

# Magic Life

## Special Feature Strolling Towards Brighter Days

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# Strolling Towards Brighter Days

## The Benefits of Walking for Fitness and Wellbeing

**W**alking—one of the simplest forms of exercise—is often overlooked, yet it offers a treasure trove of benefits for both physical fitness and overall wellbeing. Whether it's a leisurely stroll through a park or a brisk walk to get your heart pumping, this accessible activity can be transformative in more ways than one.

Walking requires no special equipment or memberships—just a comfortable pair of

shoes and a willingness to step outside. It's a gentle way to enhance fitness, suitable for all ages and abilities. Regular walks can help build stamina, strengthen muscles, and improve balance. Moreover, walking increases cardiovascular health, helping maintain a healthy heart and boosting circulation.

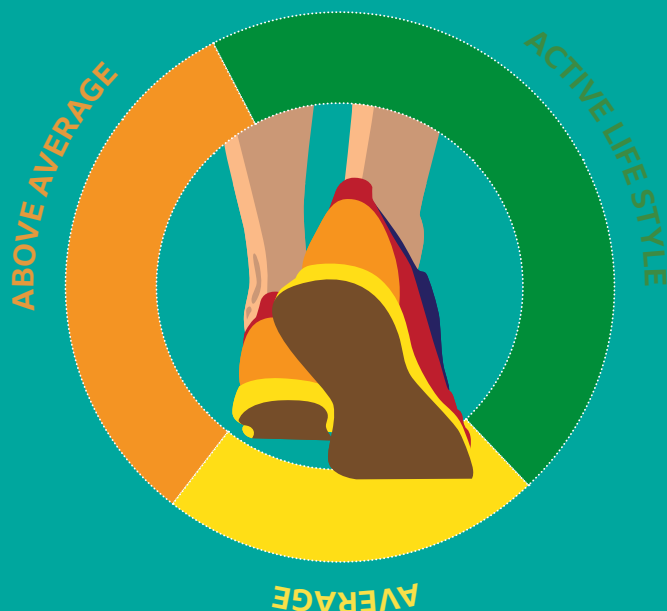
What's more, the mental benefits of walking are just as remarkable. A short walk can clear the mind, improve focus,

and spark creativity. Walking outdoors, in particular, connects us with nature, bringing a sense of calm and helping us feel grounded. For those who enjoy walking in groups, the social interactions can further enhance a sense of belonging and joy.

Studies show that regular walking can also elevate energy levels and improve sleep quality, making it an all-around lifestyle booster. Whether you're setting off

on a coastal path, wandering through a woodland trail, or simply taking a turn around your neighbourhood, each step contributes to a healthier and happier you.

**A**s the saying goes, “A journey of a thousand miles begins with a single step.” Start with just ten minutes a day and see where your feet can take you.



**Active Life  
Style  
10000 Plus  
Steps Per Day**

**Above  
Average  
7000 to 10000  
Steps Per Day**

**Average  
5000 to 7000  
Steps Per Day**



## The Power of Walking: By the Numbers

Walking is not only a simple and accessible activity—it's also backed by impressive statistics that demonstrate its benefits for health, fitness, and overall wellbeing. Here's a closer look at how walking measures up:

### ■ Calories Burned:

A brisk 30-minute walk burns approximately 150 calories, depending on your weight and pace. Over a week, this can add up to significant energy expenditure, aiding weight management and fitness goals.

### ■ Steps and Health Goals:

Walking 10,000 steps a day

(approximately 5 miles) is often touted as a target for maintaining good health. Research shows that even hitting 7,500 steps daily can lead to measurable health benefits.

### ■ Heart Health:

A regular walking habit can lower the risk of heart disease by 19-35%, particularly when combined with a balanced lifestyle. Brisk walking also improves blood pressure and cholesterol levels.

### ■ Mental Wellbeing:

Walking for just 20 minutes a

day has been shown to reduce symptoms of stress, improve mood, and boost energy levels. Spending time walking in green spaces amplifies these benefits

### ■ Longevity:

Walking regularly can extend your lifespan. Studies suggest that walking at a brisk pace for 150 minutes per week (the equivalent of 30 minutes, five days a week) lowers the risk of premature death by 20-30%

### ■ Bone and Joint Health:

Walking strengthens bones and reduces the risk of osteoporosis. It also helps maintain joint

flexibility, particularly in the knees and hips, reducing the risk of conditions like arthritis

### ■ Sleep Improvement:

Regular walkers report falling asleep faster and enjoying better quality sleep. A study by the Sleep Foundation found that 45 minutes of walking daily significantly improves sleep patterns.

### ■ Cost-Effective

**Fitness:** Walking is free! Compared to gym memberships or specialised equipment, it's one of the most affordable ways to stay fit.





# A Healthy Decision: A New Chapter for SSG

## Embracing Change, One Bite at a Time



**AUTHOR:** EMEM EKANEM & KWAME KUSI  
**PHOTOGRAPHER:** ERLINDA EMERY

SSG's dietary habits have long been a topic of concern among the dedicated staff at BG. His preference for a daily intake of fried chicken and fried potatoes posed a challenge, as efforts to introduce healthier alternatives often met with resistance. However, the persistence and dedication of the team never wavered, as they continued to educate him on the benefits of a balanced diet and its impact on overall well-being.

Good nutrition is a cornerstone of a healthy life, playing a crucial role in

preventing malnutrition and reducing the risk of various noncommunicable diseases, such as diabetes, cardiovascular conditions, and even cancer. A well-rounded diet—rich in fruits, vegetables, whole grains, and nuts—has been proven to enhance overall health and improve quality of life. The staff at BG remained committed to these principles, working closely with SSG to encourage small but meaningful dietary changes.

As the new year dawned, SSG surprised everyone with a remarkable resolution—he made the bold decision to transform his eating habits. To the delight of the

staff, he has now incorporated green leafy vegetables into his daily meals, taking a significant step towards a healthier lifestyle. This milestone would not have been possible without the unwavering support of his keyworker, Erlinda, and the entire team at BG. Their patience, encouragement, and commitment have played a pivotal role in this inspiring transformation.

As Nelson Mandela wisely said, "It always appears unattainable until it is accomplished." Indeed, SSG's journey is a testament to the power of perseverance and positive influence. With the right support system, change is always possible.



# A Fresh Start at Grove Park Road

## Embracing Change and Growth in the New Year

The start of a new year often brings a time for reflection, renewal, and fresh beginnings. At Grove Park Road, January has been just that—a time for looking ahead and embracing positive change.

For ET, this month has marked a significant shift towards self-improvement and independence. After spending Christmas in hospital, she returned home with a renewed focus, seizing the opportunity to engage with various support networks, including the Dual

Diagnosis Team, BUBIC, The Grove, and MIND in Haringey. With determination and the guidance of her Care Team, ET has taken active steps to reduce her drug use and build a more stable foundation for her future.

One of her key focuses has been financial independence. With the dedicated support of staff, she has been working on managing her finances more effectively—learning to budget and create weekly shopping lists. These small yet significant steps are paving the way for

greater self-sufficiency and confidence in her daily life.

Her journey of resilience and commitment to change is truly commendable. The team at Grove Park Road continues to support and encourage her as she makes strides towards a more positive and empowered future.

### SPECIAL MENTIONS

A heartfelt recognition goes to ET for her dedication and progress. Her willingness to embrace support and work towards meaningful change is an inspiration to all.

**AUTHOR:** DOREEN





# A Journey to a Brighter Tomorrow

## Overcoming the Odds with the Support of Greyhound Road

For many, life is a series of ups and downs, but for Frankie, it has been a battle fought with extraordinary courage. From a young age, Frankie found themselves navigating a world where medication was seen as the only answer. Now, over 15 years later, they have reclaimed control, thanks to the unwavering support of the team at Greyhound Road.

Frankie's journey with medication began in primary school, where they were first prescribed melatonin to aid sleep. Over the years, this path spiralled into an ever-growing list of medications, each introduced as an attempt to manage emotions, tics, and mental distress. Diagnosed with Tourette's, autism, and complex PTSD, Frankie found themselves increasingly dependent on prescribed medication, often feeling that the root of their struggles was overlooked in favour of pharmaceutical solutions.

School was a difficult experience, with bullying and isolation becoming daily hurdles. The transition into secondary school only heightened these challenges, leading to further interventions, increased prescriptions, and, at times, a sense of helplessness. By the time they were a teenager, medication had become a routine part of life, prescribed not as a choice, but as a necessity dictated by others.

By 21, Frankie had never known life without medication. Sectioned multiple times, subjected to heavy sedatives, and caught in a relentless cycle of treatment changes, the idea of a future without medication seemed impossible. However, everything changed when they arrived at Magic Life's Greyhound Road.

Here, medication was no longer seen as the first solution to every difficulty. Instead,

the team listened, engaged, and supported Frankie in a way they had never experienced before. Through genuine care, conversation, and understanding, the staff at Greyhound Road helped Frankie gradually step away from dependency and find strength within themselves.

"For the first time since I was 9, there are people who, instead of just throwing meds at me, sit with me, talk through my feelings, and work on strategies and problem-solving," Frankie shares. "I feel incredibly grateful and thankful because my diagnosis of complex PTSD is about processing my trauma, not putting a plaster over a gaping wound."

As their medications were gradually reduced, new challenges arose. Frankie struggled with overwhelming emotions and, for a time, turned to alcohol. But with consistent support, encouragement, and a personalised approach to care, they were able to break free from this dependency too.

Now, as of 29th January 2025, Frankie proudly celebrates six months of sobriety—a milestone that once felt unimaginable.

***"I used to say, 'I can't do this without medication.' I used to cry to the manager, expressing how I needed it and that I would become unbearable to be around. But she held my hand and said, 'I will get you there.' And I am there!"***

Frankie's story is a testament to the power of compassionate care. Greyhound Road's approach—where people are treated as individuals, not just patients—has transformed a life once clouded by sedation into one filled with clarity, hope, and new

possibilities.

Their journey is far from over, but with the right support, resilience, and belief in oneself, the future is brighter than ever.



### SPECIAL MENTIONS

- The Greyhound Road Team – For their dedication to creating a space where residents can thrive.
- Patience – For supporting the residents in developing their cooking skills.
- Pawel – For the invaluable support he offers to the Greyhound Team.
- Istar & Tanisha – Wishing you both a very Happy Birthday!

**AUTHOR:** FRANKIE O'SULLIVAN

**PHOTOGRAPHER:** GREYHOUND ROAD STAFF



# Life Skills, Laughter, and Community Spirit at 672 High Road

## A Month of Growth, Engagement, and Independence

January at 672 High Road has been a month filled with vibrant activities, personal growth, and strong community connections. Residents have embraced both their daily routines and new experiences, making the most of their independence while being supported by a dedicated team. From culinary skills to creative play and community outings, every moment has been an opportunity for learning and joy.

### Out and About: Everyday Adventures

CCB has been relishing her outings, taking great care in selecting her shopping items while paying attention to every little detail, including expiry dates. Her keen eye for quality makes each shopping trip a thoughtful and enjoyable experience. Evenings bring a chance to unwind, as she enjoys

leisurely walks with staff, often ending with a relaxing visit to the local pub for a well-deserved glass of beer.

DF has been equally engaged in both leisure and personal development. He's taken a hands-on approach in the kitchen, perfecting his skills by preparing meals—especially when it comes to slicing vegetables with precision. His signature dish of sausages and cheese paired with juice has become a favourite. Beyond the kitchen, he has been immersed in the digital world, enjoying his PS4, streaming music, and researching new places to explore. A particularly exciting moment this month was his introduction to volunteering opportunities, guided by the service manager. Inspired by what he discovered, DF has eagerly agreed to get involved. CK, with his love for colours

and patterns, has been joyfully arranging and rearranging his beloved coloured tiles. His enthusiasm shines through as he calls out the colours and playfully gets staff to repeat after him. When not engaged in his creative play, he actively participates in keeping his flat tidy before rewarding himself with a relaxing snack and juice.

### A Team That Makes a Difference

At 672, the staff continue to be a pillar of encouragement and support for residents, guiding them toward greater independence. This month, the team welcomed a new Senior Support Worker, Timi, who has been settling in well, building strong relationships, and enhancing teamwork among both staff and residents.

### STAFF MEMBER OF THE MONTH:

Oluwaseun Adewunmi. A special shoutout goes to Oluwaseun Adewunmi, who has been named Staff of the Month for his outstanding use of first aid skills, preventing a hospital visit for an individual in need. His swift and proactive response has been a testament to his dedication and professionalism, earning him well-deserved recognition.

As January draws to a close, the spirit of progress and togetherness at 672 High Road remains as strong as ever. With residents taking steps toward greater independence and a supportive team backing them at every turn, the month has been filled with achievements both big and small that deserve to be celebrated.

**AUTHOR:** OLUROTIMI ADENIRAN  
**PHOTOGRAPHER:** 672 STAFF





## Stepping into the New Year

As the new year unfolds, January at Harringay Road has been a time of quiet reflection, personal growth, and meaningful achievements. With a fresh start, residents and staff came together to celebrate the arrival of 2025, setting intentions and goals for the months ahead.

The New Year's celebration was a heartfelt gathering, where residents reflected on their progress and aspirations. JC shared an inspiring sentiment, reminding everyone that "it's about the small steps, baby steps"—a perfect mantra for steady progress and resilience.

### A Month of Determination and Growth

While the service had a relatively calm month, residents remained engaged with their routines, appointments, and personal goals. JC set a great example of responsibility by attending his dental appointment with patience and cooperation, ensuring his health remains a priority. Similarly, RL took charge of her well-being, independently attending her dental appointment and continuing her regular therapy sessions—an inspiring commitment to self-care and personal development.

TB embraced the spirit of new beginnings by committing to a resolution of walking more often. Despite the challenges, she has made remarkable strides, venturing out to the local shop on her own a few times already. Her determination is a testament to the power of small, consistent efforts.

### Welcoming Home and Supporting Each Other

The community was delighted to welcome LG back after her hospital stay, embracing her return with warmth and encouragement. While she has had a few additional visits to A&E, staff continue to offer unwavering support, ensuring her comfort and well-being.

Meanwhile, NC has balanced her usual routine with moments of well-deserved rest, continuing to enjoy the company of her partner and engaging in lively discussions with staff. JL has faced some challenges this month, but with the dedicated collaboration of staff and his professional team, efforts remain focused on finding ways to support him and enhance his daily experience.

### Looking Ahead with Hope

As January draws to a close, the Magic Life UK community remains committed to fostering a supportive and encouraging environment. The start of 2025 has been a reminder that progress, no matter how small, is worth celebrating. With each step forward—whether it's an independent outing, a therapy session, or a moment of resilience residents continue to inspire with their determination and perseverance.

Here's to a year of growth, support, and shared success!

**AUTHOR:** HARRINGAY ROAD

**PHOTOGRAPHER:** HARRINGAY ROAD

***"It's about the small steps, baby steps."***

**JC**



# January Adventures at Burlington Lodge: Embracing Joy Despite the Cold

**D**espite January bringing one of the coldest winters in UK history, the spirit of Burlington Lodge remained warm and full of life. The residents and staff came together for a month of engaging activities, proving that neither frost nor physical challenges could dampen their enthusiasm. From thrilling football moments to heartwarming community gatherings and an electrifying live music concert, January was a month to remember.

## Football Fun at Tiverton Handball Pitch

A truly touching moment unfolded when Junior had the chance to watch his twin boys play football at the Tiverton handball pitch, right behind Burlington Lodge. When his wheelchair's power pack malfunctioned, two dedicated staff members manually assisted him, ensuring he could still be part of the action. As his spouse and children joined in, the pitch was soon filled with laughter and smiles. The highlight of the day? Junior, initially there as a spectator, decided to join the game in his own way—kicking the ball from his wheelchair. This incredible moment of inclusion was captured in photos, reflecting the power of family, determination, and sheer joy.

## Worship and Celebration with Tiverton Community Church

January also saw Burlington Lodge residents and staff join the Tiverton Community Church for a beautiful outdoor worship gathering. Despite the freezing temperatures, spirits remained high as everyone took part in an uplifting celebration filled with decoration, music, dancing, food, drinks, and the warmth of a roaring wood fire. Sam, Jamie, Junior, and Michael, along with staff members, fully embraced the day, strengthening their bonds with the community and each other.

## Live Band Music Concert at Burlington Lodge

Perhaps the most thrilling event of the month was the live indoor music concert held at Burlington Lodge. Every resident and staff member on duty joined in, making it a truly inclusive and unforgettable experience. Each resident had their moment in the spotlight, singing their favourite songs while others played guitars, drums, and other instruments. The talent on display was nothing short of extraordinary, rivaling even seasoned musicians! The pure joy in the room was undeniable, as music brought everyone together in a celebration of self-expression and creativity.

## A Month of Inclusion and Happiness

These events were more than just moments of fun—they provided invaluable benefits to the residents, enhancing their emotional, social, and physical well-being.

- Engaging in football and movement-based activities improved motor skills, built confidence, and strengthened family connections.
- Participating in community worship encouraged social inclusion, sensory stimulation, and emotional expression.
- The live music concert fostered creativity, reduced stress, and improved coordination and cognitive function.

Through it all, the residents of Burlington Lodge demonstrated that no challenge—be it the winter cold or physical barriers—could stop them from experiencing the joy of life to the fullest.

Here's to another month of inspiration and adventure at Burlington Lodge!

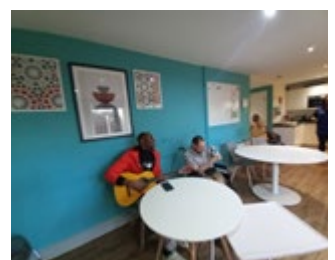
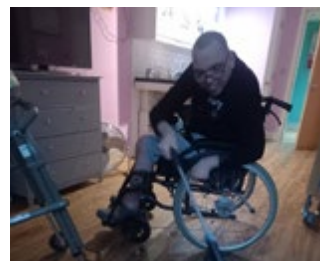
Stay warm and stay inspired!

### SPECIAL MENTIONS

**TO ALL STAFF** – for their dedication, warmth, and unwavering support in making these moments possible.

**AUTHOR:** JOZEF

**PHOTOGRAPHER:** BURLINGTON STAFF





# A Joyful Start to the Year at Cherry Tree Lodge

**January brought fresh beginnings, cherished moments, and plenty of smiles at Cherry Tree Lodge, setting the tone for a fantastic 2025.**

The month was filled with vibrant celebrations and heartwarming activities that brought residents and staff closer together. Among the highlights was a very special event honouring CP, the oldest member of the community. The celebration was nothing short of magical, with delicious food, lively music, and plenty of dancing, making it a day to remember for everyone involved.

Music played a central role in January's festivities, especially when the community gathered to celebrate Elvis Presley's 90th posthumous birthday. The air was filled with nostalgia and joy as everyone shared stories, tapped their feet to classic tunes, and basked in the power of music to bring people together.

Friendship and connection continued to thrive at CTL throughout the month. RF and SG enjoyed an exciting bowling outing, filled with laughter and friendly competition, while CP and MA bonded over a cosy movie evening. These simple yet meaningful experiences strengthened the wonderful sense of community that makes Cherry Tree Lodge so special.

Of course, no celebration at CTL is complete without a delicious feast! The New Year was welcomed with a delightful breakfast, bringing everyone together to share warm conversations and tasty treats. The month wrapped up with a fantastic staff party—a perfect blend of fun, friendly competition, and shared moments of happiness that left everyone in high spirits.

**AUTHOR:** GBENGA OLATIDOYE, SENIOR SUPPORT WORKER

**PHOTOGRAPHER:** CTL STAFF









# A New Beginning at Devonshire Lodge: Embracing 2025 with Enthusiasm

## A fresh start, new experiences, and a vision for the future.

Stepping into the world of Magic Life has been nothing short of an enlightening journey. As a newcomer, I've been fortunate enough to witness first-hand the warmth, dedication, and genuine care that define life at Devonshire Lodge. It is clear that every member of staff goes above and beyond to ensure that the residents not only feel supported but are also thriving in an environment that encourages joy, growth, and shared experiences.

As I familiarise myself with everything that makes this place special, I can't help but admire the incredible work that has already been accomplished. The positive atmosphere, the well-structured support, and the genuine sense of community are a testament to the efforts of **Hollie Ferguson** and the entire team. If I can contribute even half as much to this legacy, I will consider it a personal success.

Looking ahead to 2025, the question remains: what can we bring to our residents to make this year even more fulfilling? The answer lies in the collective creativity of our staff, who know the residents best. With an exciting array of activities on the horizon—including gymnastics, nature walks, gardening sessions, and beach outings—there's no doubt that this year will be filled with adventure, laughter, and meaningful moments.

Beyond the activities, I believe in the power of shared experiences. Each day brings new lessons, and I am keen to hear about the moments—both big and small—that have shaped the team's journey. Whether it's an especially rewarding day, an unexpected challenge, or an innovative approach to problem-solving, we can all learn from one another. This shared knowledge will only strengthen the bond within our team and enhance the support we provide.

Getting to know the residents is another aspect I eagerly anticipate. Every individual here has a unique story, a past filled with rich experiences, and aspirations for the future. I look forward to discovering these stories, building connections, and celebrating the lives and dreams of everyone who calls Devonshire Lodge home.

Above all, I am excited to witness the adventures that await us and to be part of the continued growth and joy that flourish in this wonderful place.

**Here's to an amazing year ahead!**  
Matthew Toppin

### SPECIAL MENTIONS

A heartfelt thank you to Hollie, all of the seniors, and Terence for their unwavering support.  
A huge appreciation to Stella, Susan, and all the hardworking staff at Devonshire Lodge—your dedication does not go unnoticed!





# New Beginnings at Manor Place

January has been a month of fresh starts and exciting moments at Manor Place, as residents embraced new activities, personal growth, and meaningful connections.



■ For JO, a splash of adventure has made all the difference! Swimming has become his new favourite pastime, adding energy and joy to his weekly routine. JO also delighted in exploring local gems, from a leisurely walk in the park to a thrilling bus ride to Chingford station. Known for his love of watching YouTube videos of bus routes, JO was ecstatic to experience one in real life—a memory he'll cherish for sure!

■ Gareth, ever the multi-talented individual, has been juggling work and gardening with ease. His part-time job continues to be a source of pride and purpose. At home, he's been nurturing his garden with care, cultivating spring onions, thyme, and oregano. Watching these plants flourish has been a rewarding experience, reflecting his dedication and green-fingered skills.

■ Meanwhile, SH has been reconnecting with family, bringing warmth and joy to his January. Regular visits to his mother have strengthened their bond and filled his heart with happiness. On the social front, SH enjoyed outings to Sainsbury's and window shopping at Savers—proof that simple pleasures can often bring the greatest joy.

January at Manor Place has truly set the tone for the year ahead—filled with personal victories, new experiences, and plenty of shared smiles. As we look to the future, we eagerly anticipate the new adventures and successes that 2025 will bring!



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



# January Joy: Adventures with Bella, Art, and Aquatic Wonders

**AUTHOR:** LYNN SHILLINE, DEPUTY MANAGER  
**PHOTOGRAPHER:** NORTHLANDS

**J**anuary has been a delightful start to the year at Magic Life, filled with heartwarming activities, creative moments, and memorable outings. From bonding with a charming dog named Bella to discovering marine life at the aquarium, our community has made the most of each day, embracing fun and friendship at every turn.

## A New Friend for the New Year

LVM has taken a fantastic initiative by offering dog

walking services and bringing joy to a local family in need. She's built a special bond with Bella, showering her with treats and working on teaching her new tricks. Bella's household couldn't be happier, and LVM's dedication has truly created a positive and uplifting atmosphere.

BH joined LVM in these dog-walking adventures and quickly became just as fond of Bella. But BH's talents don't stop at outdoor activities. She also enjoys spending time indoors, colouring and creating art with

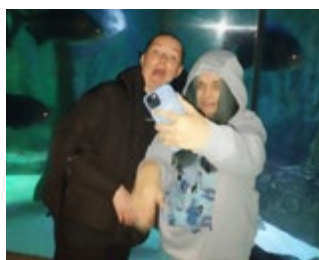
her housemate, showing a wonderful balance of creativity and care.

## A Shopping Spree and Favourite Treats

CB turned a shopping trip in Wood Green into an exciting adventure. She had a great time picking out new clothes at Primark and wrapped up her outing with her favourite drink—bubble tea. Not only that, but she also joined LVM in walking Bella, proving that she knows how to blend style, social time, and a little exercise!

## Exploring the Wonders of the Deep

JC took exploration to a whole new level with a trip to the aquarium. Declaring it one of the best experiences of her life, she was fascinated by the wide array of fish. The penguins and turtles stood out as highlights of her day. Accompanied by Frankie, JC ensured the outing was a fantastic success, planning every detail with care and enthusiasm.





# A Month of Adventures and Connection

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

## A January 2025 Highlight

Reflecting on a vibrant and fulfilling start to the year, Park Lodge has been buzzing with activities that have strengthened connections, sparked creativity, and filled each day with joy. This past month has truly demonstrated the lively spirit of our community.

### Cycling, Creativity, and Culinary Adventures

Residents embraced a variety of interests throughout January, each one bringing new experiences and meaningful moments. RG led the charge with his passion for cycling, taking regular rides that allowed him to connect with nature and enjoy the fresh air. Meanwhile, VS found her happy place in the Art

Room, dedicating time to her Activity Project. Her paintings reflect her joy and creativity, transforming the space into a colourful haven.

Food played a central role in bringing everyone together this month. BM and RG shared a delightful meal, celebrating good food and even better company. SGF and RG also took a culinary adventure to the Brown Eagle Restaurant, where they indulged in delicious Caribbean cuisine—a wonderful way to explore cultural richness through flavour.

### Cherished Traditions and Community Spirit

Every Sunday, residents and staff come together for a communal breakfast followed

by a group food shopping trip. This cherished tradition fosters a strong sense of community, giving everyone a chance to connect and collaborate in a relaxed setting.

We were delighted to welcome back CR, a former resident of Park Lodge. His visit brought an extra dose of fun and friendship as he joined in for a variety of in-house games with both staff and residents.

### Highlight of the Month: A Five-Day Adventure at Butlins

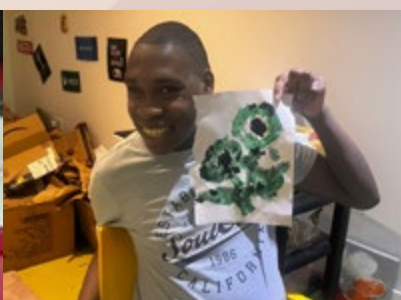
The pinnacle of January's activities was undoubtedly the exciting five-day trip to Butlins. SGF from Park Lodge and ED from Park Side embarked on this memorable adventure together. Their days were

packed with fun, from mini golf and arcade games to pottery painting and indoor colouring sessions.

Shared lunches added warmth to their experience, creating a perfect blend of relaxation and joy. This trip was much more than just entertainment—it was a chance to build new friendships, strengthen community bonds, and create treasured memories.

### A Bright Year Ahead

With a fantastic start to 2025, Park Lodge continues to be a hub of connection, creativity, and shared joy. We look forward to more adventures, new experiences, and plenty of smiles in the months ahead!





# A January to Remember at Parkside

## Exploring New Horizons and Cherished Moments

January 2025 brought fresh experiences and heartwarming moments for everyone at Parkside. The highlight of the month was a memorable trip to Butlins for Errol, where he immersed himself in a variety of activities and made wonderful memories.

Over the course of a few days, Errol embraced the fun and excitement that Butlins had to offer. He enjoyed swimming, played a game of mini golf with the support of staff, and took some time to unwind at the beach. The peaceful, tranquil setting by the sea allowed him to capture stunning photos, preserving the beauty of the moment. Dining out added to the experience, making it a well-rounded and enjoyable escape.

A big shout-out to the incredible staff at Parkside for their efforts in making this adventure possible. Errol's beaming smile and evident

enjoyment were a testament to the care and dedication that went into planning and supporting the trip.

Meanwhile, Pauline spent a reflective and meaningful day visiting her mother's grave. Surrounded by the comforting presence of staff, she found solace in the quiet moments at the graveside. Later, a relaxing meal out brought a gentle close to the day, and Pauline returned to Parkside with a light heart and high spirits.

These experiences remind us of the importance of connection, exploration, and finding joy in both new adventures and cherished memories.

**AUTHOR:** PARK SIDE TEAM

**PHOTOGRAPHER:** PARK SIDE TEAM





# A New Beginning at Chapel Row

## Creating Space, Building Dreams, and Welcoming New Faces

***“The magic in new beginnings is truly the most powerful of them all.” – Josiyah Martin***

Change is in the air at Chapel Row, as January ushers in a series of transformative updates designed to enhance privacy, comfort, and community spirit. The team has embarked on a significant renovation project, relocating the office from Flat 14 to a new dedicated space. This much-anticipated change ensures that the resident of Flat 14 can now enjoy complete privacy, while office operations continue with greater efficiency and confidentiality. These changes are a reflection of Magic Life’s ongoing commitment to providing person-centred care, responding to service users’ concerns, and meeting their needs with compassion and respect.

In a wonderful story of renewal, Ryan is embracing a fresh start with changes to his long-standing medication. His journey is supported closely by the STOMP representatives, who are ensuring that his transition is safe, positive, and carefully monitored. This approach reflects the dedicated teamwork and vigilance of the Chapel Row staff, always putting the well-being of service users at the forefront.

Meanwhile, Indigo is filled with excitement about her newly remodelled flat. She feels heard and valued, knowing that her concerns were taken seriously. With the office no longer in her building, Indigo is looking forward to enjoying her space with a renewed sense of privacy and independence.

### A Warm Welcome to New Faces

January also saw the arrival of a new team leader, Opeyemi Esan. Opeyemi has already made a positive impact, bringing her expertise and enthusiasm to the Chapel Row family. In her own words, she’s “loving the role and embracing the challenges” of working with a dedicated team and wonderful service users. It’s clear that Opeyemi’s energy and passion will be a great addition to the service.

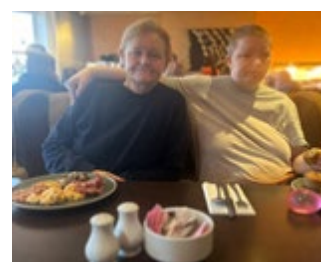
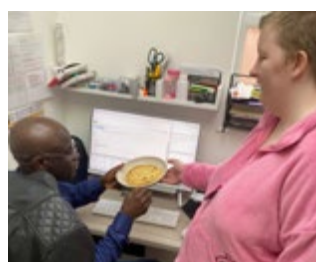
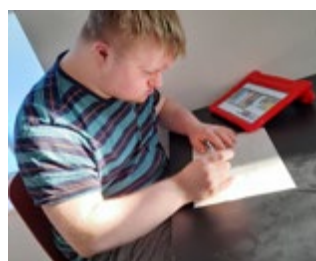
The Chapel Row community is also preparing to welcome a potential new resident, JW, who recently visited with his family. JW quickly bonded with RP during his visit, and the warm welcome from staff reassured his parents that Chapel Row would be a place of comfort and friendship. They left with peace of mind, knowing JW would be surrounded by friendly peers and caring staff in a lovely environment.

### SPECIAL MENTIONS

A big thank you to Segun Stephen for stepping in and covering Chapel Row for the past four weeks. Your support and dedication have been truly appreciated by all!



**AUTHOR:** JOAN DELLISTON  
**PHOTOGRAPHER:** THE CHAPEL STAFF





## Embracing 2025 with Creativity, Community, and Growth

*“Every day is an  
opportunity to  
innovate, inspire, and  
make a difference.”*

**A**s the calendar turns to 2025, Magic Life at Hamptons steps into the new year with a spirit of excitement, purpose, and innovation. It's a time to celebrate past achievements and look forward to fresh opportunities that inspire, empower, and connect our vibrant community.

A key highlight this year is the introduction of dynamic new projects designed to enhance the Magic Life experience. From music-based activities and creative arts workshops to sensory-focused programs, the emphasis is on inclusivity and personal expression. These initiatives are not just about participation but about unlocking potential, fostering friendships, and nurturing a sense of belonging for all.

Among the inspirations for this creative expansion is Regan, the newest member of the Magic Life family. With a passion for drawing, music, and sensory rides, Regan's enthusiasm has encouraged the community to explore new artistic avenues. His energy serves as a reminder of how important it is to cultivate

spaces where everyone can thrive.

The journey ahead will no doubt present challenges, but it also promises opportunities for collaboration, innovation, and shared success. The strength of Magic Life lies in its dedicated team, supportive community, and unwavering commitment to growth. It is this collective spirit that transforms obstacles into achievements and aspirations into reality.

As we move through 2025, let's embrace each moment as a chance to create, inspire, and make a meaningful impact. This year is poised to be one of progress, camaraderie, and endless possibilities. We extend our gratitude to everyone who plays a role in making this journey extraordinary, and we eagerly anticipate the remarkable experiences ahead.

Here's to a year filled with creativity, connection, and collective success!

**AUTHOR:** THE HAMPTONS

**PHOTOGRAPHER:** THE HAMPTONS



# January at Winns Mews 2

## A Warm Welcome and Joyful New Beginnings

**AUTHOR:** ASSAN ISAAC

**PHOTOGRAPHER:** HANNAH AND ISAAC

As we step into 2025, January has been filled with warmth, creativity, and fresh beginnings at Winns Mews 2. The community has embraced the new year with open arms, bringing moments of joy, creativity, and connection.

We are thrilled to welcome AA, our newest resident, who has settled in beautifully. AA has taken full advantage of the Day Centre's activities, immersing himself in both art sessions and gardening. His artistic flair is evident in his creative projects, and his passion for nurturing plants has brought an extra touch of life to the centre. In his leisure time, AA loves watching football matches and musical videos, sharing his favourite moments with friends at Winns Mews 2.

PKP continues to thrive and shine, especially in the kitchen! With his unique way of preparing a perfect cup of tea, PKP has held onto his special method for quite some time. His daily walks, taken independently as part of his exercise routine, bring him joy and help him stay active. After his walks, he loves to unwind with a good Indian movie, adding a touch of cinematic magic to his days.

Meanwhile, RT had an exciting outing with his mum to watch a live football match at Wealdstone Stadium. His month has been a blend of social interaction, movies, and personal growth. With some encouragement from staff, RT successfully took on the challenge of doing his laundry independently—a fantastic step



forward! He also enjoyed walks outdoors, taking in the fresh air and embracing the new year with enthusiasm.

January has truly been a vibrant and positive start to the year. We look forward to

the extraordinary moments yet to come at Winns Mews 2, as our residents continue to create, explore, and inspire one another.



# A Sweet Start to 2025: New Year Celebrations & Cake Baking at Winns Mews

## A New Year's Toast to Independence

**T**he residents of 3 and 4 Winns Mews welcomed 2025 with a warm and joyful New Year Dinner Party on 1st January. With a spirit of togetherness, they gathered to celebrate fresh beginnings, reflecting on their hopes and aspirations for the year ahead. The theme for many was clear: growth, independence, and new opportunities. Laughter and conversation filled the room as residents embraced the joy of the moment, setting the tone for an uplifting year ahead.

### Exploring the Art of Cake Making

January was also a month of delicious discoveries, as residents at 4 Winns Mews delved into the world of cake baking. The history of cakes is a fascinating one, dating back to the ancient Egyptians, who first

introduced the idea of adding eggs, fat, and honey to bread-like recipes to create a richer and sweeter treat. Over the centuries, cakes evolved, from the dense, hard-on-both-sides early English versions to the light and airy delights we enjoy today.

During the cake-making sessions, residents explored the science behind baking, from the expansion of batter in the oven to the chemical reactions that create the perfect sponge. With support from the staff, they observed the intricate process of baking Vanilla and Chocolate cakes, watching as simple ingredients transformed into something truly special.

Once baked, the cakes were sliced, shared, and thoroughly enjoyed—not just within the home but also extended to those beyond 4 Winns Mews, spreading the joy even further.

Residents eagerly expressed their delight and enthusiasm, already looking forward to more baking sessions in the future.

### A Year of Learning and Independence

These experiences weren't just about celebration and sweet treats; they were valuable stepping stones towards greater independence. Cooking and baking sessions encourage practical life skills, teamwork, and creativity—all essential ingredients for growth. As the new year unfolds, the residents of Winns Mews are embracing each opportunity to learn, develop, and make 2025 a year of personal achievement and shared joy.

**AUTHOR:** MARTINS & CHRISTIAN  
**PHOTOGRAPHER:** WINNS MEWS 4





# A Colourful Start to the Year at 3 Winns Mews

## A Creative Showcase in January

At 3 Winns Mews, the first month of the year was a time for quiet creativity and personal expression. As the festive energy of December settled, residents embraced a more relaxed pace, with engaging activities bringing moments of joy and inspiration.

One standout moment was DK's participation in a colouring activity, where her artistic talent truly shone. With an impressive eye for detail and a flair for vibrant colour combinations, DK transformed simple outlines into unique and expressive works of art. Her dedication to the craft was evident, and each finished piece radiated creativity and individuality.

More than just an artistic endeavour, the activity provided a space

for calm and focus, allowing DK to enjoy the soothing process of bringing colours to life. Her beautiful creations not only brightened up the room but also inspired those around her, reminding everyone of the joy found in artistic expression.

As January draws to a close, 3 Winns Mews looks forward to more moments of creativity, inspiration, and shared experiences in the months ahead.

**AUTHOR:** MARY GYIMAH

**PHOTOGRAPHER:** MARY GYIMAH





## A Night to Remember: JL's 21st Birthday at Winns Mews

JL marked her 21st birthday at Winns Mews, celebrating in the place she loves most. Staff and the deputy manager prepared a fantastic party, with KW surprising JL with a thoughtful gift. The manager joined in, making the evening even more special.

A heartfelt speech from DM brought emotion to the celebration, followed by laughter and fun as JL, with staff's help, created a memorable TikTok video.

With warm wishes, surprises, and joy, JL's 21st was truly a night to remember.

**AUTHOR:** FAHMIDA  
**PHOTOGRAPHER:** AMANDA  
ROBINSON



# Success and Happiness at 6 Winn's Mews

## Celebrating Achievements and Looking Forward to the Future

**J**anuary at 6 Winn's Mews has been a month filled with joy, progress, and well-deserved celebrations. The ladies are thriving, embracing their personal journeys, and making exciting plans for the future. While some moments may feel overwhelming, they remind themselves that "time is the master"—and with each new day comes new opportunities.

One of the highlights of the month was celebrating Jess's 19th birthday. Birthdays at 6 Winn's Mews are always special, and this was no exception. Jess spent the day exactly how she wanted—shopping with staff to pick out her favourite foods and, of course, the perfect cake. In the evening, she dressed up beautifully and went out with friends, her radiant smile reflecting just how much she enjoyed her special day.

Another fantastic achievement to applaud is ME's acceptance into a volunteering role with Shout, the UK's first and only free, confidential 24/7 text messaging support service. This vital organisation became a lifeline for many during the pandemic and continues to provide crucial assistance, especially in challenging times like the current cost-of-living crisis. ME's new role will involve supporting people over the phone, an incredible step in her journey as she studies psychology. Not only is this experience invaluable for her future career, but it also strengthens her goal of achieving independence and one day moving into her own home.

January has truly been a month of success and happiness, and the future looks bright for everyone at 6 Winn's Mews. With continued support, determination, and a positive outlook, there is no doubt that even greater achievements lie ahead.

**AUTHOR:** HARRINGAY ROAD

**PHOTOGRAPHER:** HARRINGAY ROAD





# Crafting New Beginnings: HJ's Colourful Journey at Magic Life UK

**A Story of Style,  
Creativity, and Fresh  
Perspectives**



Since her recent arrival at Magic Life UK, HJ has embraced every opportunity to add a personal touch to her daily life, quickly becoming a cherished part of the community. One of her newfound passions is knitting—a relaxing and creative pastime that allows her to express herself while sharing moments with others in the home. Whether it's working on a new project or chatting with friends while knitting, HJ's enthusiasm shines through.

Seeking an extra dash of creativity and self-

expression, HJ also took a trip to a local salon, treating herself to a fresh new look with a bold hair colour. Her vibrant new style is a reflection of her adventurous spirit and readiness to embrace change with confidence and flair.

HJ's positive energy and love for creative pursuits bring a delightful warmth to those around her, inspiring others to explore their own interests and embrace self-expression in new ways.

**AUTHOR:** THE WHITE HOUSE  
**PHOTOGRAPHER:** THE WHITE HOUSE