

August 2024

# Magic Life

SHARING EXPERIENCES

## Contents

- The Transformative Power of Water:
- Water is Life: The Transformative Power of Hydration
- We Choose To Make The Rest Of Our Lives The Best Of Our Lives
- Out and About: Indoor Activities, Life Skills, and Community Involvement
- Exciting Milestones and New Experiences
- Farewell Dinner for DR at Grove Park Road
- All Change at Chapel Row
- Time to Bond with Family
- Beat This: A Musical Adventure in Peterborough
- Fun-Filled July at Northlands
- Celebrating Summer at Park Side
- A Month of Fun and Joy
- A Genius in the Mews
- Blooming Nature
- A Fruity Adventure: Exploring Smoothie-Making
- Surprise Birthday Party!
- Celebrations, Farewells, and Adventures
- A Happy Reunion: Sam and Bongo
- Celebrating a Joyful Birthday Month at Manor Place
- Magic Life Locations

# The Transformative Power of Water:

## DK's Journey to Better Health

### Overcoming a Lifelong Aversion

For years, DK refused to drink water, relying solely on energy drinks and beer. He openly disliked the taste of water, and previous attempts to introduce flavoured water had failed. DK's hydration habits—or lack thereof—became a significant concern for his health and well-being.

### A Wake-Up Call

Two months ago, a discovery in DK's room underscored the severity of his situation. A bucket filled with dark, foul-smelling urine revealed the impact of his aversion to water. DK explained that his increasing knee pain made trips to the toilet difficult, especially at night, leading him to urinate in the bucket instead.

### Implementing Water Therapy

Determined to help DK, we decided to educate him on the importance of water. Through videos and discussions, we highlighted water's critical role in maintaining health. To motivate him, we introduced a water therapy plan starting 1st July 2024. DK would receive a 500ml bottle of water three times daily, with a £2 incentive for meeting his daily target.

The first week required constant prompting, but we soon noticed a gradual improvement. DK's urine became less concentrated, and he reported feeling "better inside." Remarkably, on the eighth day, DK told staff he no longer needed the incentive; he had begun to enjoy drinking water. This breakthrough was celebrated with a treat for DK.

### A Healthier, Happier DK

Since starting the water therapy, DK's progress has been remarkable. He now drinks water regularly without prompting, sometimes exceeding his daily target. Between 1st July and today, DK has consumed 24 litres of water! This positive change extends beyond hydration. DK has also improved his diet, opting for nutritious meals instead of his previous staples of beer, sweets, and gambling.

### Celebrating Success

We are thrilled with DK's dedication to his water therapy and the significant health benefits he has experienced. His story is a powerful reminder of the transformative power of proper hydration.

**AUTHOR:** EMEM EKANEM

The colour and concentration of DK's urine indicated severe dehydration. Concerned, we arranged for him to see a GP, who confirmed our fears. The doctor explained that DK's stomach pain and the alarming state of his urine were due to dehydration, warning that it could lead to liver damage. Despite this, DK remained adamant about his dislike for water.



*“I don’t need the incentive anymore; I will drink the water as I am liking it now.”*

## Water is Life: The Transformative Power of Hydration

Water makes up 50-60% of your body weight and is essential for various bodily functions, including waste removal and joint lubrication. Daily water intake is crucial as your body loses water through urination, sweating, and breathing. To avoid dehydration, it’s vital to consume plenty of water from foods and beverages each day. Water is required by all bodily cells, organs, and tissues to function correctly, and humans can typically only survive a few days without it.

### The Crucial Roles of Water in the Body

#### Regulating Body Temperature

Water helps maintain normal body temperature by dispersing heat throughout the body and cooling it through perspiration. When the body overheats, it loses water through sweat, which evaporates from the skin and cools the body. If dehydration prevents sufficient perspiration, the body’s

temperature can rise to dangerous levels, potentially causing heat stroke. Thus, staying hydrated is especially important when working outside or sweating excessively.

#### Nutrient Transport and Waste Disposal

As a key component of blood, water aids in transporting nutrients and oxygen to cells. It also helps the body excrete waste through perspiration, urine, and bowel movements. Adequate hydration supports kidney function, helping to filter waste from the blood and excrete it as urine, thus preventing kidney stones and urinary tract infections (UTIs).

#### Protection Against Chronic Illness and Promoting Longevity

Proper hydration is linked to healthy aging and longevity. Insufficient water intake can increase blood sodium levels, raising the risk of chronic illnesses. Studies show that well-hydrated individuals are healthier and less prone to developing heart and lung diseases, with hydrated adults living longer lives.



*“I don’t need the incentive anymore; I will drink the water as I am liking it now.”*

## MagicLife 95 Greyhound Road

# We Choose To Make The Rest Of Our Lives The Best Of Our Lives

### Celebrating Togetherness and Achievements

This month at Greyhound Road, our residents have enjoyed spending time together planning exciting trips, adding to their cherished memories. Outings to Pizza Hut, trips to the cinema, and strolls around Borough Market, known for its delicious multicultural food, have kept everyone engaged. Greyhound Road is renowned as a foodie household! Most importantly, this month has been a testament to recovery and change, shining through stronger than ever.

### Individual Triumphs

#### Eliza

Eliza has been diligently following her safety plans and working closely with healthcare professionals to enhance her physical, emotional, and mental well-being. She has shown immense progress in her independence by confidently making her own phone calls

to healthcare providers, a task that can be quite daunting. Eliza has also excelled in her budgeting skills, enabling her to engage in positive and meaningful activities, empowering herself further.

#### Louise

Louise's travel independence is flourishing as she continues to develop her cooking skills and engage well with staff. As the new chair manager of the house meeting, she effectively liaises with other residents, voicing their concerns and wishes. Louise has embraced her role with dedication, aiming to create a more girly and cosy environment. Known as the "hostess with the mostest," Louise offers drinks and food to residents and visitors, showcasing her impeccable hospitality skills and beautiful personality. She recently enjoyed watching the film "Inside Out" at the cinema, providing emotional support to her staff, reflecting her compassionate nature. Louise's empathy and understanding shine through, especially in supporting Frankie on her recovery journey.



**AUTHOR:** FRANCESCA O'SULLIVAN  
**PHOTOGRAPHER:** FRANCESCA O'SULLIVAN, HODAN ABDI, YVONNE SPILLANE

### Special Mentions:

*This month marks Evie's 1-year anniversary as the service manager. From day one, Evie has demonstrated unwavering determination and commitment to the service.*

*Her incredible skills, empathy, and compassion extend beyond her managerial role. Evie's daily efforts to ensure safety, positivity, and encouragement for both clients and staff make every day a joy. Her involvement is spectacular, always going above and beyond, especially when the light of recovery temporarily dims. Using her own words, "the path to recovery can also be beautiful."*

*Happy one-year anniversary at Greyhound Road, Evie. We love you, cherish you, and are immensely grateful for your dedication.*





*“The path to recovery can also be beautiful.”*

## Hot Summer Days

### Frankie

Frankie has been relishing the hot summer days, often found lazing on the banks of London Bridge, her favourite spot for people-watching. She delights in dining out, from Italian to pizzas and local greasy spoons for a good old bacon sarnie. Despite challenges, Frankie remains dedicated to her recovery, excelling in her creative contributions to the monthly magazine. She is an inspirational young woman, working hard to overcome past traumas.

PHOTOGRAPHER: FRANCESCA O'SULLIVAN



## MagicLife 672 High Road

# Out and About: Indoor Activities, Life Skills, and Community Involvement

### July 2024 Highlights at 672 High Road

Our residents at 672 High Road have been busy engaging in various activities and enhancing their life skills. From exploring artistic interests to demonstrating independence in daily chores, the month of July has been full of achievements and positive interactions.

#### Resident Activities

**CK:** CK has shown a keen interest in colouring artwork and positively interacting with others during group activities. He enjoys park walks and bus rides with staff and has been actively participating in life skill activities at home. Impressively, CK has been cleaning his kitchen worktop independently.

**CB:** CB has a passion for singing gospel songs, both with staff and on his own. He showcased his independence by choosing clothes during a shopping trip to Marks and Spencer. Additionally, CB took the initiative to clean the courtyard and dispose of rubbish, expressing his enjoyment of maintaining a clean environment.

**DF:** DF continues to maintain his independence in cooking and cleaning his flat. He diligently arranges his living space and enjoys preparing meals, especially frying eggs and sausage. While he occasionally seeks staff support, DF is largely self-sufficient in his domestic tasks.

**SSS:** SSS enjoys walking with staff and has been actively involved in washing dishes, contributing to the cleanliness of the communal areas.

#### Upcoming Events

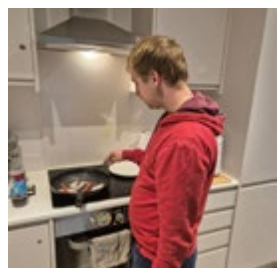
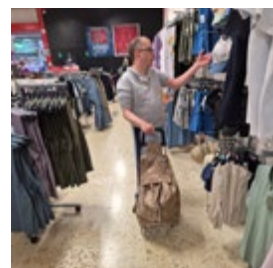
The service at 672 High Road is excitedly preparing for the Talent Show 2024, set to take place on 30th



August 2024. This event promises to be a showcase of our residents' diverse talents and hard work.

#### Special Mentions:

*A big thank you to Ilyas Farah and Robert Davis for their exemplary professional conduct during an external visit to CK. Their efforts were recognised with written compliments, reflecting well on both the staff and the entire 672 team. Well done!*





672 HIGH ROAD

# TALENT SHOW

**30th AUGUST 24 1PM - 8PM**

**COME AND JOIN THE FUN AND SHOWCASE YOUR TALENT. THERE WILL BE FOOD, DRINKS AND LOTS AND LOTS OF FUN**

We encourage you to participate in anyway you want, let your talent shine with Magic Life.

If you or your service user would like to showcase their talents please email [Meena.Nagi@magiclifefeuk.com](mailto:Meena.Nagi@magiclifefeuk.com) to book your slot

**672 Talent Show**  
**30th August 2024 1pm - 8pm**

## MagicLife Devonshire Lodge

# Exciting Milestones and New Experiences

### Devonshire Lodge - July 2024

July has been a month of wonderful celebrations and memorable moments at Devonshire Lodge.

### OB and IW's Milestone Birthdays

We had double the celebration this month with OB turning 30 and IW reaching the milestone of 40 years. It was a joy to witness their happiness and to share these significant birthdays with them.

### BKD's First Cinema Experience

BKD experienced the magic of cinema for the first time, and it was a resounding success. The excitement was palpable as BKD enjoyed every moment of the movie, from the previews to the final credits. This outing was a significant and joyful experience, opening up a new world of entertainment and storytelling.

**AUTHOR:** HOLLIE  
**PHOTOGRAPHER:** DEVONSHIRE LODGE

### MG's Train Adventure and Remarkable Progress

MG had the thrill of travelling on a train for the first time, an adventure met with enthusiasm and curiosity. This journey marked a new chapter in MG's explorations and added to the list of first-time experiences. Alongside this, MG has made immense progress, a testament to the dedication and efforts of our amazing staff. The growth and achievements we see in MG are truly inspiring and a cause for celebration.

### DB's Cherished Family Visits

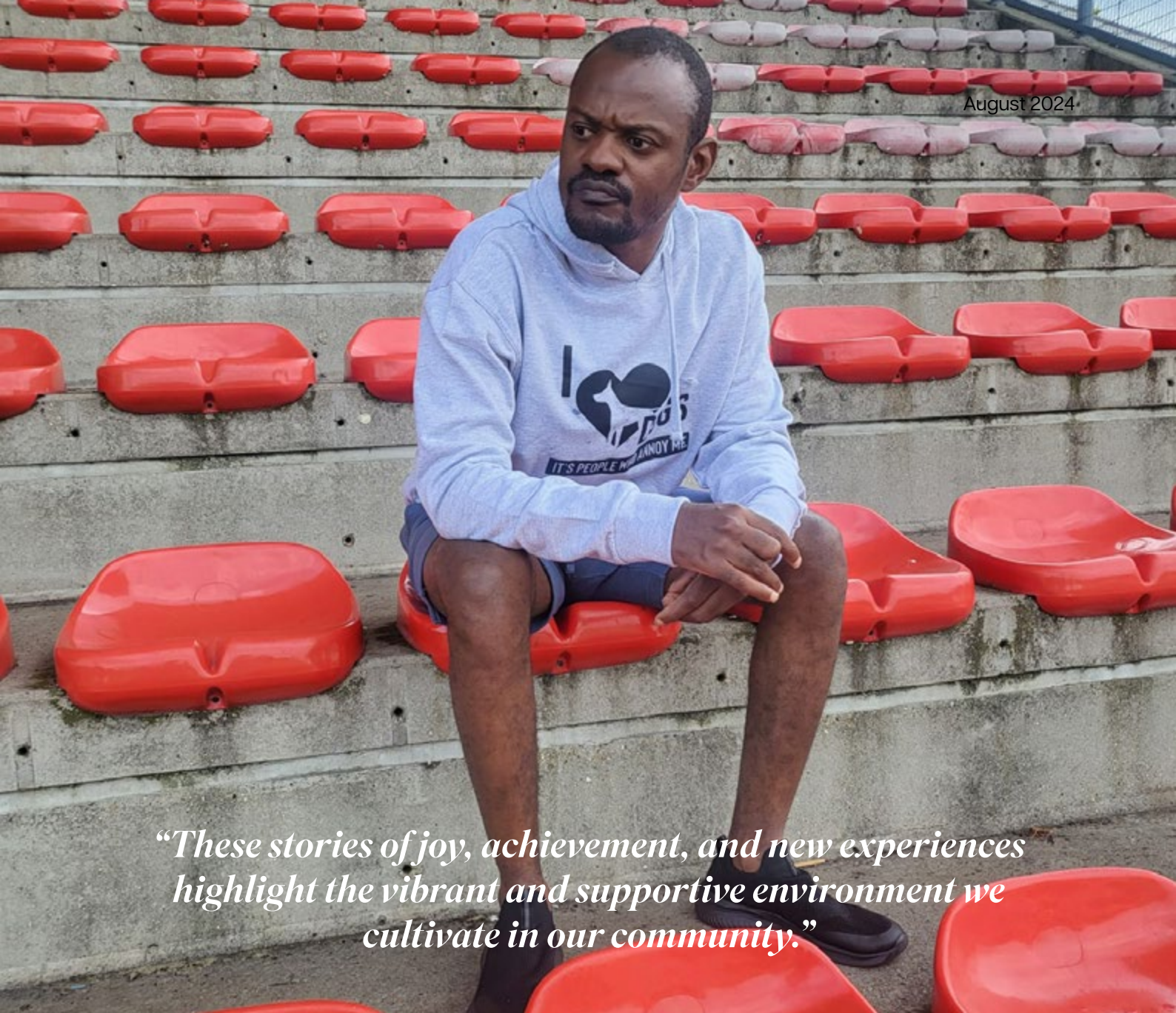
Family is at the heart of our community, and DB has been enjoying frequent family visits and spending quality time at home. These moments with loved ones have brought immense joy to DB, reinforcing the importance of family connections and support in our lives.

### SS's New Hobby

SS continues to engage in all her usual activities with great enthusiasm and has discovered a delightful new hobby—picking flowers and berries. This newfound interest has added a touch of nature's beauty to her daily routine and provided a relaxing and fulfilling pastime.

### Celebrating Together

These stories of joy, achievement, and new experiences highlight the vibrant and supportive environment we cultivate in our community. Each milestone and new experience is a reminder of the collective effort, love, and care that go into making our community a wonderful place to live. We look forward to more celebrations, achievements, and heartwarming stories in the months to come.



*“These stories of joy, achievement, and new experiences highlight the vibrant and supportive environment we cultivate in our community.”*



**MagicLife** Grove Park Road

## Farewell Dinner for DR at Grove Park Road

### Saying Goodbye to a Cherished Resident

It is with a heavy heart that I write this, as we have said goodbye to our long-standing resident, DR. She was our first resident at this female-only service. Supporting DR over the years has been educational, heartwarming, and filled with some challenges.

Everyone who came through Grove Park Road's doors has, at some point, been offered a cup of coffee by DR, whether they were managers, maintenance team members, professionals, or even emergency service personnel. DR has a kind and generous heart. I vividly remember an occasion when one of our residents who had moved on to another accommodation

absconded from the hospital and came to Grove Park. DR invited her in, made her a hot drink, and gave her a blanket and a pillow to rest on the sofa. Bearing in mind that these two ladies did not get along while living together, in this time of need, DR was there offering comfort. I commended her and let her know that what she had done was heartwarming. This is who DR is; she has a big heart, and for this, she will be greatly missed by all. We wish her all the best in her new accommodation.

**AUTHOR:** DOREEN  
**PHOTOGRAPHER:** GROVE PARK ROAD



*DR has a kind and generous heart, always ready to offer comfort, even to those she didn't get along with while living together.*

**MagicLife** The Chapel



# All Change at Chapel Row

***“No matter who you are, no matter what you did, no matter where you’ve come from, you can always change and become a better version of yourself.”***

This month marked a significant change for our new service user, Jasmine, who likes to be called Jazz. She has just moved into Chapel Row to start building a positive life towards a meaningful future. Jazz was very impressed with the set-up in what she now calls her own home. She appreciated how things were mobilised to ensure a smooth transition. Jazz is thrilled with the community, the shops, and all amenities which are only a short distance from

Chapel Row. Her comment: “Everything here is looking posh.”

Jazz’s move to Chapel Row has magically changed and inspired Indigo. Their introduction to each other created a friendship bond that thrilled Indigo. She conveyed: “I have been waiting to have a friend for years; it’s finally happened!” Since establishing the friendship, Indigo has been waking up voluntarily, attending to her personal care, taking medications, and having breakfast early without being prompted. This newfound motivation has encouraged her to access the community, enjoy the outdoors, and experience different activities or try

going to other shops in town. Indigo can be fixated on things, but Jazz has brought these positive changes to her.

Ryan seems to be happy living near two beautiful young women! This has somewhat inspired him to maintain a clean and orderly home environment. Ryan has accepted various activities lately which would have been difficult for him to do before. This month, he went on a beach outing with Indigo to Southend-on-Sea. They both enjoyed the sun, the sea, and - supposed to be sangria - but they opted for the famous Fish and Chips by the seaside.



**Special Mentions:**

*Sylvia, Ebi, Issah, Dominic, and Tiko for consistently documenting activities which serve as vital evidence and basis in the monthly write-up. A massive thank you and recognition for their efforts.*

**AUTHOR:** JOAN DELLISTON, SERVICE MANAGER  
**PHOTOGRAPHER:** BIMENE MIRACLE ISSAH, UMAR, SYLVIA, BRENDAN, TIKO, PAEBI DOMINIC EKANEM

## MagicLife Cherry Tree Lodge

# Time to Bond with Family

### Discover new ways of working

### A Month of Heartfelt Connections and Joyful Activities

In July, Cherry Tree Lodge was brimming with happiness as our residents enjoyed an unforgettable time bonding with their families. This month was filled with smiles and activities that brought everyone closer, creating cherished memories and uplifting spirits.

### Family Time



Our residents experienced heart-warming moments with their loved ones, creating bonds that will be remembered for years to come. These special connections filled hearts with joy and spirits with high energy.

### It's Activity Time...

The excitement was palpable as residents eagerly anticipated the array of activities planned for the month. Highlights included a lively pub visit, thrilling Bingo games with prizes, and



engaging in bowling, swimming, and snooker. Each activity brought joy and fun, making the month a truly memorable one.

### Rediscovering Spiritual Connection

Julie and Meredith had always wished to attend church, and in July, they felt it was the right time to do so. Together, they attended a local church, receiving a warm welcome from the community. The hymns and sermon provided them with peace and inspiration, leaving them uplifted and eager to continue their spiritual journey.

**AUTHOR:** OMOLARA AWOSINA  
**PHOTOGRAPHER:** CHERRY TREE LODGE STAFF



August 2024



**NICK'S BBQ**

# Barbecue



**SUNDAY 11TH AUGUST 2024**  
**1.30 PM TO 6.00PM**

THE HAMPTONS, 403 EAGLE WAY, PE7 8GS

**EVERYONE WELCOME**  
**RESIDENTS | STAFF**

TEL: 020 4542 0660

**MagicLife** The Hamptons

## Beat This: A Musical Adventure in Peterborough

### Celebrating Creative Achievements in July

In July, our community had the pleasure of diving into the world of music through the remarkable initiative, Beat This. This Peterborough-based musical project is dedicated to providing children, young people, adults, and those with additional needs access to enriching musical and creative experiences, fostering their musical skills and creative interests.

This month, we were thrilled to welcome

our new client, Christopher, who, alongside our talented staff member Theophilus, created absolute magic at Beat This. Their collaborative efforts in exploring new sounds and creating music together were truly inspiring.

Christopher's favourite musical instrument is the piano, where he effortlessly recreates music from sound. As Christopher played the piano, Theophilus complemented his melodies on the drums, resulting in a harmonious and delightful experience for both.

Christopher's musical journey doesn't end there. He will be attending Beat This every Tuesday morning, working with the wonderful music instructors to create a record. We eagerly anticipate the fantastic music they will produce together.

We are incredibly proud of Christopher and Theophilus for their dedication and enthusiasm in making this musical project a success. Their story is a testament to the power of music in bringing people together and enriching lives.



AUTHOR: THE HAMPTONS  
PHOTOGRAPHER: THE HAMPTONS

*“The variety of activities this month ensured everyone at Northlands had a memorable and enjoyable time.”*



**MagicLife** Northlands

# Fun-Filled July at Northlands

## Memorable Activities and Adventures for Everyone

This month at Northlands, the ladies had a wonderful time participating in various activities. Here's a glimpse into their eventful July:

### Charlotte and Lucy's Adventure:

Charlotte and Lucy spent a fantastic day at Southend-on-Sea enjoying a variety of thrilling rides. It was particularly special for Charlotte, as it was her first experience on some of these rides. After the excitement of the rides, they visited Stanborough Lake for a swim and a delightful picnic. Their adventure

continued at the water splash area, where they had a great time in a boat and enjoyed more swimming. They also captured some wonderful pictures to remember their day.

### Tabi's Creative Pursuits:

Tabi showcased her culinary skills by baking exquisite cupcakes from scratch and savored every bite. She dedicated time to her diamond art, creating beautiful pieces that she proudly displayed on her walls. Tabi also made a trip to Primark for some shopping and visited Greyhound during her outing.

### Daniel's Funfair Experience:

The newest member of our community, Daniel, immersed herself in the thrill of the funfair and enjoyed watching a movie while there. She also had a visit from head office and celebrated her birthday with cake. When at home, Daniel indulged in her passion for crochet and knitting. Additionally, she enjoyed playing board games with the staff.

The variety of activities this month ensured everyone at Northlands had a memorable and enjoyable time.



## MagicLife Park Side

# Celebrating Summer at Park Side

### Send Off Party for Dan

Farewell parties are a heartfelt way to express gratitude and good wishes to colleagues moving on to new chapters in their lives. A send-off party was organised for Dan at Park Lodge, who has been a good leader with great energy. We all had a nice time with a

delightful BBQ, kindly hosted by Hale End. PC, SR, and ED attended the party, marking their first visit to Hale End and giving them the chance to meet new people.

Additionally, we had a mini-BBQ party at Parkside for one of our valued staff members, Christiana, who is moving

enjoyed a refreshing outing to Pymmes Park. ED and PC were supported to explore the park, enjoy some ice cream, and take lovely pictures. The outing provided much-needed fresh air and relaxation for everyone.

### Devonshire Lodge Visit

*“The memories of this celebration will surely be a cherished reminder of the positive impact Dan had on our team.”*

karaoke session, dancing session, and heartfelt send-off speeches. All staff and residents appreciated Dan for his selfless service while at Magic Life. As Dan embarks on his new journey, the memories of this celebration will surely be a cherished reminder of the positive impact he had on our team and the area he managed.

### BBQ Extravaganza

On Saturday, 20th July, we enjoyed a

to Peterborough to join the Magic Life branch there. The celebration included a sing-along session during the BBQ preparation and a lively karaoke session led by Errol, Shamari, and other staff members. While we will dearly miss Christiana, we are happy for her new beginnings and hope she adjusts well to her new environment soon.

### Park Visit

On a sunny Wednesday, residents

Sarah was introduced to the day centre at Devonshire Lodge and took the bus there alongside staff. SR was thrilled to attend the day centre, where she played games and enjoyed a massage. She expressed her admiration for the large garden at Devonshire Lodge and mentioned that she had a wonderful time, looking forward to attending every Thursday.

**AUTHOR:** HANNAH ALE  
**PHOTOGRAPHER:** MARGERET OCRAN, LYDIA OBENG, HANNAH LYDIA. B





AUTHOR: THE WHITE HOUSE  
PHOTOGRAPHER: THE WHITE HOUSE

## A Month of Fun and Joy

### Highlighting Resident Achievements and Memorable Moments

July was an exciting month for our residents at the Whitehouse. Saffron, Beth, and Amber showcased their incredible culinary talents by baking cakes that not only looked fantastic but

also tasted absolutely delicious. These baking activities brought immense joy and excitement, creating wonderful memories for everyone involved.

Amber and Beth also enjoyed an exhilarating outdoor activity—trampoline. They had a blast bouncing around, laughing, and sharing moments

of pure joy. The activity provided them with excellent exercise and a fun, energetic way to bond. Their smiles and laughter were contagious, making it clear that they had an amazing time. It was a delightful and memorable experience for both of them, adding to the joy of their day.



## MagicLife Winns Mews 2

# A Genius in the Mews

Winn's Mews is a place where unique, charismatic individuals come together to showcase their skills and have a great time. This month, we celebrated the remarkable achievements of RT, a resident who exemplified the spirit of our community.

When we heard about a chess tournament at Park Lodge, it was clear that RT was the perfect representative for us. Despite not knowing how to play, RT fearlessly displayed his talent and quick learning at the tournament. With the support of our dedicated staff, he quickly grasped the game and achieved success, leaving everyone in awe. His dedication and effort were truly inspiring, and the staff took immense

pride in his accomplishments. At Winn's Mews, the sky's the limit – there are no boundaries to what can be achieved.

Additionally, RT enjoyed a delightful outing to the cinema to watch "A Quiet Place Part II," accompanied by our supportive staff. Upon arriving, he indulged in a large serving of popcorn and sipped on some refreshing drinks while eagerly awaiting the start of the movie. As the film played out, he was captivated by the intricacies of the storyline and found himself deeply immersed in the plot. RT enjoyed the experience immensely and found himself reflecting on the lessons conveyed by the movie.

AUTHOR: ISAAC AMANING  
PHOTOGRAPHER: ISAAC AMANING



## MagicLife Winns Mews 6

# Blooming Nature



### Uplifting Spirits with Vibrant Gardens

Everyone knows how receiving a bunch of flowers full of vibrant colours and character can brighten up any space, giving it a different feel. Over the months, much effort has gone into re-vamping Winns Mews, contributing to a warm and peaceful atmosphere in the little village, as some call it. To complete this feeling of happiness, we felt it was time to add more colour and vibrancy by starting a gardening project. Although it took some time to get off the ground, it finally took off once management got involved, and everyone joined in. Gardening is very therapeutic for some, allowing them to get lost in creativity with the aim of making everything look beautiful.

The ladies, staff, and some of the male service users spent hours potting and planting sweetcorn, tomatoes, herbs, carrots, strawberries, and much more. It is going to be so exciting when the seeds start to grow! They began by creating hanging baskets, which now

look great outside each home at the services. The most work went into filling the planters with the most beautiful plants, transforming the whole area within minutes. The pictures truly tell the story. A massive thank you to the service users for their hard work. I can assure you that when they wake up in the morning and sit outside, they will feel happier seeing nature's beauty.

The ladies have been in good spirits throughout the month. The atmosphere at Winns Mews is always wonderful; you walk in and feel an instant peace and calmness, along with lovely greetings from the ladies living there. The staff's support is always on hand, keeping them busy planning trips, big or small, and aiming to meet their needs.

### Celebrating Individual Achievements

DM has been with us for some time

now and has made amazing progress at the service by structuring her week and achieving routine. She is even still on track with maintaining her room to ensure a free walkway and safety. She really deserves a round of applause. It has been difficult for her, as she is known to hoard and buy in bulk, but there has been a change, and we are really proud of you, DM.

ME is doing great; she is fun and very funny, bringing so much joy to the home. A massive congratulations to her for being accepted into university to study! We knew you could do it; you set your goal and went for it.

To celebrate this beautiful weather, they are off to Brighton to sit by the beach, eat fish and chips, and experience something new.

**AUTHOR:** NAIMA MUHAMUD  
**PHOTOGRAPHER:** NAIMA MUHAMUD

# A Fruity Adventure: Exploring Smoothie-Making

July was a remarkable month at Magic Life UK, as residents and staff ventured into the world of smoothie-making. This initiative not only brought a refreshing change to meal preparation but also encouraged healthier eating habits.

## Embracing Health Through Smoothies

Smoothies offer a convenient and delicious way to boost the intake of fruits and vegetables. JK, one of our enthusiastic residents, took the lead in this culinary adventure. Determined to enhance his kitchen skills and adopt a healthier diet, JK prepared a delightful blend featuring watermelon, apples, pineapple, banana, and strawberries. His sense of accomplishment was palpable as he shared his joy in improving his cooking abilities.

## The Benefits of Smoothies

Smoothies are more than just a tasty treat; they come with a plethora of health benefits:

- 1. Convenient and Time-Saving**  
Smoothies are quick and easy to prepare, making them an ideal choice for busy individuals. With minimal prep time, a nutritious meal or snack is ready in minutes.
- 2. Packed with Nutrients**  
A variety of fruits, vegetables, and nutrient-rich ingredients can be included, providing essential vitamins, minerals, and antioxidants. Smoothies can be a good source of fiber, protein, healthy fats, and other vital nutrients.
- 3. Boost Energy and Brain Function**  
Ingredients like berries, leafy greens, and nuts are rich in antioxidants, helping improve brain function and reduce the risk of cognitive decline. They also offer a great source of energy through complex carbohydrates.
- 4. Versatile and Customizable**  
Smoothies can be tailored to suit individual dietary needs and preferences, whether vegan, dairy-free, low-carb, or high-protein.

Adjusting the texture to your liking is also simple, allowing for a perfect consistency every time.

- 5. Support Weight Management**  
As a meal replacement, smoothies can help maintain satiety, reduce cravings, and support a calorie-controlled diet. High-fiber ingredients help you feel full longer, aiding in weight management.
- 6. Promote Digestive Health**  
The high fiber content from fruits and vegetables aids in digestion and promotes regular bowel movements. Staying hydrated is another benefit, as smoothies often include water or other liquid bases like almond milk. Probiotic-rich ingredients can further support a healthy gut microbiome.

The smoothie-making activity at Magic Life UK not only provided an enjoyable experience but also highlighted the numerous health benefits associated with this simple yet powerful dietary choice. We look forward to more such engaging and health-focused activities in the future.

**AUTHOR:** AUSTIN/MARTINS  
**PHOTOGRAPHER:** AUSTIN/MARTINS



## MagicLife Winns Mews 5

# Surprise Birthday Party!

### Celebrating Demi's Milestone 21st at 5 Winns Mews

A 21st birthday is a significant milestone symbolizing the transition into full adulthood. It's often marked by grand celebrations filled with friends, family, and cherished memories. For residents in a supported home, these celebrations can sometimes be more subdued. However, the staff and fellow residents at Magic Life's 5 Winns Mews were determined to make Demi's 21st birthday an unforgettable occasion.

Demi has been a resident at 5 Winns Mews since May 2023. Despite her introverted personality, her kindness and generosity—especially when sharing her delicious meals with others—have made her a beloved member of the community. As her 21st birthday approached, the staff knew they wanted to do something special to honour this important day.

Planning began well in advance with the activities coordinator Amanda leading the efforts. The team decided on a surprise party aiming to create a day Demi would cherish forever. To keep the celebration a secret, the venue was

moved to Winns 6, ensuring Demi would have no clue about the festivities. The lounge was transformed with colourful decorations, including balloons and party streamers that adorned the walls, creating a festive atmosphere. Staff went about their usual routines, careful not to give anything away.

At 2 p.m., Project Manager Cheryl, under the pretence of having a meeting with Demi, took her out for a special treat. Upon their return, everyone—staff and residents alike—gathered in the lounge. As Demi was led into the room, they all shouted, "Surprise!" Demi's eyes widened with delight, her face breaking into a radiant smile as she saw the crowd waiting for her. The room erupted in a joyful rendition of "Happy Birthday."

Demi blew out her candles, made a wish, and expressed her heartfelt gratitude to everyone present. She was presented with a birthday card and a beautiful gift, adding to the joy of the day.

The afternoon was filled with fun,

laughter, and plenty of food and drinks. Demi sat with her friends, enjoying the celebration which strengthened the bonds between staff and residents alike.

As the day came to a close, Winns Mews 5 buzzed with the warmth of the celebration. The success of the surprise party was evident not only in Demi's beaming face but also in the unity and camaraderie it fostered among everyone involved. Celebrating Demi's 21st birthday was more than just a party; it was a testament to the compassion, creativity, and dedication of the individuals at 5 Winns Mews.

For Demi, this day was a dream come true—a vibrant memory that will stay with her forever. For the staff and residents, it was a reminder of the joy that comes from coming together to make someone feel loved and special.

At Magic Life, any place can become the setting for a magical and unforgettable moment.



**AUTHOR:** AMANDA ROBINSON AND EMEDIONG EKPO  
**PHOTOGRAPHER:** AMANDA ROBINSON

## MagicLife Park Lodge

# Celebrations, Farewells, and Adventures

### A Month of Joy and Reflection at Park Lodge

#### Trip to Brighton

A highlight of the month was our trip to Brighton, where our service users enjoyed a day of sunshine, sea, and sand. Exploring around Brighton, staff ensured the trip was smooth and enjoyable by coordinating transport, planning activities, and providing support throughout the day. They even found the best spot for a delicious lunch out, making the day truly memorable for everyone involved.

#### Farewell Party for Dan at Park Lodge

Park Lodge hosted a heartfelt leaving party for Dan, who has been a cherished member of our community. The event was filled with laughter, shared memories, and warm wishes for Dan's future. Our staff worked tirelessly to organise the celebration, decorating the venue, preparing refreshments, and sharing Dan's most memorable moments with us. It was a bittersweet occasion made special by the collective efforts of everyone involved.

#### Staff Day Out to Gun Powder Plot

Our team enjoyed a well-deserved day out at Gun Powder Plot. This outing provided an opportunity for staff to bond, relax, and have fun together. The

day was packed with thrilling activities and historical insights, offering a perfect blend of adventure and education. Staff returned refreshed and re-energized, ready to continue their fantastic support for our community at Park Lodge.

#### Looking Forward

We look forward to more adventures and shared moments next month. See you all then!

**AUTHOR:** AMIEDA KOROMA  
**PHOTOGRAPHER:** ANDREEA CALIN, SYLVIA OGUNDIPE, RITA OJO, AND BEN STOWE





**Special Mentions:**

*A special mention goes to Kenadiid Ibrahim for his amazing support towards all the residents in our community. A big thank you from all the service users and from the management team at Park Lodge. Well done.*

## A Happy Reunion: Sam and Bongo

The reunion of Sam and his toy puppy, Bongo, brought immense joy and relief to Sam and the care workers at Burlington Lodge. This period of separation highlighted the significant impact personal belongings can have on the well-being of individuals with learning disabilities.

Throughout the seven days without Bongo, Sam's behaviour and mood changed noticeably. His enthusiasm for daily activities waned, and his overall happiness diminished. This underscores the importance of personal items in providing comfort and stability to individuals with learning disabilities.

When the news came that Bongo had been left at a sister supported living project, the anticipation of Bongo's return brought a glimmer of hope to Sam. The collective effort to retrieve Bongo, spearheaded by Mr. Mo, demonstrated the dedication and commitment of the care staff to the well-being of their residents.

The joyous reunion not only uplifted Sam's spirits but also brought the entire house together in celebration. This experience serves as a valuable lesson for health and social care personnel:

### **Personal Connections Matter**

Personal items can be a crucial part of an individual's emotional well-being. Recognising and respecting these connections can greatly enhance the care and support provided.

### **Compassion and Dedication**

Going above and beyond, as Mr. Mo did, shows the profound impact that care workers can have on the lives of those they support. Small acts of kindness can lead to significant positive outcomes.

### **Community and Teamwork**

The collective effort in retrieving Bongo and the communal celebration upon his return highlight the importance of

teamwork and a supportive community in health and social care settings.

### **Adaptability**

Being flexible and responsive to the emotional needs of residents, as seen when plans were changed to accommodate Sam's desire to stay home with Bongo, is crucial in providing person-centred care.

In conclusion, the reunion of Sam and Bongo serves as a reminder of the profound impact that understanding, compassion, and dedication can have on the well-being of individuals with learning disabilities. As health and social care personnel, it is essential to recognise and honour the personal connections and emotional needs of those we support.

**AUTHOR:** BURLINGTON LODGE  
**PHOTOGRAPHER:** BURLINGTON LODGE

*“Personal items can be a crucial part of an individual’s emotional well-being.”*



**MagicLife** Manor Place

# Celebrating a Joyful Birthday Month at Manor Place

## Birthdays in August: A Unique Celebration Opportunity

It is a delightful coincidence at Manor Place that three out of four clients have their birthdays in August. This shared birth month creates a unique opportunity for collective celebrations and activities. August, often associated with warm weather and the end of summer, provides a perfect backdrop for outdoor festivities such as picnics, barbecues, or garden parties. Recognizing and celebrating their birthdays together can foster a sense of community and belonging among the clients, enhancing their social bonds and overall well-being. Special events or themed parties will be organized to honour each individual's special day while also enjoying the collective celebration.

### Individual Achievements and Milestones

#### SH's Journey Towards Independence



SH is making remarkable strides towards independence. Recently, SH has taken proactive steps to manage personal routines, reflecting a growing confidence and self-sufficiency. Attending Saturday church services has also become a new and enriching part of SH's weekly schedule, providing

a sense of community and spiritual fulfillment. The staff at Manor Place are dedicated to supporting SH's journey, celebrating each achievement and encouraging continued progress. This focus on personal growth and independence highlights SH's determination and resilience, making us all incredibly proud.

### LF's Special Month of Fun and Relaxation

Hurray, it's LF's special month! To



celebrate, we are planning a BBQ with lively music and engaging activities for everyone to enjoy. This celebration provides a wonderful opportunity for our clients to socialize, strengthen friendships, and create joyful memories together. LF is now demonstrating good behaviour, showing significant improvement in his actions, attitudes, and interactions with staff. We look forward to celebrating this occasion and making it a memorable day for LF and all.

### JO's Green Thumb

We are delighted to see JO actively engaging in garden activities. Participating in gardening offers numerous benefits, such as promoting



physical exercise, reducing stress, and fostering a connection with nature. Whether planting flowers, tending to vegetables, or simply enjoying the fresh air, these activities provide JO with a sense of accomplishment and well-being. It's heartwarming to witness the positive impact that gardening has on our client's mood and overall health. We look forward to supporting and encouraging this enriching hobby.

### GS's Month of Honour

Happy Birthday Month, GS! This special month is dedicated to you, honouring your achievements and the joy you bring to our service. To mark the occasion, we have planned a series of activities and moments of celebration. We hope these events add extra cheer to your month and provide opportunities for you to enjoy, relax, and connect with others. Wishing you a fantastic birthday month filled with happiness and memorable experiences.

**AUTHOR:** MANOR PLACE  
**PHOTOGRAPHER:** MANOR PLACE

# 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

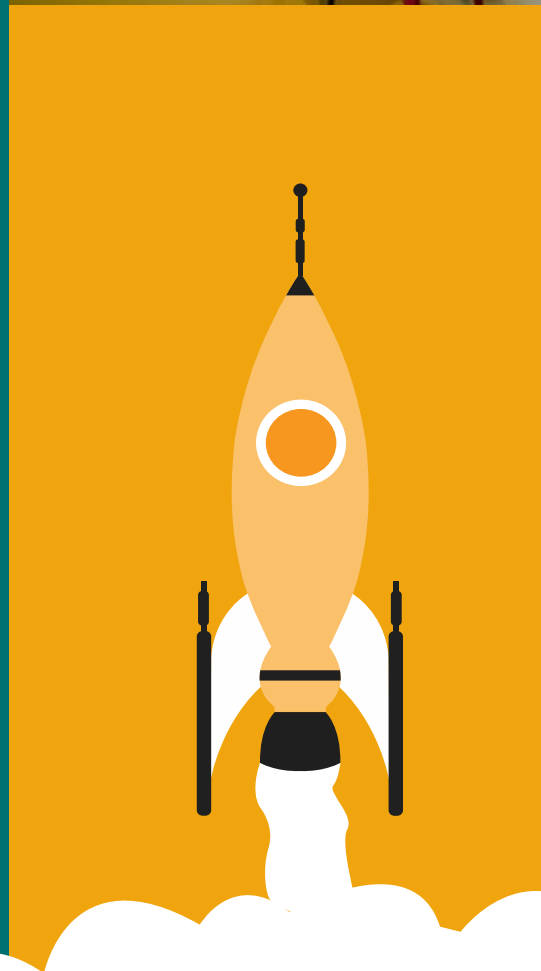
**The Hamptons**  
403 Eagle Way, Peterborough,  
PE78EG

**Cherry Tree Lodge**  
185 London Road, Croydon  
CRO 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