

MagicLife Life Magazine

Magic Life

February 2025 Edition



Two New Episode's

Find them on Apple, Spotify, Youtube and the Magic Life Website

In this edition

- Walking Into Wellness
- Creativity, Connection & New Beginnings
- New Year, New Highlights
- Active Days, Fresh Opportunities
- Creativity in Full Bloom
- Moments That Made Us Smile
- Community Out and About, Indoor Activities & Life Skills
- Baking, Nails and Shopping

- A Month of Smiles and Special Moments
- New Adventures, Familiar Faces
- In the Stillness of Winter
- Creative Moments at The Hamptons
- January Journeys and Winter Wonders
- Finding Calm in the Water
- Togetherness at Winns
- My Journey to Deputy Manager
- Spotlight on Opportunity
- Moments of Joy at The White House
- Celebrating Ben's Impact

Walking Into Wellness

Step by Step to a Healthier, Happier You

Take the First Step—It Could Change Everything

February might bring chilly mornings and grey skies, but there's a secret to beating the winter blues—and it's as simple as putting one foot in front of the other. Across Haringey, walking groups are gathering pace, proving that you don't need a gym or fancy kit to transform your health and lift your mood. The real magic? It's found outdoors, together, and in every small stride you take.

Why Walking Works—Boosting Body and Mind

Walking isn't just good for your legs. The NHS recommends regular brisk walking as one of the easiest, most effective ways to improve overall health. Not only can it help you keep your heart strong and your weight steady, but it also lowers your risk of long-term conditions like diabetes and some cancers. But that's just the beginning.

More and more research—including from Mind and Public Health England—shows that walking is a powerful tonic for your mental wellbeing. Just 20 minutes in the fresh air can ease stress, boost your mood, and help your mind feel clearer. Being outdoors, away from screens and routines, gives your thoughts space to wander and your worries a chance to settle.

“This February, everyone is welcome to walk together in Haringey’s parks and greenspaces—whatever the weather. A brisk stroll is the perfect tonic for mind and body.”



Walking Together—Groups Making a Difference in Haringey

What makes walking in Haringey special? It's the people—and the warm welcome you'll find, no matter your age or ability. The borough's walking groups offer something for everyone:

- **Wellbeing Walks:** Friendly, accessible walks in local parks, open to all and led by trained volunteers. Just turn up and enjoy some fresh air—no booking needed.
- **Dementia-Friendly Walks:** Gentle, supported outings in Finsbury Park, often with a cuppa, a singalong, and even some craft afterwards. These walks are all about friendship, fun, and a gentle pace.
- **Men on the Move:** A weekly Wednesday walk for men, meeting at The Goods Office Café, Ferme Park Road, 2:30pm. “A walk and a talk” is often the perfect midweek boost.
- **SEND Power Walks:** Bringing together parents and carers of children with Special Educational Needs or Disabilities for a supportive stroll and a friendly chat in the park.

You'll also find heritage walks for history fans, garden walks for supported living, and pop-up community walks in different neighbourhoods—so there's something for everyone, whatever your interest or pace.

More Than Steps—Building Community

For many, joining a walking group is about more than getting active. It's a chance to connect, share stories, and be part of something bigger. Regulars say the sense of community keeps them coming back, even when the weather is wild and woolly! There's plenty of laughter and encouragement, and the simple act of walking and talking is a reminder that no one needs to face life's challenges alone.



Local groups often invite health teams or community services to join walks, making it even easier to find support or information in a relaxed, friendly setting.

“Let’s keep walking, sharing stories, and finding fun in the unexpected. Every step, every smile, is a victory worth celebrating.”

How to Get Involved

It couldn’t be easier to join in—just lace up your comfiest shoes and head out the door. Check the latest walks in the Haringey Newsletter, or contact the Active Wellbeing Team for details and support. If you’d like to start your own group or become a volunteer walk leader, free training is available and new ideas are always welcome. Contact details for coordinators (like Anita, Clare, or Grace) are in the Haringey Newsletter, or find out more online at the council’s Active Wellbeing pages.

Walking Into Spring

As February rolls on and the first signs of spring appear, why not give walking a go? Whether you stroll solo, join a group, or simply stretch your legs at lunchtime, you’ll be taking a step towards a brighter, healthier future. In Haringey and beyond, every journey begins with a single step—and you never know just how far it might take you.

Haringey Walks NEWSLETTER January 2026

[Walking groups](#) | [Walk leader training](#) | [Get Active](#)

Free Guided Wellbeing Walks for Haringey Residents
Happy New Year – Everyone is welcome to start the year with a brisk walk with others in Haringey’s parks and greenspaces. A welcome tonic for both mind and body. No booking required. [For the latest wellbeing walks detail click here.](#)

Haringey Walks & Community Walks News...
Free Dementia Friendly Walks – Finsbury Park
Thanks to a grant from People Need Parks, we will be able to have a cuppa at the café and enjoy a little sing-along & craft activity too.
Fridays: 16 January, 20 February & 20 March 2026
Duration: Starts 1.30pm Ends 3.30pm
Meet: 1.30pm at Stroud Green Gate N4 2DE (opposite Finsbury Bus & Rail station). Alternatively, for 2pm at Finsbury Park Café, by the lake, N4 2NQ. (parking available this side of the park).
For further details call our co-ordinators: Anita, walks: M. 07973 571 921 or Clare, Dementia care: M. 07817 679 826.

Walking to Better Health – first programme for 2026 starts Thursday 15 January 2026 – Priory Park.
To make a referral to Haringey Talking Therapies – whether for Walking to Better Health group or otherwise, please visit the website and complete the online referral form: <https://www.whittington.nhs.uk/haringeytalkingtherapies>

Borough Services & Walks – with walks taking place every day of the week we continue to invite Borough services to our walks to hear from residents or share information about their services. Please call Anita

Walks-stepping out
Look out for walks information in the links provided or at key Haringey borough events and we can help you, your members, patients and residents find a walk that’s right for them or you.
[Links for up-to-date walks information](#)
[Walks](#) • [Free Walk Leader training](#) • [Haringey Walks Contact](#) • [Active 10](#)
[OneYouHaringey](#)
(Provided by Haringey GP Federation)
A free integrated service to help you be smoke free, drink less, lose weight Tel: 0208 885 9095.



Listern to the latest Podcast Walk & Talk with Chris

- Apple Podcast
- Spotify
- YouTube
- Magic Life Website

“As we’ve discovered, growth isn’t just about grand gestures—it’s found in the everyday magic of laughter, creativity, and simply enjoying each other’s company.”



AUTHOR: YVONNE SPILLANE

PHOTOGRAPHER: GREYHOUND ROAD LADIES AND STAFF

Creativity, Connection & New Beginnings

A season of fresh starts and heartfelt moments at Greyhound Road

A Bright Start to 2026

January may have a reputation for being long and grey, but at Greyhound Road, the new year has arrived in full colour. As daylight lingers a little longer each evening, there's a sense of optimism weaving through our home—a shared spark of creativity, energy, and possibility.

Turning Passion Into Purpose

Who says a hobby can't change the world? This month, two residents transformed their love of art and drawing into a meaningful mission: crafting beautiful, bespoke handmade cards to share joy with others. What began as a creative pastime has blossomed into something much bigger—showing how, with teamwork and encouragement, small ideas can light up an entire community.

Art, Talent & Hidden Skills

Art time has quickly become the highlight of our week. There's nothing quite like the buzz of pencils, the laughter of friends, and the satisfaction of seeing hidden talents come to life. RJB, in particular, has dazzled us all with her intricate sketches of buildings—her attention to detail and growing confidence are truly a joy to behold.

Music, Laughter & Karaoke Nights

You can't have January blues when the living room is echoing with karaoke classics! Our evenings have been filled with music, dancing, and a few performances that might just have reached the neighbours. These gatherings have brought plenty of smiles, a dash of friendly competition, and endless opportunities for everyone to let their hair down.

Culinary Confidence

The kitchen has also been a hub of action. Franks has stepped up her culinary game, proudly preparing a variety of meals—though we'll admit, pasta tuna is becoming a bit of a house speciality! With every new dish comes a boost of confidence and a dash of independence.

Winter Evenings Out

One of the highlights this month was a sparkling trip to Canary Wharf's Winter Lights Display. The city's illuminated art installations cast a magical glow on our outing and reminded us all of the beauty waiting just outside our front door—even on chilly winter nights.

Looking Forward

While January might sometimes feel slow, here the mood is anything but. Plans for spring and summer are already taking shape, with talk of new projects and adventures. With creativity flowing and friendships growing, Greyhound Road is welcoming 2026 with open arms and hopeful hearts.

As we've discovered, growth isn't just about grand gestures—it's found in the everyday magic of laughter, creativity, and simply enjoying each other's company.



Special Recognition: Going the Extra Mile

Behind the scenes, two members of our team have gone above and beyond. Joe, our Communications & Marketing Manager, deserves heartfelt thanks for ensuring our stories shine—especially when photos are in short supply! His help with a recent university assignment was a lifeline, proving that real support often happens quietly, with patience and care.

Lorenzo also deserves a round of applause for his endless positivity and willingness to tackle any task with a smile. Thanks to his hard work, Greyhound Road remains a welcoming place for all.

Thank you, Joe and Lorenzo, for helping us go that extra mile and for making our home a place where everyone can thrive.



“Sam’s birthday was a true celebration of friendship, making his big day one to remember for all the right reasons.”



New Year, New Highlights

A lively start to 2026 at Burlington Lodge

A Month of Activity and Joy

January at Burlington Lodge burst into life with energy, laughter, and a real sense of togetherness. From community adventures to special milestones, our residents embraced every day, reminding us all just how vibrant and supportive our Magic Life family can be.

Community Connections in Full Swing

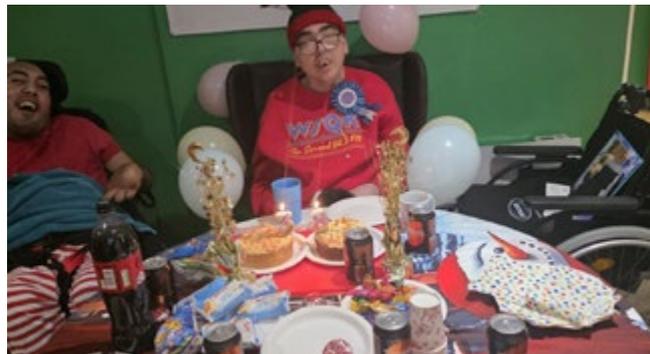
There's never a dull moment for Stephen, who has truly been the life and soul of the project this month. With his trademark warmth and growing confidence, Stephen has enjoyed regular outings—three times a day, no less! Whether visiting local shops or spending time at Winkfield Resources Centre, he's become a familiar, friendly face in the community. His lively chats and positive spirit have lifted everyone around him, showing just how much can be gained from staying connected.

Celebrating Special Moments

Birthdays at Burlington Lodge are always an event, and Sam's was no exception. The whole house gathered to mark his big day with laughter, good food, and a strong sense of belonging. It was a true celebration of friendship, making Sam's birthday one to remember for all the right reasons.

Family Pride and Style

Elijah enjoyed a very special family moment, joining in the celebration of his grandmother's 99th birthday. Wheelchair or no wheelchair, Elijah arrived looking sharp and radiating confidence—earning compliments as the best-dressed guest at the party! His pride and positivity were the talk of the day.



Championing Communication

Jamie continues to impress with his progress in Makaton signing. Not only is he communicating more confidently at Ermine Day Centre and at home, but he's also taken on the role of teacher—helping other residents learn new signs. Jamie's kindness and encouragement are an inspiration, showing how small skills can have a big impact.

A Star in the Kitchen

Move over, MasterChef—Junior has claimed the title of "Chef of the Moment"! His regular appearances in the kitchen, leading and supporting daily meal prep, have boosted his confidence and brought a fresh buzz to meal times. There's something special about sharing good food made with heart and teamwork.

Dancing Into Progress

Michael has made remarkable strides with his MyWay walker, impressing everyone at Ermine Day Centre. He even took to the stage at a recent music show, wowing the crowd with his dance moves and infectious joy. Each step forward is a celebration of determination and community spirit.

Looking Ahead

This January, Burlington Lodge has shown just how much can be achieved with encouragement, teamwork, and a sprinkle of fun. Staff have worked tirelessly to make every moment count, promoting independence and dignity every step of the way. Here's to even more achievements, big and small, in the months ahead.

“Each step forward is a celebration of determination and community spirit.”

AUTHOR: BURLINGTON LODGE STAFF
PHOTOGRAPHER: BURLINGTON LODGE STAFF

MagicLife 672 High Road

Active Days, Fresh Opportunities

January energy and new achievements at 672 High Road

It's been a busy and rewarding start to the year for CK at 672 High Road. January saw him getting stuck in with a fantastic mix of indoor life skills and community activities—proving that the colder months can still be full of progress and fun.

CK's enthusiasm for keeping his home in top shape is inspiring. Whether he's handling his own laundry, folding clothes with care, or making sure his flat and bedroom are spotless, CK takes genuine pride in his surroundings. He's also keen on taking the bins out and helping with day-to-day chores, showing that every little effort adds up to a comfortable home.

Out and about, CK's confidence continues to grow. He's been enjoying shopping trips with staff, and this month, he took a bold step by exploring volunteering opportunities in the community at Tottenham Hale. It's brilliant to see him seeking ways to contribute and make connections beyond the front door.

SPECIAL MENTIONS

A special shout-out goes to Marvin Offiah, who has shown outstanding commitment by attending transition visits every two weeks to support a new person preparing to join the service. Marvin's consistency and care are helping to make the move-in process as smooth and welcoming as possible.

Well done to Marvin!

“CK takes genuine pride in his surroundings.”

AUTHOR: SEGUN STEPHEN

PHOTOGRAPHER: ALL CK CORE STAFF



MagicLife Grove Park Road

Creativity in Full Bloom

Painting, writing, and drawing bring colour to January

January at Grove Park Road was anything but grey, as ST embraced a wonderful creative arts and crafts session—proof that even the coldest month can be filled with colour and self-expression. With paintbrush in hand and ideas ready to flow, ST dived into activities that celebrated individuality and encouraged reflection.

Painting, Drawing & Writing—A Personal Touch

Throughout the session, ST shone with focus and curiosity. The painting activity became a canvas for exploring vibrant colours and playful shapes, each stroke revealing a little more of ST’s imagination. Drawing offered a peaceful space for self-expression, while the writing activity allowed ST to share thoughtful ideas and creative stories in her own words.

These moments weren’t just about making art—they were about building confidence, regulating emotions, and finding new ways to communicate and connect. The atmosphere was relaxed and supportive, creating a safe space for ST to experiment and grow.

Art for Wellbeing

It’s clear that creative activities like these can do wonders for emotional wellbeing. For ST, the benefits were easy to see: a sense of accomplishment, moments of calm, and plenty of smiles all round.



AUTHOR: AYESHA
PHOTOGRAPHER: AMIKO



A huge well done to the Grove Park Road team!
Grove Park Road has achieved an amazing 99.30% audit score in the January 2026 audit—an outstanding result and something we should all be proud of.
Feedback highlighted the consistently high quality of care and strong service delivery.
This is a real testament to the hard work and commitment of the whole team



Moments That Made Us Smile

Celebrating community, creativity, and connection at Cherry Tree Lodge



A Month of Joy and Togetherness

As January drew to a close, Cherry Tree Lodge was brimming with laughter, connection, and those uplifting moments that remind us why community living is so special. This month, the highlights have come thick and fast—from shared celebrations to a little friendly competition—proving that smiles truly are contagious.

Birthday Cheer and Shared Happiness

One of the brightest moments came as we celebrated CP's birthday. The festivities brought residents together around a table full of delicious food and cheerful conversation. With everyone joining in, the day became a shining example of the power of togetherness. CP's beaming smile and heartfelt thanks to everyone present showed just how meaningful these shared occasions can be.

Friendly Competition and Lasting Friendships

The bond between RF and SG continued to grow with not one but two visits to the Games Arena this month. Whether it was RF's impressive snooker skills on display or the pair battling it out in marksmanship games, every trip was filled with laughter, encouragement, and a dash of healthy rivalry. It's these shared interests that create memories and strengthen friendships.

Creativity at Home

Creativity found its place as SG took on the challenge of painting his flat. With sleeves rolled up and a grin on his face, SG brought new colour and personality to his living space. He was eager to show off his handiwork, taking great pride in turning his flat into a true reflection of himself—proof that home really is where the heart (and the paintbrush) is.

Bingo and Big Smiles

No month at Cherry Tree Lodge would be complete without a game of Bingo! The lounge filled with anticipation, cheers, and celebration as numbers were called and prizes won. The real prize, though, was the joy of being together and the shared laughter that lingered long after the game ended.

Looking Forward

Reflecting on January, it's clear that Cherry Tree Lodge continues to shine with confidence, connection, and community spirit. Every smile, every act of kindness, and every new memory adds to the vibrant tapestry of our home. Here's to even more joyful moments in the month ahead.

Community Out and About, Indoor Activities & Life Skills

January adventures and independence at Devonshire Lodge

Making the Most of Every Day

Devonshire Lodge has started the year with a lively spirit, embracing both the great outdoors and the comforts of home. Residents have thrown themselves into community activities and life skills with enthusiasm, showing just how much can be achieved with a little encouragement and teamwork.

Out & About in the Community

Benjamin has enjoyed his time at the park, making full use of the exercise equipment and taking pride in staying active. With gentle support from staff, he's also been learning to use the washing machine independently and has shown dedication in keeping his flat tidy. Shopping trips for essentials have become a highlight, especially when followed by tasty meals prepared together.

Donjeta has delighted in shopping trips with staff, always happy to choose her favourite items and put her shopping away—especially when family comes to visit. The garden swing at Devonshire Lodge is her happy place, where she can unwind and enjoy the fresh air.

Inmbao hasn't missed a chance to stay active, making the most of free gym facilities in the local park and enjoying friendly football matches with staff. Alongside these, he's building up great daily routines—washing dishes, making his bed, and managing his laundry. This month also brought a stylish new haircut and a much-enjoyed ride in the Magic Car.

Jamal's week is filled with variety at the day centre, and he takes pride in keeping his flat clean—especially after meals. His weekends are spent exploring local bus routes, with Wood Green Shopping Centre topping the list of favourite destinations. Jamal is also making good use of the gym apparatus to stay fit.

Home Comforts and Achievements

Mark has been connecting well with staff and growing more independent in flat routines, regularly prompted to use his indoor bicycle and wash his dishes.

Oliver, after a brief hospital stay, was comforted by familiar staff always by his side. Now back home, he's been enjoying sensory showers, playing with his ribbon, and plenty of quality time with the team.

Sheka has had a fantastic month, getting involved with both indoor and outdoor fun—weekly shopping, cleaning, and keeping her flat looking its best. She enjoys the garden swing and trampoline, and finds joy in music and educational activities at home.

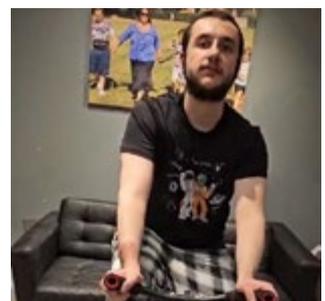
Special Mentions

Olamide has gone above and beyond, consistently supporting management with her problem-solving skills, reliability, and positivity. Her leadership and commitment have truly helped Devonshire Lodge run smoothly, setting a shining example for the team.

Both Mark and I are proud to recommend Olamide as Staff of the Month—her dedication is deeply appreciated!

AUTHOR: MEENA NAGI

PHOTOGRAPHER: DEVONSHIRE LODGE STAFF



MagicLife Northlands

Baking, Nails and Shopping

A colourful and creative January at Northlands

A Month of Pampering, Painting and Perfect Bakes

January at Northlands has been anything but quiet, as the ladies enjoyed a month brimming with creativity, connection, and a sprinkle of well-deserved pampering.

LVM and CB kicked things off with a visit to the nail salon. LVM chose her favourite shade—pink—and left with a set of beautiful nails and an even brighter smile. The sense of pride was unmistakable, proving that a little self-care goes a long way.

In the kitchen, LVM continued to impress with her biscuit icing skills. She took great care in decorating, and the results were as lovely to look at as they were to eat.

Meanwhile, SR’s baking adventures produced a mouth-watering vanilla sponge cake. She enjoyed every step, from mixing ingredients to patiently waiting for her cake to rise to golden perfection. SR also found time to express herself with painting, experimenting with vibrant colours and turning each session into a work of art.

Out and about, CB made the most of shopping trips to Wood Green Mall. Primark was a particular favourite, followed by lunches at welcoming restaurants. With the bus pleasantly uncrowded, each outing was as enjoyable as it was relaxing.

Looking Ahead

With hands busy and hearts full, January at Northlands has set a wonderful tone for the year ahead—one of creativity, confidence, and plenty of shared laughter.

“With hands busy and hearts full, January at Northlands has set a wonderful tone for the year ahead.”

AUTHOR: LYNN

PHOTOGRAPHER: NORTHLANDS STAFF



A Month of Smiles and Special Moments

Celebrations, creativity, and treats at Park Lodge

AUTHOR: OLAMIDE TAJUDEEN

PHOTOGRAPHER: EMEDIONG, SYLVIA, IDIL, ELEANOR, LISA, PARK LODGE TEAM

Joyful Start to the Year

January has been a whirlwind of celebration, creativity, and togetherness at Park Lodge. As the year began, our resilient and dedicated team ensured that every resident experienced meaningful, happy moments—proving that energy and unity are the perfect ingredients for a vibrant community.

Welcoming the New Year

We kicked things off in style with a sparkling New Year’s Day party, where residents and staff gathered for music, laughter, and the joy of new beginnings. The warm, festive atmosphere set the tone for a month filled with special moments and genuine connection.

Everyday Pleasures and Proud Achievements

Sometimes, it’s the simplest pleasures that make the biggest memories. BM started his day with a relaxed breakfast in the dining area, soaking in the friendly vibe and setting a positive mood for everyone around him.

At the community centre, RG’s enthusiasm for technology shone through as he enjoyed game time on the computer, while also keeping active with exercise sessions in the park—proving that staying healthy and having fun go hand in hand.

The kitchen was alive with creativity too. Staff whipped up a “Meal Deal” of carrot cake, banana, and refreshing drinks, much to everyone’s delight. On a cozy Saturday, SGF stepped in to help make apple crumble, turning a simple baking session into a celebration of teamwork and shared achievement. The delicious aroma and laughter lingered long after the last crumb was gone.

We’re especially proud of SGF for earning Best Artwork Recognition at the day centre—a wonderful acknowledgment of creativity, confidence, and growth.

Active Adventures and Community Spirit

CR rounded out the month with energy and enthusiasm, enjoying bowling sessions, game time at the service, adult workshop skills at Chickenshed, and continued volunteering. With a fresh new hairstyle, a spring in his step, and plenty of fun at the park, CR’s positivity and drive are an inspiration to us all.

A Community Full of Smiles

January at Park Lodge was a celebration of teamwork, positivity, and resilience. Together, we’ve created an environment filled with laughter, support, and memories to treasure. Here’s to many more shared experiences and happy moments in the months ahead!



MagicLife Park Side

New Adventures, Familiar Faces

Celebrating connection, confidence, and creativity at Park Side

A Month of Friendship and Growth

This month at Park Side was bursting with variety, as residents took part in a range of activities—each one supporting independence, social interaction, and emotional wellbeing.

Outings, Celebrations & Connections

PC made the most of community outings, enjoying lunch and shopping trips with her sister and staff. She joined in the New Year Party at Park Lodge, soaking up the festive spirit with fellow residents and staff. One of her favourite moments was celebrating SM’s birthday right in her room—there’s nothing she loves more than spending time with friends.

ED engaged wholeheartedly in indoor activities, from playful games with staff to getting hands-on in a baking session. Each Sunday, he attends Edmonton Methodist Church, supporting his spiritual needs and keeping him connected to the wider community.

SM was all smiles as he celebrated his birthday, surrounded by family and fellow residents. The party was filled with joy, laughter, and a true sense of belonging.

SR enjoyed a cinema trip to see her favourite film, thanks to support from staff. She also got stuck into baking, sharpening her practical skills and embracing creativity in the kitchen.

DM, usually happiest watching television and listening to music, stepped out of his comfort zone this month to play games with staff in the lounge. The excitement was contagious, especially when he found himself winning—and his smile said it all.

A Community That Grows Together

Whether venturing out or finding fun indoors, January at Park Side was a celebration of progress, confidence, and friendship. Here’s to more adventures, laughter, and shared achievements in the months ahead!

AUTHOR: TEMITOPE OBANSA

PHOTOGRAPHER: PARK SIDE STAFF





In the Stillness of Winter

A time for reflection, growth, and gentle beginnings at Chapel Row



Winter's Quiet Wisdom

"Wintering brings about some of the most profound and insightful moments of our human experience, and wisdom resides in those who have wintered." – Katherine May

As winter settles in, Chapel Row has embraced the gentle pause this season brings—a time to slow down, look inward, and quietly prepare for brighter days ahead. In this stillness, we find the space to reflect on our journeys, honour past lessons, and welcome the promise of renewal.

Fresh Starts and New Intentions

The start of a new year always invites fresh thinking and hopeful plans. For IG and BS, January has been a time to reset goals, acknowledge growth, and shape new intentions for the months ahead. The path forward is made brighter by the unwavering support of dedicated staff, who—through teamwork, motivation, and shared responsibility—create the foundation for every success.

By starting from a clean sheet, the team can focus on what works, what needs changing, and how best to nurture

improvement. Their consistency transforms challenges into opportunities for positive change, helping Chapel Row to flourish and grow.

Special Moments and New Memories

This month, BS celebrated his 32nd birthday surrounded by his mum, staff, and IG. There was cake, candles, and—most importantly—a sense of warmth and belonging. The happy, positive atmosphere made the occasion one to remember.

IG found a poignant way to honour her friend JF, saying goodbye by releasing a pink balloon and scattering flowers from a bridge—a gesture of love, remembrance, and letting go. As the flowers drifted out of sight, IG's quiet goodbye was a moving tribute to friendship and cherished memories.

Looking Forward

As winter gently prepares the ground for spring, Chapel Row is entering this new year with thoughtful reflection, renewed alignment, and a collective commitment to care and progress. Together, we step into the months ahead with hope, collaboration, and the quiet strength that comes from supporting one another.

MagicLife The Hampton's

Creative Moments at The Hamptons

Hands-on art, bright ideas, and colourful connection



Art That Brings Us Together

This month, The Hamptons came alive with colour and creativity as residents rolled up their sleeves for a hands-on art session that was as joyful as it was imaginative. The project? Hand-printing on T-shirts—a simple activity that sparked big smiles and even bigger ideas.

Personal Touches, Proud Moments

With bright paints at the ready, residents pressed their hands onto plain white T-shirts, transforming them into wearable masterpieces. Some went bold with splashes of vibrant colour, while others took a more careful approach, placing each print with focus and pride. Every T-shirt became a unique expression of its maker—no two designs the same, and each telling its own story.

Connection and Confidence

The atmosphere was relaxed and filled with laughter, as residents shared techniques, exchanged ideas, and admired each other's creativity. Staff offered encouragement and gentle support, making sure everyone could take part and enjoy the process from start to finish. The session wasn't just about art—it was about building confidence, developing fine motor skills, and celebrating each resident's individuality.

Celebrating Creative Community

Activities like these remind us that creativity has no limits and that art is a wonderful way to express feelings, spark conversation, and create lasting memories. We are so proud of our residents and look forward to many more inspiring, colourful moments together in the months ahead.



January Journeys and Winter Wonders

A lively start to the new year at Hale End

Welcoming the New Year with Adventure

Hale End began 2026 with a perfect mix of relaxation and excitement, as residents settled back into routines and set off on new adventures—both close to home and out in the city.

Exploring, Achieving & Enjoying Every Moment

JA kicked off January with a scenic car ride around London, marvelling at the sparkling lights still twinkling across Tower Bridge, Trafalgar Square, and Piccadilly Circus. The joy didn't stop there—JA also enjoyed a successful food shop with support from staff and took a memorable trip to Hertfordshire Zoo, where the quiet paths and dinosaur trails made the day truly special. A big thank you goes to Mo for keeping everyone safe on the road!

RS returned from time with family refreshed and ready for a new term at college. Along with reuniting with friends at Links and El Hap Day Centres, RS enjoyed a night out clubbing and kept wellbeing in check with a routine dentist visit and time with her psychologist. This month, RS proudly achieved one of her “smart goals,” earning well-deserved congratulations from staff and friends.

RE took January at a relaxed pace, spending time with fellow residents in the lounge and joining in fun sensory activities with staff. Weekly car rides—thanks to mum—were a highlight, especially with a drive-through treat at the end. Whether it was McDonalds or KFC, RE's cheeky takeaways brought plenty of smiles.

CH embraced the open road with a trip up to Alexandra Palace, soaking up stunning views before enjoying the thrill of the A406's slithery route. Family visits brought extra joy, especially with the arrival of a baby niece whose smiles lit up the whole project. Bocce Ball also returned for the new year, giving CH the chance to reconnect with friends and enjoy a post-game lunch at the Better Leisure Centre café.

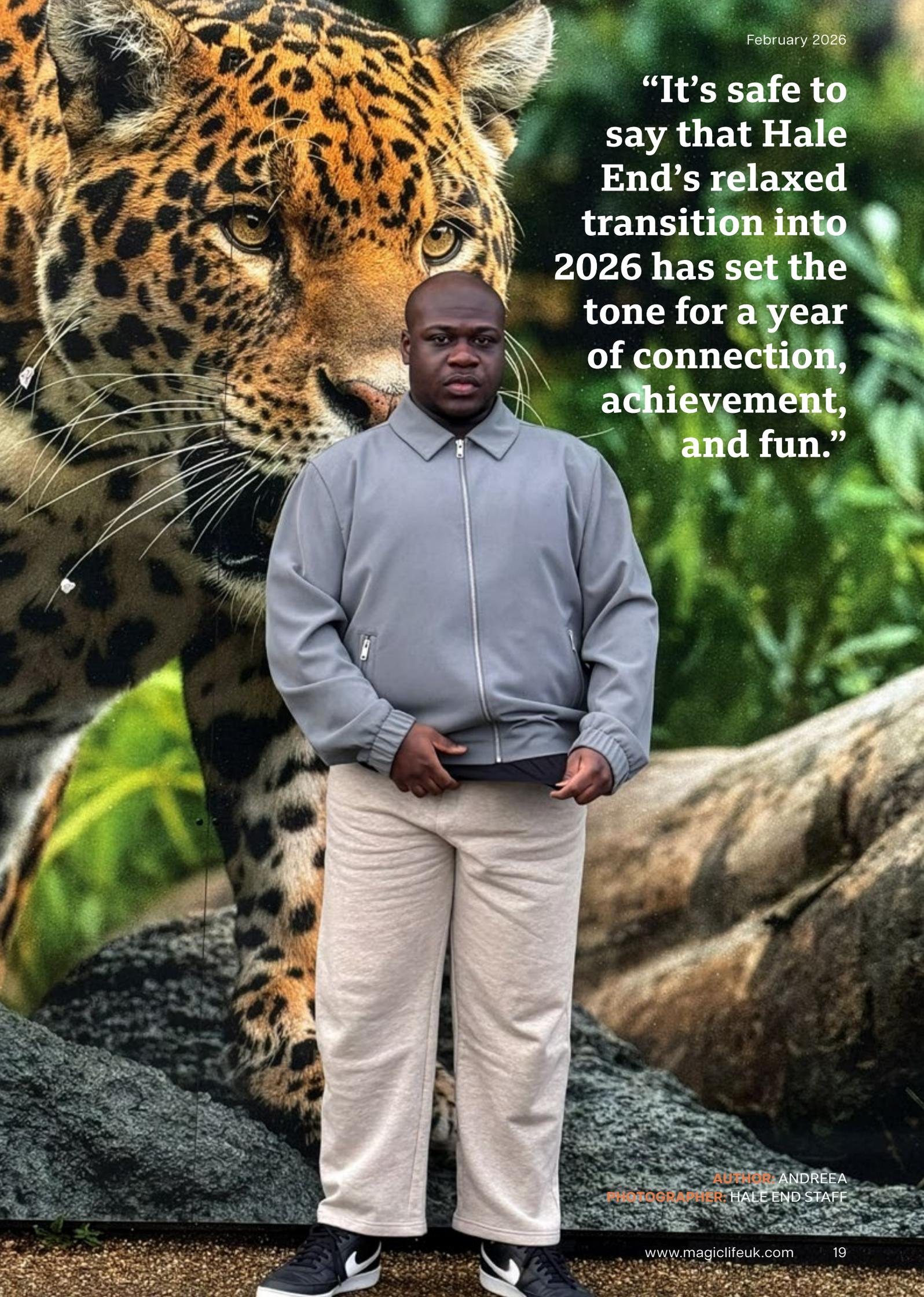
TP's January was packed with favourite activities—swimming, bowling, bike riding, and adventurous outings in central London. From the neon lights of Camden Town's funfair to ice skating at Lee Valley and exploring the historic London warship, TP made the most of every moment.

Looking Ahead

It's safe to say that Hale End's relaxed transition into 2026 has set the tone for a year of connection, achievement, and fun. With routines back in full swing and smiles all around, we're already looking forward to those summer vibes and sunny BBQs!



“It’s safe to say that Hale End’s relaxed transition into 2026 has set the tone for a year of connection, achievement, and fun.”



AUTHOR: ANDREEA
PHOTOGRAPHER: HALE END STAFF

Finding Calm in the Water

Swimming, self-confidence, and quiet progress at Manor Place

More Than Just Exercise

Swimming is often praised for its physical benefits—improving cardiovascular health, building strength, and being easy on the joints. But at Manor Place, it's clear that the power of the pool reaches far beyond the body. For those living with mental health challenges, swimming can offer a unique sense of movement, calm, and focus.

In the water, distractions fade away. The body feels lighter, movements flow in a soothing rhythm, and attention gently turns inward. This can help quiet racing thoughts and ease feelings of overwhelm—something so many people experience daily.

A Space to Reset and Grow

Water has a naturally calming effect. Its gentle pressure and comforting temperature create a safe environment, while the repetitive nature of swimming feels almost meditative. For many, it's a path to emotional regulation that's hard to find elsewhere.

Research and lived experience alike show that swimming can support mental health in remarkable ways:

- Lowering anxiety and stress
- Improving mood and wellbeing
- Building confidence through small achievements
- Providing structure and routine
- Encouraging mindfulness and presence

A Personal Milestone

For JO, swimming has always been enjoyable, but recently, taking the plunge felt daunting. Like many facing mental health barriers, knowing an activity is helpful doesn't always make it easy to start. Low energy, anxiety about public spaces, or fear of change can all stand in the way.

This month, however, JO went swimming with minimal encouragement—a breakthrough moment. This simple act reflected increased confidence, motivation, and trust in his own ability. It showed how familiar, joyful activities can become safe anchors, helping people feel more in control.

JO's decision to go swimming wasn't just a leisure activity; it was a step forward—a sign of growth and self-belief. It was a reminder that, with the right support and encouragement, individuals can reconnect with the things that bring them joy.

Celebrating Every Step

At Magic Life, we aim to empower people, not just care for them. Meaningful activities like swimming help individuals rediscover their strengths and build confidence at their own pace.

Swimming may not solve every challenge, but it can be a powerful tool for mental health and wellbeing. For JO, the pool means freedom, calm, and enjoyment. For others, it could be the first step towards a more active, connected life.

Sometimes progress looks quiet—a swimsuit, a gentle plunge, a few steady strokes. And sometimes, that quiet progress means everything.



“Swimming can offer a unique sense of movement, calm, and focus.”

AUTHOR: EMEM EKANEM
PHOTOGRAPHER: EMMANUEL NNADI

Together at Winns

Community, belonging, and everyday kindness

At 4 Winns Mews, togetherness is more than just living side by side—it’s a quiet thread that binds residents, staff, and friends into a true community. Here, no one is ever truly on their own. There’s always someone nearby to lend a hand or share a kind word, making every day that much brighter.

Looking Out for One Another

Kindness at Winns Mews isn’t about grand gestures—it’s the small things that make the biggest difference. Whether it’s a warm hello, help with the shopping, or checking in on someone you haven’t seen for a while, neighbours show time and again that they care.

Celebrating Moments That Matter

From doorstep chats to impromptu celebrations, residents find reasons—big or small—to come together. Every shared moment strengthens the bonds that turn a house into a home.

“The spirit of unity remains unshakeable, and support for one another never wavers.”

Respect, Understanding & Inclusion

4 Winns Mews thrives on respect, understanding, and the celebration of differences. Here, diversity is valued, new residents are welcomed, and everyone is encouraged to contribute to the peaceful rhythm of the home.

Safety and Support—Naturally Grown

When people look out for each other, safety and reassurance blossom naturally. Residents work together to create a secure, supportive environment where everyone can truly feel at ease.

The Real Spirit of Unity

Of course, no community is without its occasional ups and downs. At Winns Mews, any disagreements are short-lived—apologies are made, and everyone moves forward together. The spirit of unity remains unshakeable, and support for one another never wavers.



AUTHOR: CHRISTIAN
PHOTOGRAPHER: WINNS MEWS STAFF



My Journey to Deputy Manager

A new chapter, a proud milestone at West Lodge



A Step Forward in Service and Support

Stepping into the role of Deputy Manager at West Lodge marks a significant and deeply meaningful transition in my career. Having begun as a Support Worker, I've had the privilege of working side by side with the individuals we support, learning from them every day and gaining a true sense of the values and purpose that shape our service.

This promotion is more than a change in title—it represents growth, trust, and the chance to contribute even more to our team and the wider organisation. I am genuinely grateful for this opportunity and excited to bring my experience, passion, and commitment into this new chapter.

A Heartfelt Thank You to Mentors and Colleagues

I would like to extend my sincere appreciation to my manager, Caroline—now an Area Manager—whose guidance has played a major part in my journey. Her encouragement and support have made all the difference, ensuring a smooth and confident transition. Caroline's leadership has been a true inspiration.

My thanks also go to all the management teams at head office for believing in me and supporting my progression. Their confidence has inspired me to strive for excellence and to make the most of every opportunity.

AUTHOR: OLUBUKOLA ADEROGBA

Looking Ahead

As I step into this new role, I am filled with excitement to continue learning, supporting my colleagues, and working together to achieve positive outcomes for the people we care for. Becoming Deputy Manager is a milestone I am incredibly proud of, and I look forward to embracing the responsibilities and new opportunities it brings.

“This promotion is more than a change in title—it represents growth, trust, and the chance to contribute even more to our team.”

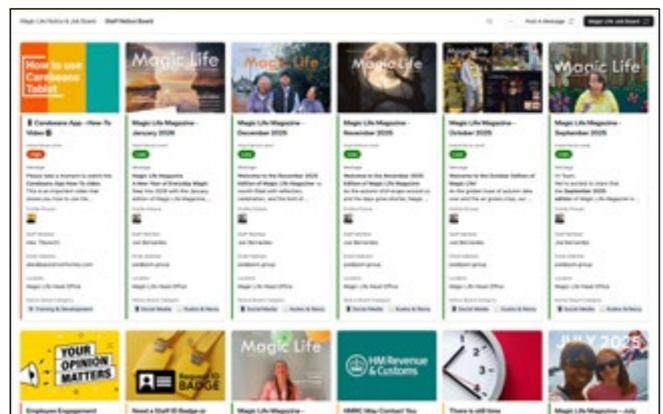
Spotlight on Opportunity

Your Magic Life Notice Board and Internal Job Board

Dreaming of your next step at Magic Life? Don't miss the Magic Life Notice Board and Internal Job Board—your go-to spaces for the latest updates, job openings, and internal opportunities! Whether you're looking for a new challenge, keen to build new skills, or simply curious about what's next, these boards are packed with everything you need to stay in the loop.

Keep your eyes peeled for fresh postings and announcements—your future role could be just one click (or one glance) away. At Magic Life, we believe in growing talent from within, supporting you to achieve your career goals and take the next exciting step in your journey with us.

Why not see where your Magic Life career could take you next? The next opportunity might be waiting for you on the board!



MagicLife The White House

Moments of Joy at The White House

Cooking, creativity, and connection in January

A Month of Tasty Treats and Shared Adventures

January at The White House was anything but quiet! Our residents embraced the new year with hands-on creativity, delicious food, and the sort of laughter that comes only from time spent with friends.

Cooking Up Excitement

IM kicked things off in the kitchen, eagerly rolling up her sleeves to cook a delicious meal. The excitement on her face said it all—IM participated with enthusiasm, and the results were as tasty as they were satisfying. Nothing brings people together quite like a home-cooked dish, and IM's joy was shared by everyone around her.

Miniature Houses and Masterpieces

Elsewhere, JC was busy building her very own miniature house, pouring focus and creativity into every tiny detail. Painting activities brought out her inner artist, with colourful results to brighten up even the greyest January day. JC also made time to visit her friend Frankie, enjoying a relaxed afternoon of quality company. Her smiles and contentment showed just how much those connections mean.

Time for Treats and Family

HJ treated herself to a hearty meal at Toby Carvery—a well-earned delight! The month also brought the chance for a special trip to Eastleigh to visit family and friends. Surrounded by loved ones, HJ spent time socialising and catching up, leaving her in wonderful spirits and ready for whatever the year brings next.

“JC’s smiles and contentment showed just how much those connections mean.”



Celebrating Ben's Impact

Teamwork, trust, and service excellence in action



Benjamin Stowe

Ben's Meaningful Impact Building trust through care and connection

Ben is recognised for his outstanding ability to work effectively with service users, particularly EG and BM, with whom he has built strong, trusting relationships. His approach is grounded in patience, understanding, and genuine respect, allowing those he supports to feel safe, valued, and heard.

He is highly regarded by both service users and colleagues and consistently brings a positive, steady presence to the team. Ben's professionalism and calm manner help create an environment where trust can grow and challenges are met with confidence and care.

Ben's commitment to supporting clients with dignity and compassion makes a real difference every day. His work goes beyond expectations, leaving a lasting impact on the individuals he supports and the team around him. He is a truly valued member of the organisation. Thank you, Ben

This page celebrates two valued team members whose dedication and care make a real difference every day. Both Bens consistently demonstrate commitment, professionalism, and a genuine willingness to support others. Whether through reliable teamwork, taking initiative, or building strong and trusting relationships with service users, their contributions help create a positive, safe, and supportive environment at **Park Lodge**.

Highly regarded by colleagues and service users alike, both Bens bring a calm, respectful, and hardworking approach to their roles. Their efforts strengthen the team, uplift those they support, and reflect the very best of our shared values. These nominations recognise not only what they do, but the positive impact they have on the people around them.

Thank you, Ben and Ben, for your hard work, dedication, and the difference you make every day.

— With appreciation from your nominator, **Olamide Tajudeen**



Benjamin Todd-James

Ben.TJ's Steady Commitment Reliability, responsibility, and care in action

Ben.TJ, as he is fondly known, is recognised for his consistent hard work, strong sense of responsibility, and genuine willingness to support others. He is someone the team can always rely on, bringing focus, care, and pride to everything he does.

He regularly shows initiative by stepping in without being asked, ensuring tasks are completed to a high standard and that the environment remains clean, safe, and well organised. Ben. TJ takes ownership of his responsibilities and approaches his role with quiet dedication and professionalism.

Ben.TJ works exceptionally well with both service users and colleagues, building positive relationships through respect, patience, and teamwork. His approach helps create a supportive atmosphere where people feel comfortable, valued, and looked after.

Through his consistent effort and dependable presence, Ben.TJ makes a meaningful contribution to both the team and the wider organisation. His commitment does not go unnoticed, and his impact is felt every day. Good job, Ben.TJ!