

News from

THE SPINNEY CARE HOME

Dear Friends

As we welcome in a new year and all the hope and anticipation it brings, we wanted to share with you the happy times we enjoyed in the final months of 2020.



A moving Remembrance Day

In November our home marked a very special Armistice Day with our resident, Stanley, who was a wireless operator in the Royal Air Force. Stanley, who was part of the 28th Squadron deployed in India and Burma in 1945, returned home on VJ day - which he feels should be the day we mark the safe return of those who fought. This year his fellow residents gave him an emotional round of applause as he proudly wore his medals and our team led everyone in prayers and the reading of Remembrance poems. It was a wonderful, poignant way for everyone to pay their respects, as we painted poppies and made memorials to display within our home before watching the ceremony live from the Cenotaph.

Strength and agility

One of our favourite ways to come together as a group and get active is to do an exercise class. On days when our residents want to build up their strength and stamina, we opt for some gentle exercise using resistance bands. Here everyone can go at their own pace while we all laugh and sing along to the music. And for the days when we have energy to burn, we've started Hip Hop Zoom classes! Oh yes, our residents have got rhythm! These classes are really invigorating, they never fail to lift our spirits and set us up for the day ahead! We've found that when we make workouts fun then they never seem like a chore, and that is certainly the case for our youthful residents at The Spinney.





A winter wonderland

To round off the year our team were set a Christmas Spectacular Challenge; to create a cosy winter wonderland within our home that would bring festive fun and cheer to all our cherished residents. Together we decided to decorate the conservatory, as it's our residents' favourite place to relax and unwind. Everyone got involved making the decorations including winter woodland creatures and a gratitude tree. There were snowflakes and rainbows adorning the walls, Christmas wreaths to go on the doors, and gingerbread men and houses to fill every corner! Then to complete the winter wonderland, our team set up a magical light display outside which transformed our beautiful garden when dusk fell. The smiles and laughter our festive efforts brought to the whole home was so amazing and a wonderful way to bring everyone together!



A hundred rainbows for Christmas



Christmas is a time for taking stock and appreciating those who impact our lives. So this year we came up with a wonderful way for our much loved residents to thank the local community for their unwavering support over the past 12 months. In December, our residents got busy decorating 100 miniature rainbow Christmas ornaments to send to friends and supporters who have been a lifeline to them. Our residents presented each ornament with a touching message of thanks for the generosity these businesses and individuals have had on our happy home.



With love,
Vicky Parsons,
Acting Home Manager

The Spinney, 21 Forest View, Chingford, London, E4 7AU Tel: 020 8016 3864



We always love reading your comments on Facebook! Here are a few recent ones:

"Oh so lovely to see everyone joining in the activities, thank you for keeping everyone occupied!" Heather

"It looks lovely!! So many smiley faces!" Olivia

"Looks like you all had fun!" Sue

"Too much fun going on there, lol!" Helen



If you don't wish to receive future newsletter updates from us, please email us at marketing@carebase.org.uk and we'll of course, remove you from our list.