

MagicLife Magazine

Magic Life

December 2025 Edition

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Menopause Matters

Michelle's Journey and How Magic Life Makes the Difference

Let's Talk Menopause: Why It's Everyone's Business

For years, menopause was something women coped with quietly, often feeling isolated or misunderstood. But at Magic Life, we believe every chapter of life deserves compassion—and a good cup of tea. Menopause affects millions of women (and some trans and non-binary people too) in the UK workforce, and ignoring it costs far more than a few hot flushes.

Michelle's Moment: The Forgotten Keys and the Floodgates

If there's a face that everyone knows at Magic Life, it's Michelle's. But even the sunniest personalities can have stormy days. *"One morning,"* Michelle laughs, *"I got all the way to work, only to find I'd left my keys, my lunch, and—would you believe—my laptop at home! I sat down at my desk and burst into tears for no reason at all."*

What followed was a spell of **snappy words** with colleagues, (sorry Alex & Joe) brain fog in team meetings, and sleepless nights that made every shift feel twice as long. *"I thought I was just stressed,"* Michelle remembers. *"But then I worried I was losing my marbles!"* Only after a gentle nudge from a team leader did Michelle see her GP—and discover she was going through menopause.

The Signs: More Than Just Hot Flushes

Let's clear this up—menopause isn't just about turning up the thermostat or battling night sweats. Many experience:

- Brain fog—forgetting words or tasks mid-sentence
- Mood swings, tearfulness, and anxiety
- Trouble sleeping, feeling wiped out by lunchtime
- Headaches, joint pains, or sudden loss of confidence

As Michelle puts it: *"It's like your brain's on strike and your emotions are running the show!"*

The Workplace Wobble—And Why Support Matters

Michelle's struggles aren't unique. Research shows nearly 1 in 10 women have left jobs because of menopausal symptoms. Small mistakes or emotional moments at work can feel overwhelming. But it doesn't have to be that way.

At Magic Life, colleagues and managers know support makes all the difference. When Michelle finally opened up, her team rallied round. "There was no judgment," she says. "Just mugs of tea, a listening ear, and someone covering my shift when I needed a breather. That's what real support looks like."

How to Help: Everyday Kindness and Practical Support

Here's how Magic Life turns empathy into action:

- Notice the little things. If a usually chatty colleague seems quiet, check in gently.
- Respect privacy. Not everyone wants to talk, but everyone appreciates kindness.
- Stay flexible. Managers can offer extra breaks, adjust shifts, or simply let someone step outside for fresh air.
- Laugh together. Sometimes a shared joke ("Is it me, or is this office roasting?") makes the day lighter.
- Encourage professional help. Remind colleagues it's OK to see a GP—sometimes knowing what's happening is the real game-changer.

Michelle's Advice: Don't Bottle It Up

"I wish I'd spoken up sooner," Michelle says. "Menopause is tough, but you don't have to go it alone. If you're struggling, talk to someone. At Magic Life, there's always help—and always someone who'll put the kettle on."

Magic Life Counselling Helpline A Lifeline, Not Just a Number

If you—or someone you know—needs to talk, remember the
Magic Life Counselling Helpline:
0345 074 2799.

It's confidential, friendly, and ready to listen, whether you want advice, a chat, or just to feel heard.



Meet David

Bringing Positive Behaviour Support to Life

A Passion for Inclusion
There's a fresh spark of expertise and compassion at Magic Life, as we welcome David—our new Positive Behaviour Support (PBS) Lead. With more than 20 years' experience working alongside vulnerable adults and children, David arrives with a deep commitment to championing inclusive, person-centred support.

David's journey began in Manchester as a youth worker, inspiring him to complete a BA (Hons) in Youth and Community Work. Early on, he recognised the inequalities faced by people with SEND and SEMH, driving him to focus his career on making support more accessible and meaningful for everyone.

Building Skills, Sharing Success

Over the years, David has worked in colleges as a Learning and Behaviour Specialist, developed person-centred plans with multidisciplinary teams, and delivered youth leadership programmes. His experience spans education, social care, and community services, where he's worked closely with social workers, NHS teams, and local authorities to ensure everyone has a voice and a plan that fits them.

Never one to stand still, David has earned qualifications including Level 5 Adult Education and Training, Level 2 Working with Challenging Behaviour, and Train-

the-Trainer certification in PBS, physical intervention, and restraint reduction. His approach is always about understanding the individual—and building support that grows with them.

A Proven PBS Champion

Most recently, David led PBS practice at a charity supporting nearly 200 adults with autism, learning disabilities, and mental health needs—developing robust PBS programmes that have made a real difference.

Now, he brings his passion and experience to Magic Life. David's mission is simple but powerful: to ensure the people we support are truly seen, heard, and given every opportunity to thrive. He's keen to work alongside residents, staff, and families to make sure behaviour is understood, not judged—and never allowed to limit anyone's potential.

Looking Forward

David says, "I'm excited to join Magic Life and be part of such a vibrant, caring community. Together, we can ensure everyone's strengths are celebrated and their choices respected."

If you see David around, say hello—he's always up for a chat about PBS, inclusion, or the best place for a cuppa!

New Arrival

A Joyful Celebration for Alex and Kejsi

Welcoming Little Solay into the Magic Life Family

Every so often, a piece of news arrives that fills the whole Magic Life community with warmth—and this month, that joy comes straight from our Head Office. Our very own **Alex Tibulschi** has stepped into a brand-new chapter of life, one filled with tiny socks, sleepy cuddles, and the sweetest of beginnings. Earlier this month, **Alex** and his wife, **Kejsi**, proudly welcomed their beautiful daughter into the world—and they've given her a name as bright and unique as she already is: **Solay**.

A New Chapter Begins

There's something undeniably magical about the arrival of a newborn. It brings with it a sense of wonder, hope, and pure happiness. For **Alex**, who brings dedication and heart to Magic Life every day, this moment marks a milestone like no other. Colleagues across the organisation have been beaming with pride and delight, celebrating the wonderful news of baby **Solay's** arrival.

A Name Filled with Light

Isn't it lovely how some names seem to sparkle? **Solay** feels like sunshine—warm, uplifting, and full of promise. A name that already fits so beautifully into the Magic Life family, where light, care, and optimism are at the heart of everything we do.

As **Alex** and **Kejsi** settle into life as new parents—complete with lullabies, late-night feeds, and tiny fingers curled around theirs—we send them our heartfelt congratulations. There's no greater adventure than welcoming a child, and we couldn't be happier for this wonderful family.

From All of Us at Magic Life

Here's to love, laughter, and the first of many unforgettable memories for **Alex**, **Kejsi**, and little **Solay**. May their home be filled with joy, gentle moments, and all the magic that comes with a new life.

A warm and proud welcome to the world, Baby **Solay**—you're already part of a very special community.



**“Congratulations,
Alex and Kejsi
your greatest adventure
begins now.”**



**It's a
Girl**

MagicLife Bruce Grove

No Limit

Dreams Take the Reins

Ever wondered what happens when passion meets perseverance? At Magic Life, the answer is simple: there are no limits—just new adventures waiting to unfold.

Reaching for the Heights

Life, with all its twists and turns, often tests our resolve. But as Michelle Obama so wisely said, “The only limit to the height of your achievements is the reach of your dreams and the willingness



to work hard for them.” For SSG, those dreams have always galloped ahead on four hooves, as his ambition to become a jockey took centre stage.

Last year, SSG took his first bold steps into the world of horse riding. Although a pause was needed along the way, he returned to the stables recently with renewed enthusiasm and a sparkle in his eye. Staff were soon treated to impromptu horse riding lessons courtesy of YouTube—SSG eagerly sharing what he’d learnt with both his flatmates and his support team, proving that true passion is always contagious.

**It was pure ecstasy!
With determination
and support, any
goal is possible.**

Big Day at the Stables

The morning of the ride saw SSG up bright and early, ready for his equestrian adventure. Supported by staff, he arrived at the ranch, his face lighting up at the sight of the horses. After a quick check-in and a run-through of instructions, it was time to saddle up.

The trainer, clearly impressed, noted that SSG didn’t ride like a beginner. When asked about his skill, SSG proudly revealed he’d been soaking up riding tips online—turns out, YouTube is the unsung hero of the jockey world! The connection between SSG and his horse was instant and heart-warming, as he gently stroked its mane and the two settled into an effortless rhythm around the arena.

“It was pure ecstasy,” SSG beamed after the ride. And with plans now in motion for him to join the riding school, who knows—perhaps Magic Life’s own future jockey is just getting started.

Eyes on the Horizon

For SSG, this was more than a fantastic day out. It was the proof that, with determination and support, any goal is possible. His joy is infectious, and his dreams, limitless. As he looks forward to future rides and new challenges, the entire Magic Life community stands behind him, cheering him on every step (and trot) of the way.

AUTHOR: EMEM EKANEM

PHOTOGRAPHER: JULIANA UBA

MagicLife Grove Park Road

Birthday Joy

A heartfelt celebration for RL

When it comes to birthdays at Grove Park Road, we never do things by halves—especially when the occasion is as special as RL's big day! November brought with it the perfect excuse to come together, shower someone with care, and prove that a little kindness (and a lot of cake) goes a very long way.

Celebration, the Grove Park Way

The festivities began early, with a delicious pre-birthday meal of chicken curry and rice, hand-picked by RL herself. **"I feel appreciated,"** she smiled, tucking into her favourite dish—already sensing the excitement that lay ahead.

On the big day, the warm wishes started bright and early. Staff and residents made sure RL felt truly celebrated from the very first **"Happy Birthday!"** The communal area soon buzzed with cheer as friends gathered for a good old-fashioned singalong, transforming an ordinary morning into something magical.

Sweet Treats & Big Smiles

Of course, no birthday would be complete without a selection of RL's favourite treats—crisps, chocolates, fizzy pop, and fairy cakes, all waiting for her to enjoy. But the crowning glory was the showstopping madeira cake, carefully chosen and beautifully topped with chocolate drops. The look of delight on RL's face as the cake appeared said it all: "I feel so spoiled!" she beamed, clearly touched by the thoughtful touches.

Kindness, Connection, and Gratitude



As the day unfolded, RL's happiness was infectious. She shared smiles and laughter with staff and housemates, repeatedly expressing her gratitude for the care and effort that had gone into making her day special. Every word of thanks, every joyful moment, was a reminder of how meaningful a sense of belonging can be.

A Truly Memorable Day

From the early meal to the heartfelt wishes and the cake that almost stole the show, RL's birthday was a celebration of togetherness, warmth, and the magic that happens when people go the extra mile for each other. Here's to RL—feeling valued, cherished, and, in her own words, "spoiled" in the very best way.

"Every word of thanks, every joyful moment, was a reminder of how meaningful a sense of belonging can be."

AUTHOR: AMAL ARTAN

PHOTOGRAPHER: ANDREA AGARD

MagicLife 672 High Road

Out and About

Magic moments, new skills, and journeys near and far

November at 672 High Road has been anything but quiet! With just four residents, our home may be small, but the month has been packed with activity, learning, and memorable experiences—proving once again that you don't need a crowd to create plenty of magic.

Everyday Wins and Extraordinary Journeys

For CK, the month was filled with achievements both big and small. He took real pride in the rhythms of daily life—cooking favourite meals, keeping the home sparkling, and even taking charge of the recycling. There's something so satisfying about a freshly changed bin, and CK's enthusiasm for these little routines is truly contagious.

But November also brought a holiday CK will never forget—a trip to Disneyland Paris with support from Deniss and Marvin. From train journeys to magical moments under the Parisian lights, this was more than just a break from routine—it was a real-life adventure, brimming with laughter, photos, and memories that will last a lifetime. Not to be outdone, CK also squeezed in a lively game of bowling and a treat at Burger King, proving he's a man who knows how to balance fun and responsibility in style.

Community Connections

Meanwhile, TH returned from a family holiday in Jamaica and quickly settled back into her routine, making the most of time out in the community. While she prefers not to be in the spotlight, TH's presence and involvement bring a quiet energy to the home, and her commitment to making the most of each day is always an inspiration.

Fond Farewells and Heartfelt Thanks

This month also marked a poignant farewell, as SSS moved on to a new chapter after close to five years at 672 High Road. Change is never easy, but the sense of community and support from core staff made all the difference for SSS during their time here—and their presence will be missed by all.

A very special thank you goes out to Deniss Owusu and Marvin Offiah, whose dedication made CK's Paris holiday possible, and to every member of the 672 team. Your energy, flexibility, and commitment keep the spirit of this home alive.

Celebrating Small Teams, Big Hearts

At 672 High Road, every day is an opportunity to learn, to connect, and to make memories—whether you're jetting off to Paris or simply enjoying a well-earned treat after a good day's work. Here's to another month of achievements, togetherness, and the joy of being part of a truly special community.

AUTHOR: SEGUN STEPHEN

PHOTOGRAPHER: ALL STAFF



MagicLife Manor Place

Progress in Full Bloom

A November of Growth and Togetherness at Manor Place

There's something special about November at Manor Place. As autumn leaves danced outside, inside our community was blossoming with progress, connection, and the unmistakable Magic Life spirit. This month, every resident took bold steps—some big, some small, but all worthy of celebration.

New Adventures, Familiar Smiles

November saw familiar routines mixed with exciting new experiences. Residents continued to enjoy time with family, nurturing important bonds that brighten our days. The Manor Place team played a key role in making these visits joyful and memorable, always ready with encouragement and a smile.

Take SH, for example, who found relaxation and wonder on a scenic outing to Rickmansworth Park. Whether watching the elegant swans or sharing peaceful moments with his mum, SH proved that sometimes, the simplest pleasures make the biggest impact. As always, SH showed his leadership by taking an active role in planning his activities, with staff ready to support his choices every step of the way. Together with family, he also navigated a season of remembrance with quiet strength and togetherness.

"This month was all about new adventures and familiar smiles."

Steady Progress and Everyday Wins

JO, another Manor Place star, shone brightly in November. With a steady, cheerful presence, JO embraced outdoor adventures—from neighbourhood walks to Chelmsford trips for well-earned treats. He delighted in spending quality time at home with family, and brought his trademark good humour to daily activities like food shopping, meal prep, and room organisation. With each small victory—like managing his laundry or making a favourite meal—JO showed just how much progress is made when supported by a caring team and loving family.

"JO has done extremely well this month, being at his baseline almost throughout."

Building Independence, Growing in Confidence

LF's November was filled with milestones of his own. Supported by staff and professionals, LF became a true leader in his day-to-day life—whether it was shopping for new clothes in Hatfield, attending important meetings, or expressing his wishes for his living space. Always ready with a friendly word, LF has built positive relationships with the entire team, showing that progress is as much about connection as it is about independence.

"LF has improved drastically with all aspects of his welfare."

Teamwork and Inspiration

Meanwhile, GS had a month that could inspire anyone. Between his busy work schedule, gardening, and exciting city trips—like catching a movie in central London—GS managed to keep his room sparkling (thanks to a bit of friendly competition around the weekly room check!). His positive outlook, dedication, and energy have helped set the tone for everyone at Manor Place. And with Christmas on the horizon, GS has been at the heart of planning festivities, showing that teamwork is what makes our community shine.



MagicLife Burlington Lodge

Burlington Lodge Shines

A Year of Growth, Joy, and Connection

As 2025 draws to a close, Burlington Lodge is buzzing with pride—and with good reason. This supported living project has transformed each day into an opportunity for laughter, learning, and community. With a full house of six vibrant residents, Burlington Lodge is living proof that, together, we can create something truly extraordinary.

A Home Filled with Heart

Burlington Lodge has been a hive of activity from January to December, with all six rooms alive with stories, friendship, and achievement. April saw the warm welcome of Stephen, whose easy smile and gentle nature quickly made him an integral part of the household. As the months rolled by, the sense of family only deepened—proving that, at Burlington, home is much more than just a place; it's a feeling.

Celebrating Individual Triumphs

Every resident has carved out a unique success story this year. Michel, the longest-staying member of the Burlington family, embraced new possibilities through MyWay walker sessions, rekindled weekly family visits, and ensured his voice was always heard thanks to the support of an Independent Mental Capacity Advocate. As one team member put it, "Seeing Michel's happiness blossom has been one of the highlights of our year."

Jamie took his wellbeing into his own hands with daily postural care—whether at home or at the lively Ermine Day Centre. These exercises, paired with cherished family outings, brought not only physical benefits but also a renewed sense of belonging. Sam, affectionately known as the "resident prefect," continued to champion communication, offering encouragement and support to peers while also focusing on his own mobility and daily wellbeing.

It was a year of laughter and adventure for Stephen, Michael, Jamie, and Sam, as weekly trips to Winkfield Resource Centre became a highlight. From karaoke and cinema to outdoor gym sessions and breezy bus rides, these outings brought everyone together for moments that sparkled with fun and friendship.

CREDITS: BURLINGTON LODGE TEAM, MAGIC LIFE UK STAFF AND FAMILIES

Meanwhile, Junior treasured special visits from his spouse and twin boys, his smile lighting up the home every time they arrived. The steady presence of his mother and uncle added another layer of comfort and continuity to his year.

Elijah, too, experienced the rewards of consistent, caring support—especially during hospital stays. With regular family visits and the expertise of the Abbott Nursing Team, he found reassurance and strength. Specialist training for staff further ensured his daily life was supported with skill and compassion.

Teamwork and Professional Pride

None of this would be possible without Burlington's exceptional team. This year, every staff member completed specialist training with Haringey Council, focusing on physiotherapy and postural care. Their commitment shines through in every interaction, every gentle encouragement, and every celebration of progress.

Staff retention has remained strong, with new faces bringing fresh enthusiasm and expertise to the team. It's the perfect blend of wisdom and innovation—a mix that keeps Burlington Lodge at the forefront of person-centred support.

Safe, Supportive, and Ready for the Future

Behind the scenes, essential equipment—from wheelchairs to hoists and monitoring tools—has been meticulously maintained, upgraded, and replaced as needed. Every detail has been considered to ensure that Burlington Lodge is not only welcoming, but also safe, accessible, and comfortable for all.

A Year to Remember

Looking back, 2025 was more than a collection of days and activities. It was a journey of connection, creativity, and resilience. Family ties were rekindled, new friendships blossomed, and the Burlington Lodge community grew stronger than ever. If you ask anyone here, they'll tell you: the true magic is in the little moments shared—moments that, together, make a house a home.

**"The true magic
is in the little
moments shared—
moments that,
together, make a
house a home."**



November Magic at Chapel Row

Celebrating Remembrance, Inclusion, and Growth

As autumn sweeps through Chapel Row, November arrives with golden leaves and a promise of transformation. This month is about more than just remembering the past—it's a celebration of inclusion, new achievements, and the powerful journey towards independence. At Chapel Row, residents Indigo and Ben are living proof that every step, no matter how small, can spark confidence and joy.

Moments of Movement and Discovery

There's something special about autumn—the fresh air, the changing colours, and the invitation to get moving. For Indigo and Ben, physical activity has become a path to discovery. Whether helping prepare a meal, baking with the team, or even just choosing what to wear, each task is an opportunity to learn, grow, and feel proud. Here, active support isn't just a philosophy—it's the heartbeat of daily life.

Confidence in Every Step

Indigo and Ben show us that independence isn't about going it alone; it's about having the right support to make choices, try new things, and celebrate every success. This season, staff have championed small victories and brave attempts, reminding us that fulfilment often comes in everyday moments—a dish washed, a bin emptied, or a new recipe mastered.

Ben's Journey: From Retreat to Reach

Ben's transformation over recent months has been remarkable. Once happiest in solitude, he now ventures out into the community, embracing new experiences with curiosity and a growing sense of self. Outings are no longer daunting but something to look forward to. His willingness to try new activities, express his opinions, and take charge of his daily routine are all signs of newfound confidence and resilience.

Even more touching is Ben's blossoming ability to share his feelings. He's now expressing affection for his parent, showing appreciation and gratitude—sometimes in writing, sometimes through a spontaneous hug. These gestures, once rare, have become treasured moments for everyone around him.

Indigo's Autumn of Aspiration

Indigo too has been shining bright this autumn. She's planning for her future, sharing her wishes, and confidently communicating her needs. With better self-regulation and a focus on positive, solution-seeking conversations, Indigo is showing us all what growth looks like: fewer emotional outbursts, more self-control, and a willingness to engage in healthy, hopeful discussions.

The Power of Active Support

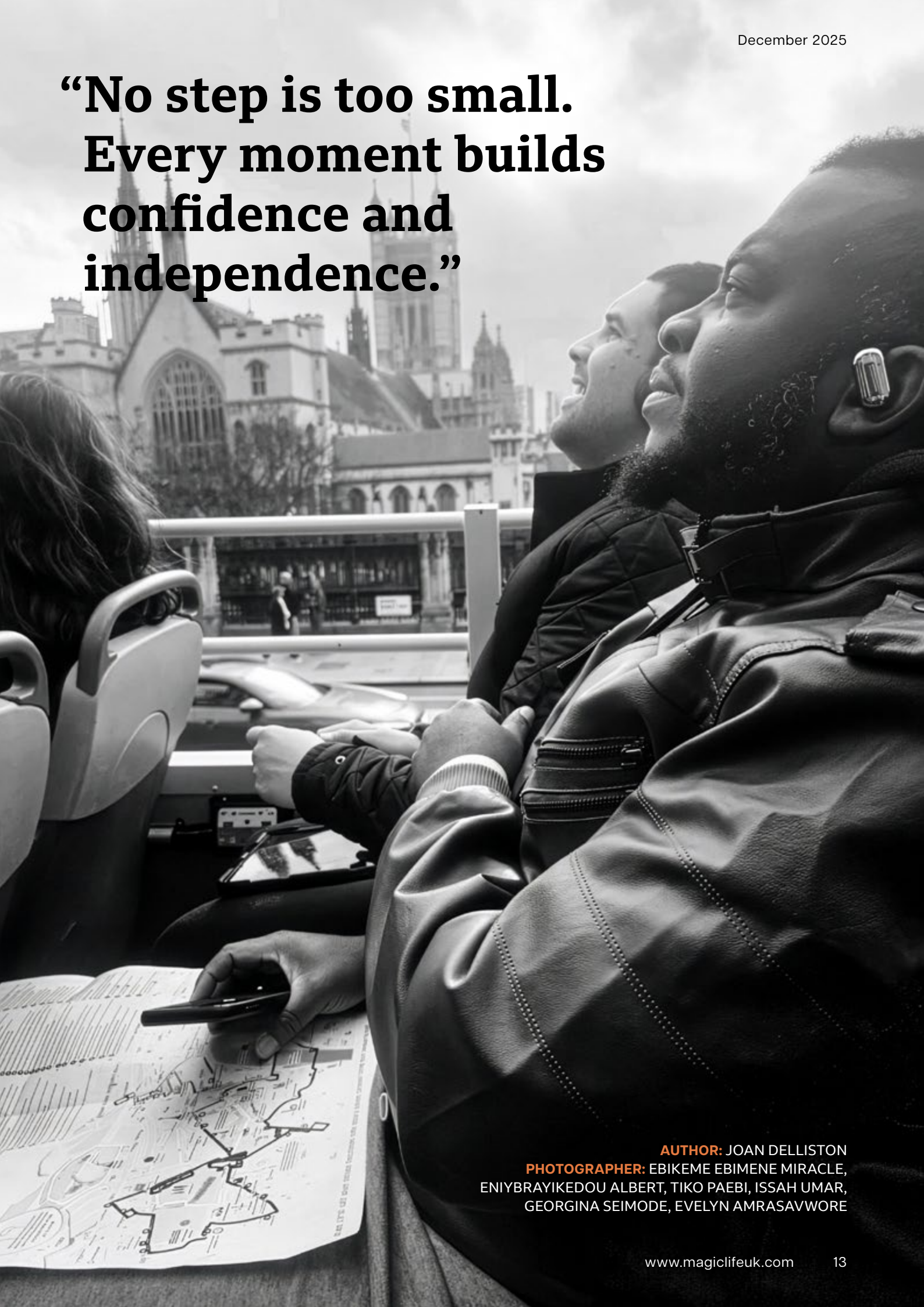
At Chapel Row, staff believe that every person deserves the chance to shine in their own way and time. With patience, encouragement, and plenty of heart, the team has created an environment where both Indigo and Ben can build new skills and enjoy each step of their journey to greater independence.

This magical autumn is a celebration of hope, colour, and opportunity—a reminder that, with the right support, everyone can flourish.

So here's to every small step, every smile, and every moment of courage. Let's keep moving forward together, making Chapel Row a place where confidence grows and independence blooms—one magical moment at a time.



**“No step is too small.
Every moment builds
confidence and
independence.”**



AUTHOR: JOAN DELLISTON

PHOTOGRAPHER: EBIKEME EBIMENE MIRACLE,
ENIYBRAYIKEDOU ALBERT, TIKO PAEBI, ISSAH UMAR,
GEORGINA SEIMODE, EVELYN AMRASAVWORE

Birthday Cheer at Devonshire

Celebrating Progress, Joy, and Togetherness

November at Devonshire Lodge has been bursting with reasons to celebrate—not just because of birthdays, but for all the little moments of progress, connection, and joy that make our community special. As the month draws to a close, it's clear that every day at Devonshire is an opportunity to shine, grow, and support one another.

A Month of Milestones and Magic

Birthday celebrations brought extra sparkle to November. MG enjoyed a truly special day, complete with a thoughtful trip to visit family. The joy of being together—and a few birthday gifts—made it a celebration to remember. BKD also marked his birthday in style, with cake, drinks, and the warmth of friends and family. A weekend visit from Mum and Auntie added that extra touch of love.

Meaningful Routines, Happy Days

It's not just birthdays making the headlines. JI continues to embrace a fulfilling routine, splitting his time between engaging activities at the day centre and weekend adventures out in the community. Shopping trips and social outings keep his spirits high and his days bright.

SS has had a month full of family visits and activities, continuing to shine in her own way and sharing her happiness with everyone around her. IW is another shining example—he keeps active and healthy with daily walks and weekly cycling sessions, reminding us all of the power of a bit of fresh air and movement.

DB is happiest when home with her family or enjoying music and friendly chats back at her flat. There's always a song in the air and a smile on her face as she balances chores with her favourite tunes.

Support and Strength Through Challenges

November also brought its challenges, and we're proud to celebrate the staff's unwavering dedication. OB faced a tricky month, but thanks to the compassion and persistence of the Devonshire team, he continues to receive the best possible support. Every moment of patience and encouragement is helping him to move forward.

Team Spirit Shines Bright

It's impossible to overlook the heart and commitment of the staff at Devonshire Lodge. Their kindness, creativity, and team spirit are the backbone of every success—big or small. Each day, they go above and beyond to make sure every resident feels supported, valued, and ready to take on the world.

As the days grow shorter and the year edges towards its close, Devonshire Lodge remains a place where milestones are celebrated, challenges are faced together, and every voice matters.

AUTHOR: MEENA NAGI

PHOTOGRAPHER: ALL DEVONSHIRE LODGE STAFF





November at Hale End

A Month of Remembrance, Routines, and Rising Spirits

As autumn's leaves fluttered down and geese made their grand departure for warmer skies, Hale End settled into November with a sense of reflection and community spirit. The cool breeze whispered change, but inside, the warmth of friendship and shared memories kept everyone cosy—even as we bid farewell to someone truly special.

Flying Angels and Lasting Legacies

This month, the Hale End family came together to remember PB, whose smile and zest for life left an indelible mark on both residents and staff. Though PB found his angel wings and journeyed onwards, the thought of him soaring to sunlit horizons brought comfort. In the days that followed, stories and laughter echoed through the house, each tale a gentle reminder that his spirit will always be part of Hale End.

The home was filled with both emotion and creativity during a moving remembrance evening. Balloons danced up to the sky in PB's honour—a heartfelt moment brought to life by RS, who rallied support from staff and turned remembrance into celebration.

Celebrations, Cakes, and Growing Up

November was also a time for birthdays! RS marked her special day "RS style", surrounded by music, laughter, and the ever-essential chocolate cake. But it wasn't all about the party—RS has been busier than ever, juggling her college schedule, teamwork with staff, and cherished time with friends at the day centre. Adulthood suits her: each new week brings fresh routines and new opportunities to shine.

Stepping Out and Stepping Up

This was the month JA truly found his stride. With gentle encouragement from the team—and a hearty helping of night staff support—JA ventured out on weekly outings, even paying a visit to his family home. Whether it's the everyday or the extraordinary, every step forward is a triumph for JA, and we couldn't be prouder.

Adventures Near and Far



No one packs a diary quite like TP. This November, TP took on the Lady Mayor's Show in Central London, marvelling as the royal carriage paraded through the city. The excitement was palpable, and the joy contagious. Not one to let the cold slow him down, TP even peeked in on Winter Wonderland, eager for its magical doors to open.

Cosy Rides and Playful Days

As temperatures dipped, RE's adventures continued—only now with the car's heater on full blast, courtesy of mum! From forest views to bustling high streets, every journey was a new discovery, enjoyed together with family and staff.

Meanwhile, CH kept spirits high with weekly Bocce Ball matches. With swimming on hold for now, CH and the team found new ways to play—throwing games, Connect 4, and sharing stories from favourite books all filled the days with smiles and laughter.

Creativity, Care, and Cosy Evenings

As winter crept in, the staff at Hale End rolled up their sleeves, dreaming up fresh ways to keep everyone engaged and uplifted. From small surprises to grand ideas, their creativity is the secret ingredient that makes Hale End feel like home, whatever the weather.

**Every step forward is a triumph
for our residents—and a reason to
celebrate.**

AUTHOR: HALE END TEAM

PHOTOGRAPHER: SPECIAL THANKS KOFI



Wings of Wonder

A Sensory Adventure at Duxford Airfield

History, Engines, and Smiles All Round

What do you get when you mix a sky full of history with one very curious explorer? An unforgettable day out for Toby at Duxford Airfield! On this special trip, Toby and his support worker Kofi found themselves face to face with some of the most magnificent aircraft the UK has ever seen—and it was clear from the start that this was no ordinary outing.

Standing Under Giants

The adventure began in awe, with Toby gazing up at the mighty wings of legends like the Lancaster bomber and the iconic, bright red Spitfires. Concorde, sleek and supersonic, drew a smile that was almost as wide as its wingspan! For Toby, every new plane brought a new sense of wonder. There were engines to marvel at and metal to touch—each surface smooth, cool, and gleaming under the lights of the hangar.

Step Back in Time

Duxford's vast hangars made the day feel like a living time capsule. As old aircraft were lovingly restored before their eyes, Toby's enthusiasm only grew. He watched, wide-eyed, as skilled hands polished and tinkered, bringing history back to life. There's something magical about seeing the past up close—and for Toby, every shiny surface and new discovery was a delight.



A Day Full of Discovery

The day was more than just a look at planes—it was a feast for the senses. With every step, Toby explored, reached out, and took it all in. Whether standing under a bomber's wing or tracing the lines of a polished fuselage, he found joy in every moment. The trip was a testament to the power of exploration, connection, and the simple pleasure of sharing a new experience.

"A brilliant day out full of sensory discovery and joy."



Creative Moments at Park Side

Painting, Puzzles, and Playful Competition

A Splash of Colour and Creativity

November at Park Side has been alive with imagination and inspiration. This month, SR truly shone during painting activities, bringing a beautiful flowerpot to life with her unique flair for colour. Supported by a dedicated team member, SR's artistic side sparkled. There's something magical about watching creativity bloom—and painting proved both relaxing and fun for everyone involved.

Winter Lunches and Outdoor Smiles

PC made the most of the crisp winter days with an outing for lunch in the fresh air. Wrapped up warm, she enjoyed good food and even better company, embracing the season with a smile. It's the little joys—like sharing a meal outdoors—that make November memories so special.

Puzzle Master in the Making

New challenges, new excitement! PC has also discovered a love of puzzles this month. With gentle encouragement from staff, she's taken to these activities with enthusiasm. Each time a new puzzle is completed, you can see her excitement and pride. It's quickly become a favourite pastime—one that brings fun and a sense of achievement to her days.

Ludo—Let the Games Begin!

ED brings the spirit of competition to Park Side with every lively game of ludo. Always determined to win, his energy and enthusiasm make each round an event. Staff and residents alike enjoy the friendly rivalry, and every match is filled with laughter and anticipation.

Thank You to the Team

November at Park Side has shown, once again, that creativity, connection, and a little friendly competition make the coldest months the warmest at heart.



AUTHOR: TEMITOPE OBANSA
PHOTOGRAPHER: LYDIA OBENG

MagicLife Cherry Tree Lodge

November Brights

A Month of Smiles and Spark

November drifted in on a gentle breeze and floated out with the kind of smiles that can light up even the shortest of days. What began as an ordinary month quickly transformed into a showcase of fun outings, laughter-filled adventures, and the everyday magic that makes our community shine.

Out and About With Joy

The month kicked off with JE taking the lead on adventure. With her trademark enthusiasm, she set out for a day filled with new experiences. Whether she was sharing stories over a meal or exploring fresh sights, her joy was truly infectious. Each happy moment captured the very heart of what we do at Magic Life—celebrating curiosity and friendship in every corner of our community.

A Winning Attitude

Meanwhile, SG turned a simple visit to Tempin into a stage for his competitive spirit. Arcade games and game bikes weren't just pastimes for SG—they were opportunities for laughter and a little friendly boasting. Declaring, with the utmost confidence, that he could win every race, SG had everyone in stitches, including the staff. He even likened himself to a professional MotoGP rider—though we suspect his grin gave away the secret ingredient: pure fun.

New Perspectives

As the month drew to a close, SG was beaming once again—this time, for the camera, as he showed off his brand-new glasses. The pride and excitement on his face said it all. For SG, it wasn't just about a new pair of specs, but about seeing the world a little brighter, and sharing that joy with all of us.

Reflecting on the Month

November might be known for its calm and crisp days, but in our community, it was anything but dull. Each outing, giggle, and moment of confidence wove together a story of connection and joy. As we look ahead, let's carry that spark with us into the winter months—ready for more adventures, more laughter, and, as always, more magic.

AUTHOR: OLUGBENGA OLATIDOYE

PHOTOGRAPHER: CHERRY TREE STAFF



Creativity in Every Corner

Celebrating connection through art, pizza, and the power of encouragement

At Magic Life, every day is a chance to discover a new talent or share a laugh over something marvellously messy. This month was proof that creativity and community go hand in hand, as residents and staff transformed ordinary afternoons into moments of pure magic.

Dough, Laughter, and Daring Designs

Ask anyone what smells better than freshly baked pizza, and you'll likely be met with silence—because there simply isn't anything! Our pizza-making session was a hands-on hit, with residents dusting off their aprons (and in some cases, the tables and their neighbours!) to create culinary masterpieces.

Victoria was a picture of concentration, arranging vibrant peppers and tomatoes into a work of art that looked almost too good to eat. Regan took a walk on the wild side, inventing flavour combinations that would make even the most seasoned chef do a double take. And Horatio, who found great joy in the rhythm of kneading and shaping dough, reminded us that creativity often starts with simply getting stuck in.

["The room was filled with laughter, teamwork, and the wonderful aroma of fresh pizza baking in the oven."]

Art in Unexpected Places

Of course, creativity isn't just confined to the kitchen. This month's crafting sessions saw a burst of imagination as residents reached for paints, mixed materials, and anything that sparkled. The lounge was transformed into a kaleidoscope of colour and texture, each creation telling a unique story.

Victoria impressed us all with her eye for detail, turning humble supplies into something truly special. Meanwhile, Mark was the group's resident trailblazer, encouraging everyone to try new techniques—and proving there's no such thing as "too much glitter".

["Creativity is more than art—it's about exploring, experimenting, and discovering new ways to express yourself."]

The Heart of Support

Behind every inspired moment is a supportive team, cheering quietly from the sidelines (and occasionally taste-testing a slice of pizza or two). Whether offering gentle encouragement during arts and crafts or a steady hand in the kitchen, our staff are the unsung heroes who make every resident feel empowered to try something new.

Their patience, adaptability, and care create a safe space where everyone's voice—and vision—can shine. It's a reminder that true creativity flourishes where people feel valued, supported, and celebrated.

["Our team embodies patience, compassion, and adaptability."]

A Place Where Everyone Belongs

If this month has taught us anything, it's that there is no right or wrong way to be creative—just your way. Whether you express yourself with a paintbrush, a pizza cutter, or a helping hand, you're helping to build a community that celebrates individuality, courage, and the joy of trying something new.

So here's to more pizza parties, more colourful creations, and more moments where we all get to be a little bit braver, together.





Whitehouse Wonders

A Month of Joy, Biscuits, and Exploration

At the Whitehouse, every month brings its own share of cheer, but this one has been especially sweet—quite literally! As the summer sunshine peeks through, residents and staff alike have found endless ways to celebrate togetherness, creativity, and the little joys that make life sparkle.

A Birthday Treat Like No Other

This month, the Whitehouse came together to wish Heidi a very happy birthday. True to Magic Life tradition, it wasn't just about cards and cake (though there was plenty of that!). After the festivities, Heidi enjoyed a relaxing day at the spa—a well-deserved treat that left her glowing and ready for more adventures.

Baking, Farms, and Furry Friends

There's no better way to spread happiness than with the smell of freshly baked biscuits, and Victoria certainly delivered. Her biscuits were a hit with everyone—residents and staff alike—adding an extra touch of warmth to our home. But Victoria's adventures didn't stop at the oven door. She also paid a visit to a local farm, her love for animals shining through as she met furry and feathered



friends. It's wonderful to see her settling in and sharing her passions.

Cooking Up Confidence

Meanwhile, Saffron was spotted in the kitchen, apron on and utensils at the ready. Her love of cooking is well known, and it was a real pleasure to see her return to a favourite hobby, whisking up tasty memories and proving that good food truly brings people together.

Costumes and Parks: Exploring New Fun

Heidi didn't just stop at birthday celebrations—she joined in the children's festivities by dressing up, bringing laughter and a splash of colour to the day. And Tabi, ever the explorer, has been venturing out to the park, getting to know her new surroundings and making the most of every sunbeam and shady tree.

A Place Where Every Day Shines

At the Whitehouse, no two days are quite the same. Whether we're baking, exploring, dressing up, or just sharing a cup of tea and a chat, it's clear that community spirit is at the heart of everything we do.



November at Park Lodge

Celebrating Confidence, Creativity, and Community

As the leaves turned golden and the days grew shorter, Park Lodge found new ways to shine bright this November. The month was brimming with lively outings, creative moments, and the kind of shared laughter that warms even the chilliest autumn day.

Lunches, Makeovers, and Window Shopping

Confidence got a boost as PRM enjoyed a special lunch at Cobblers Restaurant, followed by a bit of pampering at the hairdresser. There's nothing quite like a fresh look and a good meal to make someone feel their very best!

RG also made the most of the month's opportunities, visiting Hilal Restaurant for a tasty treat and topping it off with a smart new haircut. Afterwards, he took a leisurely stroll through Edmonton Green Shopping Centre, calmly exploring the shops and soaking up the atmosphere—proving that sometimes, window shopping is just as joyful as finding something new.

Music, Colour, and Unforgettable Moments

SGF, always on the go, filled his days with trips to Edmonton Green for shopping and lunch, and showed true dedication by attending every session at the day centre. His hard work paid off when he won a music competition, a triumph that brought happiness to both him and the whole Park Lodge community. ["Winning the music competition was the proud highlight of the month."]

Meanwhile, BM found magic at home, embracing creative colouring activities and spirited karaoke sessions with staff. These quieter moments were full of colour, laughter, and encouragement, reminding us that sometimes, the best memories are made within our own four walls.

A Season of Achievement

As November draws to a close, Park Lodge stands proud of every achievement, big and small. Whether it's a haircut, a competition win, a friendly song, or a shared meal, it's the sense of togetherness and support that makes this house a home.

AUTHOR: TANVIR SHUVO

PHOTOGRAPHER: PARK LODGE STAFF



A Week with Amir

Friendship, Films, and Finding Rhythm

Some weeks are filled with gentle routines and simple joys—just ask Amir! As autumn settled in, his week at Magic Life was a tapestry of cheerful moments, friendly chats, and quiet progress, all wrapped up in the warmth of our community.

New Days, Familiar Faces

The week began with Amir easing into his Monday, waking up bright and ready for a day of connection. After a relaxed start, he spent time in the community, socialising with friends and fellow residents, and catching up over the TV in the lounge. With staff close by, every conversation felt a little brighter, and every cup of tea a little warmer.

Tuesday brought more of the same gentle flow. Amir took his medication on time, chatted with staff in a one-to-one, and reported a restful night's sleep—always a small victory! Breakfast was enjoyed in the lounge before he headed out for some fresh air and a bite to eat with friends. Sharing chicken and chips later, he proved that good food (and good company) make every day better.

Midweek Mix: Movies and Moving On

By Wednesday, Amir was full of energy, enjoying breakfast and friendly banter with staff before settling in for a Somali movie—one of his favourites. The day included community time and, of course, another chicken and chips feast. Later that evening, a mix-up over medication left Amir frustrated, but with staff keeping a watchful eye, he was soon settled and safe.

Encouragement and Independence

Thursday dawned gently. With a little encouragement, Amir stayed on track with his medication and independent activities, enjoying tea and biscuits in the lounge and later heading out into the community. Each day, he was supported to build positive routines, gaining confidence and showing kindness to everyone around him.

The rest of the week followed in much the same way. On Friday, Amir managed his medication, mingled with staff and fellow residents, and accessed the community independently—proving that a little encouragement goes a long way.

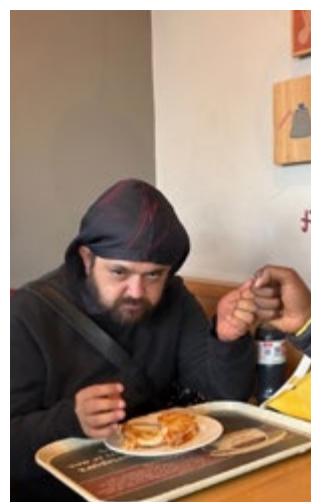
AUTHOR: MEWS MEWS STAFF

PHOTOGRAPHER: MEWS MEWS STAFF

Films, Friendship, and Looking Forward

Weekends at Magic Life are for unwinding, and Amir made the most of his. He spent Saturday and Sunday catching up with staff and friends, relaxing with movies in the lounge, and stepping out into the community for a change of scenery.

Each day brought a chance to build connections, practise independence, and, above all, enjoy the everyday magic of being together.



MagicLife Greyhound Road

Sleepy November

The warmth of home, the joy of togetherness

As autumn deepens and November's chill settles in, life at Greyhound Road has taken on a gentle, comforting rhythm. This month, our residents and staff have embraced the cozy side of the season—swapping outdoor adventures for the simple pleasures of laughter, friendship, and staying snug indoors.

Settling Into Autumn's Embrace

With the brisk wind rattling the windows and evenings drawing in ever earlier, the ladies of Greyhound Road have truly made the most of their inviting home. There's been something magical about these quieter days—soft lights, shared blankets, and the kind of easy companionship that only grows stronger with time. While the weather

outside might be frightful, the atmosphere inside has been anything but!

Laughter, Quizzes and Connection

If you wandered into Greyhound Road this November, you'd have been greeted by the sounds of laughter, music, and perhaps a little competitive spirit. Lively singing sessions and film quizzes have proven a hit, bringing out everyone's playful side and filling the home with roars of laughter. These shared moments are a reminder that sometimes, it's the simplest pleasures—a song, a quiz, a giggle—that create the strongest sense of connection.

Stranger Things on the Horizon

The anticipation in the air was almost electric as everyone prepared for the release of Stranger Things Season Five. In true fan style, the household dove into a complete rewatch, fuelling plenty of animated chats and wild theories about what's coming next. This month's highlight? A trip to the West End, where Franks and staff joined the 'Stranger Things quest', tracking down five hidden QR codes and winning exclusive merchandise for their efforts. "It was a quest worthy of Hawkins itself!" laughed one adventurer. The excitement lingered long after everyone returned home.

Good Food, Good Company

Of course, no autumn would be complete without hearty meals and a few well-earned treats. While meals out remain a special occasion, there's nothing quite like cosying up on the sofa with a takeaway and a good film, the perfect antidote to a frosty evening.

A Month of Gentle Joy

November at Greyhound Road has been a celebration of rest, comfort, and the simple joy of being together. As the season continues its slow march toward winter, our focus remains on cherishing each other, sharing laughter, and making the most of life's quieter moments. Here's to more warmth, more fun, and many more magical days together.



STRANGER
THINGS

AUTHOR: YVONNE SPILLANE

MagicLife Staff Nominations

Honouring the People Who Make Magic Life Shine

Magic Life is built on people — those who lift others, lead with kindness, and show an unwavering commitment to excellent care. Each month, we recognise the individuals who go above and beyond, not through grand gestures, but through the steady, everyday actions that make our services feel safe, supportive, and truly person-centred.

This month's nominees embody what Magic Life stands for. They strengthen their teams, bring comfort and stability to residents, and show compassion in moments big and small. Their dedication, resilience, and genuine care make a meaningful difference across our services.

We are proud to celebrate their contributions and grateful for the positive impact they create within our Magic Life community.



Tanvir Shuvo

Tanvir's Steady Excellence

Leading with consistency, dedication, and quiet strength.

Tanvir Shuvo is an invaluable part of Park Lodge, known for his continuous hard work, professionalism, and genuine commitment to both his team and the people we support. He consistently takes initiative, completing tasks before being asked and ensuring the service runs smoothly, safely, and in full compliance.

What makes Tanvir stand out is his balance of leadership and teamwork. He not only excels in his own responsibilities but also supports colleagues, sets a strong example, and remains calm and focused even during busy or challenging moments. His communication is always professional and compassionate, creating trust and reassurance for both staff and residents.

Tanvir has shown impressive growth in confidence and maturity, approaching every duty with pride, reliability, and care. His proactive attitude and strong sense of responsibility have a meaningful impact on the entire service.

Tanvir's work ethic and positive approach embody the best of Magic Life. Thank you, Tanvir — you are truly exceptional.



Park Lodge Team

The Strength of Working as One

A team whose unity, resilience, and dedication shine through every challenge.

The Park Lodge team has shown exceptional teamwork and unwavering commitment, especially during a particularly demanding period. Every member stepped up with patience, professionalism, and emotional strength, ensuring the service remained stable, safe, and fully compliant when it mattered most.

What makes this team outstanding is the way they support one another. Through stressful moments, they communicated clearly, worked collaboratively, and kept the wellbeing of every service user at the centre of their actions. Their ability to stay focused, calm, and person-centred—even under pressure—reflects the very best of Magic Life.

The growth, teamwork, and shared responsibility across the team have been truly inspiring. Each individual brings something unique, and together they create a supportive, high-performing environment built on empathy, trust, and dedication.

Thank you to the entire Park Lodge team for your strength, unity, and unwavering commitment. You have truly earned this recognition.

“They show us every day that exceptional care comes from compassion, teamwork, and heart.”



Adebukola Taiwo

Bukkie's Heartfelt Commitment

Compassion, competence, and exceptional care in every shift.

Bukkie embodies everything Magic Life stands for. Her kindness, warmth, and genuine compassion shine through in the way she supports residents, always going above and beyond to ensure their comfort, safety, and wellbeing. Her natural ability to connect with others makes her presence truly uplifting within the service.

A dedicated team player, Bukkie is consistently ready to support her colleagues—especially during night shifts, where she helps guide new staff, monitors practice, and ensures high standards are maintained. Her willingness to step forward, share knowledge, and reinforce good practice has made a meaningful difference to team performance and resident experience.

Bukkie's blend of professionalism, empathy, and reliability enriches The White House every day. She is a shining example of teamwork, compassion, and the Magic Life spirit.



Hamdi Shire

Hamdi's Steady and Compassionate Support

Consistency, adaptability, and genuine care at the heart of every shift.

Hamdi has been a valued part of Magic Life for many years, and her dedication to Northlands shines through daily. She provides residents with compassionate, reliable support and has a remarkable ability to adapt to any situation. Her calm presence offers stability and reassurance, helping residents feel safe, understood, and genuinely cared for.

Hamdi consistently models good practice, maintaining high standards while being flexible, supportive, and fully engaged in her role. Though she has tremendous potential for further growth, she chooses to focus on what she loves most—being with the residents and delivering excellent frontline care. And in that space, she excels.

Northlands is truly fortunate to have Hamdi. Her commitment, warmth, and steady professionalism make her an exceptional team player and a cornerstone of the service.



Alison Slater

Leading with Understanding and Strength

Supportive, responsive, and always there when it matters most.

Alison is being recognised for the exceptional leadership she brings to her role every day. She offers a compassionate ear, insightful guidance, and a deep understanding of the challenges managers face. Her ability to listen, respond quickly, and provide steady reassurance has made a meaningful difference to those she supports.

Alison leads with empathy and experience. She creates an environment where managers feel heard, valued, and supported — especially during difficult or high-pressure moments. Her approachable nature and consistent responsiveness have helped her teams remain confident, stable, and resilient.

Ally is not just a manager; she is a leader of excellence, setting a high standard through her dedication, awareness, and unwavering support.

Thank you, Alison, for your exceptional leadership and the positive impact you bring every day.

Magic Life Locations

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

High Road Tottenham
672 High Road, London,
N17 0AB

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

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

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

Park Side
Quadrant Court, 2a Park Avenue,
London,
N18 2UH

Park Lodge
8B Park Road, London,
N18 2UT

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

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

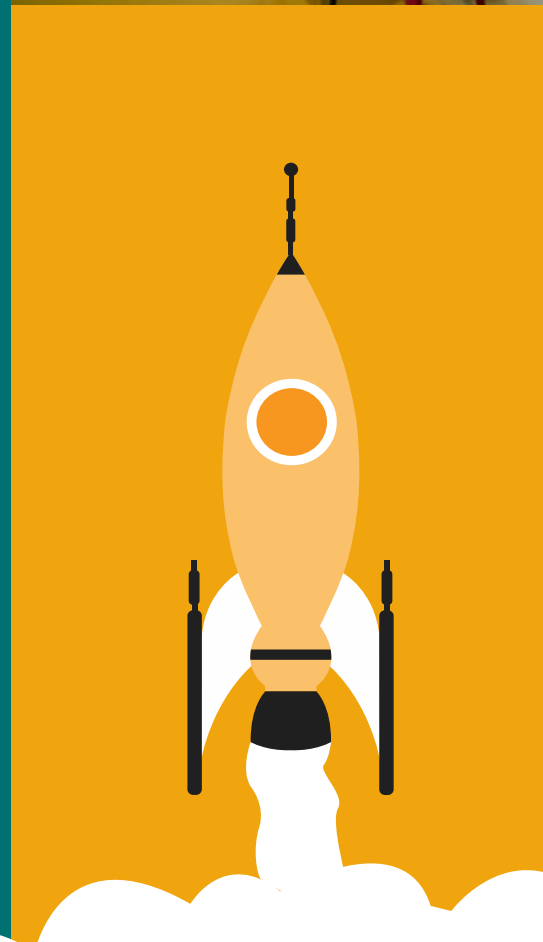
The Hamptons
403 Eagle Way, Peterborough,
PE78EG

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

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

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



Visit <https://magiclifeuk.com>
Call our team on 0208 826 4348