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#### **MagicLife** Life News

## **Harvesting Joy**

s summer takes its bow and the days grow shorter, September arrives carrying the gentle hush of transition. The air feels cooler in the mornings, carrying with it the scent of damp earth and freshly fallen leaves. Evenings slip in a little earlier, inviting us indoors with the promise of warm light, shared meals, and conversations that linger. For many, September signals a return to routines and rhythms after the easy pace of summer, but at Magic Life we see it as something much more: a chance to harvest joy, connection, and community in abundance.

#### The Spirit of Harvest

Harvest has always been about more than gathering crops. It's about celebrating the work done, the seeds sown months before, and the care that has brought something to fruition. At Magic Life, our "harvest" is not apples or corn, but laughter, stories, friendships, and achievements. Every joke shared in a lounge, every painting finished, every walk taken together—they are the fruits of our shared life. September is our reminder to notice them, appreciate them, and gather them into our collective memory.

This is also a time for reflection. Just as farmers look over the fields and consider what worked well and what they'll try differently next season, we too take stock. What activities have sparked the biggest smiles? What small changes have brought the most comfort? What new routines are worth keeping as we move into autumn? Reflection doesn't need to be serious—it can be a joyful recognition of the ways we've grown and thrived together.

#### The Warmth of Routine

After the excitement and spontaneity of summer, September brings with it a comforting rhythm. School terms restart, television schedules shift, and the steady pattern of the year reasserts itself. At Magic Life, we embrace that steadiness. Routine can be reassuring; it gives shape to our days and creates space for the extraordinary to stand out.

That doesn't mean things slow down—far from it. With routine comes the chance to add creativity and magic into predictable patterns. An ordinary tea break can become a poetry sharing circle. A Tuesday afternoon can transform into a "Harvest Bake-Off," where apple crumbles compete for the crown. Even a daily walk takes on new charm when the trees start showing off their fiery autumn colours. The beauty of September is that it teaches us: joy isn't only in the big events, but in the ways we season our everyday with imagination and togetherness.

#### Community at the Core

The heart of Magic Life has always been its people. September reminds us of the strength and warmth in community. As the weather cools, we lean a little closer to one another, cherishing the bonds that hold us together. The late-summer garden barbecues may be behind us, but in their place come hearty meals indoors, storytelling evenings, and the sound of laughter echoing through our shared spaces.

One of the most beautiful things about this time of year is the way it draws us into reflection with one another. Conversations stretch longer, people share their favourite memories of summers gone by, and we discover how much wisdom sits among us. September is a perfect month to pause and listen—to ask about someone's first day at school decades ago, or their favourite autumn tradition, or the meal that always reminds them of home. These conversations are part of our harvest too: nourishing, grounding, and deeply connecting.

#### **Celebrating Our Teams**



None of this magic would be possible without the dedication, creativity, and compassion of our teams. If summer was a whirlwind of outdoor fun and endless planning, September is when your adaptability truly shines. You're the ones organising autumn fairs, leading baking afternoons, creating cosy corners for crafts, and making sure no one feels the chill of change. It's your energy that fills September with warmth, and your care that ensures every resident feels seen and valued.

Thank you for bringing your full hearts to this season of transition. Whether you're juggling schedules, decorating with autumn leaves, or simply offering a kind word when someone feels the shift of seasons, you are the heartbeat of Magic Life. September may bring cooler weather, but your work ensures that our homes are warmer than ever.

#### Finding Magic in the Everyday

Autumn has a way of teaching us to slow down and look closer. The rustle of leaves underfoot, the smell of cinnamon drifting from a kitchen, the golden glow of a lateafternoon sunbeam—these are small details, but they're also pure magic. At Magic Life, we encourage everyone to notice these little treasures. Because when you add them

together, they become the foundation of joy.

This September, let's celebrate not just the big moments, but the ordinary ones too. The laughter during a card game. The pride in finishing a puzzle. The comfort of hearing a familiar song on a cool evening. These are the things we gather, store, and carry with us long after the season has passed.

#### **Seasonal Inspiration for September**

If you're looking for ways to keep the harvest spirit alive this month, here are a few ideas to spark creativity and fun:

#### • Harvest Festival Day

Bring the spirit of the season indoors with apple tasting, pumpkin decorations, and autumnal games. Think bobbing for apples, sunflower seed planting, or creating leaf collages.

#### Autumn Bake-Off

Encourage residents to team up and bake something seasonal, from apple pies to ginger biscuits. End with a shared tasting session, complete with hot chocolate.

#### Story Harvest

Invite everyone to share a favourite autumn memory. Create a "*Harvest Story Book*" with quotes, drawings, or photos to preserve those moments.

#### • Cosy Cinema Night

Turn the lounge into a cinema with blankets, popcorn, and classic films that suit the season.

#### · Crafting with Nature

Gather leaves, acorns, and conkers from outdoor walks and use them in creative projects, from wreaths to table decorations.

#### Gratitude Wall

Set up a space where residents and staff can pin notes of appreciation, recognising moments or people that brought them joy this month.

#### **Closing Thoughts**

September is a reminder that joy doesn't disappear when summer ends—it simply changes its shape. It becomes cosier, warmer, more rooted in the everyday. As we gather the fruits of the season, let's remember that our greatest harvest is each other. Every shared smile, every kind gesture, every memory made is a treasure worth holding on to.

So here's to September: a month of harvesting joy, of filling our shelves with laughter and love, and of carrying the light of community into the months ahead.

#### **Happy September!**

Pawel Gawronski: Regional Manager



#### **MagicLife** Life News

## A New Beginning

# Celebrating Aneta's incredible journey at West Lodge as she welcomes her biggest adventure yet

#### Thank You, Aneta

A heartfelt farewell (for now!) as West Lodge's founding manager begins a new chapter

There's something truly special about opening a new service—it takes passion, patience, and a whole lot of



heart. That's exactly what Aneta brought to West Lodge in Luton, steering its launch with grace, determination, and her signature warm smile. From day one, Aneta laid the foundations for a vibrant, welcoming home, and we couldn't be more grateful for her incredible work.

Now, as she steps into a new and very exciting role—Mum!—we're wishing her all the love and happiness in the world. Aneta has officially started her maternity leave, and although we'll miss her leadership and positivity, we're absolutely overjoyed for her and can't wait to meet her new arrival!

#### **Passing the Torch**

With Aneta off to enjoy baby cuddles and sleepless nights (the joyful kind!), we're delighted to welcome Caroline as the new manager of West Lodge. Having joined Magic Life a little over a month ago, Caroline is already settling in beautifully, bringing her own spark and enthusiasm to the team. With Caroline at the helm, West Lodge is in safe—and very capable—hands.

To Aneta: thank you for everything. You helped bring West Lodge to life, and your efforts will

always be part of its story. We look forward to your visits (baby in tow, of course!) and send you all our warmest wishes for this exciting new adventure.



## Ali Becomes A Registered Manager

Ali Slater steps up as Registered Manager alongside Pawel

We're sending a huge round of applause to the wonderful Ali Slater, who has officially joined Pawel in becoming a Registered Manager for Magic Life with the CQC!

Ali is no stranger to leadership—she already oversees our Hertfordshire, Bedfordshire and Winns Mews services as Area Manager, and now she's bringing that same spark, experience and dedication to this new role. With her deep knowledge of our values and her unwavering commitment to the people we support, Ali's registration marks an exciting new chapter for our teams.

#### A Natural Next Step

For those who know Ali, this achievement feels like a natural next step. Her steady presence, thoughtful leadership and genuine warmth have made her a muchloved figure across Hertfordshire and beyond. Now, as a Registered Manager, Ali will continue to shape the future of our services with the same care, passion and purpose she brings to everything she does.

#### Two Heads Are Better Than One

Together with Pawel—who has long been a pillar of strength and guidance—Ali now forms part of a powerful leadership duo, offering even more support, oversight, and inspiration across Magic Life. We couldn't be prouder to see her officially recognised in this role.

Congratulations, Ali! We can't wait to see what's next.

#### **MagicLife** Winns Mews

## **Gatsby Glamour**

## A day of sparkle, style, and unforgettable moves

Winns Mews was transformed into a scene straight from the roaring twenties this August, as residents, staff, and guests gathered for the spectacular Great Gatsby Fashion Show. From the moment the music began to play and the guests began to arrive, it was clear this would be no ordinary day—it was a full-blown celebration of creativity, confidence, and community spirit.

#### A Red Carpet to Remember

The festivities opened with a warm welcome from the evercharismatic Master of Ceremonies and a heartfelt address by Service Manager Cheryl, setting the perfect tone for the day ahead. As guests found their seats, the room buzzed with excitement—and glamour. Participants dazzled in themed outfits and handmade masks, turning heads with every entrance.

The show began with a powerful solo by Heidi from the White House, whose voice carried emotion and pride. Then came the red carpet moment—part fashion parade, part dance party—as residents and staff lit up the runway with their chosen moves and personal flair. The DJ kept spirits high with an irresistible playlist, and the energy reached a peak when Area Manager Alison and Cheryl herself strutted their stuff on the catwalk.

#### When PKP Stole the Show

One of the day's biggest surprises came courtesy of PKP from Winnsmews 2, who wowed everyone with an impromptu dance performance. Known for his quiet nature, PKP showed a bold and brilliant side of himself that left the crowd cheering.

Next came the ever-popular game of Limbo, where laughter echoed and hips were tested! It was a joyful display of balance, flexibility—and more than a few brave attempts at conquering the stick.

#### A Feast to Finish

All that fun worked up quite the appetite, and the postshow feast didn't disappoint. Guests tucked into a delicious spread featuring Jollof rice, fried rice, chicken wings, salads, and more—each dish as vibrant and satisfying as the event itself.

#### Continue >>

#### Celebrating in Style

As the celebration drew to a close, it was time to honour the stars of the day. Taylor's mask design turned heads and won well-deserved applause. Heidi and Errol claimed the title of Best Dressed Female and Male, while Mary Gyimah and Oluwapelumi were recognised as the best-dressed staff

The event ended on a heartfelt note, with warm thanks from the Master of Ceremonies to everyone from Winns, Parkside, and Park Lodge who contributed to making the day a success. As the music faded, the memories lingered. Several participants didn't want the fun to end and suggested making the fashion show an annual tradition—and honestly, who could blame them?

This was more than an event; it was a celebration of self-expression, togetherness, and the joy that happens when we all come together with open hearts—and a little bit of sparkle.

AUTHOR: MICHAEL MUIRU
PHOTOGRAPHER: OLUWAPELUMI AND OLUWASEYI









#### MagicLife 672 High Road

# Home Comforts and Community Connections

Though 672 High Road may only be home to two residents, it's clear that this small service is packed with big heart and even bigger achievements. August brought a blend of home-based routines, community activities, and a shining example of staff dedication—all part of a warm and supportive environment that truly puts people first.

#### From Juice to Joy: Chris Leads the Way

This month, Chris rolled up his sleeves and got fully involved in a variety of life skills at home. From preparing his own breakfast and lunch to becoming something of a juice-making expert in the mornings, Chris continues to take positive steps in his independence.

But that's not all—Chris is also quite the domestic whizz!

Whether it's organising his space or helping Segun and the team with the cleaning, his sense of pride in his surroundings shines through. A trip to Aldi added a little extra excitement, especially as Chris took the lead with scanning items and making his own payments. Supermarket superstar in the making? We think so!

#### Star Support from Kellyann

This month's team meeting on 29 August came with a special shout-out to Kellyann Adjei—and for good reason. When Segun was away and the deputy unavailable, Kellyann stepped up in every way. She didn't just hold the fort; she went above and beyond, even completing online shopping for residents on her days off!

Recognised unanimously by her colleagues, Kellyann's dedication and kindness earned her the well-deserved title of Staff of the Month. A big cheer from all of us at Magic Life—thank you, Kellyann, for being a true team player.

#### **Small Team, Big Impact**

With just two residents, 672 High Road might seem like a quiet corner of the Magic Life community—but it's a place where everyday victories are nurtured and celebrated. Whether it's mastering a morning routine or stepping up to support the team, this service proves that even the smallest settings can be full of big moments.



Adeyemi Makinde

#### Star Turn for Adeyemi

A natural on the mic and a hit with the crowd!

Adeyemi stepped into the role of Master of Ceremony for the first time—and absolutely nailed it. His vibrant energy lit up the room, and with each introduction, he brought humour, charm, and excitement that had everyone smiling. It was hard to believe this was his debut, as he carried the role with confidence and flair. Fantastic job, Ade—what a show!

# **Celebrating Our Everyday Stars**

## A workplace powered by kindness, teamwork, and heart.

Across Magic Life, one thing is crystal clear: we are surrounded by remarkable people who lift each other up every single day. The words shared by colleagues about their fellow team members paint a beautiful picture of a workplace rooted in compassion, dedication, and genuine connection. Whether it's leading multiple services with quiet strength, stepping up to host a show with confidence and flair, or bringing people together through delicious homecooked meals—our team members are going above and beyond in ways that truly matter.

Leadership here isn't just about titles; it's about action. From those newly promoted to those long-established, what shines through most is the way people lead with empathy and a willingness to learn. They're not just ticking boxes—they're inspiring others, offering support, and creating a culture where everyone feels seen, heard, and valued.

What really stands out is the sense of community. Staff members speak of one another with admiration and gratitude, often highlighting how a simple act of kindness, a shared laugh, or a helping hand can make all the difference. Whether it's Belinda's boundless energy, Ekemini's motivational spirit, or



Rita Ojo

#### Rising Star Rita

Climbing high with heart and hard work!

Rita may be one of the newer faces at Magic Life, but she's already made a lasting impression. Through her dedication, compassion, and consistent hard work, she's swiftly risen to the role of Senior Support Worker—an achievement that speaks volumes about her commitment to those she supports.

Well done, Rita! You're a shining example of what passion and perseverance can achieve.



#### Michael Tachie

#### **Team Spirit in Action**

A quiet hero with a big heart for the team.

I'm proud to nominate him for his unwavering dedication and genuine team spirit. Over the past 1 year and 9 months, he's consistently gone above and beyond—always ready to lend a hand, offer support, and bring people together. From cooking up meals for the team during events to stepping in whenever a colleague needs help, he does it all with kindness, respect, and a smile.

His positive attitude and thoughtful actions make a real difference every day—he's a true asset to the team.



Belinda Adamu

#### Belinda Brings the Buzz

A fresh face with unstoppable energy!

Belinda has quickly become a shining star at 5 Winns Mews. With her roll-up-your-sleeves attitude and cheerful spirit, she's already making a big impact on the team. Whether she's tackling new challenges or picking up new skills on the spot, Belinda throws herself in with enthusiasm and drive.

Her positivity is infectious, her work ethic is inspiring, and her willingness to learn never goes unnoticed. We're lucky to have her on board—thank you, Belinda, for bringing your A-game every single day!

Cheryl's calm and caring leadership—each story shared reminds us that it's the people who bring our values to life.

These reflections aren't just compliments—they're proof that the Magic Life team is something truly special. Together, we're building more than just a service. We're building a place where excellence and empathy go hand in hand, and where everyone has the chance to shine.

### "Together, we're building a place where excellence and empathy go hand in hand."



Ekemini Awak

#### **Ekemini Leads the Way**

Inspiring growth, one day at a time

Ekemini is a truly valued member of the team, leading with excellence and heart in everything she does. Her dedication to the wellbeing of both residents and colleagues shines through daily, and her natural ability to motivate and guide others is something special.

She doesn't just complete tasks—she uplifts those around her, encouraging growth, progress, and teamwork. Always open to learning and unafraid of a challenge, Ekemini brings a proactive mindset and a compassionate spirit that set the tone for the entire service. Her contributions make our workplace stronger, and her leadership deserves every bit of recognition.



Joy Akindor

#### Joy on the Menu

Serving flavour, leadership, and a whole lot of love!

Joy deserves a big round of applause for her incredible contribution to our recent events. As the creative force behind the mouth-watering menu for AA's birthday and the fashion show, she led the way in preparing a feast that had everyone coming back for seconds!

From the rich, fragrant jollof rice to the perfectly spiced fried rice and those light, fluffy puff puff treats, every dish was a hit. While the whole team played their part, it was Joy's leadership in the kitchen that ensured each bite was bursting with flavour and beautifully presented. The compliments rolled in, and it was clear—Joy's passion for cooking and her attention to detail made all the difference.

Thank you, Joy, for bringing such delicious joy to our celebrations!



Cheryl Evans

#### Cheryl's Quiet Power

Leading with heart across every service.

Cheryl's leadership stretches across six-plus services—each with its own unique demands—yet she carries it all with a calm strength, unwavering compassion, and genuine care. What makes her truly stand out isn't just the scale of her role, but the grace and empathy with which she leads every day.

She masterfully balances operational excellence with meaningful personal connection. Whether guiding a team member through a new process or stepping in during a busy shift, Cheryl always puts people first. Her presence is reassuring, her support consistent, and her kindness unmistakable.

Cheryl empowers others not through pressure, but through encouragement, coaching, and quiet confidence. She takes the time to listen, adapt, and understand—fostering a culture where staff feel supported and residents feel truly valued.

Even with so much to oversee, she never loses sight of the individual. Her approach creates more than just smooth-running services—it builds trust, lifts morale, and inspires everyone around her. Cheryl proves that leadership rooted in care can be both powerful and transformative.

#### **MagicLife** Greyhound Road

## Greyhound Resilience

### August's warmth shines through shared moments

August often stirs a mix of memories, and at Greyhound Road, it's no different. While the month can bring its challenges, this year it was met with strength, warmth, and community spirit—proving once again that Greyhound Road is more than a service; it's a family.

Led by a devoted team and supported by a network that truly cares, the Greyhound Road household embraced the month with open arms. Whether navigating daily routines or planning special events, everyone played a part in creating a sense of safety, stability, and—most importantly—joy.

#### From Simple Walks to Shared Feasts

The everyday outings were a delight: walks through central London, casual grocery trips, and meals enjoyed at nearby restaurants all gave

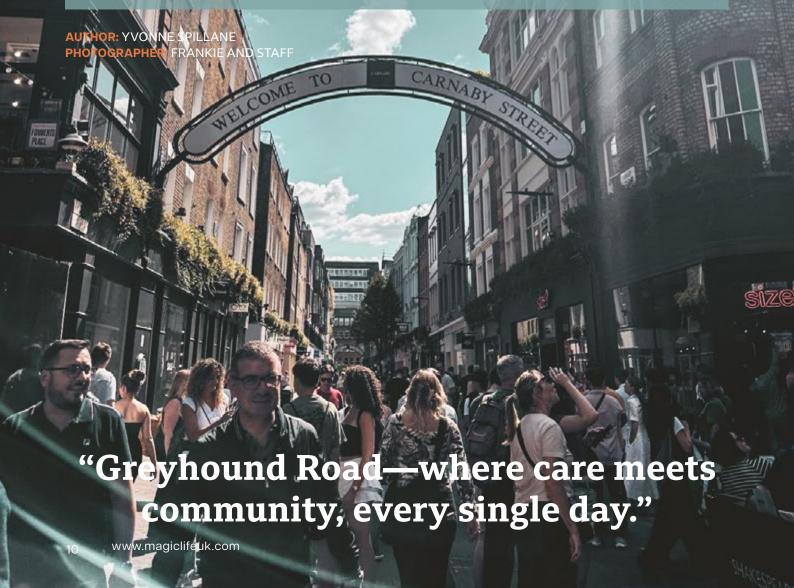
residents the chance to connect with the world around them. But it was the Bank Holiday family roast that stole the show! The room buzzed with laughter, plates were generously filled, and spirits were sky-high—an unforgettable celebration that perfectly captured the essence of Greyhound Road.

## A Season of Togetherness

As summer gently bows

out and autumn rolls in, there's a renewed sense of hope and connection in the air. Greyhound Road continues to be a place where resilience grows, milestones are shared, and healing is woven into the everyday moments.

August 2025 may be behind us, but the strength, humour, and heart shown throughout the month will be carried forward—with pride and gratitude.



#### **MagicLife** Bruce Grove

# From Shelter to Strength

## BF's heartfelt farewell to Bruce Grove

fter a transformative chapter at Bruce Grove, BF is moving forward with hope and purpose, bidding farewell not in sorrow, but with gratitude. His time at Magic Life has been one of personal growth, connection, and quiet triumph—a journey that has left its mark on everyone lucky enough to know him.

#### "A shelter is a blessing"

BF arrived at Bruce Grove during the bitter chill of winter—at a time when the warmth of shelter was more than just physical. His cosy flat became a place of refuge and dignity. "A shelter is a blessing," he reflected, recalling the simple power of a warm mattress and a private space to call his own. It was here that he began to heal, rest, and slowly rediscover his sense of self.

## Kindness, Community and Christmas Dinners

Despite the challenges of communal living, BF embraced the opportunity to share moments of fellowship with fellow residents. He fondly recalled shared meals and moments where kindness—whether given or withheld—was a choice he made with grace. These acts of restraint and generosity shaped his time at Bruce Grove in subtle but profound ways.

Festivities were another highlight. He expressed deep thanks to Deputy Manager Emem, who spearheaded joyful Christmas and birthday celebrations, and helped coordinate volunteering opportunities. BF particularly loved volunteering with Food Cycle—cooking, serving, and packing meals for others facing homelessness. And of course, there was no forgetting those "very nice" roast potatoes cooked by Abu!

#### "A 10 out of 10" for health and hope

BF proudly rated his physical health a solid 10 during his stay—a remarkable achievement and testament to his

commitment to personal wellbeing. With plans in place to join a gym, he's keen to continue this health journey in his new home.

Even more touching was his reconnection with family. With patience and effort, BF has rebuilt bridges with his mother and brother—relationships that now serve as sources of strength for his next steps.

## A Toast to New Beginnings (Hold the Alcohol)

One of BF's greatest personal victories has been in overcoming substance use. With over two years of sobriety behind him, he's swapped old habits for non-alcoholic alternatives and a fresh start. "The efforts inputted in this area of my life have now paid off," he shared—crediting the Bruce Grove team, and especially his key worker Fortune, for their encouragement and belief in him.

## Dreams, Takeaways and Determination

Though BF admits his career hasn't yet taken off, his optimism remains unshaken. His dream job? Working in an Indian takeaway—a goal rooted in both his love of food and his desire to give back to the community. It's a humble yet hopeful ambition that reflects the sincerity of someone ready for life's next chapter.

#### BF's words say it best:

"Bruce Grove gave me more than shelter – it gave me peace of mind. I am leaving stronger, better, and I am grateful for every moment."



#### **Reflections from the Team**

Emem, Deputy Manager: "BF always showed up with a smile, even on tough days. His appreciation for the little things—like Christmas dinner—reminds us why we do this work."

Fortune, Key Worker: "BF's journey is a testament to quiet resilience. Supporting him through his recovery and reconnection with family was deeply rewarding."

#### A New Chapter Begins

As he moves into his new accommodation, BF carries more than just belongings—he takes with him the strength, lessons, and kindness cultivated at Bruce Grove. And while this is farewell, it's far from the end. In many ways, it's just the beginning.



### **Seaside Stories**

# Dreamy skies and splashes of creativity at Grove Park Road

rove Park Road came alive with imagination this August as residents rolled up their sleeves for a special arts and crafts session titled Stormy Shores and Seaside Scenes. The room was soon filled with brushes, colours, and brilliant ideas, as everyone set out to paint their own dream destinations by the sea.

#### **Painting the Mood**

The focus of the session was all about exploring mood and atmosphere—no sunny postcard beaches here!

Instead, residents delved into painting expressive seascapes filled with crashing waves, dramatic skies, and their own one-of-a-kind characters. Some told stories through their artwork, while others simply enjoyed the soothing rhythm of painting alongside friends.

#### A Splash of Collaboration

As paints swirled and canvases came to life, so too did the conversations. Residents shared ideas, swapped tips, and offered plenty of encouragement

to one another. The relaxed and supportive environment sparked not just creativity but real connection, with plenty of laughter and storytelling along the way.

The final creations were as unique as the artists themselves, and there was a real sense of pride as the finished pieces were admired by all. For many, the day offered not just a chance to express their imagination, but a gentle moment of calm and joy.



#### **MagicLife** Harringay Road

## Living the Life

### Jaime embraces summer with style, strolls, and a splash of self-care

aime has been making the most of the sunshine and good vibes lately—and we love to see it! From relaxing pedicures to lively pub lunches, he's been stepping out, soaking it up, and showing us all how to enjoy the little luxuries life has to offer.

Nothing says "living your best life" like a fresh trim, and Jaime kicked off his week with a stylish visit to the barber's—leaving him looking sharp and feeling even better. Add to that a pedicure, and you've got self-care goals sorted!

But it wasn't all pampering. Jaime's also been out and about exploring the local area, taking in the fresh air with peaceful walks through the park. And for the big highlight? A trip to the iconic Tottenham Hotspur Stadium, where he enjoyed a bit of sightseeing and soaked in the atmosphere of one of North London's sporting landmarks.

Jaime's adventures are a reminder that the simplest things—good food, great company, and a sunny day—can make for the most memorable moments.







#### MagicLife Burlington Lodge

## Fun and Friendship

## A colourful August at Burlington Lodge

August brought a dazzling array of activities to Burlington Lodge, filling the days with laughter, creativity, and togetherness. From fashion shows to fairground rides, peaceful park strolls to fitness-focused routines, residents enjoyed a vibrant mix of experiences that strengthened bonds and lifted spirits.

### Fashion Forward and Face Mask Fabulous

One of the month's standout events took place at Winns Mews, Magic Life's sister project, where a creative fashion show and sunshade face mask design competition drew in residents from across projects. Sam proudly represented Burlington Lodge, supported by the ever-enthusiastic Boakye.

With lively music, colourful creations, tasty food, and plenty of good vibes, the day was all about celebrating individuality and style—with a healthy dash of fun!

#### Fairground Thrills and Smiles All Round

The adventure continued at the Finsbury Park Fun Fair, where residents including Stephen, Sam, Michael, Elijah, and (yes, another!) Sam soaked up the festive atmosphere. From exhilarating rides to shared meals and toe-tapping music, the day offered joyful moments and unforgettable memories for everyone. There was no shortage of smiles—or candyfloss!

#### Nature, Ducks, and a Moment to Breathe

Not all the magic came from high-energy outings. A peaceful visit to Woodberry Downs offered something just as special. Residents strolled by the shimmering lagoons, tossing bread to ducks and soaking in the calm surroundings. These quiet moments in nature provided a refreshing pause—a chance to reflect, relax, and simply enjoy being in the moment.

#### Fitness with a Personal Touch

August also kept residents moving! Michael joined the My Way Walker programme at Ermine Day Centre, combining walking and cycling to boost his coordination and build strength. Meanwhile, Sam embraced an in-house physiotherapy plan, guided by our skilled staff, helping him maintain flexibility and independence through regular, tailored exercises.

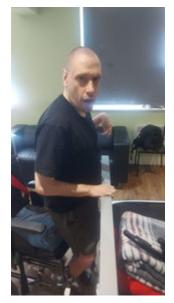
#### Looking Ahead with Energy and Joy

Each of these August highlights has added something

special to life at Burlington Lodge—bringing physical benefits, emotional uplift, mental engagement, and a powerful sense of community. Whether through active days out, creative expression, or supportive routines, every moment has contributed to our shared journey of growth and joy.

Here's to the next chapter—September, we're ready for you!







#### MagicLife Cherry Tree Lodge

## August at Cherry Tree Lodge

# A month of colour, connection, and community spirit

s summer reached its glorious peak, Cherry Tree Lodge bloomed with life, laughter, and creativity this August. From lively outings to heartwarming homecomings, every day brought a new reason to smile—and plenty of moments worth celebrating.

#### Golden Days and Big Smiles

SG had a truly memorable month, kicking things off with a sunny bus adventure through town alongside one of our fantastic support staff. The highlight? A cheerful stop at McDonald's — proving that happiness really can come with fries! Ever energetic, SG also returned to the football pitch, dazzling us all with his enthusiasm and impressive footwork. Talk about a winning streak!

#### **Creativity in Full Swing**

Art was in the air throughout August
MA immersed herself in painting, creating eye-catching
pieces that reflect both her talent and sunny spirit. Over
in the community, CP came back from a trip refreshed and
stylish, sporting a sharp new haircut and sharing plenty of
lively football chat. These little moments — of creativity

self-expression, and connection — are the heartbeat of Cherry Tree Lodge.

#### A Bank Holiday to Remember

August's grand finale came in the form of our Bank Holiday Barbecue, and what a day it was! With burgers sizzling and brushes swirling, residents and staff came together for a delightful "Sip and Paint" afternoon in the garden. A huge cheer for RF, SG, JE, and MA, who dazzled us with their artistic flair. And a special thank you goes to the resident behind the beautifully designed invitation poster — your thoughtful work helped set the tone for a joyful celebration.

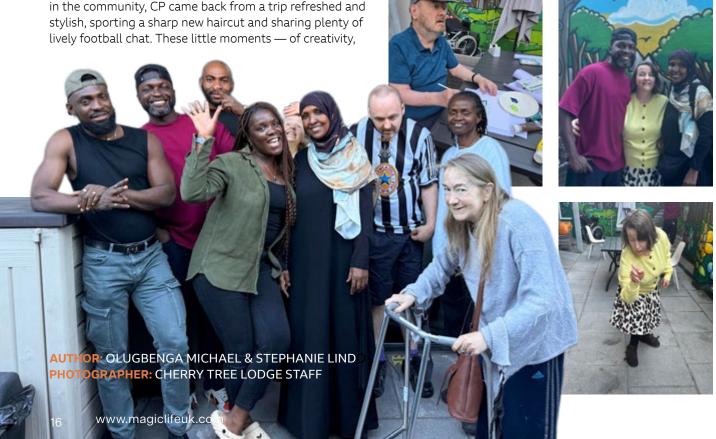
### "Your work set the tone for a beautiful day!" A Heartfelt Homecoming

The Lodge was filled with extra warmth this month as we welcomed AL back home. Her return was met with beaming smiles and open arms — a testament to how deeply she's been missed. It's wonderful to have you with us again, AL.

#### **Celebrating Every Moment**

August reminded us of the simple things that make Cherry Tree Lodge such a special place: the friendships, the creativity, the shared joy. Whether it's a masterpiece painted in the garden or a laugh shared over lunch, these moments are what truly matter.

Here's to another month of laughter, colour, and cherished memories — and to many more still to come.



#### **MagicLife** Hale End

## Sunshine and Smiles

August adventures bring seaside fun and forest calm to Hale End

August was a golden month at Hale End, filled with sunshine, seaside treats, and forest discoveries. Residents and staff came together not once but twice to explore, enjoy, and create memories that are sure to last well into autumn. With the Magic Life bus revved and ready, this month's outings brought smiles, sandy shoes, and plenty of photo-worthy moments.

#### A Day by the Sea

Southend Seaside – 15th August

It was buckets, spades, and beach hats at the ready as the Hale End crew set off for the Southend coast. Spirits were high as TP, AB, and their support staff loaded the bus with all the essentials—suncream, sunglasses, and, of course, packed lunches!

After a scenic drive, the group arrived just after midday and wasted no time getting into beach mode. While TP and his support team went seashell hunting at the shoreline, AB and others took in the view from under a shady tree, enjoying lunch with a sea breeze. TP tucked into fish and chips, while AB enjoyed chicken and chips from a lively funfair stall.

Next came a ride on the Southend Pier Railway, followed by views of the dramatic seaside roller coasters in full swing. The highlight? Climbing a nearby mountain for stunning views across the beach—perfect for photo ops and peaceful reflection. With ice creams in hand and sandy toes aplenty, the group wrapped up the day and headed back home on the Magic Life bus.

#### Into the Woods

Hainault Forest – 22nd August

Just a week later, it was time to swap surf for soil as CH, AB, and the team ventured into the green heart of Hainault Forest. The journey kicked off with a relaxing 40-minute drive, which included a scenic tour around town.

Once there, the group strolled through the forest trails and visited the farm animals, soaking in the serenity of nature.

The fresh air, friendly creatures, and peaceful surroundings made it a day of calm exploration—a perfect balance to the buzz of Southend.

#### A Month to Remember

These August outings captured the very spirit of Magic Life—bringing joy, connection, and a touch of adventure to everyday life. From the thrill of roller coasters in the distance to the quiet charm of forest walks, it was a month that brought people together through shared experiences and laughter.



ER: DIANA, LILLY, AND KALESH



ur residents at Devonshire
Lodge have been making the
most of August with a fantastic
line-up of activities that brought
joy, laughter, and a healthy dose of
adventure!

The month kicked off with a shopping trip that was full of excitement, as everyone got the chance to pick out their favourite treats and treasures. From stylish finds to snack-time essentials, it was retail therapy at its finest.

Next up was Pedal Power—a favourite with many of our residents. With the wind in their hair and big smiles all around, it was wonderful to see everyone getting active and enjoying the ride. We also took our sense of adventure

a little further afield with a brilliant day out in Central London. The sights, sounds, and energy of the capital made it a memorable trip for all.

Bouncing into even more fun, we had a lively visit to AirHop Enfield. Trampolines, laughter, and a bit of light-hearted chaos—what more could you ask for?

And when it was time to slow things down, our residents enjoyed peaceful days in the park, a cinematic experience at the local cinema, and an engaging trip to the museum. These quieter moments gave everyone a chance to relax, connect, and soak in some culture.

It's safe to say that August has been packed with positive energy, great company, and unforgettable memories. We're already looking forward to what next month will bring!

























#### **MagicLife** Manor Place

### Sizzling Summer Fun

# BBQ delights, football nights, and moments to remember

ugust at Manor was brimming with warmth, laughter, and a true sense of togetherness. As the sun graced us with its presence, we welcomed residents, families, and visitors from the Northlands service to our much-anticipated Summer BBQ — and what a day it was!

#### Flipping Burgers, Sharing Smiles

The BBQ was a team triumph, with staff and parents joining forces at the grill while music filled the air and conversations flowed freely. It wasn't just the burgers that were sizzling — the energy and enthusiasm of the day created an atmosphere that was nothing short of heartwarming. Residents beamed with joy as they tucked into their meals, danced to the tunes, and soaked up the good vibes all around.

#### **Routine and Resilience**

Beyond the big events, August also brought the comforting rhythm of daily routines. Residents continued to flourish with the support of our dedicated staff, striking a balance between independence and engagement. Whether it was a stroll in the garden or a quiet moment with a book, everyone found their own little pockets of peace and purpose.

#### Game On!

One standout moment came when SH attended a Watford home game. From kick-off to the final whistle, his excitement was infectious. A true football fan through and through, SH returned home buzzing with stories, proving that doing what you love is the best kind of therapy.

#### **Moments That Matter**

From BBQ bonding to football fever, August was a month of meaningful experiences and joyful interactions. The smiles, the stories, and the shared moments all added up to something special — a celebration of community, connection, and care.



"The energy and enthusiasm of the day created an atmosphere that was nothing short of heartwarming."



"From BBQ bonding to football fever, August was a month of meaningful experiences."



"Doing what you love is the best kind of therapy."



#### **MagicLife** Northlands

## Bowling, Baking and Bella

## August adventures that brought friends even closer

n the golden days of August, LVM and JC turned ordinary moments into treasured memories, with a month full of friendship, fun, and a fair bit of flour!

These two were inseparable, sharing nearly every activity—and loving every minute of it. One of the standout highlights was a spirited bowling trip, where the energy was as high as the scores. Dressed in matching T-shirts and grinning from ear to ear, LVM and JC brought both skill and sparkle to the lanes. It wasn't just about strikes and spares—it was about the laughter, the teamwork, and a sense of camaraderie that lit up the whole day.

#### Paws, Pals and Playtime

When they weren't bowling, the duo could often be found out and about with Bella, the ever-adorable dog. LVM took

the lead—quite literally—with JC happily joining the walks. Bella's playful tugging and cheeky personality made every stroll a mini adventure. There were giggles, wagging tails, and more than a few "aww" moments as Bella charmed everyone along the way.

#### **Stratford Surprises**

The adventures didn't stop there. A trip to Stratford added a splash of urban exploration to the month. CB couldn't believe the sheer scale of the shopping centre—"It just kept going!" she remarked with wide-eyed wonder. The group also took some cheerful photos among the local statues, capturing both their sense of fun and their flair for posing.

#### **Sweet Treats and Sweet Moments**

As if August weren't sweet enough, LVM rolled up her sleeves and baked some tasty goodies. She had a lovely time in the kitchen, and the results were as delightful as the smiles they brought. There's something special about sharing a homemade treat with friends—and in this case, the baking was just as joyful as the eating.







THE REAL PROPERTY.

#### MagicLife Park Lodge

### A Month of Memories and Milestones

# August adventures and joyful achievements at Park Lodge

August at Park Lodge was a celebration from start to finish—packed with heart-warming farewells, fabulous fashion, and exciting firsts. The month offered something special for everyone, and the spirit of community truly shone through.

#### A Fond Farewell and a Double Celebration

We began by saying goodbye to the lovely Tori, who's moved on to a new service. But in true Park Lodge style, it wasn't just a farewell—it was a party! Friends gathered to celebrate her journey so far, swap stories, and wish her well. And as if that wasn't enough, we also celebrated her birthday at the same time. Double the reason to smile!

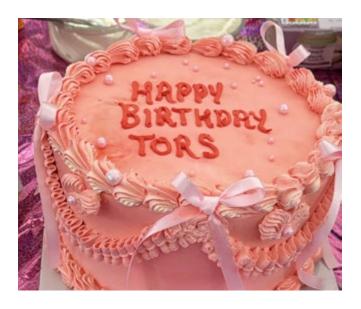
#### **Cool Cuts and New Specs**

RG made the most of August with a mix of relaxing and running errands—whether chilling at the internet café or picking up his shiny new glasses from Specsavers. He's been wearing them with confidence ever since! Meanwhile, Shomari enjoyed a fresh trim and a tasty treat at Cobblers. The duo also joined in for some fun exercise sessions in the park, proving that staying active doesn't have to mean staying indoors.

#### **Cheers to Citizenship**

One of the standout highlights this month was Bryce becoming an official British citizen! It's a truly incredible





milestone, and the whole Park Lodge family was bursting with pride. What a moment to remember!

#### **Independent Steps and Stylish Nights**

PRM is soaring in her independence journey. She ventured out on her first solo shopping trip, grabbed a well-earned Greggs snack, and even styled her own hair. The confidence boost? Absolutely priceless.

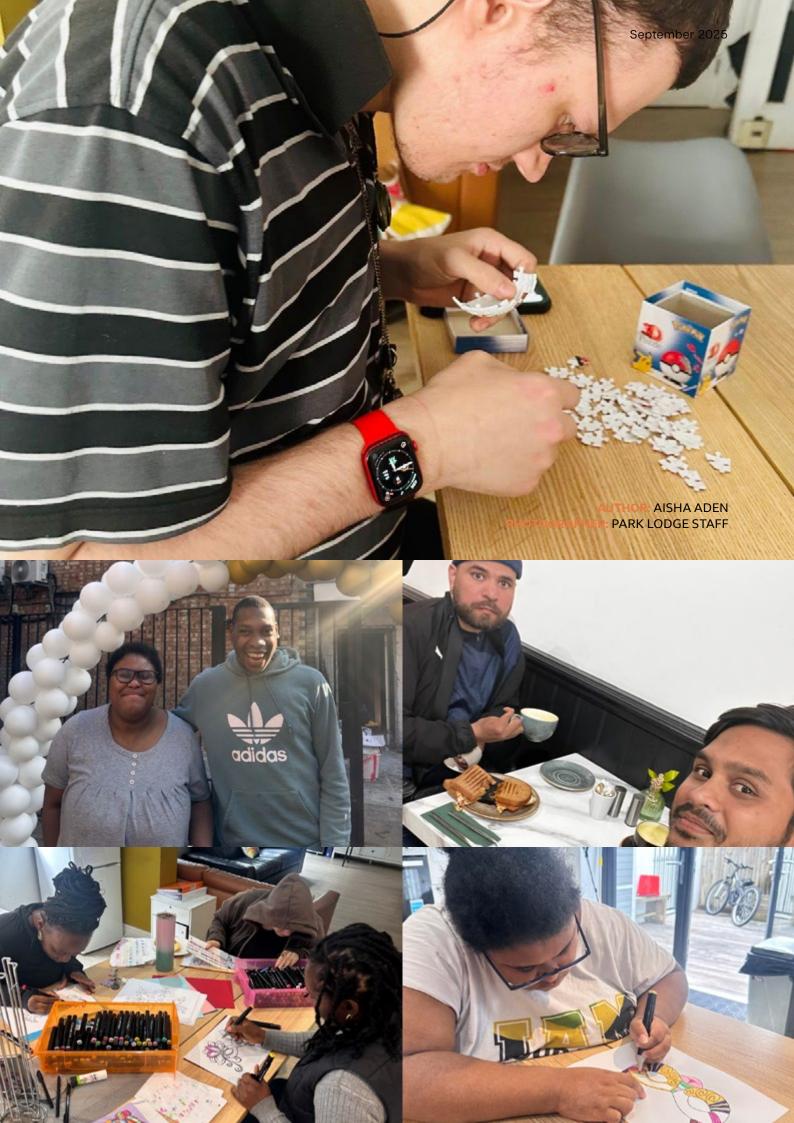
TG had a fantastic time visiting Pets at Home, soaking in the buzz and bonding with the animals. Later, TG, Shomari, RG, and PRM took the spotlight in style at the Great Gatsby fashion show held at Winn's Mews. With glitz, glamour, and plenty of poses, the night was a true celebration of self-expression and sparkle.

#### Welcome to the Family

We were thrilled to welcome Emediong, our new Senior at Park Lodge. From day one, she's brought warmth, energy, and a genuine care that's lit up the home. She's already become a cherished part of the team, and we can't wait to see all the amazing things she'll continue to bring.

With memories made and milestones marked, August reminded us all how much joy, growth, and connection is happening every day here at Park Lodge.





#### MagicLife Park Side

## **Summer Spirit**

## A month of sunshine, style and shared joy

This August, Park Side was brimming with energy and excitement, with residents and staff making the very most of summer days together. From sizzling barbecues to stylish fashion shows, the month was a celebration of friendship, laughter and unforgettable memories.

#### A Feast to Remember

Nothing says summer quite like a good old barbecue— and Park Side certainly delivered! Residents tucked into delicious food while welcoming friends from Park Lodge to join in the fun. The air was filled with chatter, laughter and the mouth-watering smell of freshly grilled treats. "It was wonderful to see everyone enjoying themselves," one resident remarked, summing up the spirit of the day perfectly.

#### Fashion, Fun and a Trophy or Two!

Meanwhile, over at Winns Mews, the catwalk was calling. ED and SR both took to the stage with dazzling confidence, donning masks and dancing with infectious joy. Their efforts didn't go unnoticed, as each proudly walked away with a trophy. The excitement didn't end there—both returned to Park Side eager to share their achievements with staff and fellow residents. A moment of pride, and proof that a little sparkle goes a long way!

#### Out and About in Town

PC also enjoyed a wonderful outing to Enfield Town, where she explored Enfield Park, popped into Matalan for a bit of shopping, and treated herself to a coffee at the café. A stop at McDonald's added an extra treat to the day. With plenty of conversations along the way, it was clear the outing brought smiles and plenty of happy moments.

#### A Month to Treasure

From outdoor feasts to personal triumphs, August proved to be a month where every resident found something to enjoy. Whether it was the thrill of winning a trophy, the pleasure of sharing a meal, or the simple joy of a sunny stroll, Park Side shone brightly with community spirit.

**AUTHOR:** RITA APPIAH

**PHOTOGRAPHER: LYDIA OBENG** 





# A month of connection, culture, and celebration at The Hampton's

August brought a special kind of magic to The Hampton's, brimming with events that captured the spirit of community, culture, and heartfelt connection. From shared meals to shared stories, the month offered us all moments to treasure and reflect upon.

#### A Taste of the World

On 7th August, residents and staff stepped beyond their usual routine to join in the festivities of World Food Day at another supported living home. This wonderful gathering was more than just a feast—it was a celebration of diversity and unity. With delicious dishes from around the globe and plenty of opportunities to socialise, it was a chance to connect with new faces, swap stories, and share laughter over second helpings.

#### Joanne's Inspiring Words

Among the highlights of the day was a deeply moving moment when Joanne, one of our residents, bravely took

the microphone. Speaking openly about her personal experiences with autism, she offered powerful insight into the importance of understanding and acceptance. Her words resonated with everyone present, reminding us that every voice matters—and that courage can be quietly powerful.

#### A Birthday to Remember

The good times kept rolling on 12th August as we came together to celebrate Nick's birthday. With music playing, cake flowing, and smiles all around, Nick was clearly in his element. Surrounded by friends and his support team, the day was a heart-warming reminder of how much joy there is in simply being together.

August may be just one page on the calendar, but it left a lasting impression on all of us at The Hampton's. The events of the month perfectly reflected what we value most: inclusivity, friendship, and the unique contributions of every individual in our community.

#### **MagicLife** The Chapel

## **Flight and Flavours**

## One remarkable visit, one inspiring journey of growth

Benjamin takes flight at Duxford, while Indigo discovers balance in her own way—two uplifting stories from our Magic Life family.

#### Wings of Wonder

Benjamin's unforgettable day at Duxford Museum

This August, Benjamin took a truly inspiring trip to the Imperial War Museum Duxford—a haven of history set beneath wide Cambridgeshire skies. Known for its historic aircraft and interactive exhibits, the museum offered a sensory-rich and welcoming environment, perfectly suited to Ben's pace and preferences.

From the moment he arrived, the spacious and open layout set the tone for a calm and engaging day. With minimal crowds, clear signage, and attentive support from both his staff and the museum team, Ben was able to explore with ease and confidence.

The highlight? Spotting the legendary Spitfire up close. His eyes lit up with fascination as he pointed, smiled, and lingered, taking it all in with wide-eyed wonder. He was especially captivated by the Airspace hangar—home to Concorde—where he listened intently as staff read aloud from the display panels.

The sounds of distant jet engines, the feel of cool metal surfaces, and the vibrant visual displays made the experience come alive. When the pace picked up, Ben found quiet corners to take a breather, allowing him to rejoin the adventure on his own terms. The visit was a perfect balance of stimulation and serenity—a day that truly soared.

#### **Sweet Steps Forward**

Indigo's thoughtful approach to eating and self-awareness

At 19, Indigo is discovering her own rhythm—one mindful step at a time. Living with Wiedemann-Steiner Syndrome (WSS), a rare genetic condition, Indigo has faced unique challenges in daily life. Among them, a strong craving for sweets that often surfaced in response to stress or emotional discomfort.

But her journey is not one of restriction—it's one of understanding.

With the help of a simple but powerful social story—a tool designed to gently introduce new ideas through clear,

relatable language—Indigo began to explore healthier eating habits. The concept was easy: enjoy a balanced meal first, then have a sweet treat. No pressure, no deprivation—just steady support.

Over time, Indigo began to embrace this routine, gaining confidence and control over her choices. It wasn't about taking something away—it was about adding something better. Her growing self-awareness is not only improving her diet, but helping her feel more in charge of her day.

AUTHOR: CHAPEL ROW PHOTOGRAPHER: CHAPEL ROW





#### **MagicLife** The White House

## **August Highlights**

# A month of birthdays, creativity, and well-deserved awards

ugust at Magic Life was a whirlwind of joy, celebration, and creativity, with residents embracing each moment in true Magic Life style. From birthday parties to fashion triumphs, culinary adventures to colourful creations, this month brought smiles all around.

#### Birthday Cheer at the Whitehouse

LW enjoyed a truly memorable birthday surrounded by her Magic Life family at the Whitehouse. With delicious food, refreshing drinks, and a beautifully wrapped present from the manager, the day sparkled with warmth and delight. As she unwrapped her gift, her joyful expression said it all—her birthday wish had most certainly come true.

#### Cooking Up a Storm

VS stepped into the spotlight this month with her impressive culinary flair, treating everyone to her signature jollof rice—a favourite dish packed with flavour and love. She didn't stop there; she also took part in exciting creative sessions, from bead-making to painting, even crafting a stunningly colourful flower that brightened up the room.

#### Bake It 'Til You Make It

Meanwhile, HJ showed off her sweet side by baking a mouth-watering chocolate cake. But it wasn't just her baking that stole the show...

#### A Gatsby Glamour Moment

HJ dazzled at the Great Gatsby fashion show held at Winns Mews, where her style and confidence earned her the title of Best Dressed Female. To celebrate her win, she treated herself to a delicious buffet at a local restaurant—a well-earned moment of glamour and indulgence.

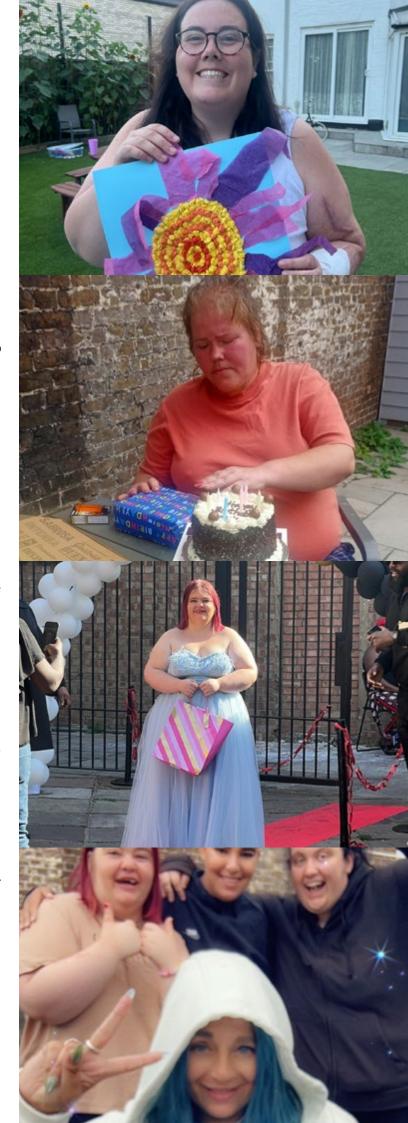
#### **Sunflowers and Sweet Memories**

JC also had her own birthday to celebrate this August, sharing cake and laughter with friends and fellow residents. A heartfelt visit from a friend made the day even more special. Later in the month, JC brought a splash of sunshine to the art table by painting a bright and cheerful sunflower—a perfect reflection of her vibrant personality.

August reminded us once again of the wonderful talents, joyful moments, and shared laughter that make Magic Life so special.

**AUTHOR:** THE WHITE HOUSE

**PHOTOGRAPHER:** THE WHITE HOUSE



#### MagicLife West Lodge

### West Lodge Wonders

# August adventures, seaside smiles, and surprise celebrations!

What a vibrant August it's been at West Lodge! From seaside strolls to surprise parties and slam-dunk showdowns, our residents have certainly packed in the fun—and then some. Let's take a look back at a month full of new experiences, hearty laughs, and everyday triumphs.

#### Flying High at the RAF Museum

Gary had his head in the clouds this month—quite literally—as he explored the Royal Air Force Museum. Immersed in tales of aviation history, Gary's enthusiasm was clear to see as he chatted with the guide and marvelled at the aircraft displays. A day of shared stories and soaring curiosity!

#### A Surprise to Remember

It was party time at West Lodge as we threw a surprise leaving do for our beloved Aneta, who is now off on the wonderful adventure of maternity leave. The residents took great pride in helping to prepare the food and setting the stage for the big reveal. With classic reggae tunes setting the mood, laughter filled the room—and Aneta was truly touched by her flowers and gift. We're wishing her all the best and can't wait for baby updates!

#### **Seaside Shenanigans**

Oh, we do like to be beside the seaside—and Southend did not disappoint! Gary and Paddy made the most of the coastal breeze with a relaxing walk along the beach, ice creams in hand. Wind? What wind! They were undeterred, diving into the arcades and topping off the day with fish and chips. It was Paddy's first seaside outing with us, and his excitement was a joy to see.

#### **Basketball Betz & Football Finesse**

Competitive spirits soared during our resident-versus-staff basketball challenge—and newcomer Paddy came out on top! Would you believe it was his first time playing? A natural talent, indeed. Meanwhile, Gary dazzled on the football field, guiding others with leadership and landing a perfect goal. Move over, Premier League!

#### Daily Life, Done Right

Paddy's dedication to daily living skills continues to shine. Though some tasks can be tricky, with the right support he takes them head on—and does a fantastic job. Bravo,

Paddy! Over in the kitchen, Chef Gary served up a delicious homemade spaghetti bolognese, sharing cooking tips as he stirred. Safe to say, we're all looking forward to more culinary creations from our resident chef!

#### **Retail Therapy & Community Connections**

What's better than new clothes and trainers? New "drip," as the cool kids say! After a successful shopping trip, a relaxing coffee in the local café rounded things off perfectly. Paddy also took time to visit the Discovery Centre for the first time, learning about all the brilliant opportunities in his new community. A wonderful step forward in exploration and independence.

#### Here's to More Magic Moments!

As summer winds down, we're celebrating the moments that made this month special—from heartfelt goodbyes to new beginnings, from beach breezes to basketball victories. A big cheer for Gary, Paddy, and the ever-supportive West Lodge team for making it all happen.

























#### MagicLife WhatsApp

## **Stay Connected!**

## Your All-Access Pass to Magic Life News

f you haven't joined the Magic Life WhatsApp Channel yet, you're missing out on a little slice of everyday magic!
With 99 subscribers and counting, the channel is quickly becoming the go-to hub for everything happening across Magic Life UK. From behind-the-scenes updates to exciting job opportunities, it's the easiest way to stay informed, inspired, and in-the-know—right from your phone.

#### Why Join? Well, Why Not!

The Magic Life WhatsApp Channel is more than just a newsfeed—it's a digital noticeboard with personality! We use it to share uplifting stories from our services, introduce new staff members, and highlight the incredible achievements of our residents and teams. Thanks to WhatsApp's multimedia features, we can keep things vibrant with videos, voice notes, photos, and even emojis (yes, we're fluent in emoji.

It's quick, it's easy, and best of all—it's totally private. Subscribers can't see each other, and no one can see who follows. So you can stay updated without the pressure of a group chat. Just tune in, scroll through, and smile.

#### What's in It for You?

- Apart from job vacancies and company news, the channel gives you:
- Early access to event announcements and opportunities to get involved
- Fun snapshots of day-to-day life across services
- A place to celebrate milestones such as birthdays
- Handy reminders about upcoming deadlines or initiatives
- Occasional sneak peeks and exclusive content just for followers
- It's like a Magic Life magazine in your pocket—but updated in real time!

#### Help Us Hit 100 Plus

We're currently at 99 subscribers... just one more to crack the big 1-0-0. Will it be you? Share the link with your colleagues, friends, or anyone connected to the Magic Life family. The more, the merrier!

To follow, simply click here: or scan the QR Code Magic Life WhatsApp Channel

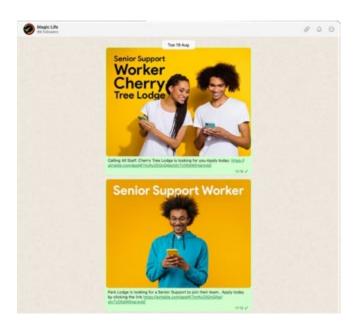
#### In Case You're Wondering...

No, it won't fill up your phone with messages. You'll only see posts we choose to share—no chatter, no spam, and no pressure to reply. Just scroll when you've got a moment and enjoy the best bits of Magic Life, one post at a time.

#### Come for the news, stay for the smiles!







#### **MagicLife** Activity Ideas

### **Autumn Adventures**

## Five ways to embrace the magic of the season

As the leaves turn golden and the air grows crisp, autumn invites us to slow down, wrap up warm, and savour the simple joys of the season. Whether it's a spooky celebration or a stroll through crunchy leaves, there's something for everyone to enjoy. Here are five delightful activity ideas to make this autumn extra special across the Magic Life community.

#### A Hauntingly Good Time - 31st October

Halloween is the perfect excuse to let our imaginations run wild. On Thursday 31st October, why not host a frightfully fun Halloween bash? Get everyone involved in pumpkin carving, decorating the room with cobwebs and paper bats, and putting together fancy dress outfits—whether spooky, silly or downright spectacular! Add some monster music and themed treats, and you've got a party that's more fun than frightening.

Costumes, pumpkins, and a few giggles— Halloween is a highlight not to be missed!

#### Golden Hour Walks & Photo Hunts

There's something magical about an autumn stroll. Organise a trip to a nearby park or nature spot and challenge everyone to a seasonal scavenger hunt: find the crunchiest leaf, spot a squirrel, or capture the beauty of autumn colours on camera. It's a fantastic way to stay active and appreciate the natural world in its most colourful outfit.

Capital Colours – Explore London in Autumn

London in the autumn?
Simply breathtaking. From
the glowing lights of
Southbank to the quiet
charm of St James's
Park, the city has a
softer, golden glow at
this time of year. Plan
a day trip to explore
some of London's
iconic sights—perhaps
even a Thames river
cruise to see the skyline
in all its autumn glory.
Don't forget scarves,

gloves, and maybe a cheeky hot chocolate en route!

#### **Crafty Days and Cinnamon Delights**

Bring the warmth indoors with a cosy harvest-themed craft and baking session. Use natural materials like pinecones, conkers, and autumn leaves to create wreaths or table decorations. Then head to the kitchen to whip up seasonal favourites like apple crumble, toffee apples, or cinnamon biscuits. A relaxed and rewarding way to spend a chilly afternoon.

There's no better aroma than cinnamon and laughter floating through the room!

#### Bonfire Night Glow-Up - 5th November

Celebrate Bonfire Night on Tuesday 5th November with a sparkling indoor twist. Think glow sticks, fairy lights, and even a virtual firework show on the TV—no soggy wellies required! Serve up some comforting classics like jacket potatoes, hot dogs, or a slice of parkin cake, and enjoy a night full of warmth, music, and shared memories.

Bonfire Night doesn't need a bonfire to bring the sparkle!

#### A Season to Remember

Autumn offers a rich tapestry of sights, sounds and tastes—and it's the perfect time to connect, create, and celebrate. Whether indoors or out and about, these activities bring joy, colour, and a little bit of seasonal magic to every day.



# 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 OAB

Manor Lodge 3 Cedar Close, Potters Bar, Hertfordshire, EN6 1EW

Maple Lodge & Cedar Lodge 271-275 Hale End Road, Woodford Green, IG8 9NB

NorthLands 10 Northlands, Potters Bar, Hertfordshire, EN6 5DF

Park Side Quadrant Court, 2a Park Avenue, London, N18 2UH Park Lodge 8B Park Road, London, N18 2UT

The Chapel 14 Chapel Row, Bishop's Stortford, CM23 3SE

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

The Hamptons 403 Eagle Way, Peterborough, PE78EG

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

The White House 138 High Street, Coopers Walk, Cheshunt, EN8 OAP

West Lodge 15 West Hill Road, Luton, LU1 3LY

- Learning Disabilities
- Autism
- Mental Health Needs
- Respite
- Acquired Brain Injury
- Behaviours that are deemed to be Challenging
- Physical Disabilities
- Dual Diagnosis
- EUPD Support
- Forensic Support



