

# Magic Life

Sharing Experiences

## Embracing Recycling

How We Can Do Our Part

## World Autism Week

2nd to 8th April

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# Embracing Recycling

In the heart of our commitment to nurturing both our community and the environment, Magic Life UK has taken a significant stride towards sustainability. Recycling, a simple yet powerful act, stands at the forefront of our environmental efforts.

It's more than just a task; it's a collective commitment to the planet and future generations. Let's delve into the benefits of recycling and how each member of our community can contribute to this noble cause.

## The Ripple Effect of Recycling

Recycling goes beyond the mere action of sorting waste. It's a conscious decision to protect and preserve our environment. By recycling, we reduce the need for raw materials, conserving natural resources such as timber, water, and minerals. This not only helps in preserving our beautiful landscapes but also ensures a healthier planet for future residents.

Moreover, recycling plays a pivotal role in reducing greenhouse gas emissions. By re-purposing materials, we minimize the energy required for producing new products, thereby lessening our carbon footprint. This concerted effort aids in combating climate change, contributing to a cleaner, greener world.

## Economic Vibrancy through Recycling

Recycling isn't just good for

the Earth; it's beneficial for our economy too. By turning waste into resources, we support a circular economy where materials are reused and re-purposed. This not only generates jobs in recycling and manufacturing industries but also fosters innovation in creating sustainable products. Embracing recycling within Magic Life homes not only contributes to environmental health but also propels economic growth and resilience.

## Every Action Counts

At Magic Life, we believe that everyone has a role to play in this recycling journey. Whether you're a resident, a staff member, or a visitor, your actions can make a significant difference. Here are some simple ways to contribute:

- **Educate Yourself and Others** Knowledge is the first step towards change. Familiarize yourself with what can and cannot be recycled in your home. Share this knowledge with your peers, creating a ripple effect of awareness.
- **Be Mindful of Waste:** Before discarding, think about whether an item can be recycled. This small moment of consideration can lead to a big impact over time.
- **Support Recycled Products:** Whenever possible, choose products made from recycled materials. This not only closes

the recycling loop but also encourages more sustainable production practices.

- **Get Involved: Participate in recycling initiatives within your home and the wider community. Your active involvement can inspire others to follow suit.**

## A United Effort

Recycling at Magic Life is more than an initiative; it's a reflection of our collective values and dedication to a sustainable future. By integrating recycling into our daily lives, we're not just contributing to environmental preservation but also fostering a sense of community and shared responsibility.

Together, we can make a substantial impact. Every bottle recycled, every piece of paper reused, adds up to a significant contribution towards a sustainable and vibrant future for Magic Life homes and beyond.

**Let's unite in this endeavour, for every small step towards recycling is a giant leap for our planet and our community.**



I'm supporting



National  
Autistic  
Society

World Autism  
Acceptance Week  
2 - 8 April 2024

# World Autism Acceptance Week

Did you know



Only

**26%**



of autistic pupils  
feel happy at school.

Fundraise for  
World Autism  
Acceptance Week

2 - 8 April 2024



# Do Small Things With Great Love

## Support Workers Guide

- **Personalised Greetings:** Begin each day by greeting residents with a warm, personalized hello, acknowledging something unique about them.
- **Listening with Empathy:** Spend quality time listening to the residents, showing genuine interest in their stories and concerns.
- **Tailored Activities:** Organize activities that cater to the individual interests and abilities of residents, making them feel valued.
- **Encouragement Notes:** Leave encouraging notes or small tokens of appreciation for both residents and colleagues to find.
- **Celebrating Milestones:** Recognize and celebrate even the smallest milestones or improvements of residents, making a big deal out of their achievements.
- **Mindful Moments:** Share moments of mindfulness or relaxation techniques with residents, promoting mental and emotional well-being.
- **Photo Memories:** Take photos during activities or special moments and create a collage or album to reminisce and share.
- **Community Inclusion:** Facilitate connections with the local community, encouraging a sense of belonging and involvement.
- **Special Treats:** Surprise residents with their favourite snacks or small treats, showing them that their preferences are remembered and valued.
- **Learning Together:** Engage in learning something new together with residents, showing that growth and curiosity are lifelong.
- **Garden Time:** Spend time together in nature, whether it's tending to a garden or simply enjoying the outdoors, appreciating the little wonders of nature.



- **Music and Dance:** Share moments of joy through music and dance, catering to the residents' favourite genres and songs.
  - **Handwritten Letters:** Help residents write letters to their loved ones or assist in replying to their mail, keeping connections strong.
  - **Customised Reading:** Read aloud from books or articles chosen based on residents' interests, making storytelling interactive and engaging.
  - **Celebrating Cultures:** Honour and celebrate the diverse cultures of residents through special meals, music, and traditions.
  - **Memory Lane:** Create opportunities for residents to share their life stories and memories, validating their experiences and history.
- **Comfort Touches:** Offer small gestures of comfort, like a gentle touch on the shoulder or a warm blanket, providing a sense of security and care.
  - **Skill Sharing:** Encourage residents to share their skills or hobbies with others, fostering a sense of purpose and contribution.
  - **Positive Affirmations:** Regularly share positive affirmations, boosting the self-esteem and mood of both residents and staff.
  - **End-of-Day Reflections:** End each day by reflecting on positive moments or expressing gratitude, fostering an atmosphere of positivity and appreciation.

# The Transformative Journey of Liane

In the vibrant and nurturing community of Magic Life UK, we celebrate a remarkable journey of personal growth and transformative support, centered around Liane. She joined our community in May 2021, embarking on a path filled with learning, resilience, and change. Her story is not just about her own achievements but also a testament to the collective power of dedicated support, empathy, and understanding in bringing about profound personal transformations.

## The Early Days: A New Beginning for Liane

Liane's arrival at Magic Life UK marked the start of an important new chapter in her life. Initially, it was a time of adjustment, with the challenge of navigating new surroundings and building trust. However, these early hurdles were integral to a crucial process of learning and growth, highlighting the need for a personalized, empathetic approach to support.

## Turning Points: Building Trust and Fostering Relationships

A pivotal moment came with changes in the living environment, allowing for more focused and personalized support for Liane. This shift led to the formation of deep, meaningful connections with caregivers, who became like family to her, providing the essential stability and security she needed.

These relationships, built on mutual respect and understanding, were central to Liane's journey, underscoring the importance of strong, supportive networks in the path towards well-being and independence.

## Personal Growth: Liane's Active Role in Her Journey

At the heart of Liane's story is her resilience and proactive engagement in her recovery path. Despite facing complex challenges, she showed a strong commitment to

personal development, particularly in mastering important life skills. This demonstrated not only emotional maturity but also readiness for future independence.

Liane's participation in therapeutic activities, group outings, and creative pursuits was crucial in enhancing her social skills, self-esteem, and sense of agency. These experiences were pivotal steps towards her self-discovery and empowerment.

## Preparing for Independence: Liane's Collaborative Journey

Liane's transition to independent living was a collaborative effort involving careful preparation. This phase was about more than just logistical arrangements; it was a time of significant emotional and psychological growth, reflecting the effectiveness of the support provided by Magic Life UK and the strength of the relationships Liane had formed.

## The Move to Independence: Liane's Challenges and Triumphs

Securing independent living was a journey marked by Liane's resilience and the strong support system of Magic Life UK. The first view of her new home was a milestone, filled with joy and signifying a significant step forward in her journey.

The transition was a balanced act of maintaining necessary support while fostering Liane's autonomy and self-reliance, with ongoing support ensuring a smooth adaptation to her new phase of life.

## Reflections on the Journey: Liane's Impact and Insights

Looking back, Liane's transition has had a profound impact, offering insights into the power of personalized care, empathy, and supportive relationships. Her story is a beacon of hope, illustrating that with

the right support, individuals can lead fulfilling, autonomous lives.

Magic Life UK's commitment to empowering its residents, as seen through Liane's journey, reflects the organization's core values and the difference compassionate care can make. The focus on individual needs, strengths, and potential is a testament to the transformative power of dedicated support.

As Liane continues to thrive in her new independent life, her story remains a source of inspiration and a reminder of the resilience of the human spirit. It highlights the transformative impact of a caring environment, where every individual is empowered to overcome challenges and pursue their aspirations.

Liane's narrative is more than a story of transition; it's a narrative of hope, empowerment, and the collective power of compassion, understanding, and dedicated care in changing lives.



On a bright and bustling day at Winns Mews, what was initially a visit to witness the artistic progress of our new mural unexpectedly turned into a delightful impromptu photo shoot, capturing the vibrant spirit of our community.

As the vibrant colours and bold strokes of the mural unfolded, it served not just as a backdrop but as a beacon, inviting everyone to partake in a moment of creativity and camaraderie. The energy was infectious; before we knew it, an impromptu photo shoot was in full swing.

The ladies of Winns Mews, ever so radiant and full of life, seized the opportunity to shine in front of the camera. With laughter ringing in the air, each pose and picture told a story of joy, unity, and the sheer pleasure of a spontaneous gathering. It was heart-warming to see everyone come together, adding a personal touch to the day with their unique styles and infectious smiles.

The photo wasn't just about

shoot

capturing faces; it was about encapsulating the essence of our community's spirit. Each photograph, a testament to the fun and frolic of the day, also highlighted the burgeoning mural, a symbol of creativity and community effort at Winns Mews.

This unexpected event turned into a memorable day for all involved, showcasing the warmth and dynamism that define Winns Mews. It was a reminder of the simple joys that community interactions can bring, and the beauty that arises when people come together, even in the most

unplanned  
As we look  
photograph  
images; we  
togetherness  
Mews, and  
ongoing sta  
that weaver  
community  
truly magic

The mural, a  
b



Naima

Opal

Alaphia

# WOMEN of WINNS MEWS

Our lovely female residents

circumstances.

back at the  
ns, we see more than just  
see a celebration of  
ss, a slice of life at Winns  
a vibrant chapter in our  
ory. It's these moments  
the rich tapestry of our  
making Winns Mews a  
al place to be.

once a project, has now  
become a monument  
of a day filled with  
laughter, artistic  
expression, and  
the spontaneous

spirit of our wonderful residents. It  
stands as a colourful reminder of the  
beauty in the unexpected and the  
joy of living in the moment.

To the ladies of Winns Mews and all  
who made this impromptu photo  
shoot a resounding success, we  
extend our heartfelt gratitude. Your  
enthusiasm and zest for life are what  
make Winns Mews such a special  
and vibrant community.

Amanda

# WINNS MEWS

Residents and staff



# London Adventure

## 171 Harringay Road Enjoy London Sights

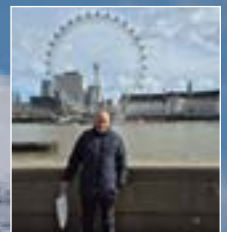
The 171 HR residents were brimming with excitement, all four of them eagerly awaiting Mo's arrival to escort them by car to the heart of London. The day couldn't have been more perfect, adorned with bright sunshine and clear skies.

JC had come prepared, his bag stuffed with an assortment of sandwiches, sausage rolls, and a variety of drinks, ensuring that the group wouldn't go hungry during their adventure. BR, true to his nature, couldn't resist capturing every moment. He meandered from landmark to landmark, his phone almost glued to his hands, as he happily snapped away photos, immortalizing the day's memories. LG, on the other hand, was more absorbed in the experience itself, taking in the stunning architecture and the bustling life of the city with wide, wonder-filled eyes.

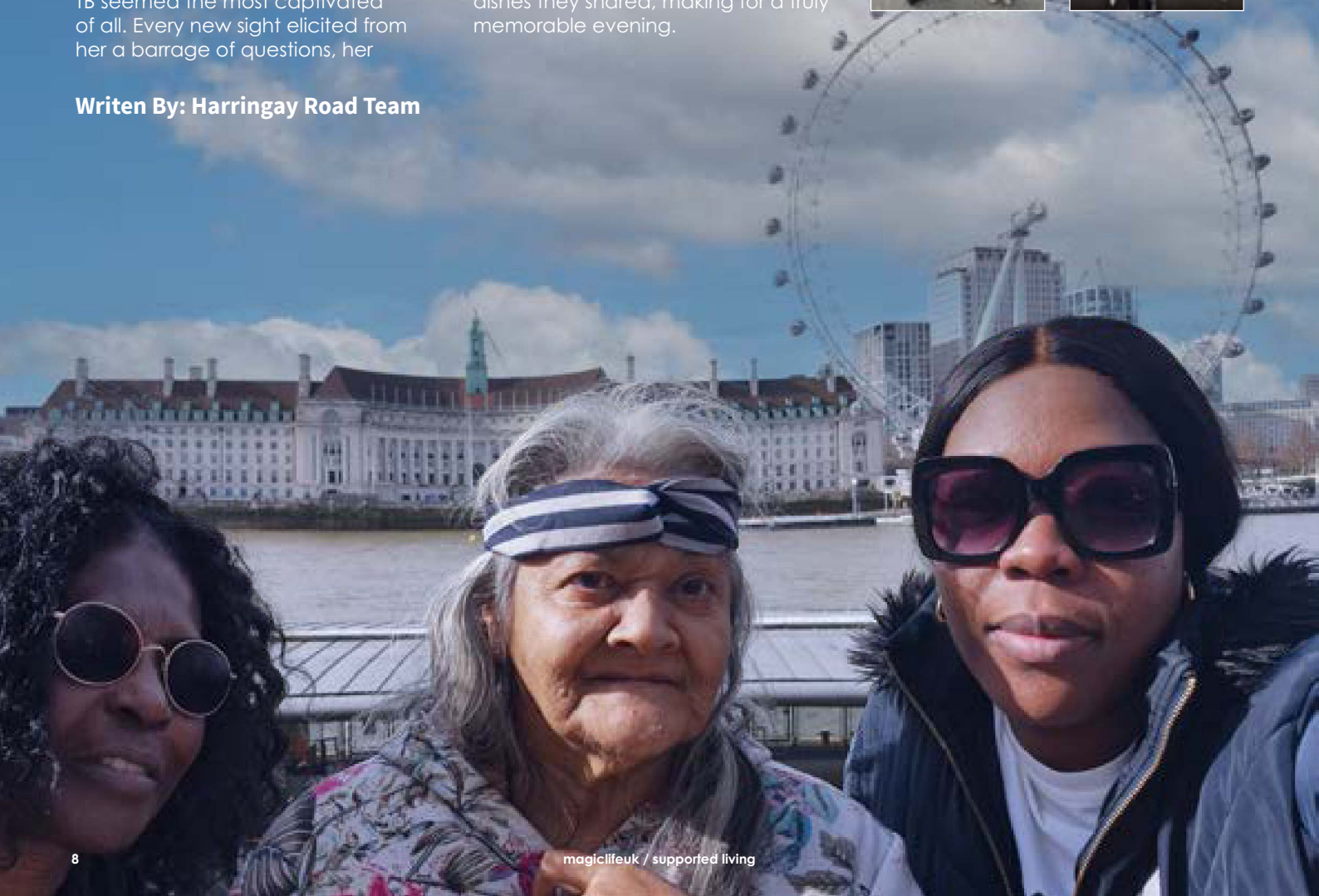
TB seemed the most captivated of all. Every new sight elicited from her a barrage of questions, her

curiosity boundless. She marvelled at the grandeur of the Houses of Parliament, the iconic silhouette of the London Eye, the historic expanse of Westminster Bridge, and the imposing presence of Big Ben. Yet, it was the London Eye, also known as the Millennium Wheel, that stole her heart. With an infectious enthusiasm, she declared it the highlight of the trip, suggesting, much to everyone's agreement, that their next group activity be a ride on this magnificent Ferris wheel, offering panoramic views of the city.

Meanwhile, RL embarked on a different kind of adventure, exploring the culinary delights of a new Thai restaurant nestled in the charming neighbourhood of Angel. It was a reunion of sorts, as she met with her sister, who had recently embarked on a new chapter outside London. The joy of their meeting was only enhanced by the delightful array of dishes they shared, making for a truly memorable evening.



**Written By: Harringay Road Team**





Introducing "Paws & Visits" – the newest highlight at Magic Life UK, where joy and furry friends come to you! Meet Milo, Beryl and Gaston, our affectionate and friendly dogs, ready to bring a touch of warmth and companionship directly to your doorstep.

Every other week, we offer the exclusive opportunity for our service users to book a special visit from either Milo, Gaston or Beryl. Imagine the delight of having these loving dogs arrive at your location, ready for cuddles, petting, and even leisurely walks if you're up for it. It's all about creating moments of happiness and relaxation, right where you are.

Our "Paws & Visits" sessions are designed to fit seamlessly into your day, offering a burst of joy and a break from the routine. Whether you're seeking the calming presence of a gentle pet or looking for an excuse to enjoy the outdoors with a cheerful companion, Milo and Beryl are here to make your day brighter.

Don't miss out on this unique experience to enjoy the company of our wonderful canine friends without having to step outside. Book your visit now and let Milo, Gaston or Beryl bring the magic of companionship and unconditional love straight to you.

We will be inviting you to book from following dates below.

Bookings are from 12pm  
To book your date  
please email Joe

# Paws & Visits

Book Your Visit

24th April 2024  
8th May 2024  
22nd May 2024  
5th June 2024



# Pancake Day At Bruce Grove

The last day of Shrovetide, known as Pancake Tuesday or Pancake Day, marks the end of the pre-Lent period. The following day, Ash Wednesday, signifies the beginning of Lent. In many Christian countries, Shrove Tuesday is observed by confessing sins, burning the previous year's Holy Week palms, making Lenten sacrifices, and indulging in pancakes and other sweets.

"Pancake races" are a tradition in villages and towns across the United Kingdom on Pancake Day. Legend has it that this custom began in 1445 when a housewife from Olney, Buckinghamshire, became so absorbed in making pancakes that she lost track of time until the church bells rang to signal the start of the service.

Pancake Day, also known as Shrove Tuesday, is a unique celebration in numerous countries. English-speaking nations such as the UK, Ireland, Australia, and Canada partake in the festivities. In contrast, France, the United States, and other countries refer to it as "Fat Tuesday" or "Mardi Gras."

On Pancake Day, 52 million eggs are used annually in the United Kingdom! The record for the largest

pancake ever made boasts a diameter of over 15 metres and a weight of approximately three tonnes.

At Bruce Grove, we may not have made a 15-metre pancake, but the service users thoroughly enjoyed the pancake-making process,

especially DK, who made pancakes that were shared with others. They had previously requested items for Pancake Day when it was mentioned to them. For toppings, they opted for fruits and syrup, with some forgoing the syrup in favour of ketchup. The highlight of the day was the banter and laughter over the varying sizes, shapes, and textures of the pancakes DK made. DK expressed, "It's nice to cook for everyone, and I look forward to doing this more often. I hope it tastes nice." Indeed, the feedback was that they were delicious, much to DK's and everyone else's surprise. Well done, Chef DK!



Written By: Emem Ekanem

# Join Us on The Magic Life Podcast

Are you ready to share your journey and inspire others? The Magic Life Podcast is making a grand comeback and we want YOU to be a part of it!

Whether you're a dedicated staff member with stories of compassion and commitment, or a service user with unique experiences and insights, your voice matters. Your journey in social care is powerful, filled with lessons, challenges, and triumphs that can enlighten and encourage others in our community and beyond.

## Why Join?

- **Share Your Story:** Your journey can motivate, educate, and resonate with many. It's a beautiful way to contribute to a culture of understanding and empathy.
- **Connect with Others:** Engage with like-minded individuals, forming connections that extend beyond the podcast.
- **Be a Beacon of Hope:** Your experiences could be the very thing someone else needs to hear right now.

## Who Can Join?

- **People Supported:** If you've navigated the social care landscape and want to share your path, challenges, and victories, we'd love to hear from you.
- **Staff Members:** Whether you're behind the scenes or front and centre, your dedication and journey in social care are inspiring tales we eagerly anticipate.
- **Healthcare Professionals:** Your expertise, insights, and frontline experiences bring invaluable perspectives to our community

## How to Join?

It's simple! Just drop us a line at [joe@psm.group](mailto:joe@psm.group) or call me on 0208 826 4364.

The Magic Life Podcast is more than just a series of episodes; it's a celebration of the resilience, compassion, and community that defines us. Join us in rekindling the spirit of sharing and support. Together, we can make the Magic Life Podcast a beacon of hope and connection.

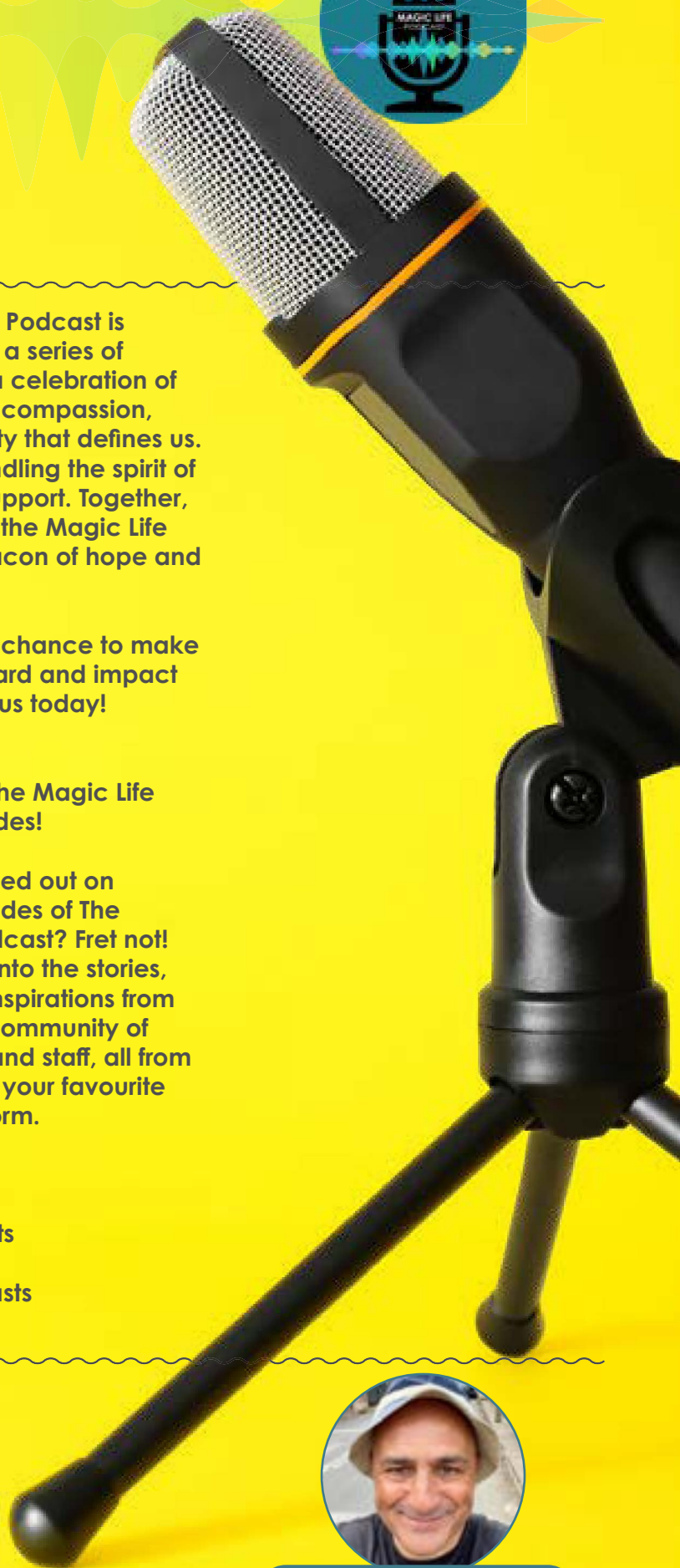
Don't miss this chance to make your voice heard and impact lives. Contact us today!

## Catch Up on The Magic Life Podcast Episodes!

Have you missed out on previous episodes of The Magic Life Podcast? Fret not! You can dive into the stories, insights, and inspirations from our amazing community of service users and staff, all from the comfort of your favourite podcast platform.

## Available On:

Apple Podcasts  
Spotify  
Google Podcasts  
Magic Life UK



Joe Your Podcast Host

# Swinging Time At Clissold Park

## 6 Winns Mews Enjoying Nature

***Our relationship with nature how much we notice, think about, and appreciate our natural surroundings is a critical factor in supporting good mental health and preventing distress.***

The ladies and staff at 6 Winns Mews had a lovely time exploring nature, riding the zip wire, and seeing the wonderful animals at Clissold Park.

Furthermore, we walked around the park, which helped us feel grounded in nature, reminding us of our primal essence. It fostered a feeling of connection to the world. Science certainly supports this notion. Walking in a green space, even if it's just the local park, for five minutes can improve your sense of wellbeing and lower your risk of mental illness.

Additionally, the residents at 6 Winns Mews are incredibly active and enjoy participating in various

activities within the community. We had the privilege of going swimming as the weather warmed up. Swimming can improve mood in both men and women. For individuals with fibromyalgia, swimming can reduce anxiety, and aquatic exercise therapy can lessen depression and enhance mood.

Moreover, our newest resident, Morgan Englefield, has expressed a keen interest in creating a podcast about mental health from her perspective. This is an excellent initiative to understand mental health through the eyes of our residents. Morgan and Joe have had discussions about this, so please do keep an eye out. Morgan has also been accepted into the Open



University to study for a Psychology degree; she will be the first among us to attend university. We are incredibly proud of her achievement and are fully supportive of her journey.

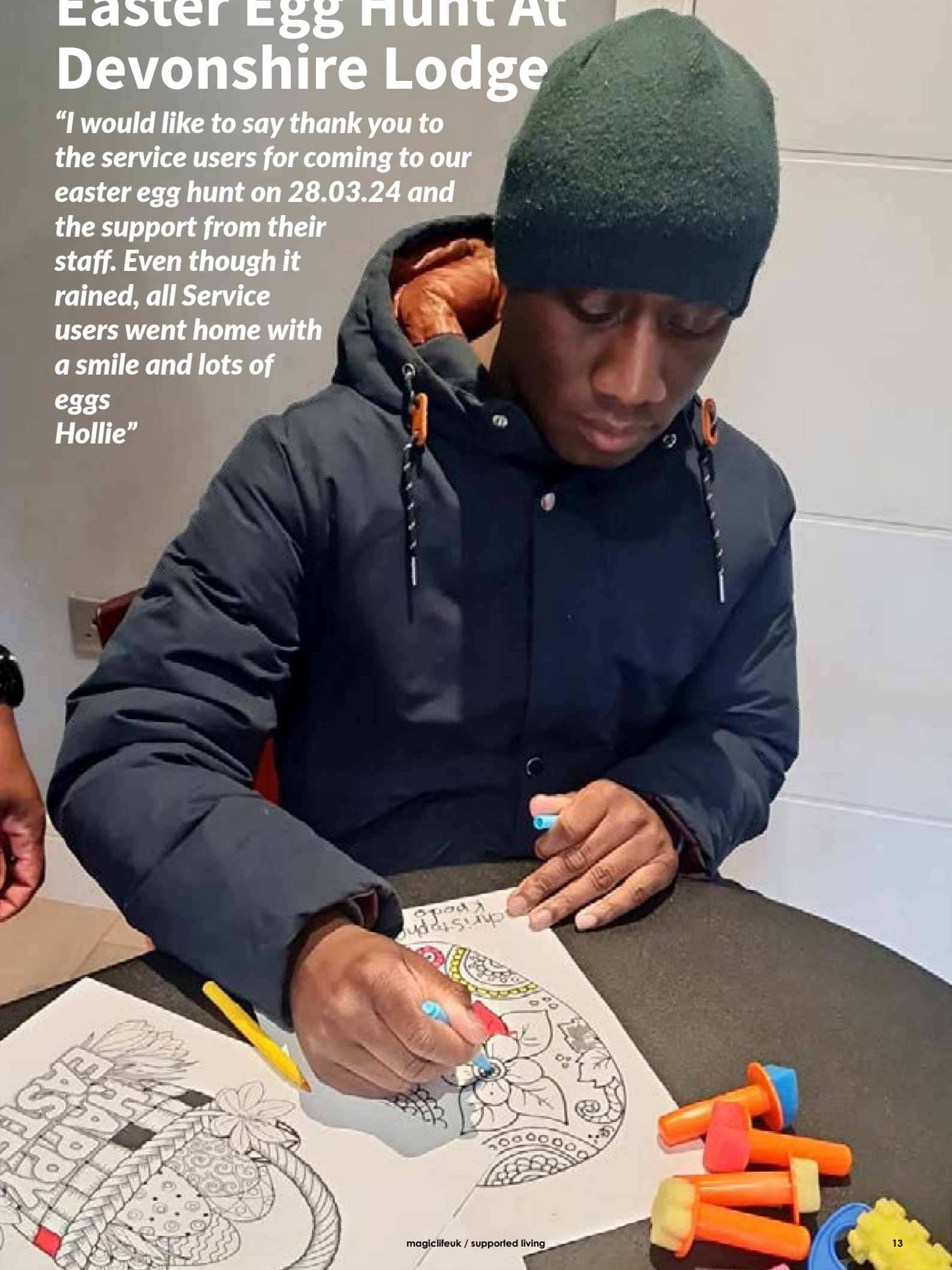
As a senior at 6 Winns Mews, I am proud to be part of such a talented, fun, and motivated team that is dedicated to making a positive impact on individuals with mental health challenges. Well done!

**Written By: Naima Muhamud**  
**Photos By: Naima Muhamud and Opal Davis**



# Easter Egg Hunt At Devonshire Lodge

*“I would like to say thank you to the service users for coming to our easter egg hunt on 28.03.24 and the support from their staff. Even though it rained, all Service users went home with a smile and lots of eggs Hollie”*



# Empowerment Devonshire Lodge Building Independence

This month, our staff have played a crucial role in empowering our service users to lead independent and fulfilled lives. They have assisted and encouraged service users to complete tasks such as shopping, household chores, and cooking. Empowering our service users helps them develop the necessary skills and confidence to achieve their goals.

The staff at DL continue to enable our service users to live life to the fullest and experience a sense of accomplishment. Witnessing their growth and success is truly amazing!

MG had a visit from his mum for the first time since moving in. Mum was pleased with how MG was presenting; it was a positive engagement. Staff have been working diligently to help MG achieve his goals, such as going into shops, eating out, and familiarising him with his kitchen, as well as introducing him to other residents to build meaningful relationships.

BKD enjoyed visits to Sea Life and Shrek's Adventure, and also visited Milton Keynes. Staff have been effective in assisting BKD with shopping, encouraging, and prompting him to pick up items and place them in his basket. BKD has made progress towards his goals and has been introduced to helping with preparing his meals.

OB continues to enjoy his weekly cycling; he also visited the Embankment and went to Sea Life Adventure. OB was assisted with completing his shopping throughout the month, picking up items that he wished to buy. OB enjoyed a visit to Wood Green to look around local shops and purchase some clothes.

Jl continues to attend the day centre during the week. On weekends, he visits the local market and enjoys watching the Sunday football matches at Haringey, as well as taking long walks in the community and discovering new sights.

IW has had a quieter month due to health reasons; however, he has continued to go on his daily walks in the community, enjoyed spending time with his family, and participated in shopping at the local shop.

SS has had a fantastic month, filled with activities. SS is enjoying her routine of bowling, visiting the gym, shopping, ice skating, cycling, and bus rides. This has had a positive impact on SS's well-being. SS also enjoyed visits from her family.

DB is making great strides in visiting the local shop; she is becoming more confident and now walks from the DL gate independently with staff following behind. DB has become confident in approaching and engaging with staff. She will come to the office to collect her card to indicate that she wants to go to the shop.



Written By: Hollie Ferguson  
Photos By: Devonshire Team



# Bingo Bonanza: A Night of Joy and Togetherness at Grove Park

March has been a serene period for our ladies at Grove Park. The majority of residents have been engaging in community outings, socialising with friends and family. EL continues to delight with her delicious traditional meals throughout the week.

On the 27th of March, our staff organised a bingo night for the residents. The ladies convened in the lounge for an evening brimming with fun and laughter. To commence the festivities, the residents relished a selection of delectable snacks and beverages. Nancy emerged as the evening's victor, amassing the most prizes. In a gracious gesture, NR shared one of her prizes with a fellow resident.

Overall, this event stands as one of our most successful activities, fostering a sense of unity and camaraderie among the ladies, enhancing their bond with each other and the staff. The feedback from our residents was overwhelmingly positive, expressing a desire for bingo to become a regular fixture at Grove Park Road.

**Words & Photos By : Ayesha And Hawa**





# Celebrating Our Community: Triumphs and Togetherness

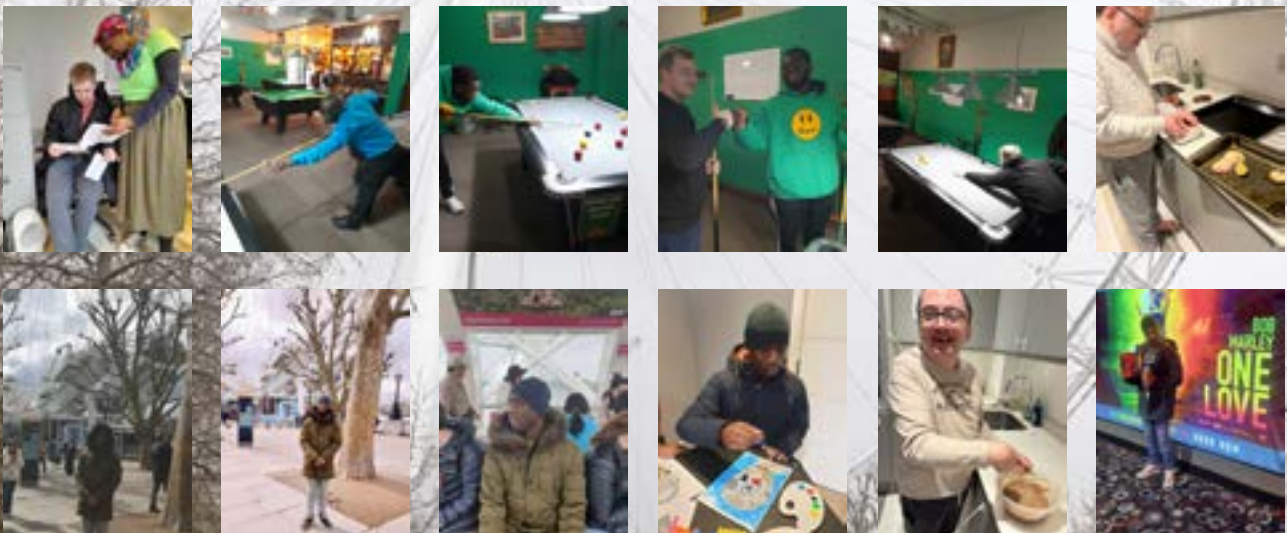
Despite the unpredictable weather, Number 672 has been a hive of activity. CB has embraced a range of pursuits, from honing his culinary skills to engaging in his favourite pastimes. Supported by our dedicated team, he has ventured out for community walks, managed his weekly shopping independently, and found solace in music, playing his piano. A visit to Winns Mews for a special activity proved memorable, rekindling connections with a former neighbour. The highlight, however, was the Easter Egg Hunt at Devonshire Lodge, where CB's enthusiasm and camaraderie with fellow residents from various projects were truly heartwarming.

DF's competitive spirit came to the fore during a thrilling snooker game against his support worker and the service

manager, a match where he emerged victorious, much to his delight. His social calendar also included a relaxed coffee morning, further enriching his interactions with staff.

CK's adventurous streak led him to the bustling streets of London, from a captivating movie experience at the cinema in Wood Green to the iconic London Eye. His participation in the Easter Egg Hunt at Devonshire Lodge, complete with creative colouring sessions, fostered meaningful connections with other residents.

SSS has been a beacon of positivity, engaging in lively conversations with staff, contributing to the upkeep of his flat, and indulging in his passion for Bollywood movies, often breaking into song in a true celebration of his culture.



***“From engaging pursuits to heartfelt connections, our community thrives on shared moments and personal triumphs.”***

Words By Hannah Ale  
Photos By 672 Team



# A Month of Community Fun and Togetherness At Burlington

**In March, Burlington Lodge was abuzz with engaging activities and a palpable sense of camaraderie, highlighted by the delightful Easter celebrations. The lodge was a hive of activity, with everyone participating in outdoor projects and events, infusing the atmosphere with energy and vibrancy.**

**SB**  
Mr SB had the chance to partake in an Egg Hunt organised by Devonshire Lodge, a sister project of Magic Life. He left a lasting impression, showcasing his musical talents with a confident grasp of the microphone, enchanting all onlookers with his melodious performance. On another occasion, SB joined a group from Burlington Lodge at the Easter festivities at Tiverton Community Hub, where he presented art and crafts, including a stunning painting, received gifts, and savoured the offerings at the cafeteria.

**MM**  
The Egg Hunt at Devonshire was replete with a variety of food and beverages, and MM made it his mission to sample every dish and drink available. His buoyant spirit and affable nature made him a favoured companion, radiating positivity that was infectious.

**EN**  
At Burlington Lodge, inclusivity is at the forefront, ensuring no one is sidelined. Despite EN's visual impairments, he was

given the opportunity to experience the vibrant lights and music of Central London, particularly at the renowned Tottenham Court Road. The public's positive reactions to EN's evident excitement and the staff's supportive efforts were heartwarming.

**JM**  
JM's excursion to the Woodberry Down Wetlands proved to be a refreshing change, second only to his passion for visiting the Arsenal stadium. Accompanied by his caregiver, JM was captivated by the serene waterways and the lively antics of ducks and

ducklings, his joy and enthusiasm unmistakable.

**JF**  
Witnessing their children's achievements brings immense joy to any parent. In tune with this universal sentiment, Burlington Lodge facilitated several visits for JF, a devoted father, to his children. A memorable moment was during a school talent show, where his twin boys performed as Spiderman, filling JF with laughter and undeniable pride at their impressive display.

**SBR**  
We are thrilled to welcome a new resident, SBR, to Burlington Lodge. In just a short span, SBR has already made a significant impact with his entertainment prowess. A seasoned musician, his performances, whether singing, composing, or playing the guitar, have the power to transform any gathering into a lively dance celebration. SBR's presence has been a joyous addition to our community.

**Conclusion**  
March was far from ordinary at Burlington Lodge; it was a month filled with unity, inclusivity, and happiness. Reflecting on their experiences, residents are imbued with a profound sense of gratitude for the enduring friendships and joy that permeate the lodge.

**Words By Jozef Kuczik  
Photos By Burlington Lodge Team**



# Responsibilities towards independence

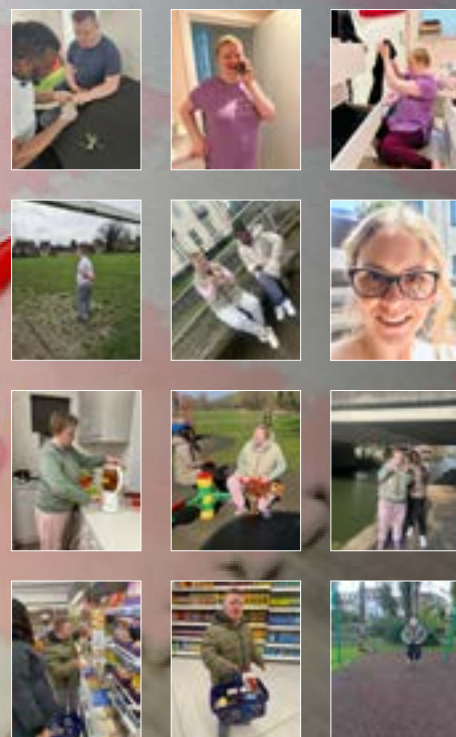
## Embracing Independence at Chapel Row

Words By Joan Delliston  
Photos By Chapel Row Team

The month of March at Chapel has been reminiscent of the well-known saying: "March comes in like a lion and goes out like a lamb". The period has presented challenges for everyone, encompassing both service users and staff. Furthermore, the weather has been rather uncooperative. Nevertheless, Ryan and Indigo have made the utmost of the circumstances. They received support to enjoy themselves, acquire knowledge, and develop skills contributing to their independence.

Ryan has consistently ventured out to carry out his food and clothing shopping. He has been afforded increased opportunities to select his preferences, make straightforward choices, and navigate stores—an endeavour that previously seemed unattainable due to his significant anxiety. Moreover, Ryan has embraced the freedom to interact within larger social groups, participating in sports clubs and engaging in activities such as bowling and boccia alongside others with complex needs. Through these experiences, Ryan has adapted to group settings, becoming increasingly sociable and revealing his cheerful, humorous, and affectionate nature.

Indigo is navigating the transition into adulthood. Since her eighteenth birthday, the support extended to her has centred on responsibility. Indigo is learning to manage more domestic tasks, such as drying and tidying away her dishes, folding her clothes, and arranging them neatly in her wardrobes. She has been actively encouraged to prepare and cook straightforward meals, learning the fundamental steps of sandwich-making, and how to safely concoct a hot chocolate, among other things.



**The Chapel Row Team for their tenacity, and hard work. Despite the challenges of their job and the people they support, they come to work with conviction and dedication to deliver utmost care and support required.**

# Lively Moments at Cherry Tree Lodge

Words By Aneta Cydejko  
Photos By Cherry Tree Team

Chris visited the Gatwick Aviation Museum and had a marvellous experience aboard a Virgin aircraft. It was a thrilling moment for him, and he has always seized the opportunity to share it with others.

Julie became involved with A.S.K.I. and has since participated in activities such as community coffee mornings, meet-and-greets, and exercise sessions. She also found and attended a church, fulfilling her long-held aspiration.

Stuart enjoyed eventful outings, including bus rides, shopping trips, and visits to the bank, café, and McDonald's. He relished in neighbourhood walks, discovering new streets. Furthermore, Stuart underwent a stylish transformation with a sleek new haircut. As CTL's very own Anthony Gordon, Stuart never tired of demonstrating his football prowess to staff and neighbours, with his passes and shots being unrivalled.

Room Painting: Chris chose a serene combination of blue and creamy sand for his room, while Julie opted for vibrant fuchsia and pretty pink, much to their delight.

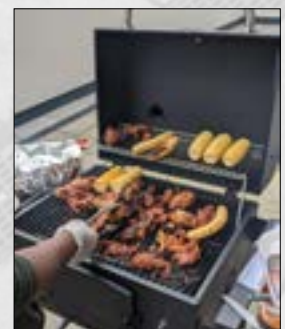
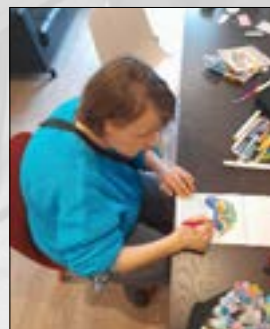
International Women's Day: We encouraged and supported residents to reach out to their female relatives to convey their best wishes for IWD. Roberto phoned his

sister, and Stuart was delighted by visits from his mother and sister.

A Fond Farewell to Natasha: We supported Natasha in her transition to her new home at White House on Tuesday, 19th March. The days leading up to her move were poignant, filled with encouragement and advice from staff. Natasha's charming presence will be greatly missed at CTL.

**Happy Birthday, Meredith: We extend a warm welcome and best wishes to the astute Meredith, wishing her a year of prosperity as she celebrates another milestone. Meredith joined us at CTL on 25th March and marked her birthday with joy on 31st March.**

Easter Celebrations: Easter at CTL was marked by a talent showcase and an array of engaging activities. On Friday, residents had the chance to exhibit their artwork. MA crafted a doll, SG presented sketches, and others delighted in colouring. The day commenced with a communal Easter breakfast, followed by a garden party complete with a BBQ to celebrate MA's birthday. It was an occasion filled with joy—singing, dancing, conversing, and fostering camaraderie among everyone.





# A Chronicle of Progress and Wellbeing

Words By John  
Photos By Manor Lodge Team

Manor Place has welcomed a new Client Coordinator this month after several attempts. We've established follow-ups for blood tests and other referrals to monitor our clients' progress. Celebrations were in order, as we had the joy of celebrating a client's 20th birthday. This month, we supported a client activity day trial at a gardening centre in St. Albans. Professional meetings via Teams and face-to-face have been in full swing, focusing on all our clients. Our staff are continually updating their skills through refresher courses and professional development.

We continue to welcome friends, professionals, and families at all times, promoting collaborative partnership working.

## Service Users

SH has been actively engaging in the community, spending time with friends at the pub. This month, SH and his mother enjoyed a repeat visit to Rickmansworth to watch the swans. A dental appointment and a PPT meeting with staff and his wellbeing team from the Hertfordshire NHS Foundation were held earlier this month. SH's daily walks to the town centre and visits to the pub are consistent. He is also making great strides in personal care, changing his clothes daily.

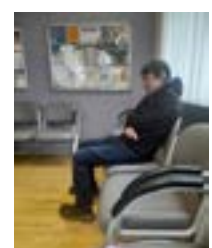
JO celebrated his 20th birthday this month, with his father visiting the service to join in the celebrations. JO's aunt and mother kindly sent clothing and a pair of trainers as birthday gifts. Early this month, JO's new care coordinator introduced herself during a visit to the service. A trial day at Earthworks, attended by staff and his father, was a success. We are now scheduling weekly activities for JO at the gardening centre. His passion for daily community assessments, whether for food shopping or enjoying the local park, continues. GS has made significant progress this month in pursuing

a game development course, with staff assisting in completing his application for Mak Education. Together, they are gathering all the necessary requirements for the course. GS has attended several GP appointments this month, accompanied by staff. Following up on his dental referral in Watford has been successful. Contact has been made with GS's work manager, who is supportive of gradually reinstating GS's working days. GS has made commendable progress and is encouraged to continue his excellent work.

The service has addressed a few maintenance issues early this month. Staff are keeping up to date with required and refresher courses. New staff members have joined us recently and are performing well, supported by existing staff members in our clients' daily support routines. Staff also participated in SH's PPT Teams meeting. We are awaiting approval for some of our clients' activities from their prospective centres, while others continue their daily activities in the community.

It has been a rewarding month in terms of our clients' development.

LF has continued to make steady progress from last month. The service, along with other professionals involved in his wellbeing, is awaiting a referral from his previous placement regarding urgent care for some physical disabilities. A recent TAC meeting was held by his professionals, the service manager, and the area manager to promote his care pathway.



# Spring Celebrations and Achievements at Northlands

This month at Northlands, Lucy and Charlotte have continued to attend ninja and trampolining classes, activities that have now become a cherished routine for both.

Lucy also welcomed a visit from Milo, who holds a special place in her heart. She spent a few joyful hours with Milo, her smile unwavering throughout.

Tabi, who previously preferred her own company, has begun to engage more with the household, marking a significant step forward for her.

In anticipation of the upcoming Autism Awareness Week, Lucy and Charlotte have created some exceptional new T-shirts to commemorate the occasion.

On Good Friday, they will participate in an Easter egg hunt, meticulously organised by Lucy. She has crafted all the clues herself and has done an outstanding job.



# Celebrations, Adventures and New Beginning at Park Lodge



We kicked off the month with a bang, celebrating PRM's milestone 18th birthday. The atmosphere was electric as we decorated the service in her favourite colour, blue, and indulged in an array of tantalising mocktails crafted by our very own Party Organiser, staff AK. PRM's family and friends joined in the festivities, bringing along delicious Caribbean dishes to share. Special thanks to Suzette Whyte from Park Side for treating everyone to mouthwatering, flavourful chicken delights. And let's not forget the delightful cake, adorned with candles as we sang to the tune of "Happy Birthday" in unison. As March drew to a close, we carried with us the memories of PRM's spectacular birthday bash, a shining example of the love and joy that permeates every corner of Park Lodge.

Our service users embarked on thrilling adventures throughout the month. From a trip to Southend-on-Sea, where waves crooned to them as they relished fresh fish and chips, to CR's

enchanting journey to Disney on Ice followed by a delightful Italian dinner, together with our remarkable Service Manager NG. Every moment was filled with joy and laughter as SGF revelled in the beauty of Kew Royal Botanic Gardens, exploring nature's wonders.

Our community extended its reach beyond Park Lodge with a captivating visit to Southbank, immersing ourselves in the rich tapestry of London's cultural landscape. Joined by PC from Park Side, we enjoyed the vibrant London atmosphere, forging memories together.

In addition to our festive celebrations, CR, PRM, EG, and TD showcased their culinary prowess in a memorable cook-off, infusing our home with the tantalising aromas of their creations.

As the month unfolded,

we remained steadfast in our commitment to fostering inclusivity and belonging. Our cherished Sunday breakfast gatherings provided a welcoming space for all our service users to come together, share stories, and bask in the warmth of our community.

At Park Lodge, every day is an opportunity for growth, connection, and the creation of new memories that will last a lifetime.

**Words By Amieda Koroma**

**Photos By Nadia Ghaly, Sylvia Ogundipe, Olubunmi Abiodun, Tanvir Shuvo and Andreea Calin**



# Celebrating Moments of Joy and Remembrance at Park Side



This month has been filled with joy and happiness. However, it was with great sadness that we learned of the passing of Pauline's mother, who played a pivotal role in her life, especially concerning her mental health. Pauline always looked forward to the moments when transportation was arranged for her visits. They shared beautiful moments, capturing heartwarming photographs and exchanging kisses just days before her mother's passing.

With the unwavering support and assistance from the entire staff at Parkside, Pauline has remained peaceful and has managed her mental health remarkably well. She recently visited Kew Gardens, radiating excitement and joy throughout the trip.

Our staff have been particularly proactive in engaging all residents in a variety of indoor and outdoor activities, with a special focus on Pauline. Errol, taking a keen interest in her wellbeing, invited her for a stroll in Pymmes Park. Apart from his community engagements, Errol has been frequenting a day centre and attending church on Sundays. He also participated in the Tottenham Green Spring Festival held at Tottenham Town Hall, where he supported Haringey projects by purchasing a book.

March wouldn't be complete without an Easter celebration. We concluded the month by commemorating the death and resurrection of our Lord Jesus Christ, marking the occasion with an abundance of food and music. Our heartfelt thanks go to Suzette and her exceptional team for preparing such delicious meals.

We also extend our warmest wishes for Ramadan to all our Muslim staff at Magic Life. Ramadan Mubarak!





# Hamptons City Tour

As the sun gently rose over the serene landscape of the Hamptons, Horatio and the staff of the Hamptons went for a delightful city bus tour filled with exploration and relaxation. They embarked on a guided bus tour through the vibrant streets of the city, followed by a leisurely stop at a charming coffee shop to savour the flavours of the day. Every moment was filled with discovery, relaxation, and joy.

Horatio ventured to the nearby shopping mall, eager to explore its myriad of shops and boutiques.

Horatio experienced the best of both worlds – the excitement of the city and the serenity of the Hamptons.

# Birthday Celebrations At Winns Mews 3

Management and staff organised a delightful birthday celebration for DK. Residents from Winns Mews apartments 2, 3, 4, 5, and 6 joined in the festivities. The food selection catered to DK's preferences, featuring burgers, nuggets, chips, and other delicious treats. DK relished a scrumptious Oreo and Cream Sponge Cake, and many photographs were taken to capture these wonderful memories.

AR has settled in wonderfully. She has forged strong friendships with other residents at Winns Mews and participated in the boys' club activities, also attending DK's birthday celebration.

MFE was in attendance at DK's birthday party. She engaged in the boys' club activities, played music, danced, and thoroughly enjoyed herself.

HF dedicated time to her cats and went on several outings with her family, creating cherished moments.

We've had a fantastic month at Winns. A new resident, Alisha, joined us and has expressed her contentment with her first month's stay. She feels welcomed and is pleased with the environment, believing it to be an excellent place for living and personal growth.

**Words By Shamar**



# Games Club At Winns Mews 2



The month of March at 2 Winns Mews was filled with an array of exciting activities and events, which brought the residents together in a spirit of camaraderie and warm fellowship. The highlight of the month was the Games Club, a grand success and a memorable experience for all who attended.

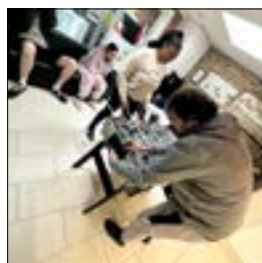
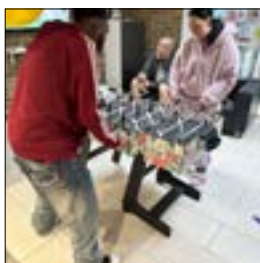
The event was meticulously planned and organised, featuring a range of games and activities for the residents

to participate in. They thoroughly enjoyed playing FIFA, pool, and football games. There was something for everyone to enjoy. Additionally, we provided delicious food, refreshing drinks, and good music, all of which contributed to the fun and festive atmosphere.

Our primary focus now is on making the next Games Club even better than before, with an even greater variety of activities and games to

cater to everyone's tastes. We believe that by providing a comfortable and engaging environment, we can help our residents live happier and more fulfilling lives. We are committed to creating more opportunities for our residents to come together, build relationships, and create lasting memories.

**Words By Nana Adjei Somoah**



# William`s Roast Pork Dinner

## Winns Mews 4 Enjoy A Taste Meal

Dinner parties are delightful gatherings, brimming with exquisite cuisine, shared amongst loved ones to celebrate significant moments. Among the myriad of enticing dishes, the tender roast pork with its impeccably crisp crackling stands unparalleled. Surprisingly simple to prepare, roast pork carries an enchanting charm that extends beyond mere celebratory events. Meal times are not solely occasions for

nourishment but also pivotal moments for nurturing the health and well-being of our residents through the joy of communal dining.

March witnessed a particularly heartwarming event at 4 Winns Mews, where William Taylor, with the invaluable support of staff member Austin Okeke, delighted his fellow residents with a sumptuous roast pork dinner. Fuelled by William's eagerness

to embark on a culinary adventure, the concept of crafting the perfect roast pork was born. Immersing themselves in the cooking process, William watched with anticipation as the pork slowly transformed, roasting to absolute perfection. Upon unveiling the savoury masterpiece, he graciously shared this delightful meal with his peers, igniting a sense of joy and fellowship around the dining table.

Words By Amanda Robinson and Martins Akonye  
Photos By Martins Akonye



# Movie Marathon Day

## Popcorn Delights Wins 5

Watching films together is not just entertaining but also strengthens social bonds among residents. Sharing laughter and engaging in discussions about the plot twists fosters a sense of camaraderie and belonging. Enjoying a good film can uplift spirits and provide a welcome respite from everyday concerns, promoting overall well-being and relaxation.

The residents were captivated by the

television programme from beginning to end. They delved into discussions about the various characters and their roles, admiring elements such as the musical interludes and lighting that enhanced the viewing experience. From 'The Shotgun Wedding' to 'Mr. and Mrs. Smith' on Wednesday, 8th March, residents at Wins 5 enjoyed a day filled with excitement.

The array of films provided ample entertainment, ensuring everyone had a splendid time. With plenty of snacks and beverages at the ready, they settled in and delighted in the humorous, innovative, and captivating films, remaining actively engaged until the very last moment.

**Words By Amanda Robinson and Emediong Ekpo**



# Spring is blooming and so is the independence of the residents at Greyhound Road

The residents at Greyhound Road have been partaking in delightful excursions within the local vicinity and beyond. They have revelled in the breathtaking vistas and the splendour that Mother Nature bestows. The therapeutic embrace of our local woodland, Epping Forest, and the stunning views from Portchester, Portsmouth, and Southampton have provided much joy.

Our dedicated team has been ensuring the delivery of exemplary service, persistently going the extra mile for our clients, their families, and Magic Life.

One of our clients has made significant strides towards greater independence by venturing into the community to visit the local supermarket solo—a remarkable milestone. This success has profoundly boosted her sense of autonomy and self-esteem.

Additionally, another resident has been flourishing in her independent pursuits, embarking on journeys to places

like Porchester and Southampton. She regularly visits these locations to cherish the company of friends and family, further affirming her self-reliance.

**Words By Yvonne Spilane**  
**Photos by Eliza Jones**



# Bring This To Life With Colour

## Supporting Autsim Awareness Week



Coloured in by:

# Magic Life Location's

**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**  
2,3,4,5,6 & 7 Winns Mews, London,  
N15 4FF

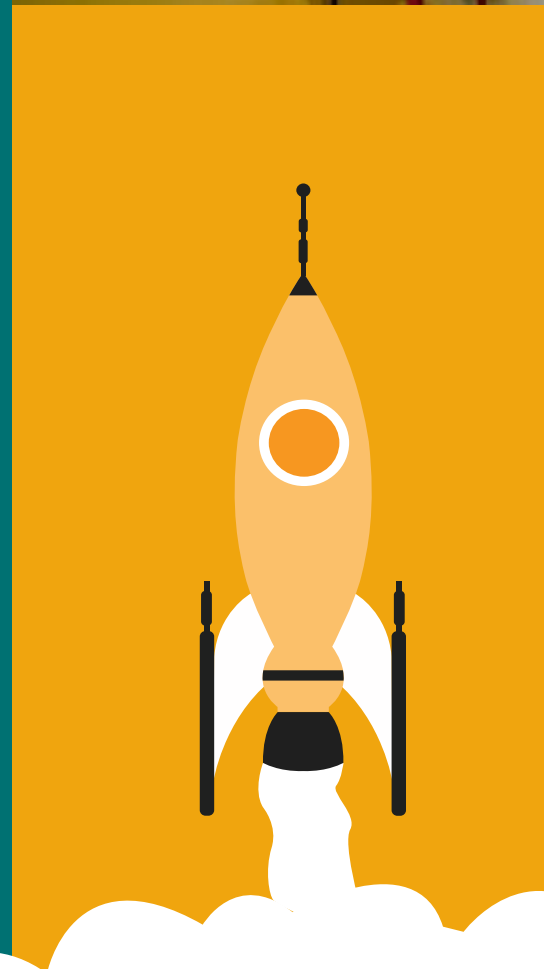
**The Hamptons**  
403 Eagle Way, Peterborough,  
PE78EG

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

**The White House**  
138 High Street, Coopers Walk,  
Cheshunt,  
EN8 0AP

**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



Visit <https://magiclifeuk.com> for further  
details or our team on 0208 826 4348