your Voice Matters

Magic Life is not just a supported living company; it's a community that values every individual's voice and experiences. We encourage all our staff members to use this platform to share their stories, passions, and what matters most to them.

As we continue to build a magazine that truly represents the heart and soul of Magic Life, we invite you to be part of this journey. Let your voice be heard, and let us celebrate the richness of our diverse community together.

If you have a story to share, an event to highlight, or a personal achievement you're proud of, don't hesitate to fill out the submission form. Magic Life is a tool to share what's important to you, our staff, and our residents. Together, we'll make our magazine a reflection of the wonderful tapestry of life within Magic Life.

Stay tuned for more stories, more celebrations, and more Magic Life!



Scan the QR code or click the link below to share your news

SEND US YOUR NEWS



Welcome to the Magic Life Family: Introducing Ginette, Our New HR Manager

Magic Life UK is thrilled to announce a new addition to our team, Ginette, who will be our new HR Manager. Hailing from the picturesque island of Mauritius, Ginette exemplifies the spirit of adventure and adaptability, seamlessly integrating into the diverse cultural fabric of the United Kingdom.

A Journey Marked by Resilience and Excellence

Ginette's career journey is nothing short of inspiring. Beginning her professional life in administration and printing, she quickly demonstrated her versatility and capability. Ginette's remarkable eighteen-year tenure at Precious Homes saw her flourish in various roles, including recruitment, payroll, maintenance, and, notably, human resources. This diverse experience equipped her with a unique perspective and an array of skills, making her an ideal fit for Magic Life.

Leadership and Commitment: The Hallmarks of Success

One of Ginette's most commendable achievements is her recent success as a project leader for the Ceridian implementation. Her leadership skills shone brightly, showcasing her ability to manage complex projects with finesse and dedication. This accomplishment is a testament to her unwavering commitment and exceptional management skills.

Continue:

Embracing the Magic Life Mission

At Magic Life, our mission is to provide supportive and joyful environments for vulnerable individuals, and we believe Ginette's passion and dedication will significantly enhance our efforts. Her story of resilience, adaptability, and professional excellence aligns perfectly with the ethos of Magic Life. Her role as HR Manager will not only involve managing human resources but also ensuring that our staff is continually inspired and supported, mirroring the care we extend to our residents.

A Warm Welcome to Our Magic Life Community

Join us in extending a warm welcome to Ginette, as she embarks on this new chapter with Magic Life UK. Her journey, marked by adaptability, resilience, and excellence, is a source of inspiration for us all. We are confident that with Ginette on board, our team will continue to grow stronger, nurturing a culture of care and support that lies at the heart of everything we do at Magic Life.



Welcome Amanda Robinson

In addition to Ginette we would also like to welcome Amanda Robinson to the Magic Life family. Amanda will be joining the team at Winns Mews Complex, Grove Park and Bruce Grove as Deputy Manager and will be work alongside Cheryl. So please give her a warm welcome.

Great British Care Awards: Magic Life's Shining Stars

Celebrating the Nomination and Team Effort

It's a moment of immense pride for Magic Life to see Pawel Gawronski and Cheryl Evans nominated for the prestigious Regional Great British Care Awards (GBCA). Their hard work and dedication, emblematic of Magic Life's team spirit, have not just been recognized but celebrated. Pawel's nomination for the Workforce Development Award and Cheryl's for the Housing with Care Award are testaments to their unwavering commitment.

A Night to Remember at the Hilton

The finals, held on the 18th of November at the elegant Hilton Hotel in Bankside, was nothing short of spectacular. It was a black-tie event where our staff transformed into rock stars for the evening. Special thanks to Isaac Amaning, Nana Osei, Niiima Mahmoud, Musa Bello, Luisa Chagas, Shaeil Duven, and the supportive staff from Devonshire, including an unnamed hero who brought his wife along.

Journey to the Finals: Interviews and Anticipation

The journey to these awards began with insightful interviews by the GBCA panel. Our team, keeping an open mind and a heart full of pride, attended the event, eagerly anticipating the results. The announcement of Pawel's win in his category was a moment of euphoric celebration, echoed again when Winns Mews clinched another award against tough competition.

Looking Forward: The National Awards in Birmingham

With these regional wins, Pawel and Cheryl are now gearing up for the National GBCA Awards in Birmingham, March 2024. This isn't just about individual accolades; it's a collective victory for everyone at Magic Life. It's a reflection of our collective efforts in fostering growth, empowerment, and delivering exceptional care.

Your Support Can Make a

Difference!

We invite the Magic Life family to rally behind Pawel and Cheryl for the national awards. Show your support by voting for them on the Great British Care Awards website. Your vote, accompanied by a 300-word endorsement, could significantly boost their chances of national recognition, shining a spotlight on the remarkable work done at Magic Life.

Website for Voting: [Great British Care Awards](https://www.greatbritishcareawards.co.uk/)



WORDS & PHOTOS BY: **CHERYL EVANS**

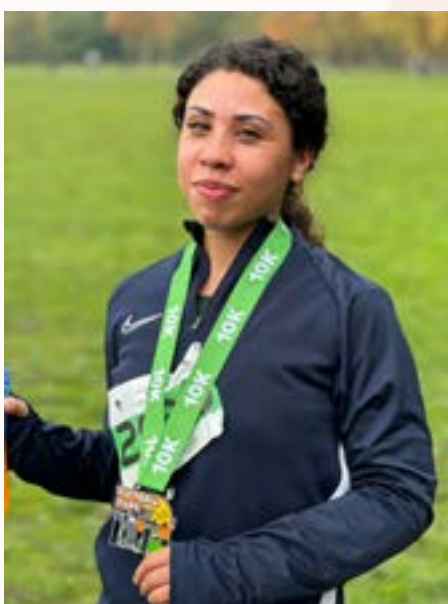
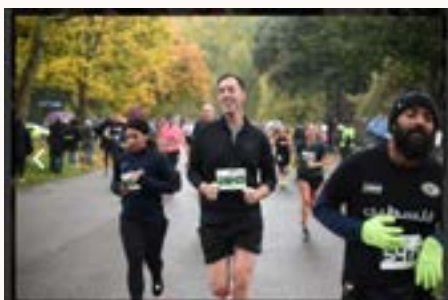
Marathon For Mind

The Magic Spirit

No amount of wind, rain, or chilly weather could deter our intrepid Magic Marathon runners from completing their remarkable challenge. Jade, Shanice, Dan, Alfie, and Max each showed incredible determination and spirit as they took on the daunting task of a half marathon, all in support of the mental health charity, Mind.

Their journey took them through the scenic paths of Victoria Park in London, where they not only faced the natural challenges of the course but also braved the unpredictable British weather. Despite these obstacles, each of our runners crossed the finish line with impressive times, showcasing their physical endurance and mental strength.

A heartfelt 'well done' to this fantastic group! Your achievement is a true testament to the Magic Life spirit, embodying resilience, teamwork, and a commitment to supporting important causes. You have done us all proud!



Embracing Mental Wellbeing:

A Guide for Staff.

WRITTEN BY: TAMARA SMITH DAVIS

Hello Everyone,

As the holidays approach, I hope this message finds you in good spirits. This month, we're turning our attention to a vital aspect of our work life: staff mental health and wellbeing.

Why Focus on Mental Health in the Workplace?

The importance of mental health in the workplace cannot be overstated. When employees feel their work is meaningful, and they are valued and supported, their wellbeing levels soar. This not only benefits individual employees but also enhances the organization's overall performance. Engaged employees who feel mentally healthy are the backbone of improved business outcomes.

Helpful Resources for Mental Wellbeing

To aid in fostering a mentally healthy workplace, I've compiled a list of valuable resources. These guides and articles provide insights and practical tips to help you and your team thrive:

Creating Mentally Healthy Workplaces: A comprehensive guide from Mind.org.uk detailing strategies to foster a supportive work environment.
Thriving at Work: Learn how to implement mental health standards in your workplace with this insightful guide.

Taking Stock of Mental Health: Assess and improve the mental health status of your workplace with this resource.
Understanding and Managing Stress: Discover effective ways to handle stress in the workplace and beyond.
NICE Guidelines on Mental Wellbeing at Work: Get an overview of best practices for promoting mental wellbeing in the workplace.
Wellbeing Initiatives for the Workplace: Explore various initiatives to boost workplace wellbeing on HealthAssured.org.
I hope you find these resources informative and beneficial.



Your Contributions are Welcome!

If you have any content, ideas, or suggestions related to mental health that you'd like to see in our future issues, please don't hesitate to email me. Your input is invaluable in shaping our approach to mental wellbeing at work.

Wishing you a peaceful and joyous holiday season.

Warm regards,

Tamara Smith-Davis

Playstation Group Winns Mews 2 The Magic Life Playstion Group In full Swing. Coming Join In The Fun.



Call Winns Mews 2 To Join in the fun

Highlights From 672

Embracing Individuality: Diverse Activities at Home 672

CK's week was filled with a blend of outdoor adventures and cozy indoor activities.



On Monday, he embraced the fresh air with a leisurely walk, followed by a shopping trip to Aldi. His dedication to keeping the environment pleasant was evident as he meticulously swept the courtyard. The following day was a relaxed one, with CK enjoying his favorite TV shows.

Midweek brought another dose of nature as CK went for a walk, did some grocery shopping, and caught up on his beloved YouTube series. Thursday was a special day; CK diligently cleaned his flat, creating a welcoming space for his family. His mother and sister visited, and they all enjoyed a lovely time together. Later, they ventured out to the park, soaking in the serene outdoors.

CB's Melodic and Productive Days

CB had a rhythmically rich week, kicking off with a fun-filled karaoke session. His love for music was on full display as he belted out tunes and filled the home with joy. Amidst the melodies, CB also took the time to do his laundry, balancing his week with necessary chores.

His festive spirit shone brightly on Friday when he creatively engaged in Christmas decorations shopping at B&M. The weekend saw him being supported on a trip to Sainsbury's, where he thoughtfully picked out

his breakfast items. On Sunday, CB embraced the community spirit, stepping out for a refreshing walk, connecting with nature and the neighborhood.

SSS's Week of Cinema and Companionship

SSS's week was a beautiful mix of helpfulness and entertainment. On Monday, he actively assisted staff in folding clothes, showcasing his cooperative spirit. He then indulged in his passion for Bollywood movies, immersing himself in the vibrant world of cinema.

Tuesday was a continuation of his cinematic journey, with SSS watching his favorite movies. He also spent time singing and engaging in cheerful conversations with the staff, creating a warm and friendly atmosphere in the home.

Each resident at Home 672 embraced the week with their unique interests and activities, highlighting the vibrant and supportive community at Magic Life UK. Their individual stories reflect a commitment to personal growth, joy, and community engagement, making every day a meaningful adventure.



WORDS & PHOTOS BY: **672 TEAM**



Musical Moments At 52 Bruce Grove

As the festive season dawns, Magic Life Bruce Grove becomes a symphony of joy and anticipation. Among the residents, one individual has been particularly instrumental in spreading the holiday cheer. With the strum of a guitar and a heart full of melodies, they've transformed the atmosphere into something truly magical.

So, as we step closer to Christmas, let's join in the chorus of laughter, music, and celebration. At Magic Life Bruce Grove, every chord strummed is a note of love and every song played is a reminder of the beautiful bond we share as a family.

Winter Wonders at Burlington Lodge

Embracing the Indoors with Enthusiasm and Joy

November at Burlington Lodge was a heartwarming reminder of how the shift in seasons brings new opportunities for joy and engagement. As winter's chill began to set in, our amazing team and wonderful residents pivoted seamlessly to a world of indoor activities, ensuring that the vibrant spirit of our community remained as bright as ever.

A Kaleidoscope of Activities

Our halls echoed with laughter and cheer, thanks to a diverse range of activities. In our cozy kitchen, the delicious aromas of baking and cooking sessions filled the air, while the sound of music and dancing feet brought a rhythmic energy to our space. Creative expressions flourished as residents and staff alike dabbled in painting, drawing, and the heartfelt crafting of Christmas cards, adding a personal touch to the festive season.

Board games and card games provided not just entertainment but also a wonderful way for everyone to bond and challenge their minds. The spirit of competition and camaraderie was palpable during these sessions.

More Than Just Fun

It wasn't all just fun and games; the commitment to maintaining a clean and welcoming environment was also evident. Residents took part in cleanliness tasks, contributing to the upkeep of their home. This sense of responsibility and participation goes a long way in fostering a sense of belonging and pride in our community.

Unwavering Dedication

As the temperature dropped outside, the warmth of our dedication never wavered. Every member of

our team, along with our residents, displayed incredible resilience and adaptability. Their ability to find joy and contentment, even in the face of the harsh cold weather, is a testament to the strength and unity of our Burlington Lodge family.

At Magic Life, we believe in celebrating every moment, and the activities at Burlington Lodge in November beautifully encapsulated this ethos. Here's to many more months of joy, growth, and togetherness!

WORDS & PHOTOS BY: **BURLINGTON TEAM**



Cherry Tree Lodge Active Outings

A Warm Welcome to Our Newest Residents

A Warm Welcome to Julie: Fitness Enthusiast and Fashion Shopper

Cherry Tree Lodge joyfully opened its doors to Julie, our newest resident, on the bright morning of November 13th. Julie, an avid fitness enthusiast, brings a lively spirit to the lodge. Not only is she passionate about keeping fit, but she also delights in shopping sprees and leisurely outings. Her first week was marked by a fun-filled beauty session where she indulged in getting her nails done, adding a splash of color and style to her days.

Chris's Engaging Week: From News to Novels

Meanwhile, our resident Chris has been keeping himself wonderfully busy. A creature of habit, Chris starts his day with a routine trip to pick up his daily newspaper. But that's not all! He's a regular at the local WHSmith, where he picks up his much-loved Phantom magazine. Demonstrating his love for reading, Chris has also become a frequent visitor to the nearby library, immersing himself in the world of books. Additionally, Chris enjoyed several excursions to local shops and cafés. Though these moments weren't captured in photos, they are cherished memories for Chris and the staff alike, filled with small adventures and everyday joys.

WORDS & PHOTOS BY: **CHERRY TREE**



Devonshire Diary

A November to Remember

Transition Triumph for New Resident MG

November in Devonshire has been a month of seamless transitions and heartwarming moments. We witnessed the smooth and successful integration of our new resident, MG, into his new home. The dedication and skill of our staff shone brightly as they navigated this change with grace and professionalism, ensuring MG felt welcomed and comfortable. The highlight was recreating MG's beloved clock wall from his previous home, a gesture that brought immense joy and a sense of familiarity to his new environment.



Community Engagement and Fun-Filled Fridays

Despite the holiday closure of Pedal Power, our residents continued to actively engage with the community, embracing the joys of life with enthusiasm. Our team is brainstorming new and exciting activities to fill our Fridays with laughter and enjoyment, ensuring that the spirit of adventure remains undimmed. This commitment to keeping our residents active and involved is a testament to our vibrant community spirit.



Celebrating Devonshire's Full Project Status

The transformation of Devonshire into a full-fledged project marks a significant milestone for us. This achievement reflects the hard work, dedication, and passion of everyone involved. As we celebrate this major accomplishment, we look forward to the bright future ahead, filled with possibilities and opportunities for growth and enrichment.

WORDS & PHOTOS BY: **DEVONSHIRE TEAM**



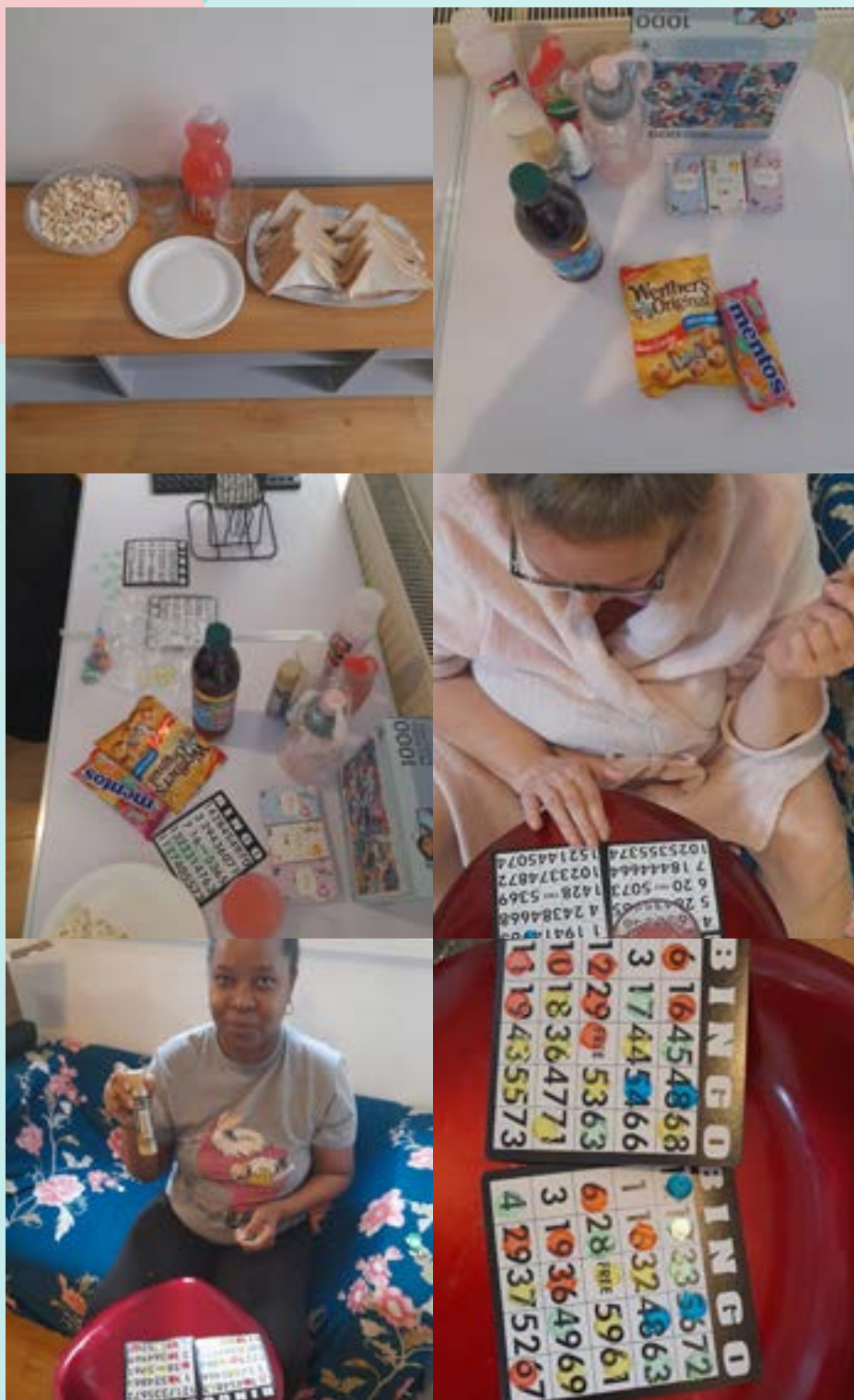


Bingo, Prizes & Community Spirit

A Bingo Blast at Grove Park Road

In November, the wonderful ladies of Grove Park Road gathered for an afternoon brimming with excitement and community spirit. The lounge buzzed with the thrill of Bingo—a game beloved by many, bringing together residents for an afternoon of joy and friendly competition. Not only was the game a hit, but the array of snacks and the chance to win fantastic prizes added to the festive atmosphere.

- **NR's Snack Enjoyment:** While NR chose to observe rather than participate in the Bingo games, she thoroughly enjoyed the delicious snacks provided. Her presence added to the warm, communal atmosphere of the event.
- **EL's Winning Streak:** EL shone brightly as a Bingo enthusiast, securing not one, but three prizes! Her competitive spirit was matched by her enjoyment of the tasty treats on offer. Her victories were a testament to the fun and excitement that Bingo brought to the afternoon.
- **DR: The Star of the Afternoon:** DR truly made the event special by winning an impressive four prizes. Thoughtfully, she chose gifts for her daughter and grandson, showcasing the loving and giving nature of our community. Later, she shared with the staff how much she relished the experience and is eagerly looking forward to future games.
- **ET's Social Engagement:** ET enjoyed the snacks and engaged with fellow residents, contributing to the lively and friendly environment. Though she didn't participate in the Bingo game, her interaction with others was a lovely display of the close-knit community at Grove Park Road.



WORDS & PHOTOS BY: GROVE PARK

“This event not only offered fun and games but also reinforced the strong sense of community and camaraderie at Grove Park Road. Each resident, whether participating in Bingo or enjoying the company and snacks, contributed to a memorable and enjoyable afternoon. We’re excited to see what the next month brings!”

Celebrating Special Days

At Harringey Road

At Harringey Road, we experienced a burst of joy this month, celebrating not one, but two birthdays! JC and RL, our beloved residents, each marked their special days in their own unique ways.

JC's Colourful Celebration

JC's birthday was a vibrant affair, reflecting his favourite colours. The staff lovingly decorated the space, creating a festive atmosphere. The highlight was a picturesque birthday cake, complemented by a delicious curry. JC's beaming smile was a testament to the fun and enjoyment he experienced on his special day.

RL's Intimate Gathering

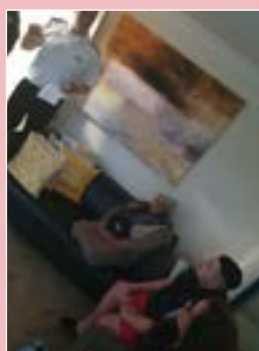
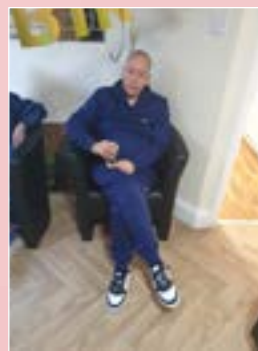
RL chose a more intimate celebration for her birthday. She traveled to Bristol to spend quality time with her mother and son in a cosy hotel setting. According to RL, the trip was wonderful and filled with memorable moments. Upon returning to Harringey Road, RL generously shared her joy by treating all residents to pizza and drinks, a gesture that was greatly appreciated by everyone.

Safety First: LFB's Visit

We were also honoured to welcome the London Fire Brigade (LFB) to Harringey Road. Their visit was not only informative but also crucial for our community's safety. The LFB team provided valuable insights into fire safety protocols, explaining the necessary measures and evacuation procedures. This session was an important reminder of the importance of being prepared and ensuring the safety of all residents and staff.

Each of these events at Harringey Road this month brought us closer as a community, highlighting the joy of shared experiences and the importance of safety and preparedness.

WORDS & PHOTOS BY: **HARRINGAY ROAD**



A Month of Progress & Preparation

Manor Place Embracing Health and Happiness

November 2023 at Manor Place has been a vibrant tapestry of professional activities and personal development.

This month, we've diligently managed appointments for our clients, encompassing a range of services from CPA and EHCP meetings to CAMHS and CMHT sessions. Whether it's a visit to the mental health service or a dental checkup at our care home, we've been racing against time to ensure everything is in place before the festive season.

With Christmas around the corner, excitement is building. Our clients have unanimously decided to celebrate together, and preparations are already underway. This joyous anticipation is shared by our newest resident, who has settled in wonderfully since their full discharge earlier this month.

Additionally, we've explored various day care activity packages, with some clients' local authorities currently finalizing details. These activities promise to add even more zest to our residents' lives.

Service User Highlights

SH: A Story of Remarkable Progress

SH's month has been filled with home visits and essential appointments, supported by our dedicated staff and professionals. Notably, his personal care and physical wellbeing have seen significant improvements. His understanding and recognition of these advancements are heartwarming and a testament to the collective efforts of everyone involved.

JO: Persistent Efforts Toward a Brighter Future

For JO, our approach has been thorough and relentless. From engaging with psychiatrists to community outreach workers, we're committed to helping him regain his focus. A recent CPA meeting opened new opportunities for him at Earth works in Barnet, aiding in his career development. His daily community walks and activities remain a constant, showcasing his resilience and our unwavering support.

WORDS & PHOTOS BY: **MANOR PLACE**

GS: Steady Growth and New Opportunities

GS has shown remarkable stability this month, especially after the setback of not visiting his sister. Our staff has been instrumental in encouraging healthier habits, like adjusting his bedtime routine. Professionally, GS continues to excel in his job, and we're actively exploring additional opportunities in kitchen pottering, aligning with his interests.

LF: Seamless Transition and Continued Support

LF's journey since his recent discharge has been inspiring. His first CAMHS appointment went smoothly, and he's comfortably adapting to life at Manor Place. His enthusiasm for football and music is evident, and he appreciates the diverse support from our staff. LF's integration into our community is a shining example of the positive impact of our care and support.





FUNTIMES AT NORTHLANDS

PHOTOS BY [NORTHLANDS](#)





Embracing the Spirit of Togetherness and Achievement

Park Lodge's November Highlights

A Magical Trip to Winter Wonderland

The festive season at Park Lodge kicked off with a heartwarming group trip to Winter Wonderland. Our spirited residents CR, PRM, DF, TG, and SGF wrapped themselves in the joy of the season, sharing laughs and bonding over steaming cups of hot chocolate, vibrant music, and thrilling rides. It was especially wonderful to have TG join in, contributing to the group's festive cheer. This trip marked a fantastic start to the holiday season, filled with camaraderie and shared experiences.

Discovering Wonders at the Science Museum

PRM, a science enthusiast, embarked on an educational journey to the Science Museum with CR, courtesy of the Magic Life car. Their fascination was piqued by the array of old planes and celestial exhibits, sparking a wave of excitement among all Park Lodge

residents. Now, there's a growing eagerness to explore more museums, a testament to the endless curiosity and learning spirit of our community.

Heartfelt Connections at the Hospital

Despite being in the hospital, CJW's spirits remain high, thanks in part to the loving visits from our staff. Her outings to the local shopping centre and a cosy Costa Coffee have been highlights, underscoring the importance of connection and the comfort found in simple pleasures and familiar faces.

Singing Hearts Out in Karaoke Joy

The power of music and laughter echoed through Park Lodge as DF, other residents, and staff shared a delightful karaoke session. This event wasn't just about singing; it was a celebration of togetherness, joy, and the magic of shared moments.

PRM's Glorious Achievement Award Ceremony

PRM's impressive accomplishments were celebrated at her Achievement Award Ceremony held at her former school in Hillingdon. Reuniting with old friends and commemorating the year's successes, PRM's day was filled with joy and pride, highlighting the remarkable journey of our residents.

Looking Forward with Excitement

November at Park Lodge has been a month brimming with joy, learning, and meaningful connections. As we bid farewell to this wonderful month, we eagerly anticipate more adventures and activities in the coming month, continuing our journey of growth, happiness, and togetherness.

WORDS & PHOTOS BY: **PARK LODGE**



A Month Full of Joy and Adventure

Magic Life Park Side

Our month kicked off with an exhilarating cinema trip. Errol, Sara, and two dedicated staff members made their way to Lee Valley Odeon Cinema for a special viewing. Not just any film, but a premiere! Accompanied by the classic cinema treats of popcorn and drinks, they were among the first to witness this new release. It was a day filled with laughter, excitement, and the joy of cinema.

Baking Fun: A Cake from the Heart

In the heart of our home, Sara, Pauline, and Errol teamed up for a delightful baking session. Guided by Errol's reading of the instructions, the ladies, with the help of our staff, mixed and whisked their way to create a delicious cake. Their teamwork shone brightly, and the final touch – a homemade icing and a sprinkle of their choice – made it all the more special. Their pride in their

accomplishment was truly the icing on the cake!

Music, Memories, and Moments of Joy

Pauline's month was filled with rhythm and remembrance. She joined a music and dance class, adding a spring to her step and a song in her heart. A poignant visit to her father's grave with her sister, adorned with flowers, was a moment of heartfelt connection and healing. She hadn't visited since her illness, and the experience was filled with joy and happiness. The day was rounded off with a visit to her mother, weaving a tapestry of family love and memories.

Edmonton Green's Festive Sparkle

The festive season began to twinkle on the 16th of November at Edmonton Green. Pauline and Sara were there

to witness the magical moment when the Christmas tree and street decorations were lit. Their experience was captured in a flurry of photos and videos, creating lasting memories to share with family and friends. The lights heralded the start of a season filled with warmth, light, and community spirit.

Winter Wonderland: A Dazzling Finale

Our month culminated in a spectacular trip to Winter Wonderland at London's Hyde Park. The attractions were a feast for the eyes, brimming with activities, games, and a kaleidoscope of foods, drinks, and souvenirs. The highlight was the Zippo Circus, where music, dance, and breathtaking acrobatics left everyone in awe. It was a fitting end to a month that sparkled with joy, shared experiences, and the magic of community.



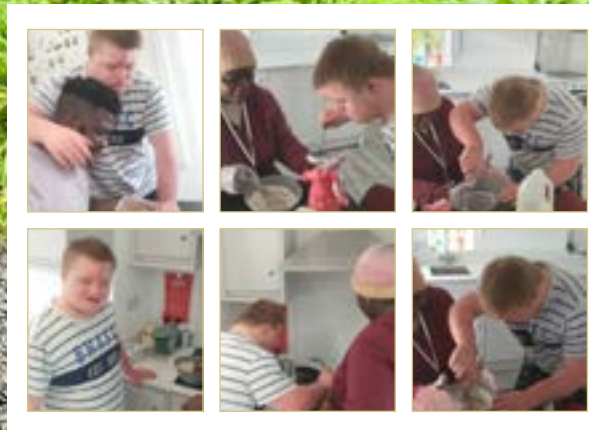
WORDS & PHOTOS BY: **PARK SIDE**



Time To Reflect

The Chapel takes a walk along the cannal

PHOTOS BY: THE CHAPEL



The Winns Friendship Wave

Finding Joy and Support in Companionship

In our journey through life, many elements remain beyond our grasp—our family roots, genetic makeup, and life's unpredictable turns. Yet, amidst these uncertainties, the power to choose our friends stands as a beacon of control and hope. The friendships we cultivate not only add color and joy to our existence but also act as a sturdy anchor in life's tumultuous seas.

The Essence of Friendship: A Pillar of Support

Deep-rooted friendships, blossoming from seeds of mutual respect, love, and joyful interactions, form the backbone of our most cherished relationships. In the heart of every enduring bond lies a friendship nurtured by great conversations and shared laughter. Such friendships do more than just fill our lives with pleasant moments; they offer a shoulder to lean on during trying times, making even the most daunting challenges seem surmountable.

The Winns: A Haven for Friendship

At The Winns, the essence of friendship is not just a concept but a living reality. Here, camaraderie flourishes effortlessly. Residents gather in the courtyard, their laughter and conversations creating a tapestry of warmth and connection. Through shared activities—be it drawing, enjoying music, or dancing together—residents of Winns 3, 5, and 6 have woven strong bonds of friendship. These bonds extend beyond mere companionship, evolving into a supportive network where they plan outings, share meals, and stand by each other in difficult times.

The Power of Togetherness

This culture of togetherness at The Winns serves as a testament to the old adage, "No man is an island." The residents' experiences underscore the profound impact of friendships—not just as a source of personal joy but as a vital support system. In nurturing these connections, the residents of The Winns do not merely enhance their own lives; they enrich the lives of those around them, creating a community where everyone is uplifted and supported.

In conclusion, The Winns exemplifies the transformative power of friendship. By embracing the spirit of companionship, residents find strength, joy, and a sense of belonging, proving that in the tapestry of life, the threads of friendship are indeed the most vibrant and enduring.

Celebrating A Milestone

A Heartwarming Surprise: Celebrating Theo, Our Beloved Support Worker

In an extraordinary twist of roles, it was the resident who became the planner at The Hamptons! Nick, one of our cherished residents, took everyone by surprise as he orchestrated a heartwarming birthday celebration for Theo, a dedicated support worker at our community.

Theo, who usually is at the forefront of organizing celebrations for others, found himself at the center of a joyous event. As he walked into the room, expecting just another ordinary day, he was greeted by a chorus of 'Happy Birthday' and a sea of smiling faces. The look of astonishment and delight on Theo's face was priceless.

The centerpiece of the celebration was a beautifully decorated cake, glowing with candles, symbolizing the warmth and light Theo brings into our lives. Surrounded by residents and colleagues, Theo made a wish, a moment that was both touching and symbolic of the deep connections we foster at The Hamptons.

What made this event even more special was Nick's thoughtful planning. He ensured that every detail was perfect, from the decorations to the selection of Theo's favorite cake flavor. This gesture was a

powerful reminder of the mutual care and respect that thrives within our community.

The celebration was not just about the cake or the presents; it was a testament to the impact Theo has had on the lives of those around him. His dedication, compassion, and unwavering support have touched many hearts, and this was a moment to acknowledge and appreciate his efforts.

As we flip through the photographs of the day, each one radiates the joy and camaraderie that was felt. It's moments like these that underline the unique and caring atmosphere at The Hamptons, where everyone is valued and celebrations are a shared joy.

PHOTOS BY: LAURA



Cook-athon Extravaganza

At 4 Winns Mews

Culinary Adventures with WT: Embracing Home Cooking

Cooking, a timeless tradition, has always been more than just a means to feed. It's a bridge connecting generations, a thread weaving through families and communities, creating bonds over the shared joy of a meal. Yet, in our fast-paced lives, the art of cooking often takes a back seat, replaced by the ease of processed foods. But not for WT of 4 Winns Mews. This culinary enthusiast is on a quest to revive the art of home cooking, proving how it can be both a health elixir and a source of immense joy.

A Month of Flavorful Creations

WT's kitchen at 4 Winns Mews has been a hive of activity, buzzing with the sounds and smells of cooking. His month-long journey has been a showcase of balanced flavors and nutritious meals. Picture this: fish bathed in a rich vegetable sauce, paired perfectly with rice; succulent grilled lamb drenched in gravy; and the exotic twist of vegetable noodles. But the crown jewel? Squid, marinated in eggs, flour, and breadcrumbs, a true delight for the taste buds.

Exploring the Tastes of West Africa

WT's adventure didn't just stop at familiar recipes. With the encouragement and support of our dedicated staff, he delved into the vibrant world of West African cuisine. The result? A

tantalizing

exploration of Ghanaian and Nigerian jollof rice, a dish that's as much a feast for the eyes as it is for the palate.

This exploration not only enriched WT's culinary skills but also brought a taste of international culture to 4 Winns Mews.

Join the Festive Feast

As WT strides forward with confidence and mastery in the kitchen, his creations are a testament to the power of home cooking. And what better time to indulge in these culinary delights than December? The Christmas spirit is already in full swing at 4 Winns Mews, with the residents beautifully setting up the Christmas Tree, adding to the warm and festive atmosphere. Book a date with us, and join in for a hearty, delicious meal that promises to be both satisfying and joyous.



WORDS & PHOTOS BY: WINNS 4





My name is Christopher Reid I have a learning disability autism bi polar disorder and I am 26 years old

This is my experience of what is like to have autism,
when even when there is changes to a normal routine,
that can mess up someone day. Change of plans
if you are going youth club then they say to you last minute.
it's cancelled that can have a massive affect on someone.
who has autism so be aware of it and plan ahead little amount.
of changes if possible.

it make the person and family parents who support them lot easier.

To do things rather than rushed things. Makes it's a lot worse.

And also understand them as an individual person.
who may need extra support but they are more capable.
of achieving things in life like trying to get into employment.
getting a job some of the things given the time patience.

Also understand what they have been through.

Although having the right support package around them and family to support them and guide them in life. To reach
their full potential

**#Listen #Learn#understand
#Autism awareness**

Kinds regards,

Christopher Reid