

Magic Life

January 2026 Edition

A Letter of Gratitude and Hope

1st January, 2026

Re. Jamie McGinn - Burlington Lodge.

To whom it may concern.

Firstly, I hope that you are well and wish you a very Happy New Year.

I am Jamie's Uncle, Jamie has been a full-time resident at Burlington Lodge since my Sister, Carol, Jamie's mother, passed away in February, 2021 during Covid.

I am contacting you to compliment your company in having such an amazing employee at Burlington Lodge, Jozef Kuczik, he and his staff are providing such a loving, caring and stimulating environment for Jamie, he is so happy living at Burlington Lodge.

The improvement in Jamie's physical abilities, his ability to now drink holding the beaker himself, chewing his food a lot better instead of stuffing it all in his mouth, his movement out of the wheelchair, absolutely amazing and all a credit to Jozef and his staff.

So on behalf of our family thank you so much for all that you enable Jozef and his staff to do for Jamie.

Kind regards,
Douglas Seymour MBE

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The Magic of January

A gentle start to a year of possibility

There's something quietly wonderful about January at Magic Life. As the Christmas sparkle fades, a new kind of magic appears—a gentle optimism, with every day full of promise.

For many, the new year means resolutions and big plans. But here, we find magic in small beginnings: a resident trying something new, a group sharing laughter, or a team turning an ordinary week into something extraordinary.

Fresh Starts, Big Dreams

January is our 'reset' month. Some residents are settling into new homes and friendships, while others set personal goals—perhaps painting, joining a walking group, or simply saying "yes" to something different.

Staff set the tone for the year with encouragement, creativity, and support. As one support worker says, "It's not about the size of the step—it's about having the courage to take it."

Magic Life Podcast—Your Invitation

We're excited to launch the Magic Life Podcast, open to everyone—residents, staff, family members, and health or social care professionals. Whether you want to share a memory, an idea, or simply say hello, your voice is welcome! Interested in joining?

Get in touch by emailing: joe@psm.group

Goals With Heart

At Magic Life, resolutions come in all shapes and sizes. For some, it's learning a new skill or building confidence in the community. For others, it's about connection—reaching out to a housemate or starting a new group.

Looking Forward Together

As we step into the year, remember that every new day brings its own magic. Set bold goals or say "yes" to something small—you're never alone here. With friendship and support, we'll fill 2025 with laughter and joyful memories.



**Available on Apple, Spotify,
YouTube and the Magic Life Website**

MagicLife Grove Park Road

Christmas at Grove Park

A festive day of laughter and togetherness

The scent of mince pies, the sound of Christmas tunes, and the twinkle of fairy lights—it could only be Christmas at Grove Park Road! This December, residents and staff came together for a joyful celebration that turned our home into a winter wonderland.

Deck the Halls, Fill the Hearts

From the moment the decorations went up, a festive buzz filled every corner. Residents enjoyed making the

space their own, transforming the lounge with glittering ornaments, colourful garlands, and more than a few “oohs” and “aahs” at the finished result. It wasn’t just about the tinsel, though. The real magic was found in the laughter, shared stories, and a few gentle snowball jokes—yes, even indoors!

Music, Games, and Plenty of Cheer

No Christmas is complete without a soundtrack of classics, and Grove Park Road didn’t disappoint. Residents and staff sang along to their favourites, with smiles growing bigger with every chorus. Board games brought out everyone’s playful side, sparking friendly competition and, at times, some truly creative rules!

As the day rolled on, everyone gathered for a feast of festive treats—plates piled high with goodies and mugs filled with warming drinks. Whether sharing memories around the table or simply soaking up the moment, there was a sense of community that made every bite taste even sweeter.

Joy in Every Moment

What stood out most was the genuine sense of belonging. Residents were supported to take part in the ways that felt right for them, and staff ensured everyone could join in at their own pace. The result? A day filled with smiles, laughter, and those little moments of magic that make Christmas truly special.

As one resident put it, “It’s lovely to celebrate together—we’re like a family here.”

By the end of the day, it was clear: Christmas at Grove Park Road is more than a date on the calendar. It’s a feeling—a reminder that community, kindness, and connection are the greatest gifts of all.



AUTHOR: AYESHA SHABIR
PHOTOGRAPHER: AMAL ARTAN



Spotting the Signs

A Gentle Guide to Prostate Health for Everyone



When it comes to life's little challenges, we know the power of a friendly chat, a cup of tea, and the wisdom of looking out for one another. **Prostate issues** might not be the hottest topic at the garden party, but knowing what to watch out for can make all the difference—especially for men as they get older.

What is the Prostate, Anyway?

Let's keep this simple: the prostate is a small gland, about the size of a walnut, that sits just below the bladder. As men age, it's normal for the prostate to change—but sometimes these changes can bring a few bumps in the road.

The Not-So-Secret Signs

Most men wouldn't dream of making a fuss. But spotting changes early is key, and sharing worries can make things a whole lot easier. Common signs that the prostate might be grumbling for attention include:

- Going to the loo more often, especially at night (**just when you've found the comfiest spot in bed!**)
- Finding it harder to get started, or feeling like you can't fully empty your bladder
- A weak or slow stream—less **"Niagara Falls,"** more **"gentle trickle"**
- Needing to rush to the toilet and sometimes not quite making it in time

Sound familiar? You're not alone, and it's nothing to be embarrassed about. These things happen to lots of men as they get older. Sometimes it's just an age thing, but it's always worth mentioning to your GP—just in case.

Bringing Up the Topic—No Need for Awkwardness

If a mate, loved one, or colleague seems to be visiting the bathroom more than usual, or isn't quite themselves, a little check-in can go a long way. At Magic Life, kindness comes first: "Noticed you're popping to the loo a bit more—are you okay?" can open a gentle conversation and remind someone they're supported.

Why Bother? Because You Matter

We're big believers in making every chapter of life as joyful and full as possible. Looking after yourself—or encouraging a friend to do the same—means more time for birthdays, BBQs, and the all-important quiz nights. If something's changed or you're unsure, a quick chat with a GP is the best next step. Most prostate issues are nothing to worry about, and there are plenty of ways to help.

Advice from the Magic Life Team

It takes courage to speak up about private matters, but you'll find nothing but support here. Whether you want advice or just a friendly ear, we're always ready to listen. And remember, if you ever need to talk, our

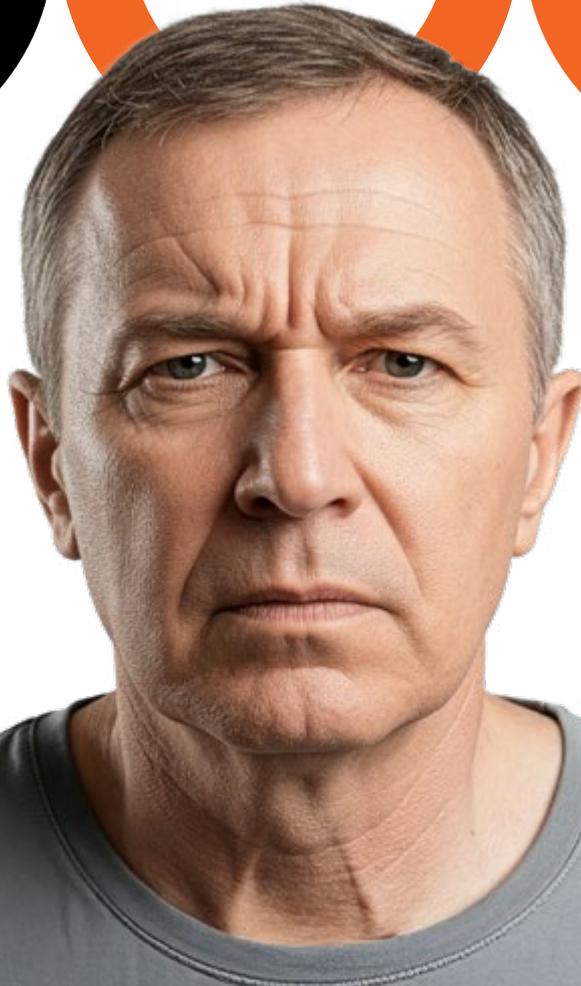
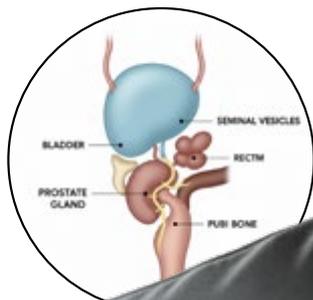
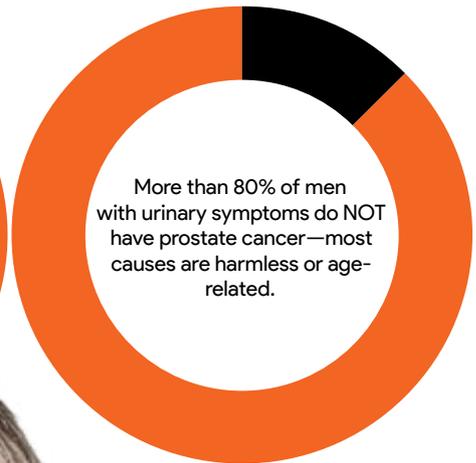
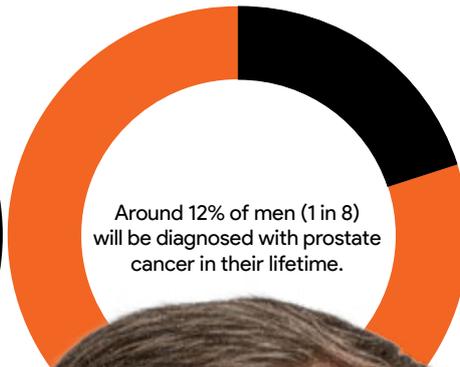
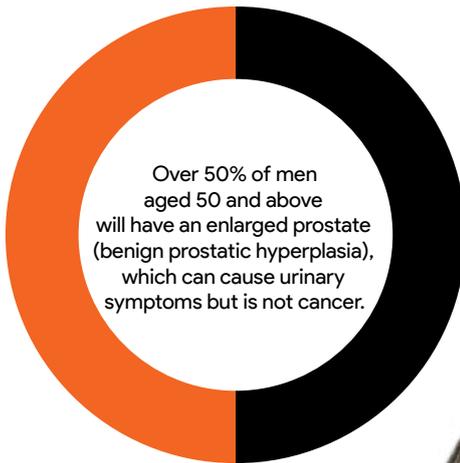
Magic Life Counselling Helpline

is just a phone call away.

Tel: **0345 074 2799**

You're Not Alone

Prostate problems are much more common than you might think, and getting help early can make a big difference. So, whether you're looking out for yourself or someone you care about, remember: at **Magic Life**, no one goes it alone.



**Scan The QR Codes
To Find Out More
From Trusted Sources**



NHS Prostate Problems



Prostate Cancer UK



Men's Health Forum

December to Remember

Festive fun, personal progress, and community cheer at Devonshire Lodge

The Spirit of December

There's something magical about December at Devonshire Lodge. As the year drew to a close, the halls were alive with laughter, companionship, and the sparkle of festive celebration. Residents embraced the season, each making their own memories and marking personal milestones along the way.

Moments That Matter

MG set the pace for a positive month, energised by his love of sports and training. His passion for the gym isn't just about fitness—it's about camaraderie, sharing moments with staff, and finding joy in every session. The highlight? A heart-warming Christmas surprise from his family, proving that a simple gift can bring big smiles and lasting happiness.

Jl's routine was a source of strength, with weekdays at the day centre filled with engaging activities, and weekends spent exploring the community—especially enjoying outdoor gym sessions. His enthusiasm for shopping

and the great outdoors shows how everyday outings can create contentment and spark delight.

Meanwhile, OB rediscovered the joy of community. Whether playing with ribbons or strolling in the fresh air with staff, his mood soared and he became more interactive, sharing his bright spirit with everyone around him.

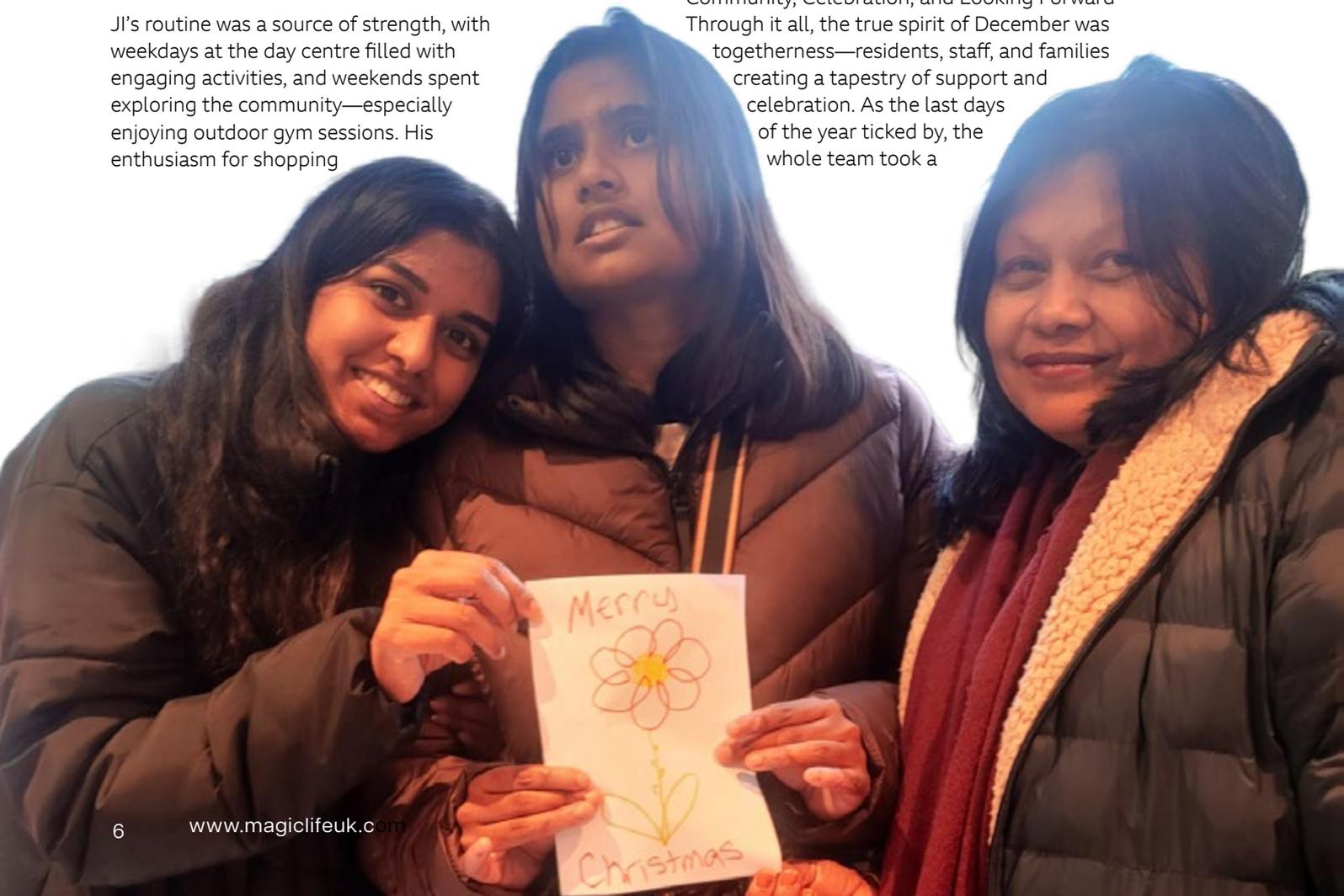
BKD kept busy, diving into daily tasks with determination. From shopping to laundry, his independence shone through, and the festive season saw him relaxed and happy—a true reflection of how small responsibilities can lead to big achievements.

SS turned December into a month of adventure. From trampolining and bowling to taking the lead in food preparation, she showed that trying new things and enjoying good meals (especially with family visits) can make every day special.

IW's love of daily walks and weekly cycling didn't take a winter break! Staying active, enjoying Christmas meals prepared by staff, and soaking up the simple pleasures of routine helped him feel settled and well throughout the season.

DB brought festive cheer with every trip to the local shop, lending a hand with shopping and making the most of the fresh air. A visit home to family during Christmas capped off her month with warmth and connection.

Community, Celebration, and Looking Forward
Through it all, the true spirit of December was togetherness—residents, staff, and families creating a tapestry of support and celebration. As the last days of the year ticked by, the whole team took a



moment to appreciate the dedication that underpins every achievement, big or small.

MN perhaps said it best, giving a heartfelt “hand up” to all staff—not just for their care of residents, but for the support and encouragement they offer one another, management, and seniors alike.

With such a strong finish to 2025, the new year looks bright indeed. Here’s to building on progress, celebrating every win, and finding magic in the everyday.

AUTHOR: MEENA NAGI
PHOTOGRAPHER: ALL THE STAFF

“Here’s to building on progress, celebrating every win, and finding magic in the everyday.”



Festive Joy at Burlington Lodge

Cherished moments and new hopes for the year ahead



As December swept in, Burlington Lodge was alive with the sounds of laughter, music, and the gentle rustle of Christmas wrapping paper. Residents and staff embraced the festive season with open arms, ensuring 2025 finished with joy, connection, and a few heartwarming surprises.

Birthdays and Bright Beginnings

The month began with a very special birthday celebration for MM, whose party brought together residents and staff for an afternoon of music, laughter, and togetherness. Balloons bobbed, smiles shone, and the sense of belonging was unmistakable—a true reflection of the Burlington Lodge spirit.

Family, Friendship, and Festive Surprises

As Christmas drew closer, excitement bubbled throughout the Lodge. Residents received gifts from their

families, which were unwrapped together in a special presentation session. The joy of giving—and receiving—filled the lounge with gratitude and smiles, reinforcing the importance of family connections at this special time of year.

One particularly memorable highlight was JF's escorted visit to meet his family, including his spouse and two boys, for a Christmas dinner at The Naturalists Restaurant. Sharing good food and laughter in a warm, relaxed setting made the festive period shine even brighter for JF and his loved ones.

A Party to Remember

Back at home, the in-house Christmas party was a glittering success. Residents and staff sang carols, danced, and created new memories destined to last long after the decorations are packed away. The energy, camaraderie, and festive spirit were the perfect recipe for togetherness.

Magic Life also recognised the dedication of Burlington Lodge's staff with thoughtful presents and money vouchers, much to the appreciation of all. These gestures brought a well-deserved boost to morale, showing just how valued each team member truly is.

Looking Forward: Hopes for 2026

As 2025 came to a close, Burlington Lodge looked back with pride—on growth, compassion, and achievements shared by all. Looking ahead, the team is setting intentions for an even brighter year: more independence for residents, stronger family and community connections, more social and skill-building activities, and a continued focus on staff development and wellbeing.

With the New Year just beginning, there's a shared hope for progress, partnership, and even more moments to cherish together.





Family Voices

A Letter of Gratitude and Hope

If there's one thing that truly brings the Magic Life community to life, it's the voices of families and loved ones. This month, we're proud to share a moving letter from Douglas Seymour MBE, uncle to Jamie at Burlington Lodge. His words remind us all that behind every achievement—big or small—there's a tapestry of care, commitment, and partnership between our staff and the people we support.

It's not every day you receive a letter that makes you pause, smile, and perhaps even well up a little. Douglas's message is a shining example of the impact that kindness and dedication can have—not just on individuals, but on entire families.

Why Family Feedback Matters

Family members see it all: the tentative first steps, the bursts of new confidence, the gentle encouragement behind each new milestone. Their words carry the warmth of home and the hope that every person is not only safe and supported but thriving.

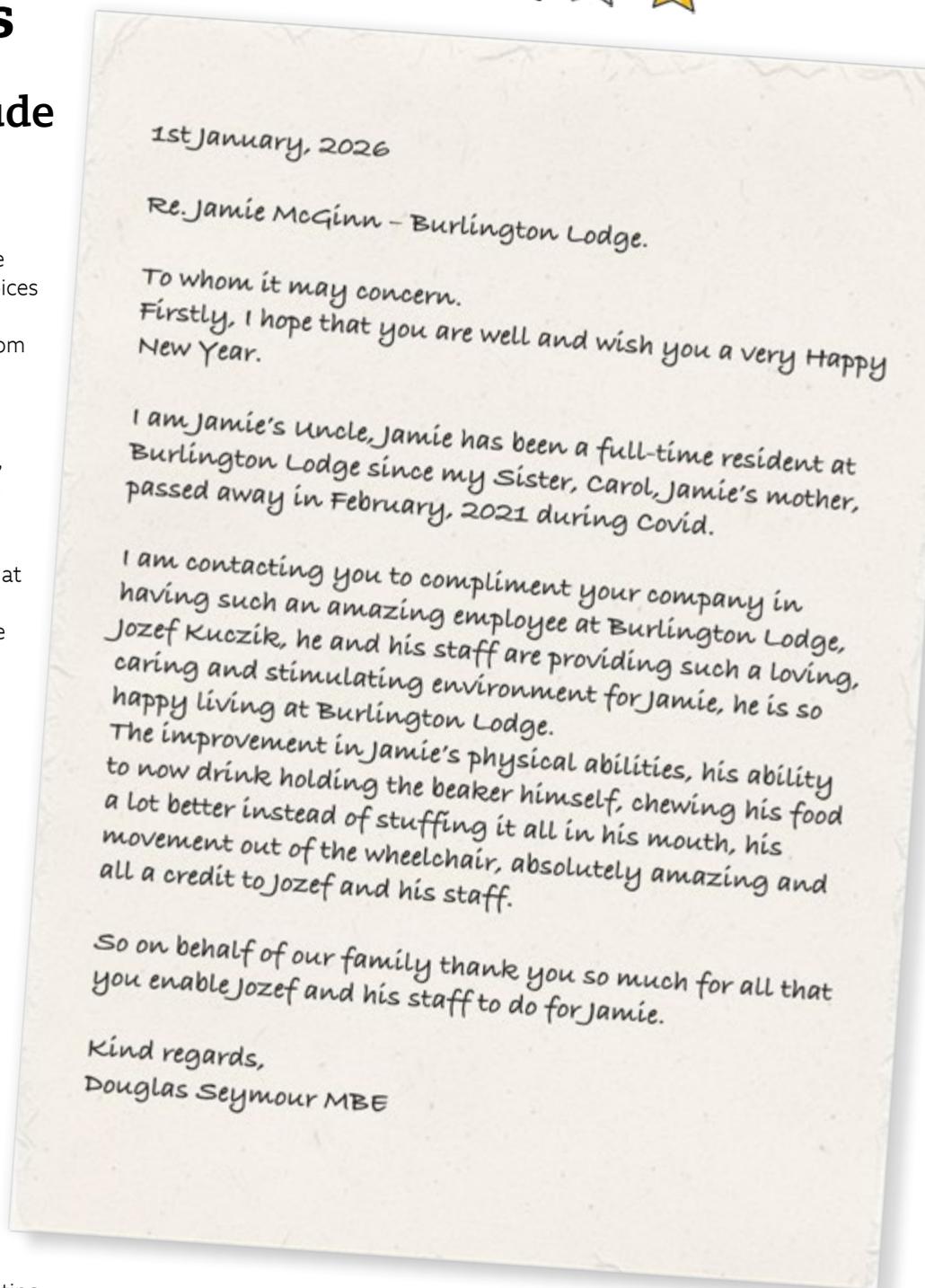
The Power of Teamwork

At Burlington Lodge, and across Magic Life, it's teamwork that makes these moments possible. Staff like Jozef and his team aren't just supporting day-to-day needs—they're inspiring independence, celebrating progress, and building a community where everyone can flourish.

Celebrating Together

We're honoured to print Douglas's letter in full. Let it serve as a tribute not only to Jamie and the Burlington team, but to every family, supporter, and friend who shares in the journey.

["The improvement in Jamie's abilities... absolutely amazing and all a credit to Jozef and his staff."]



Have a story to share? We'd love to hear from you—because every note of gratitude, every proud moment, and every cheer from the sidelines helps make Magic Life the vibrant, caring community it is.

MagicLife 672 High Road

Everyday Magic

Small Moments,
Big Smiles at 672

There's
something
quietly
inspiring
about seeing
everyday life
skills done
with such
heart.

AUTHOR: SEGUN STEPHEN
PHOTOGRAPHER: 672 STAFF

If you pop by 672 High Road this winter, don't be fooled by the quiet—inside, there's a world of independence, joy, and determination on display. With only three residents (and a privacy-first approach when it comes to photos), this is a home where small victories mean everything.

Park Life and Proud Routines

CK is our resident explorer, rarely missing a chance for a walk in the local park. Whether he's strolling in step with staff or soaking up the winter air solo, you'll often find him in high spirits—especially if there's a café stop on the way. But CK's achievements aren't just outdoors. He takes real pride in keeping his flat and bedroom spotless, all under his own steam. Ask him about it, and he'll likely flash a smile—no prompting needed!

Shopping is a highlight of CK's week, too. It's not just about ticking things off a list. CK insists on carrying his own bags, paying at the till with steady hands and a look of focus that would put any shop assistant to the test. As one team member puts it: "He does it with passion and concentration." There's something quietly inspiring

about seeing everyday life skills done with such heart. Thursdays on Two Wheels

Every Thursday, CK heads out for lunch in the community—a ritual that's become a firm favourite. And if you catch a glimpse of a determined cyclist on the local paths, there's every chance it's CK enjoying the freedom of a bike ride, wind in his hair and lunch on his mind. It's these simple, steady routines that shape a life of confidence and connection.

Community Spirit, Close to Home

With just a handful of residents, the team at 672 High Road take every opportunity to make each day count—whether it's supporting personal routines or sharing a joke on the way to the park. Even without the group photos or big events, there's a sense of warmth and pride that runs through every story.

So, here's to CK—leading the way, one tidy room and community bike ride at a time. At 672, it's not the numbers that matter, but the quality of the moments shared and the skills celebrated every day.

A Christmas First

The magic of gifts and gratitude at West Lodge

It's a scene that could have been lifted straight from a Christmas card: the twinkle of fairy lights, the rustle of wrapping paper, and the unmistakable sense that something truly special was about to happen. This year at West Lodge, we witnessed a milestone that left the whole team a little misty-eyed—and one gentleman, GC, absolutely beaming.

A Tree with a Little Extra Sparkle

For the very first time, GC woke up to find beautifully wrapped presents nestled beneath the Christmas tree—each one waiting with a promise of surprise and delight. While many of us carry fond memories of this tradition, for GC it was a brand-new experience. The moment he realised the gifts were truly for him, the joy and astonishment on his face spoke volumes.

Staff gathered round, delighted to share in this milestone. Unwrapping each present became an event in itself, with GC's gratitude and wonder shining brighter than any bauble on the tree. The room was filled with laughter, hugs, and a real sense of togetherness—reminding us all why we do what we do.

Moments That Matter

At Magic Life, we know it's these moments that make all the difference. Many of the individuals we support are discovering new traditions and joys—sometimes for the very first time. For GC, that morning was more than just unwrapping gifts; it was about belonging, celebration, and the sheer magic of being seen and appreciated.

Why We're Here

Providing care at Magic Life is about so much more than meeting needs—it's about creating experiences, nurturing happiness, and opening doors to memories that last a lifetime. Seeing GC's abundant appreciation reminded us all that even the simplest traditions can become extraordinary milestones.

As the last bit of wrapping paper was tidied away, one thing was clear: this Christmas at West Lodge will be remembered for years to come—not just for the presents under the tree, but for the joy and community spirit shared by all.





Festive Cheer at Manor

Moments of Connection and Celebration

December brought an extra helping of magic to Manor, with residents and staff alike embracing the festive season in their own special ways. The air was alive with laughter, togetherness, and those small but unforgettable moments that turn the end of the year into a cherished memory.

Reuniting, Reconnecting, Rejoicing

For JO, the holiday period was marked by warmth and reconnection. Spending Christmas away with family brought a glow to his spirits, while reconnecting with his younger sister added an extra dash of positivity to his year. Watching these bonds blossom has been a highlight for all involved, proving that progress sometimes arrives as a simple, heartfelt hello.

Elsewhere, SH welcomed December with open arms, keeping up his wonderful tradition of community outings and social visits. Christmas Day saw him surrounded by the love of his mother and grandmother—a festive highlight that filled the season with smiles and gratitude.

AUTHOR: SUNDUS MOHAMMED

GS found his own recipe for Christmas cheer, staying busy with work throughout the holidays. He and his colleagues at the restaurant enjoyed a well-deserved meal together, turning a day on the job into a festive celebration. GS has also been making special plans with his sister, nurturing family ties and looking forward to bright days ahead.

LF brought his trademark enthusiasm to the holidays, opting to stay at the lodge. True to form, he continued making the most of community outings, keeping the spirit of adventure alive even in the cosiest months.

A Season of Support and Joy

It's been truly wonderful to witness residents embracing each moment—whether with family, friends, or the wider Manor community. The laughter, the shared stories, and the gentle encouragement of staff have created a festive season to remember. As Manor steps into a new year, there's a feeling of hope and excitement in the air. Here's to continued progress, new connections, and plenty more moments worth celebrating!

Festive Togetherness

A December to Remember

There's something truly magical about December at our project—when the halls come alive with laughter, the aroma of a homemade feast, and the sparkle of a Christmas tree lovingly decorated by many hands. This year, the warmth of the season was matched only by the residents' enthusiasm and spirit of togetherness.

Decking the Halls and Spirits

It all began with the annual tradition of setting up the Christmas tree. JC joined staff to decorate, her excitement shining as brightly as the fairy lights she hung. She chatted with staff, sharing her happy anticipation for Christmas with her family—a lovely reminder that the holidays are about both looking forward and enjoying the present.

A Feast for Friendship



The celebration truly came alive on Christmas Day. VS stepped into the festive spirit by preparing Christmas dinner, taking great care in setting the table and making sure everything felt special for herself and fellow residents. There was a sense of pride in every detail, from the thoughtful table settings to the delicious meal shared with HJ. As VS and HJ exchanged gifts and laughter, LW joined in the fun, making it a meal to remember.

The day was about more than just food—it was about sharing stories, gifts, and that wonderful feeling of being part of a community. The smiles around the table said it all: everyone felt included, valued, and at home.

A Joyful December

Throughout the festive period, the energy and participation of residents were a joy to behold. Each activity brought people together, encouraging positive social interactions and creating memories that will last long after the last Christmas cracker has been pulled.

Here's to many more celebrations, and to the everyday magic that happens whenever we come together.



Hale End's Festive Magic

A Season of Adventure and Appreciation



December brought a sprinkle of fairy-tale wonder to Hale End, with the whole community coming together to celebrate, explore, and share unforgettable moments. From sparkling lights to thoughtful gestures, this was truly a season to remember.

Christmas Adventures: From Palaces to Parties

The month began with a magical outing to Blenheim Palace, as CH and TP joined friends from Park Side for a Christmas market adventure. With Mo at the wheel and plenty of festive cheer, the group soaked up the sights, sounds, and dazzling displays—so enchanting that for a moment, our residents were ready to stay forever! Luckily, Mo was on hand to whisk everyone safely home, with spirits still aglow.

For TP, the adventures continued across London. A trip to Selfridges filled the day with sparkle, while the local circus in Walthamstow left everyone in awe of high-flying acrobats. Not to be outdone, a visit to the Royal Air Force Museum offered up a sky-high history lesson—proof that TP's sense of curiosity knows no bounds. Of course, there was also time set aside for family, including a cosy Christmas Eve at home and a weekend outing with his sister.

RS, meanwhile, dived into the season's celebrations with gusto. From friendly nights out and games of pool to dancing the night away at Club 82, RS truly made the most of every festive gathering. The Christmas party with peers from Links Day Centre was a highlight—complete with the

famous Magic Life Jollof Rice and a surprise appearance from Santa, who arrived just as the DJ dropped the first Christmas classic.

Moments of Progress and Thanks

December also marked some personal triumphs. JA showed great courage braving the winter chill and tackling a bustling food shop at Tesco, followed by joining in the Christmas party at Hale End. Each step forward is a testament to JA's resilience and the unwavering encouragement of staff like Albert and Toyin—proof that with support and patience, amazing things can happen.

Behind every celebration was a hardworking team, and special thanks go to Dammy, whose help in the kitchen made the festive feasts (and New Year's treats!) truly memorable. Appreciation also goes out to the families of RE and AA, who brought extra joy by sharing Christmas Day at Hale End and expressing kindness to both staff and residents.

A Year to Remember

As the year drew to a close, Hale End was alive with gratitude and pride—for every challenge met, every new experience, and the caring bonds that bring the community together. Here's to a new year of laughter, progress, and the same spirit of togetherness that made this December so bright.

AUTHOR: ANDREEA CALIN



MagicLife Cherry Tree Lodge

Cherry Tree Lodge Sparkles

Festive Fun and New Year Hopes

What a month it's been at Cherry Tree Lodge! December brought a whirl of laughter, achievements, and moments that will be cherished long into the new year. As we bid farewell to 2025, we can't help but smile at the memories made and the community spirit that continues to blossom here.

Moments of Achievement and Adventure

The month started with a friendly rivalry as RF and SG took to the pool table for an afternoon of skill and camaraderie. RF wowed the crowd with his steady hand and sharp aim, while SG delivered a few crowd-pleasing trick shots of his own. Laughter and applause echoed around the room, setting a joyful tone for the weeks ahead.

Not long after, the dynamic duo swapped pool cues for steering wheels, enjoying a trip to the arcade. RF was right in his element at the driving simulator, all focus and fun—though he still kept an eye on SG's progress! It was more than just a game: the adventure brought back happy memories of RF's days as a taxi driver, and he's already set his sights on more outings like this in the year to come.

For SW, the highlight was finally ticking "indoor archery" off her wish list. Her beaming smile said it all as she hit her mark time and again, giggling with each arrow and soaking



up the cheers from her friends. With a little guidance and a lot of enthusiasm, SW proved herself a true natural.

Festivities in Full Swing

When the carols began, so did the festivities! Although we couldn't host visitors from other services this year, the Christmas spirit filled every corner of CTL as residents gathered for an evening of song and laughter. Voices rose in harmony, hearts warmed, and for a moment, it felt like all the world's troubles were miles away.

The celebrations didn't stop there: our Christmas party was a joyful feast of food, music, and magic. JE led the grace with warmth and gratitude, reminding everyone how special it is to come together in friendship. Santa Claus himself paid a visit, handing out gifts and raising excitement to a festive peak. It was a magical close to a remarkable year.

Looking Ahead with Joy

As we step into 2026, the team and residents at Cherry Tree Lodge are grateful for every memory, every smile, and every milestone—big or small. Here's to another year of joy, new adventures, and the same spirit of togetherness that makes CTL truly shine.



Festive Warmth at Park Lodge

From Winter Wonderland to Home



The spirit of Christmas swept through Park Lodge this December, transforming each day into a celebration of togetherness, joy, and the little moments that make a house a true home. The month began with excitement as everyone welcomed back Christopher Reid with a special party, followed by a magical trip to Winter Wonderland—a highlight that saw residents and staff embrace the season's sparkle, share laughter on rides, and delight in festive prizes. PRM's Pokémon win brought grins all around, setting a brilliant tone for the holidays.

Celebrating Individuality and Friendship

Throughout December, every resident's unique personality added its own magic. SGF's ever-popular "I'll think about it" kept the laughter rolling, while RG flashed his signature "peace out" in every photo, bringing a playful cheer to the festivities. RG also embarked on a new adventure, joining a day centre where he now explores IT, shops, and restaurants with staff by his side—an exciting step forward.

Pampering wasn't just for the holidays: PRM enjoyed a special self-care day, taking pride in transforming her look and building new skills in the kitchen, independently preparing her own meals. Meanwhile, Christopher Reid, already settling back in, jumped right into the swing of

things with sports, music, and games, bringing his positive energy to every gathering.

A Season of Connection

The magic wasn't only in the outings or decorations (though the home looked dazzling in soft lights and festive touches). It was in the gentle comfort of Christmas songs playing through the halls, family visits, movie nights, and the easy company of friends. Park Lodge was filled with stories, shared meals, and moments of quiet appreciation for one another—the essence of what makes the holidays truly special.

Staff Shining Bright

None of these joyful moments would be possible without the dedication and care of the Park Lodge team. Throughout the festive season, staff tailored every event and celebration to suit residents' preferences, ensuring each person felt comfortable, valued, and included.

As we look back on a month of warmth, laughter, and new memories, we celebrate the values at the heart of Park Lodge: dignity, respect, and community. Here's to another year of magic—together.



AUTHOR: OLAMIDE TAJUDEEN
PHOTOGRAPHER: PARK LODGE TEAM

Exploring, Baking, and Festive Cheer

A Month of Discovery at Park Side

Excitement was in the air this month at Park Side, as residents embraced new adventures, honed their skills, and filled the days with laughter and connection. From city outings to creative baking, December was all about trying new things and cherishing the joy of togetherness.

Out and About: Oxford Adventures and Family Visits

PC made the most of every moment, joining ED on a memorable trip to Oxford City. Together they wandered through the historic museum, marvelled at Carfax Tower, and soaked up the peace of green spaces and waterways. Christmas was extra special for PC, with a heartwarming family visit and plenty of presents to open—a joy that lit up her entire festive season. She also enjoyed joining residents at Park Lodge for games and conversations, and brought her sparkle to the Christmas party, sharing good cheer with all.

ED was equally busy this month, venturing out for lunch, sharpening his baking skills with staff, and tackling maths sessions to keep his mind active. The Oxford trip was a highlight, and ED loved seeing the city’s history come to life. At the Christmas party, he opened gifts with delight and joined in the festive fun, surrounded by friends.

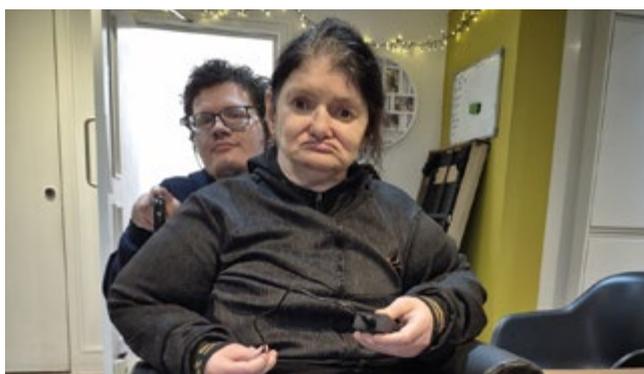
Building Skills and Confidence

SR got stuck into baking too, developing new skills and confidence with every batch. Supported outings for fresh air and shopping added a welcome change of scenery, while the Christmas party offered delicious food and a chance to celebrate alongside fellow residents.

DM found simple joys in good company, often starting the day with breakfast chats in the lounge. He relished the lively atmosphere of the Christmas party and showed growing independence by giving dishwashing a go after meals. Opening presents brought smiles all around, and his gratitude shone through.

Together at Park Side

The month was a wonderful blend of adventure, creativity, and the magic of community. As the year comes to a close, Park Side is bursting with pride for each resident’s progress, every new memory made, and the laughter shared by all.



Making Spirits Bright

A season of magic, togetherness, and hope at Chapel Row

When December rolls in, something special happens at Chapel Row. The world outside might be chilly, but inside, it's all warmth, wonder, and the gentle sparkle of Christmas magic. For the Chapel Row family, this time of year is about so much more than decorations and gifts—it's about connection, courage, and community spirit.

Shining Bright Together

The festive season has a way of making hearts a little lighter and smiles a little wider. At Chapel Row, everyone comes together to share in the joy—residents, families, and staff all playing their part in making memories that will last well beyond the twinkling lights. Each day brings little moments of magic: a burst of laughter during a Christmas quiz, the sound of favourite songs filling the lounge, or a shared treat enjoyed with friends.

The Power of Inclusion

True festive magic happens when everyone feels they belong. At Chapel Row, kindness is the golden thread running through every celebration. Doors are open to all, and barriers are replaced with bridges—ensuring that every person feels valued and included. Whether it's making spaces accessible or turning a simple get-together into a festival of togetherness, this is a place where difference is celebrated and everyone's contribution shines.

Gifts That Can't Be Wrapped

What truly sets Chapel Row apart is not what's under the tree, but what's in the air: the infectious positivity, the resilience that glows even brighter at Christmas, and the ability to find joy in the little things. Residents share their laughter, their optimism, and their unshakeable hope—reminding everyone around them of the real gifts of the season.

As another year draws to a close, we pause to celebrate not just the festivities, but the quiet heroes whose courage, kindness, and open-heartedness light up our community all year round. Here's to making spirits bright—this Christmas, and always.



Festive Connections

A December of Community, Laughter, and Celebration

December at our home was anything but ordinary—it was a month where the halls echoed with laughter, the air shimmered with excitement, and every corner seemed to glow with the spirit of connection and joy.

Game On: Chess Club Magic

Nick’s regular trips to chess club brought more than just clever moves and checkmates. This monthly highlight turned into a hub of social fun, where friendly competition sparked new friendships and built confidence. Watching Nick engage with fellow club members reminded us all how community connections can make life a little brighter—and a lot more interesting.

Carols, Cheer, and a Surprise Guest

The magic continued as Horatio and Mark attended the local Christmas carol service at the church next door. There, in a flurry of jingling bells and festive tunes, they found themselves in the company of Father Christmas himself. The joy was infectious, with smiles, laughter, and warm conversation filling the room. It was a truly memorable moment, celebrating the comfort of tradition



and the simple joy of being together.

Homegrown Festivities

Back at home, the Christmas party was nothing short of spectacular. With every table decked out, music playing, and favourite dishes on offer, staff and residents came together for an afternoon of celebration. There was singing, dancing, plenty of laughter, and perhaps a cheeky mince pie or two. The festive spirit was alive in every shared moment—a testament to the dedication of our team and the close-knit community we’ve built.

Looking Forward, Together

Reflecting on this magical month, it’s clear that the best celebrations are the ones we create together. Thank you to our fantastic staff for their unwavering enthusiasm, and to our residents for their warmth and joy. Here’s to many more months filled with laughter, connection, and community spirit!

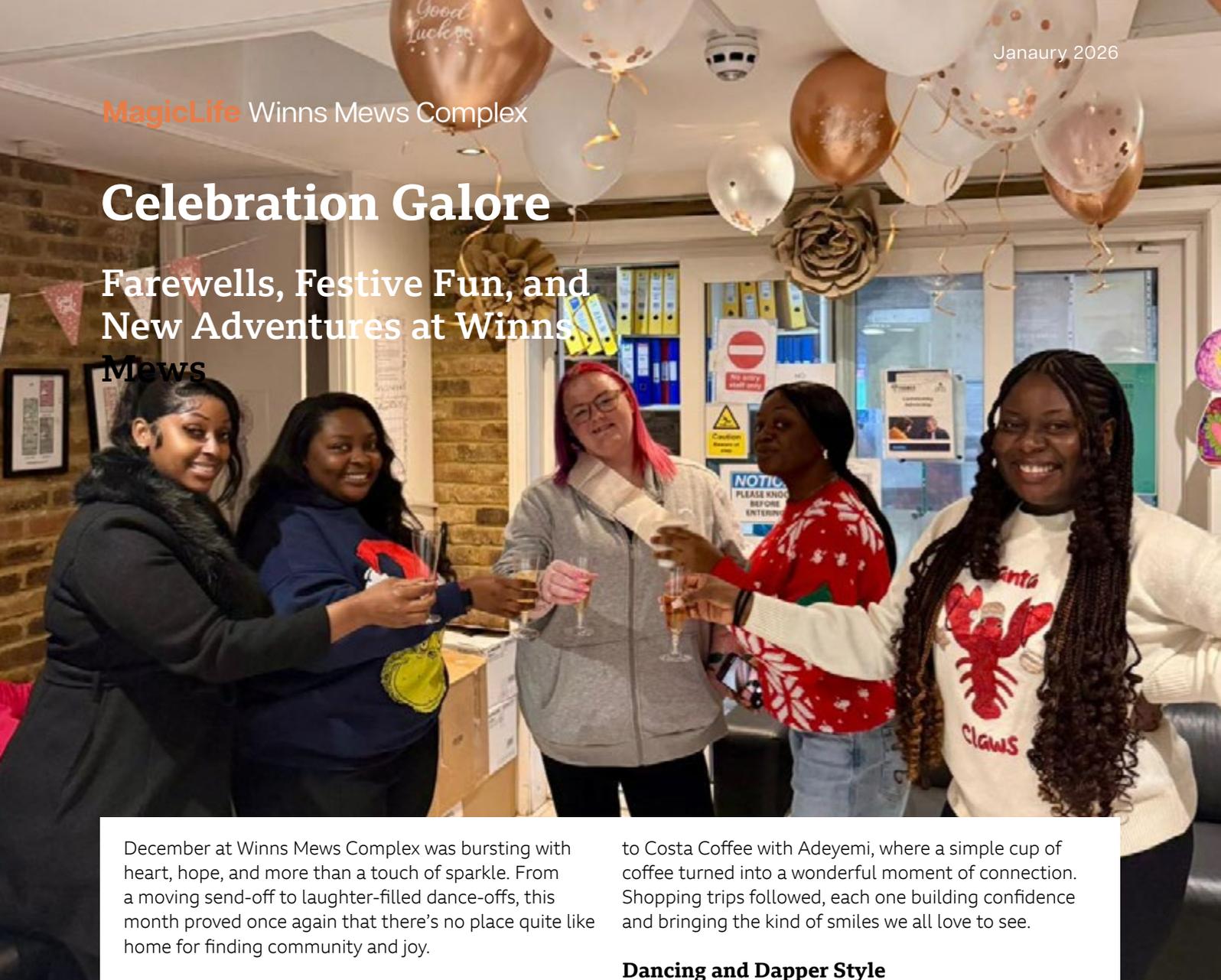


PHOTOGRAPHER: HAMPTONS STAFF



Celebration Galore

Farewells, Festive Fun, and New Adventures at Winns Mews



December at Winns Mews Complex was bursting with heart, hope, and more than a touch of sparkle. From a moving send-off to laughter-filled dance-offs, this month proved once again that there’s no place quite like home for finding community and joy.

A Fond Farewell to Danii

The season of celebration began with a heartfelt goodbye as the team came together to honour Danii’s journey. Arriving in June 2023, Danii faced her challenges with courage and determination, building friendships, pursuing independence, and even starting college along the way. With support and her own resilience, she made strides that filled everyone with pride—especially as she confidently took her next step on 11 December. Her send-off was brimming with encouragement, gratitude, and more than a few happy tears. Here’s to you, Danii, and all the adventures ahead!

Jumpers, Jingles, and Jollity

It wouldn’t be December without a touch of festive fashion! This year’s Christmas Jumper Party was a true highlight, filling the home with colourful jumpers, laughter, and togetherness. Even as Danii’s farewell mingled with holiday celebrations, the mood was bright and buoyant—reminding us that every goodbye is just another reason to celebrate the journey so far.

Out and About with Jamie

Seeing Jamie’s smile can brighten even the frostiest day. This month, Jamie enjoyed a memorable outing

to Costa Coffee with Adeyemi, where a simple cup of coffee turned into a wonderful moment of connection. Shopping trips followed, each one building confidence and bringing the kind of smiles we all love to see.

Dancing and Dapper Style

Meanwhile, at Winns 2, the energy was sky-high! A spontaneous dance-off broke out between the legendary “frienemies” Dimitrous and Shawn (of Bruce Grove fame) and staff member Juliana. The friendly rivalry was fierce, the moves were bold, and the laughter echoed all around. We’re happy to report that, despite some ambitious bending, no backs were harmed—just plenty of spirits lifted.

Fashion was also on full display, with Dimitrous stepping out in his signature sharp style, and Pravin making the most of a shopping trip to score a brand-new pair of shoes. These moments—big and small—remind us that confidence and creativity are always in fashion at Winns Mews.

Looking Ahead with Joy

As we close the chapter on December, we do so with hearts full of pride and hope. Whether saying farewell, sharing a dance, or braving the high street for some retail therapy, it’s the spirit of connection and celebration that makes Winns Mews shine.



AUTHOR: HANNAH TOSIN ALE

PHOTOGRAPHER: ADEYEMI, AFOLABI, HANNAH, AND BELINDA



Season of Celebration

A December of Joy, Milestones, and Togetherness at Greyhound Road

December at Greyhound Road was a month wrapped in warmth, togetherness, and the unmistakable glow of the festive season. As winter settled outside, our home was alive with laughter, connection, and the spirit of belonging—a perfect ending to a year of growth and community.

A Feast to Remember

This year's Christmas gathering was one for the memory books. With tables gleaming and a delicious festive feast prepared, residents and staff joined together to share good food, great company, and even greater laughter. Stories flowed as easily as the tea, and the sense of family was stronger than ever—a reminder that home is made special by the people in it.

A New Chapter: RJB's Proud Moment

Among the season's many highlights, one milestone shone especially bright. RJB, accompanied by her keyworker, attended her citizenship appointment—marking the moment she officially became a British citizen. The whole house swelled with pride, celebrating not just an achievement, but a journey of independence and belonging that inspired everyone.

Gifts and Giving from the Heart

Presents, both thoughtful and cheerful, found their way to every corner of the home. It wasn't about the size of the parcels, but the spirit of giving—each gift exchanged with gratitude, excitement, and plenty of festive cheer. The joy of sharing was felt in every smile and every thank you.

Looking Back, Moving Forward

As the year came to a close, December reminded us that family isn't just about where you live—it's about how you care. The magic of the season lingered in every shared laugh, every word of encouragement, and every moment of kindness. Here's to a new year filled with more connection, celebration, and the ongoing adventure of growing together.

AUTHOR: YVONNE SPILLANE
PHOTOGRAPHER: FRANKS & PATIENCE

Always in Our Hearts

Reflecting on Those We Miss, Cherishing What They Gave

There are moments in supported living that are filled with sunshine—laughter in the garden, the joy of new beginnings, the comfort of familiar routines. But, as every member of our community knows, there are also quieter days when we pause, remember, and honour the special people who are no longer with us.

A Roll Call of Remembrance

In the past few years, Magic Life has bid farewell to friends who brought light, laughter, and their unique magic to our homes.

We remember

Ryan P (8th February 2025), whose presence at Chapel Row was a source of joy for so many.

We hold in our thoughts **Peter B (15th October 2025)**, and **Shaye RW (4th March 2025)**, both cherished for their individuality and spirit.

Cat W (22nd February 2024) is remembered for the warmth she brought to every gathering, while

Brian H (7th April 2021) left a legacy of kindness and camaraderie.

Their stories are woven into the fabric of Magic Life. The echo of their laughter, the marks they made on canvas or in the garden, and the friendships they forged—all these remain part of our community's heart.

Why Loss is Part of Our Journey

Working in supported living means embracing life in all its complexity. We celebrate birthdays, milestones, and breakthroughs, but we also face the reality that some journeys are shorter than others. The people we support often live with a range of health conditions, and while we protect everyone's privacy and dignity, we also know that saying goodbye is, sadly, part of the landscape. Each farewell brings a sense of loss, not just for families, but for the dedicated staff who have walked alongside these individuals—sometimes for many years. The bonds formed are genuine and deep. It is never 'just a job'; it's a relationship, a shared journey, and a series of small moments that add up to something truly meaningful.



The Toll—and the Treasure—of Caring

To the staff at Magic Life: you are the quiet heroes, carrying the weight of grief with grace and resilience. It's not easy, and the toll can be felt long after the last shift. But, time and again, you show up with open hearts—finding strength in each other, in the shared stories, and in the support that defines our community. There are hard days, but there are also countless reminders of why this work matters: a smile, a thank-you, a sense of having made a real difference.

Holding On, Letting Go, Moving Forward

In the spirit of Magic Life, we choose to honour those we've lost by holding close the lessons they taught us: the power of connection, the beauty of small victories, and the importance of living each day with kindness and a dash of humour.

So, as we light a candle, share a favourite memory, or simply pause for a moment of reflection, let's remember: though these friends may be gone, their magic lives on—in stories, in laughter, and in every act of care we continue to offer.

Magic Life Locations

Magic Life Head Office
5-11 Green Lanes, London,
N13 4TN

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

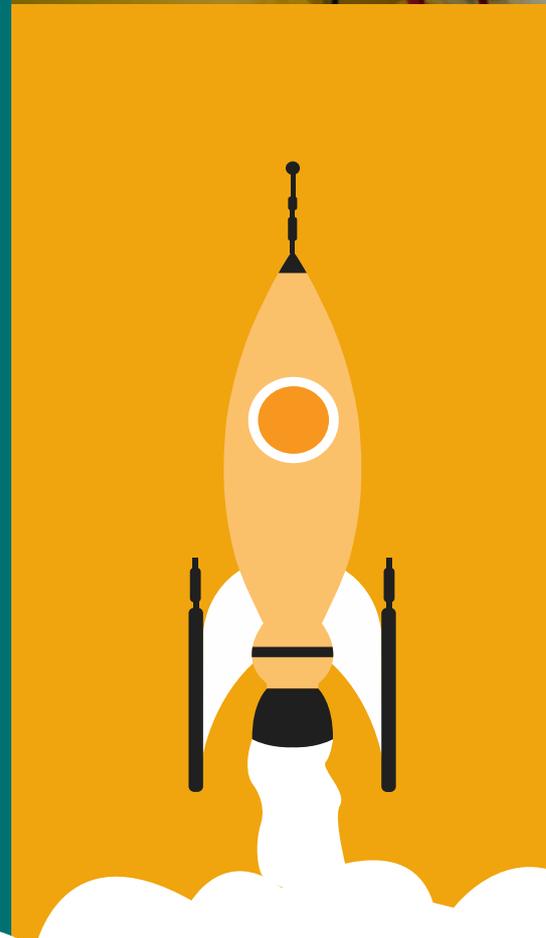
The Hamptons
403 Eagle Way, Peterborough,
PE78EG

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
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- Behaviours that are deemed to be Challenging
- Physical Disabilities
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- EUPD Support
- Forensic Support



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