

# Magic Life

SHARING EXPERIENCES



welcome  
2025

## In This Edition

- Transforming Lives: Journey to Independence and Growth
- Magical December at Chapel
- A Day to Remember at No 10
- Christmas Magic at Bruce Grove
- The Start of New Beginnings: A December to Remember at Greyhound Road
- It's Christmas Time at Grove Park Road!
- December Delights: A Month of Festive Cheer and Heartwarming Achievements
- Out and About:
- Celebrating December at 672 High Road
- Burlington Celebrates with Santa
- End of a Wonderful Year at Devonshire Lodge
- A Merry Time at Cherry Tree Lodge: December Delights
- A Month of Reflection, Celebration, and New Beginnings in 2025
- December Celebrations at Northlands
- A Joyful Festive Spirit at Hale End: Christmas Celebrations in Full Swing
- Festive Celebrations at Parkside
- Park Lodge December Highlights
- Embracing the Magic of Christmas at Winns Mews 2
- December Delights at 3 Winn's Mews
- A Magical Christmas at Winns Mews 4
- Christmas Day at Winns Mews 5
- Living in a World That's Too Loud
- Merry Christmas and Happy New Year
- A Quiet Christmas at The Whitehouse

# Transforming Lives: Journey to Independence and Growth

In May 2020, Jeff arrived at Devonshire Lodge, a facility that supports individuals with complex needs and learning disabilities. The main reason for offering Jeff a placement at this provision was due to his diagnosis of epilepsy, which could affect his presentation before and after seizures. Based on his history and the reasons for the breakdowns of previous placements, his outbursts were aggressive, and there was evidence of Jeff causing harm to both peers and staff. In fact, Jeff required support to attend appointments with his probation officer, as he was placed under supervision for eighteen months following an incident at his previous residence.

Devonshire Lodge was ideal for this purpose, as it offered studio flat accommodation with regular staff support and necessary supervision when required.

Choosing appropriate accommodation is one of the tools we use to address challenges associated with supporting individuals with complex histories. This is not a discouraging factor for our Business and Development Team—Raff and Alfie—who oversee the assessment process at Magic Life. Having established a reputation with placing authorities for positively transforming the lives of those with difficult pasts, we frequently provide services for individuals considered too challenging for community settings. Every person we support and every professional working with us can be assured that we meet them with an open mind, focusing on their strengths and interests. At Magic Life, we think creatively about how these positives can be turned into a good quality of life.

Yes, there are risks associated with this approach, but we are capable of assessing and evidencing the outcomes of such efforts. The next four and a half years of Jeff's stay at Magic Life proved that investing time and effort into individuals others find too challenging is worth it.

During Jeff's initial time at Devonshire Lodge, we focused on identifying his strengths and interests and how they could lead to positive outcomes. This began with offering opportunities to develop his employability skills. Jeff was given a chance to work with our maintenance team whenever they carried out tasks at his new home. He participated in fixing fences and removing an old chicken shed no longer in use. These may seem like small steps, but for Jeff, they were significant strides in developing positive relationships, which he had missed in the past.

Jeff also expressed a desire to become a chef, something he had previous experience with. While we had limited options for providing meaningful work experience in this area, Jeff engaged enthusiastically in cooking at home, sharing his meals with staff, and even hosting BBQs for other residents.

The initial months went smoothly, but this proved to be a

"honeymoon" period, during which we were unaware of all the challenges Jeff faced.

After a few months at Devonshire Lodge, Jeff began exhibiting behaviors consistent with attachment disorder, struggling when his favorite staff members were unavailable or assigned to work with others. This initially surprised us, as this diagnosis was not listed in the information provided during his transition. Fortunately, our team has a range of tools to effectively respond to the changing needs of individuals.

By this stage, we knew Jeff better and had enough information to create a meaningful Positive Behavioral Support (PBS) plan to address his behaviors by enhancing his quality of life. For Jeff, maintaining good relationships with staff was crucial for his well-being. At the same time, our analysis of incidents revealed that Jeff struggled with being told "no" on short notice. He appreciated clear explanations for changes. We also observed a few aggressive incidents shortly after his favorite female staff informed him they could not support him. Interestingly, he never targeted female staff but sometimes directed his frustration at male staff or peers.

Our experience in supporting individuals with traumatic pasts proved essential here. Our senior management team identified a direct link between incidents of escalation and feelings of rejection from the opposite sex. This connection was rooted in Jeff's traumatic childhood, during which he was systematically abused by his stepfather and witnessed his mother endure similar treatment. This history made it challenging for Jeff to process scenarios where female staff could not support him.

Designing effective practices to address these behaviors took several months. Although incidents occurred during this process, at no point did we consider ending Jeff's placement. At Magic Life, we believe that evicting someone with a history of trauma only reinforces negative feelings of rejection.

With this in mind, we continued offering Jeff activities he enjoyed, combining them with daily routines and life skill development. Over the next few months, Jeff attended football games at Wembley Stadium, established a working relationship with Haringey FC, and volunteered at their training sessions. He also participated in trips to the seaside, rollercoasters, and even nightclubs, as he requested support to redesign his schedule for evening activities.

Behind the scenes, our team continued applying PBS approaches, identifying that in Jeff's case, the initial few minutes of an interaction were critical. Validating Jeff's feelings and providing reassurance proved vital. Simple verbal prompts like,

“Let’s have a seat and talk about it,” or, “I understand how you feel,” helped de-escalate incidents early.

A breakthrough came about two years into Jeff’s stay when he began taking pride in his living space. It’s common for individuals with a history of eviction and trauma to take time before feeling secure in their environment. In Jeff’s case, he started buying plants, tending to them carefully, and taking pride in their growth—a stark contrast to the tough exterior he displayed upon arrival.

This led to Jeff being referred to gardening-focused employment opportunities, further boosting his confidence. We were thrilled to see Jeff waking up at 5 a.m. to prepare for work and showing up on time consistently.


As this progress continued, there was a remarkable ten-month period with no incident reports involving Jeff. Not only had he stopped reoffending, but minor occurrences were also minimized.

This progress prompted a review of whether Devonshire Lodge remained the right placement for Jeff. With Magic Life offering 22 supported living provisions, we proposed moving Jeff to Winns Mews, a service designed for individuals working towards greater independence. Located near Seven Sisters Station in Tottenham, it provided Jeff with more freedom and opportunities to build peer relationships.

While Jeff enjoyed his independence at Winns Mews, an

unexpected challenge arose when he began using cannabis—an issue from his past that had not resurfaced under the stricter supervision at Devonshire Lodge. Although we were initially concerned, we applied the same structured, positive approaches that had previously worked for Jeff. By combining these with activities like snooker and peer support groups, Jeff continued to progress.

After several more months, Jeff’s placing authority offered him a step-down service outside of Magic Life. While it was heartbreaking to say goodbye to someone we had supported for years, we were proud to see Jeff move on to lead a more independent life.



***“At Magic Life, we see potential where others see challenges, proving that with the right support, transformation is always possible.”***

# Magical December at Chapel

*“Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful.”*

## Norman Vincent Peale

December at Chapel Row was nothing short of enchanting, brimming with festive cheer and heartwarming moments. As the frosty mornings and glittering lights set the scene, the team at Chapel Row embraced the season with joy and creativity, making it a December to remember for everyone involved. Ryan’s festive season was a beautiful tapestry of reconnection and nostalgia. A social butterfly in December, he attended the Drove Road Cottage Christmas party, where he rekindled old friendships and even met Father Christmas himself—a highlight of his season! The magic continued as Ryan celebrated Christmas at home with his family, enjoying a heartfelt and starry moment that his mother aptly described as a testament to the positive and dedicated support provided by Magic Life staff. For Indigo, this year’s holiday was a dream come true. Supported to fulfil her Christmas wish, Indigo enjoyed a luxurious stay at Queens Hotel in Brighton. Surrounded by family, she soaked up the festive atmosphere, cherishing a magical experience that truly felt extraordinary. The Chapel Row team itself sparkled with camaraderie and resilience. Their commitment to excellence shone through during the Chapel Row Christmas Party, an event filled with delicious home-cooked food, heartfelt logistics, and vibrant creativity. This celebration, organised with care and style, was a testament to the team’s unity and dedication—a shining example of their strength during both challenges and triumphs. As 2024 draws to a close, the Chapel Row community stands proud of its accomplishments, ready to welcome an even brighter 2025!

**SPECIAL MENTIONS:** Miriam Sesay for her creativity and leadership in organising the Christmas Party; Ebikeme Miracle and Evelyn Amrasavwore for their exceptional culinary contributions; Tochukwu Okezie, Tiko Paebi, and Issah Umar for their impeccable logistics and coordination.



**AUTHOR:** JOAN DELLISTON  
**PHOTOGRAPHER:** ISSAH UMAR, TOCHUKWU OKEZIE, TIKO PAEBI, EVELYN AMRASAVWORE, MIRIAM SESAY, AND EBIMENE EBIKEME MIRACLE

# A Day to Remember at No 10

**N**ick from The Hamptons Enjoyed and special visit to No10 Downing street. Nick enjoys politics was invited to the seat of power and enjoyed a tour of the building along with his family. Im sure this will be a day to remember



# Christmas Magic at Bruce Grove



As December rolled around, Bruce Grove became a vibrant hub of festive cheer, brimming with the warmth and joy of the holiday season. Christmas, a celebration steeped in centuries-old traditions, found a special home within the walls of Bruce Grove as residents eagerly embraced the spirit of togetherness, kindness, and merriment. This year, the festivities kicked off with the setting up of the Christmas tree—a collective effort that brought smiles and excitement. Residents and staff came together, decorating the tree with ornaments that shimmered with joy and hope. The act of creating something

beautiful as a community underscored the magic of collaboration and shared happiness. Christmas Day was a heartwarming highlight. A sumptuous meal was enjoyed by all, with laughter and cheer filling the air. The sight of beautifully wrapped presents under the tree added a touch of wonder, reminding everyone of the joy of giving and receiving. On Boxing Day, the excitement reached its peak as the residents opened their thoughtfully selected gifts. The expressions of gratitude and the palpable sense of love encapsulated the very essence of the season. As we step into a New Year,

Bruce Grove reflects on a festive season filled with joy, unity, and care. The memories created during this magical time will undoubtedly linger in the hearts of everyone who shared in the celebrations. Here's to another year of togetherness and happiness! From all of us at Bruce Grove, we wish you a **Happy Magical New Year!**



# The Start of New Beginnings: A December to Remember at Greyhound Road

This December brought a flurry of exciting activities and milestones at Greyhound Road, setting the stage for new beginnings and fostering a vibrant sense of independence and connection among the clients. Louise took tremendous steps forward, venturing beyond the familiar and embracing independence with newfound confidence. Her journey included traveling outside of London to visit family and loved ones, as well as enjoying simple pleasures like strolling to her

favourite shop, B&M. One of Louise's highlights was a festive day of Christmas shopping and quality time with her dad, filled with laughter that spread to the staff team. Her progress this month was truly heartwarming, paving the way for more achievements to come. Meanwhile, Istar, Evie, and Frankie embraced the magic of the season with a visit to Hyde Park's Winter Wonderland. Frankie, in particular, was captivated by the dazzling lights, enchanting sights, and delicious aromas. The

experience left her in awe, a testament to the joy and wonder this time of year can bring. Frankie's resilience shone brightly as she reflected on a year of growth and celebrated her fifth month of sobriety. Her ability to overcome challenges and rediscover the joy of Christmas was truly inspiring, offering hope for a brighter future as she looks ahead. The efforts of the dedicated Greyhound Road team were the unsung hero of the month. A special shoutout goes to Mo, whose dependable support

and willingness to go the extra mile—including chauffeuring clients and staff to witness a breathtaking sunset—were deeply appreciated. Additionally, the entire team's commitment to their responsibilities, from achieving KPIs to fostering meaningful moments for the clients, did not go unnoticed. As the year draws to a close, it's clear that December was more than just a month; it was a celebration of progress, togetherness, and the limitless potential for new beginnings.



**AUTHOR:** FRANKIE O'SULLIVAN & YVONNE SPILLANE  
**PHOTOGRAPHER:** FRANKIE O'SULLIVAN



# It's Christmas Time at Grove Park Road!

**December at Grove Park Road was truly magical as the ladies celebrated Christmas with warmth, joy, and a festive spirit.**

On the 19th of December, the festive cheer began with a delightful Christmas dinner. The atmosphere buzzed with camaraderie as the ladies shared stories, enjoyed music, and immersed themselves in the joy of the season. The dinner also served as a perfect opportunity to welcome and get to know new residents, fostering a stronger sense of community.

Christmas Day itself was equally spectacular. The staff went above and beyond, preparing an array of finger foods, pudding, and a variety of snacks to ensure a truly festive feast. The day's highlight was a cosy movie session featuring the much-loved holiday classic, Home Alone

2. Following the film, everyone gathered

in the lounge for the most heartwarming moment of all—opening their Christmas presents together.

### **A SPECIAL MENTION**

We extend a heartfelt welcome to JB, who joined us from Hampshire this month. It has been wonderful to see her settling in and becoming part of our close-knit community.

This December, Grove Park Road shone with the true spirit of Christmas—bringing people together, creating cherished memories, and celebrating the joy of togetherness

**AUTHOR:** DOREEN

**PHOTOGRAPHER:** AYESHA





# December Delights: A Month of Festive Cheer and Heartwarming Achievements

## Festive Moments to Remember

The Christmas lunch outing was a highlight of the month, with residents and staff gathering for a festive meal at a local pub. Though the pub ran out of turkey due to high demand, the group enjoyed a delightful array of pizzas, burgers, and grilled chicken. The laughter and camaraderie made the occasion truly special. On Christmas Eve, some residents stayed at the service to celebrate, while others joined their families. The festivities included unwrapping presents, indulging in festive treats, and pulling Christmas crackers. The air was filled with joy as everyone came together to create warm holiday memories.

## A Taste of Heritage and New Adventures

One of the most touching moments of the month was when TB, a resident with a passion for her Indian heritage, visited an Indian restaurant to enjoy sweet treats from her childhood. Known for her sweet tooth, TB's excitement was palpable as she embraced this connection to her roots. Her courage to step out of her comfort zone inspired both staff and fellow residents.

## Culinary Adventures and Community Spirit

December also saw the residents participate in a communal cooking session, where a sumptuous dish of baked salmon, seasoned to perfection, was served with a colourful mix of vegetables and crispy garlic butter potatoes. This shared meal not only satisfied taste buds but also strengthened the bonds among residents and staff.

## Achievements Worth Celebrating

The year brought remarkable progress for many residents:

- JL, who joined the service in June, has taken great strides in building his independence by participating in tasks like cleaning and laundry.
- LG made a transformative shift in managing her finances, moving from ordering takeaways to cooking for herself—a milestone in her journey towards self-reliance.
- TB celebrated two years of consistent community engagement without hospital admissions, showcasing her dedication to personal growth.
- JC expanded his independence and enjoyed memorable outings, including pub visits and beach trips.
- RL maintained her independence by continuing daily activities such as shopping for necessities, exemplifying resilience and determination.
- NC strengthened family bonds, making frequent visits to her daughter and granddaughter, a testament to her perseverance and commitment to loved ones.

## Looking Ahead

As we step into a new year, the spirit of 171 shines brightly. The successes of December and the achievements of 2024 stand as a reminder of the strength, resilience, and joy that define this vibrant community.

**AUTHOR:** HARRINGAY ROAD

**PHOTOGRAPHER:** HARRINGAY ROAD



# Out and About: Celebrating December at 672 High Road

**D**ecember 2024 was a vibrant and joyous month at 672 High Road, where life skills, community engagement, and creative activities brought warmth and cheer to the season.



December at 672 High Road was brimming with activity, showcasing the incredible spirit and engagement of both residents and staff. From meaningful community outings to personal milestones, the month proved to be a celebration of independence and creativity.

## **Making Strides in Routine and Independence**

■ CCB embraced a structured and engaging routine, with staff guiding her to use her “now and then” board effectively. This support enabled her to enjoy walks, shopping trips, and her love of music and dance. She even shared heartwarming moments with her mum, which uplifted her spirits. The proactive approach of staff in encouraging life skills has been instrumental in her growth.

■ DF thrived on his community outings, making friends at his hub and relishing activities like gardening and enjoying his favourite café visits. Christmas was a special time for him, spent in the loving company of his grandparents and mum. With staff encouragement, DF took pride in maintaining his flat and actively participating in meal preparation, fostering his sense of independence.

■ CK’s routine has been a cornerstone of his success, as he diligently attended to personal hygiene, cleaned his flat, and engaged in meaningful activities. Sundays became particularly special with his regular church visits and cherished family time, underscoring his commitment to routine and personal growth.

■ SSS added a unique touch of joy to 672 High Road. Whether it was singing, indulging in Bollywood classics, or teaching staff basic Punjabi phrases, his vibrant personality shone brightly. His willingness to help with daily tasks like washing dishes and laundry highlighted his growing independence.

## **A Unified Vision at 672 High Road**

The staff at 672 High Road have been unwavering in their mission to create a secure and comfortable environment. This month, the team bid farewell to a valued senior staff member who embarked on a new journey, with warm wishes for success. The team remains dedicated to supporting residents in achieving their goals, with strong leadership from the manager and deputy driving the shared vision.

## **Looking Ahead with Gratitude**

As 2024 draws to a close, December stands as a testament to the dedication, creativity, and collaborative spirit of the 672 High Road community. With each activity, residents and staff alike showcased their resilience and capacity to inspire.



***“The team’s goal is to make the service as comfortable as possible for the people we support, fostering independence and joy.”***

**AUTHOR:** MEENA NAGI  
**PHOTOGRAPHER:** 672 STAFF

# Burlington Celebrates with Santa

As the festive season swept through Burlington Lodge, residents and staff came together to celebrate an unforgettable Christmas. This year's event was made even more magical by a surprise guest—Santa Claus himself! With his bag of gifts and a twinkle in his eye, Santa didn't just deliver presents; he brought the kind of joy that turned a regular December day into a heartwarming memory.



Santa's entrance was met with cheers, and his antics brought the house down. His playful attempt at the "Santa Shuffle" left everyone in stitches, but it was his friendly floss dance-off with Jamie that stole the show—Jamie, of course, claimed victory with her unbeatable moves. The laughter didn't stop there, as the celebration turned into a lively concert led by Sam, who rallied everyone for renditions of "Jingle Bells" and other festive favourites.

Residents embraced the holiday spirit with open arms, showcasing talents that lit up the room. Jamie dazzled with her tambourine, Michael's air drumming set the rhythm, Junior's operatic caroling was a revelation, and Elijah's infectious laughter echoed as a

joyful reminder of the day's magic. The event proved that joy has no barriers and togetherness creates the most treasured moments.

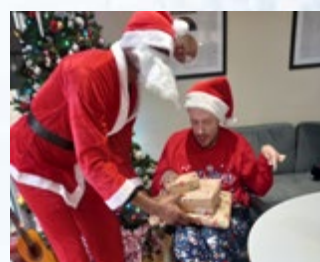
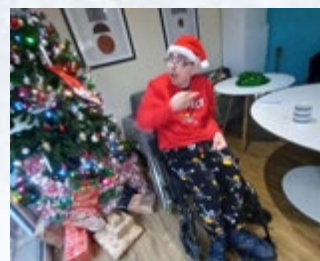
A vivid gallery of snapshots captured the essence of the day—Santa sharing heartfelt moments, dancing with residents, and singing with gusto alongside staff and friends. These images serve as a visual reminder of the bonds that strengthen this extraordinary community.

As Burlington Lodge enters 2025, the memories of this celebration carry the promise of many more moments of unity, laughter, and resilience. This festive gathering was more than a Christmas party; it was a testament to the strength and joy of the Burlington Lodge family, where every individual contributes to the collective magic.

Here's to a new year filled with celebrations that keep the spirit of Burlington shining as brightly as the holiday lights!

**AUTHOR:** JOZEF KUCZIK

**PHOTOGRAPHER:** BURLINGTON STAFF TEAM



# End of a Wonderful Year at Devonshire Lodge

As the curtain falls on 2024, the vibrant community of Devonshire Lodge pauses to celebrate a year brimming with achievements, cherished moments, and collective triumphs. From the laughter shared in bustling group activities to the quiet satisfaction of personal milestones reached, every moment has added a chapter to a truly inspiring story.

Throughout the year, Devonshire has continued to be a beacon of independence and enrichment. Small victories, like taking that next step toward a personal goal, were celebrated with the same enthusiasm as significant milestones. These moments are a testament to the strength, resilience, and unwavering spirit that define our community.

One of the highlights of the year was the creation of unforgettable memories. Whether it was the joyous celebrations of seasonal events, creative workshops that sparked imaginations, or the quiet, meaningful moments of connection, every day offered a chance to strengthen

bonds and celebrate life.

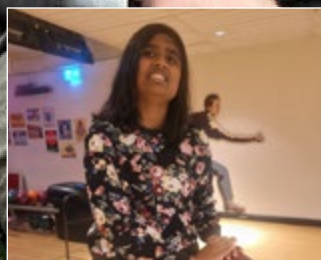
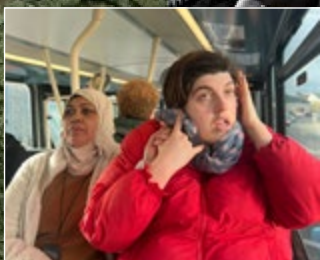
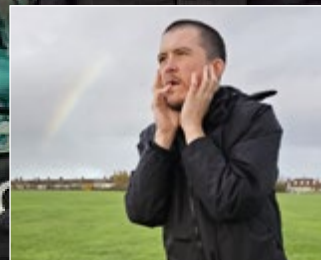
As we prepare to welcome 2025, the excitement is palpable. A new year promises fresh opportunities, renewed energy, and a chance to build upon the foundation of love, respect, and growth laid in 2024. Devonshire Lodge remains committed to fostering independence, creating cherished memories, and providing a supportive environment for all.

We owe our heartfelt thanks to the incredible team at Devonshire. Your dedication, compassion, and tireless efforts have been the backbone of every success this year. You have not only enriched the lives of those we support but also inspired those around you.

Here's to more laughter, achievements, and meaningful connections in 2025. Together, we will continue to make Devonshire Lodge a place where lives flourish and hearts are full.

**AUTHOR:** HOLLIE FERGUSON

**PHOTOGRAPHER:** DEVONSHIRE LODGE STAFF



# A Merry Time at Cherry Tree Lodge: December Delights

## Cherry Tree Lodge sparkles with festive cheer this holiday season

December 2024 was a magical month at Cherry Tree Lodge, as the community came together to celebrate Christmas with joy, music, and camaraderie. The highlight was undoubtedly the festive photoshoot, where residents and staff captured timeless memories, showcasing their radiant smiles and holiday spirit.

The day continued with an energetic karaoke session, revealing hidden musical talents and sparking infectious laughter. As the melodies flowed, lively music and dancing turned the lodge into a hub of vibrant celebration, leaving everyone feeling uplifted.

No Christmas celebration is complete without a feast, and the Cherry Tree Lodge team delivered! A sumptuous Christmas dinner brought everyone together to enjoy holiday favourites, share stories, and savour the warmth of togetherness. The event perfectly balanced fun and heartfelt moments, strengthening friendships and creating memories to cherish.

To all the residents, staff, and families, Cherry Tree Lodge wishes you a joyous and prosperous 2025. Here's to more shared laughter, creativity, and celebration in the coming year!

### SPECIAL SHOUT-OUTS

A very happy birthday to our December celebrants: OMA, EU, TA, OM, RO, and ABO. You made the month even brighter!



**AUTHOR:** ANU

**PHOTOGRAPHER:** CHEERY TREE STAFF

## A Month of Reflection, Celebration, and New Beginnings in 2025



As the calendar turned its final page, December brought a sense of warmth and community to Manor Place. This was a month to look back, celebrate accomplishments, and embrace the joys of togetherness as we prepared to welcome a promising new year.

The festive season took centre stage with a heartwarming Christmas party that united residents from various projects. The event brimmed with laughter, festive cheer, and the delightful aroma of multicultural cuisines. A lively gift exchange added an extra sparkle, leaving smiles all around. Parents and families joined the celebrations, adding to the jubilant atmosphere and making the season all the more memorable.

One of the month's defining moments was the completion of care review assessments, ensuring that every resident continues to

receive tailored support. This vital step reflects the team's dedication to holistic and individualised care.

Amid the celebrations, transitions and milestones marked December for many. LF bid a fond farewell to his social worker as he embarked on the next chapter in adult services. This step forward is a testament to his resilience and the unwavering support of those around him. Meanwhile, GS celebrated significant progress with his financial achievements and welcomed a new support team. His professional life remains a beacon of stability and determination.

Residents like SH have continued to find comfort in the steady rhythm of their daily routines, showcasing the importance of consistency in fostering personal growth. On the other hand, JO embraced change and new connections, forming friendships

with residents at White House. Watching these bonds flourish has been truly inspiring.

The month also featured an uplifting end-of-year residents' meeting, where personal reflections and highlights of 2024 took centre stage. Sharing these moments provided a sense of unity and purpose as everyone celebrated their collective achievements. Similarly, the team came together to recount their standout moments from the year, underscoring the hard work and dedication that have defined 2024.

As we close this chapter, December leaves us with a sense of joy, gratitude, and anticipation. With 2025 on the horizon, we eagerly look forward to the many milestones, adventures, and celebrations that await us in the year ahead.

# December Celebrations at Northlands

## A Month of Festivities, Gratitude, and Togetherness

**D**ecember was a truly magical month at Magic Life UK, filled with birthdays, Christmas cheer, and heartfelt connections. Residents embraced the festive spirit, creating moments to treasure and memories to last a lifetime.

LVM celebrated her birthday in style, surrounded by family, friends, and a beautifully decorated setting. The day was made extra special with a stunning cake and activities like cookie baking, which filled the space with a warm, inviting aroma. With her parents and supportive staff by her side, LVM expressed heartfelt gratitude for the love and effort poured into the occasion. As Christmas approached, LVM took the lead in transforming her home into a festive haven. A highlight was an outing to Tesco, where she and her housemates

enjoyed taking photographs with Santa's sleigh. Christmas Day brought the warmth of family, a delicious dinner prepared by the dedicated staff, and cherished gifts, including a brand-new iPad from her parents.

BH was a beacon of holiday cheer, eagerly decorating the house for Christmas and supporting the birthday celebrations. Her month was enriched by shared activities like baking cookies and enjoying the crisp winter air during her walks. The highlight? Christmas Day itself, which she described as the best ever. Thoughtful gifts and a festive dinner full of laughter made it a holiday to remember.

CB revelled in the season's celebrations, playing an active role in preparing

for LVM's birthday and thoughtfully selecting meaningful gifts. She cherished capturing moments with Santa's sleigh and enjoying leisurely walks amidst the festive decorations. Her Christmas dinner with family was a highlight, offering a time for delightful conversations and heartfelt exchanges of gifts.

For JC, December brought the joy of rediscovery as she confidently navigated her Christmas shopping with a friend and planned her journey home. Spending Christmas Eve with her sister and Christmas Day with her parents was particularly poignant, as it marked her first Christmas at home in years. The thoughtful presents and shared meals made it a time of overwhelming yet joyful celebration.



# A Joyful Festive Spirit at Hale End: Christmas Celebrations in Full Swing

## Uniting Residents, Staff, and Families in Holiday Cheer

The Christmas season at Hale End was marked by not one but two spectacular events that brought residents, staff, and families together to share in the joy of the holiday season. Organised by the diligent management team, these celebrations ensured that no one felt left out during the most wonderful time of the year.

On 21st December 2024, the premises hosted a lively Christmas gathering for residents and their families. This event, filled with laughter and camaraderie, was designed to strengthen bonds and create cherished memories. Guests enjoyed a delightful selection of finger foods, desserts, and grilled halal items while engaging in heartfelt conversations and creating festive connections.

The merriment continued on 25th December 2024, when the staff appreciation Christmas party unfolded in vibrant style. Aimed at celebrating the

dedication and unity of the team working on Christmas Day, this event was a glowing testament to the spirit of togetherness. The day began with a dazzling array of festive dishes, from grilled halal turkey to jollof rice and coconut rice.

Against a backdrop of uplifting music, attendees participated in spirited activities including dancing competitions, karaoke, and group cooking.

***“Happiness and laughter filled the air, creating memories that will last a lifetime.”***

What truly stood out was the inclusive approach to the festivities. By incorporating diverse culinary offerings and activities, the organisers ensured that everyone felt a sense of belonging. Staff, residents, and families alike embraced the celebration with enthusiasm, embodying the true essence of Christmas.



### A Festive Triumph

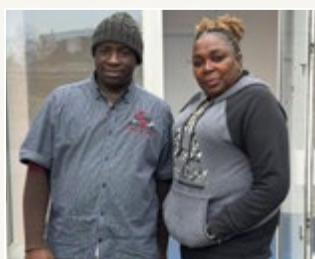
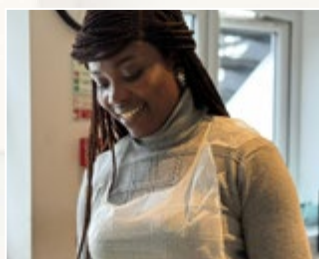
The Hale End Christmas events were a resounding success. The food received glowing praise for its variety and quality, while the high attendance and active participation underscored the community's appreciation. Whether it was the shared meals, the music, or the joy of dancing together, every moment highlighted the incredible effort and dedication of the team behind the scenes.

### Acknowledgments

These joyous celebrations would not have been possible without the unwavering commitment of the management team, who poured their hearts into making these events extraordinary. Special thanks go to the staff members who worked tirelessly to ensure the comfort and happiness of everyone present.

**AUTHOR:** DIANA

**PHOTOGRAPHER:** EBENEZER



# Festive Celebrations at Parkside

## A December to Remember: Joy, Love, and Togetherness

**D**ecember was truly magical at Parkside, as residents and staff came together to celebrate the festive season with warmth, laughter, and an abundance of joyful activities. From dazzling outings to heartfelt reunions, the month was filled with memorable moments that brought everyone closer.

The highlight of the celebrations was a trip to Hyde Park's Winter Wonderland. Residents soaked in the enchanting festive atmosphere, marvelling at the vibrant stalls and holiday-themed activities. The visit captured the spirit of the season, offering a delightful escape filled with cheer and excitement.

Back at Parkside, residents collaborated to decorate the Christmas tree, transforming it into a shimmering centrepiece. The tree symbolised the collective creativity and holiday spirit of the community.

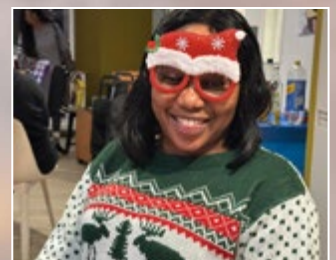
Another highlight was ED's special outing to the local theatre with long-time family friend Karen to watch *Aladdin: The Musical*. The experience was enchanting and brought a touch of theatrical magic to the season. Meanwhile, PC had an emotional reunion with her nephew Jamie, who surprised her with a visit after a long time apart. Their heartfelt catch-up was one of the most touching moments of the month.

Christmas Day brought a flurry of activity and delicious feasting. SM shared a heartwarming milestone, stepping out to enjoy a festive lunch with his daughters and ex-wife—a poignant moment of family connection. His return was filled with joy as he expressed how quickly the day had passed and how much he cherished it.

For those who celebrated Christmas Day at Parkside and Park Lodge, a festive lunch brought everyone together. A sumptuous feast of roast pork, lamb, chicken, mac and cheese, fried rice, jollof rice, and potato salad was enjoyed by all. The day was a true celebration of togetherness and goodwill, embodying the essence of the season.

As the year concluded, Parkside embraced the spirit of community, creating memories that will undoubtedly be cherished by residents and staff alike.

**AUTHOR:** MARGARET OCRAN, SENIOR STAFF  
**PHOTOGRAPHER:** FESTIVE CELEBRATIONS AT PARKSIDE



# Park Lodge December Highlights

## Celebrating the Festive Season with Joy and Togetherness

This December at Park Lodge was a month to remember, filled with festive spirit, cherished moments, and a multitude of activities that brought our community together in celebration.

We began our journey into the holiday season with an enchanting trip to Winter Wonderland. The dazzling lights, the comforting aroma of holiday treats, and the cheerful ambience created a magical experience for everyone involved. It was truly the perfect way to set the tone for a month of joy and togetherness.

Our adventures didn't stop there. A visit to Vauxhall City Farm allowed TG and VS to engage with the delightful animals, bringing smiles and laughter as they fed and played with their new furry friends. It was a touching moment to witness such genuine joy and connection with nature.

For our sports enthusiasts, this month featured a memorable outing to the iconic Emirates Stadium. RG and SGF explored the rich history of one of football's most celebrated clubs, an experience that ignited their passion for the sport. In the spirit of staying active, RG also embarked on an invigorating bike ride, supported by our dedicated staff. This outing demonstrated the power of movement and the importance of maintaining a healthy, vibrant lifestyle.

Capping off the month was our lively Christmas Party—a highlight that brought our entire Park Lodge community together. Filled with music, dancing, and delicious food, the event fostered a sense of unity and celebration, a perfect end to a wonderful year.

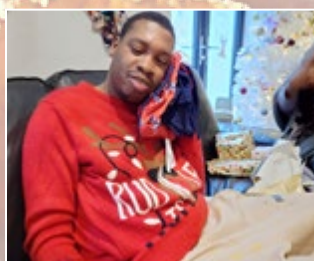
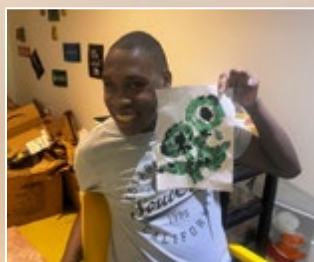
At Park Lodge, we pride ourselves on creating meaningful experiences for our service users. Each month is an opportunity to inspire, connect, and grow, and December was no exception. As we bid farewell to 2024, we look forward to more exciting adventures in the coming year.

### SPECIAL MENTIONS

A heartfelt thank you to our dedicated staff, whose tireless efforts and compassionate care made this month's activities so successful. Your unwavering commitment has been instrumental in creating unforgettable experiences throughout the year. Here's to an exciting and rewarding 2025!

**AUTHOR:** AMIEDA KOROMA

**PHOTOGRAPHER:** SYLVIA OGUNDIPE, ANDREEA CARLIN, BENJAMIN JONES, AND TANVIR SHUVO



# Embracing the Magic of Christmas at Winns Mews 2



**D**ecember at 2 Winns Mews sparkled with joy, laughter, and the unmistakable spirit of Christmas. From festive decorations to heartfelt connections, the holiday season proved to be a time of warmth and togetherness for residents, staff, and families alike.

The highlight of the month was the much-anticipated Christmas party, a treasured tradition that brought everyone together. The communal spaces were transformed into a festive wonderland, with twinkling lights and a beautifully adorned Christmas tree creating an atmosphere of pure holiday magic. Residents donned their finest holiday outfits, their faces alight with the

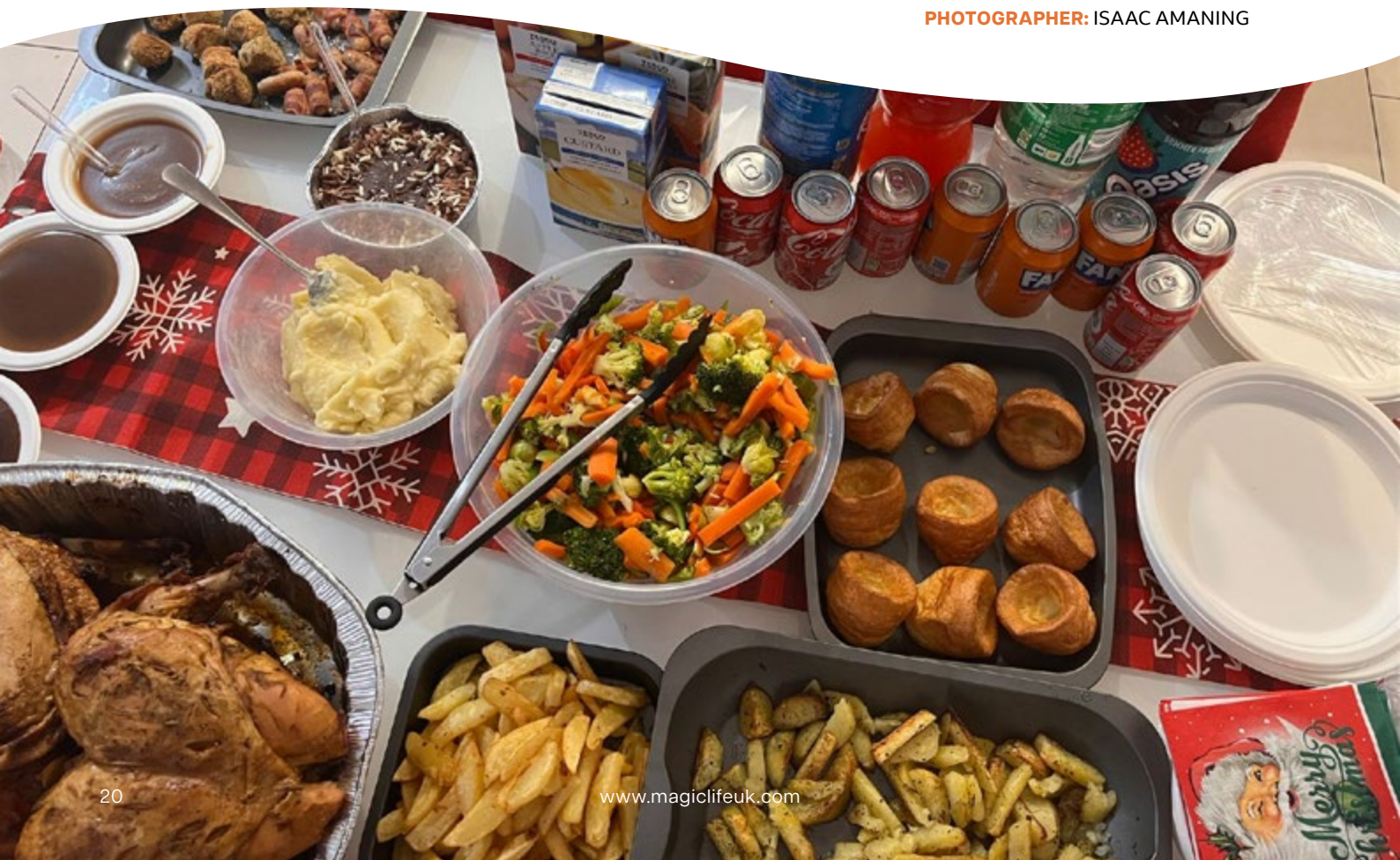
excitement of the season. The celebrations began with a sumptuous feast, featuring classic holiday favourites like roasted turkey, stuffing, and mince pies. Glasses of soda and sparkling cider were raised in toasts of goodwill, their cheerful clinks echoing the warmth of the occasion.

Laughter and joy abounded as everyone participated in games and activities, yet it was the simple, heartfelt moments that truly stood out. Residents shared treasured Christmas memories, while staff went above and beyond to ensure that each person felt included, cared for, and part of the community. These moments of connection and love created memories to last a

lifetime. As December came to a close, the festive spirit lingered at Winns Mews, a testament to the collective effort and dedication of all involved. Christmas here is not just about decorations or delicious food—it's about fostering an environment where love, laughter, and community shine brightest.

We extend our heartfelt gratitude to the residents, staff, and families who made this December truly magical. With the new year on the horizon, we look forward to creating many more moments of joy and togetherness.

**AUTHOR:** ISAAC ASSAN  
**PHOTOGRAPHER:** ISAAC AMANING



# December Delights at 3 Winn's Mews

The festive spirit took a creative twist at 3 Winn's Mews this December as residents and staff embraced the season with heartfelt artistry. The highlight of the month was a special crafting session, where everyday recycled materials were transformed into stunning poinsettia-inspired flowers and enchanting Christmas baubles. These handcrafted treasures not only brightened up the tree but also carried the warmth and personal touch of those who made them.

One particularly touching moment came when Alisha, with the support of the team, created a unique Christmas flower for her mother. Guided patiently by Leslyn, who provided detailed instructions, and cheered on by Mary's heartfelt encouragement, Alisha's confidence blossomed as brightly as her finished craft. Her dedication to the project shone through, leaving everyone inspired by her creativity and determination.

The workshop was more than just an artistic endeavour—it was a celebration of togetherness, joy, and shared laughter. The bonds formed and strengthened during this festive activity made it a truly memorable experience, leaving everyone with a sense of accomplishment and holiday cheer.



AUTHOR: LESLYN  
PHOTOGRAPHER: LESLYN

# A Magical Christmas at Winns Mews 4

**D**ecember at Winns Mews was nothing short of magical, with the festive season bringing smiles, laughter, and a renewed sense of togetherness to everyone involved. From twinkling lights to heartfelt conversations, this was a Christmas to remember.

## A Festive Prelude: The Christmas Party

On 19th December 2024, the halls of 2 Winns Mews were alive with the sparkle of holiday decorations and the hum of cheerful anticipation. Residents JH, JK, and WT were among those who eagerly participated in the Christmas party, an event they had been looking forward to for weeks.

The space, adorned with shimmering lights and a beautifully decorated

Christmas tree, set the perfect backdrop for the celebrations. As residents and staff gathered for a special festive meal, the warmth of community was palpable. JK expressed how special he felt, sharing his delight at the efforts made by staff to create such a memorable day. WT, too, cherished the joy of sharing the occasion with fellow residents, finding great pleasure in meaningful conversations and the shared excitement of the season.

## Christmas Day Delight

The festive spirit reached its peak on Christmas Day, with JH, JK, and WT joining the celebration at 7 Winns Mews. The day symbolised love and togetherness, a sentiment reflected in every moment. JK's happiness was contagious when he received a gift from a family member. His excitement was so overwhelming that he quickly shared

the gift with staff and fellow residents, sparking joy and laughter all around.

The festivities were marked by a sense of family. From the delectable Christmas dinner to the cheerful music and decorations, every detail came together to create a day filled with love and belonging.

## A Time to Treasure

As December came to a close, the memories of Christmas lingered warmly in the hearts of everyone at Winns Mews. It wasn't just the decorations or the gifts that made the season special—it was the connections, the shared laughter, and the understanding that this was more than just a celebration; it was a family moment.

**AUTHOR:** MARTINS & AMANJOT



# Christmas Day at Winns Mews 5

**T**he festive season truly came alive at 5 Winns Mews this December, as Christmas Day unfolded in a heartwarming celebration of unity and joy. The girls from the home gathered at Number 7, where the atmosphere brimmed with laughter, warmth, and the unmistakable sparkle of the holiday spirit.

This wasn't just any Christmas—it was a day filled with extraordinary moments. Delicious food adorned the table, and

the air buzzed with the sound of heartfelt conversations and shared laughter. The bonds of friendship and community shone brightly, reminding everyone of the simple joys of togetherness.

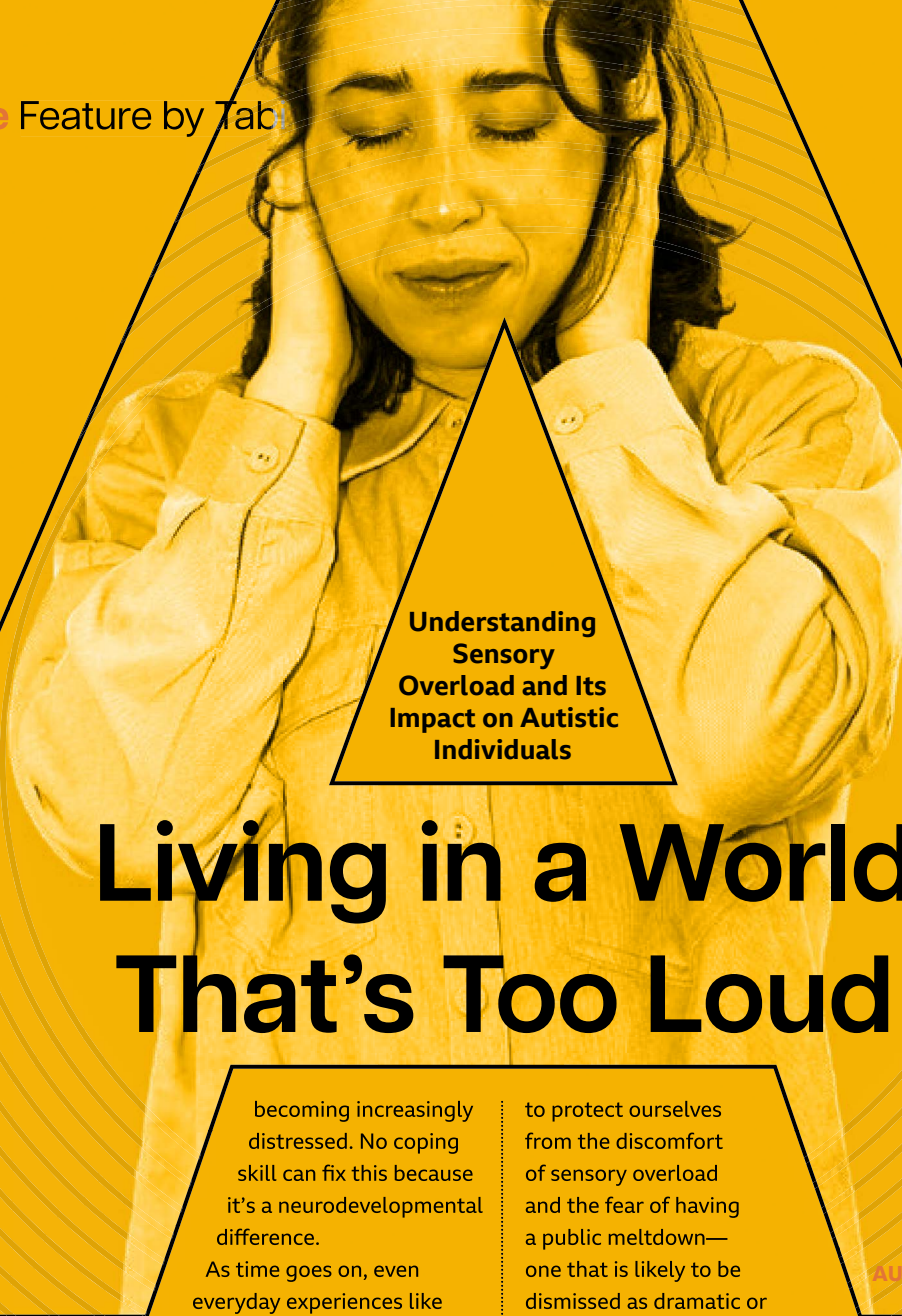
For KW, this Christmas was especially meaningful. With a radiant smile, she reflected, "This is one of the best Christmases I've ever had." Her words captured the essence of the day and resonated deeply with all who were present.

It was a time of gratitude, connection, and the creation of memories that will be treasured for years to come.

Christmas Day at Winns Mews was a glowing testament to the power of community and the magic of shared moments. It brought home the true spirit of the season: love, laughter, and togetherness.

**AUTHOR:** SALOMEY OWUSU





Understanding  
Sensory  
Overload and Its  
Impact on Autistic  
Individuals

# Living in a World That's Too Loud

becoming increasingly distressed. No coping skill can fix this because it's a neurodevelopmental difference.

As time goes on, even everyday experiences like walking down a crowded street can become unbearable. The sound of traffic, birds chirping, bright lights, or the wind blowing can all compound the sensory overload, creating anxiety and triggering meltdowns.

Even seemingly minor sounds—a clock ticking, a raised voice, a group of people laughing, or just general chatter—can feel like a hammer pounding in your head. It's not a small annoyance; it's physically painful. You can't regulate your feelings, and it may make you feel like pounding your head against a wall just to escape the intensity.

To cope, we begin avoiding places, situations, people, rooms, and even going outside. It's not because we don't want to engage but because we need

to protect ourselves from the discomfort of sensory overload and the fear of having a public meltdown—one that is likely to be dismissed as dramatic or misunderstood. We often face punishment or forced isolation for something we cannot control, becoming labelled as “the problem” simply because we don't conform to societal norms.

As a way of managing, we withdraw further, avoiding the noise and attention. But when the mask slips, and our distress is visible, we are frowned upon, isolating us even more. Even using ear defenders can feel isolating, as communication breaks down, and we withdraw further.

This leads to autistic burnout, which can cause depression, anxiety, agoraphobia, motor tic disorders, insomnia, psychosis, and even suicidal thoughts. The constant overwhelming noise and the isolation from avoiding triggering environments leave

**AUTHOR:** TABI

Imagine being in a place filled with loud noises, with lots of people all talking over each other. You're unable to filter out the background sounds—the television, the washing machine, the fridge buzzing, music, or hoovers all at once—to the point where you cannot focus on completing even a simple task. You can't concentrate or distract yourself because the noise is so overwhelming, even with ear defenders.

These sounds don't just overwhelm; they intimidate, cause discomfort, and even physical pain. It's not just an annoyance—it's genuinely painful, leading to sensory overload and meltdowns. When this happens over a prolonged period, an autistic person cannot process the sound,

us trapped. Accommodations are essential to alleviate this, yet they are often overlooked, forcing us to navigate a world that feels too overwhelming to bear.

This heartfelt piece was written by Tabi, a resident of Magic Life, who shares her personal experience and insight into the challenges of sensory overload and its profound impact on autistic individuals. Her words offer a powerful perspective on the importance of understanding and accommodation.





# Merry Christmas and Happy New Year

## A Festive Celebration at 6 Winns Mews

**D**ecember at 6 Winns Mews was a month filled with joy, laughter, and plenty of holiday cheer. The ladies at Winns Mews embraced the Christmas and New Year spirit, creating memories that will warm their hearts well into 2025.

The festive season saw the community come together for a medley of delightful activities. From singing and dancing to enjoying movie marathons and engaging games, there was never a dull moment. The celebration extended to the dining table, where everyone delighted in an array of beautifully presented dishes prepared by the dedicated staff. The effort and care poured into these culinary treats brought smiles all around.

One of the highlights of the month was the much-anticipated Secret Santa exchange. Residents DM, JSB, and ME were especially moved by the thoughtful gifts they received. It was a touching reminder of the compassion and care that define the Winns Mews community. Staff and residents alike expressed heartfelt thanks for the hard work that went into making the holiday season truly magical.

As the New Year begins, the ladies at 6 Winns Mews reflect on a December filled with joy and gratitude. Here's to more moments of togetherness and celebration in the months ahead!

**AUTHOR:** NAIMA MUHAMUD

**PHOTOGRAPHER:** NAIMA MUHAMUD



# A Quiet Christmas at The Whitehouse

## Celebrating the Spirit of the Season

**T**he Whitehouse was a serene and tranquil place this December, as residents embraced the warmth and joy of Christmas with their families. While the bustling energy of everyday activities paused, the essence of the festive season remained alive and sparkling within our walls.

Earlier in the month, before the lull, two spirited individuals took on the delightful task of transforming the Whitehouse into a winter wonderland. With careful hands and creative minds, they adorned the space with a stunning Christmas tree. The room came alive with twinkling lights and festive decorations, perfectly encapsulating the magic of the season.

It was a joy to watch their teamwork and creativity unfold, filling the space with a sense of celebration and anticipation for the holidays. Their effort ensured that even in the quieter moments, the Whitehouse radiated the warmth and cheer of Christmas.

***“How lovely and delightful it was to watch the transformation of the Whitehouse into a festive haven.”***

As the new year unfolds, we look forward to welcoming everyone back and embarking on fresh adventures together. Here’s to more shared moments of joy, creativity, and community in the months ahead!

**AUTHOR:** THE WHITE HOUSE

**PHOTOGRAPHER:** THE WHITE HOUSE



***“How lovely and delightful it was to watch the transformation of the Whitehouse into a festive haven.”***



# 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

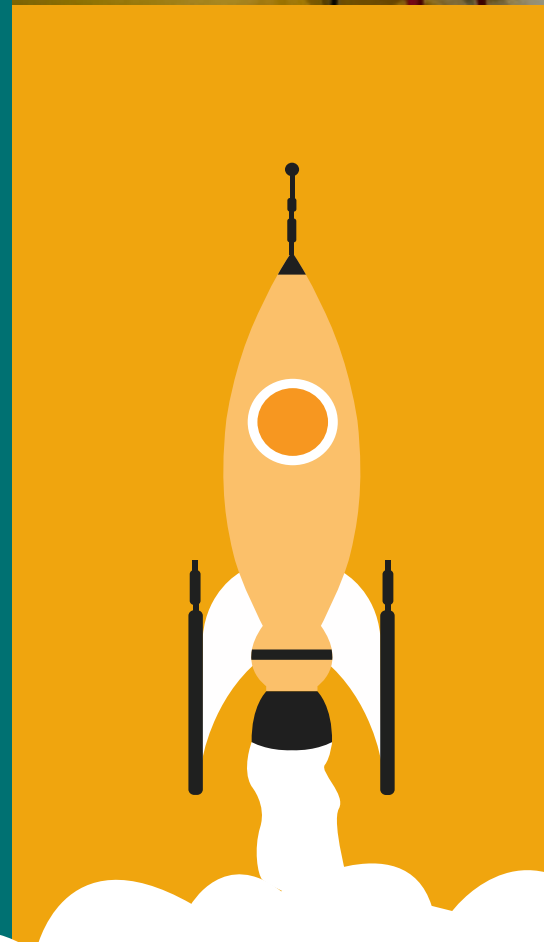
The Hamptons  
403 Eagle Way, Peterborough,  
PE78EG

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

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

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