

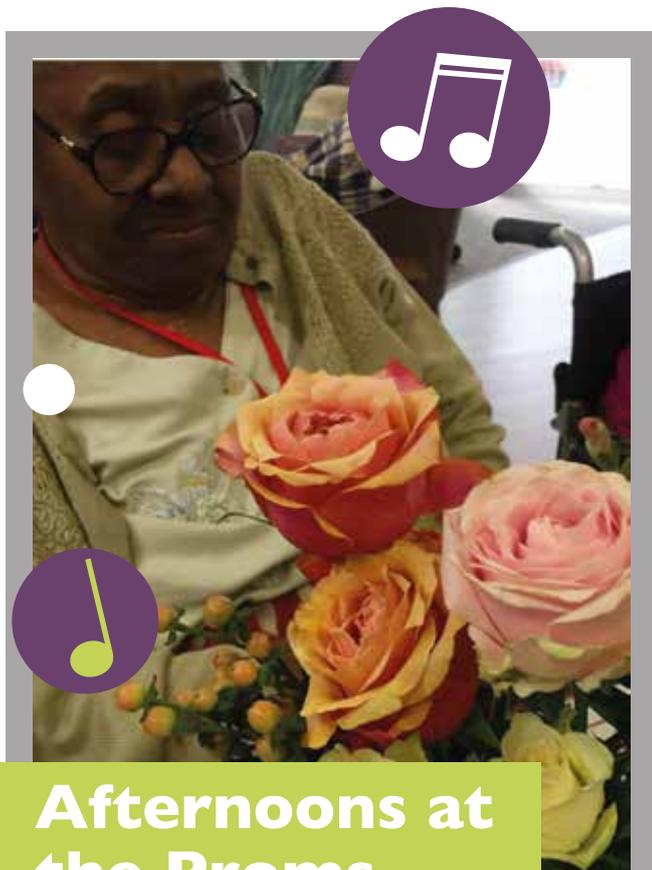
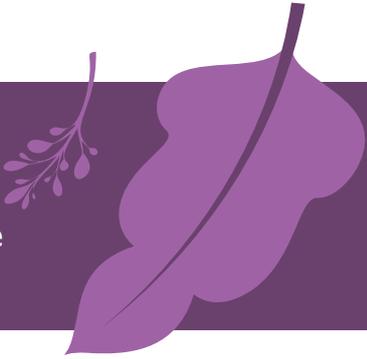


News from
THE SPINNEY
CARE HOME



Dear Friends

Well, Autumn is firmly here! We have been reflecting on all of the lovely things we've been up to in recent weeks and thought you'd like to see some of our photographs too.



Afternoons at the Proms

September saw us enjoying the last of the sun as our secluded garden played host to our very own socially-distanced *Afternoons at the Proms* featuring local performers. It also provided us the perfect opportunity to give our flower beds a makeover, with residents planting new bulbs which we can't wait to see flower in the Spring. We have also loved welcoming more wildlife into our gardens with our residents creating home-made bird feeders and bringing the beautiful scents of the outdoors inside as part of their flower arranging sessions.



Work, rest and play

As the Autumn days have set in, we have had fun devising an entertaining schedule of indoor activities for everyone to enjoy. In fact, our residents have been keen to run the sessions themselves, like the very talented Paul who has led his friends in regular Music Yoga sessions. Our mindful moments have continued with Bible meetings for those who like to take comfort in peaceful prayer. As you know we love a bit of arts and crafts, so have turned our hand to pom-poms and jewellery-making in recent weeks! Then when we want to pick up the pace, we have our new favourite game of Giant Darts where the board is so big we've had to replace darts with bean bags – we felt it was the safest option, until our aim improves!



Fun-filled staycations

With a little creativity, our team at The Spinney have organised some exciting day-trips around the world for our adventurous residents. On Texas Day we tucked in to chicken wings, got dressed up in colourful cowgirl costumes, played Buckeroo and welcomed a visit by the Lone Ranger's horse! For our Irish Afternoon we screened Riverdance whilst enjoying an Irish tippie and sides of Soda Bread and Porter Cake. On Australia Day we fired up the 'barbie' and donned classic cork hats to get into the spirit. Then team members Sue and Pully treated everyone to a trip to India by whipping up some delicious homemade dishes and dressing in traditional sarees for the occasion.



Sharing memories



We have long understood the positive impact of our residents sharing their treasured memories and photographs with each other, and in recent weeks we've really enjoyed our fully interactive reminiscence sessions. Whilst doing a spot of needlework, we chatted about what clothes we've made, and looking through precious photographs of days gone by gave us the opportunity to revisit happy memories of wedding days and holidays. So, when residents Ruby and Margaret told us wonderful stories of their childhood's growing up in Jamaica, we feasted on Jamaican bread and drank milk straight from coconuts while listening to Bob Marley! This immersive experience inspired another trip down memory lane with a virtual day at the seaside. We munched on home-made Fish & Chips, indulged in Knickerbocker Glories, we even played our favourite pier games; The Coconut shy, Punch & Judy, rounded off with a Wet-Sponge-Throwing contest!



With love,
Jacky Fitzpatrick,
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:

"As a family we wish to thank every single one of the fantastic team at The Spinney who are loving and caring for Mum. We are so pleased to know that she is safe and sound!" Danny

"Bless you all for the wonderful work you do and the love and care you hand out." Mary

"Everyone looks happy and well! Thank you to all of you who do such a wonderful job of caring for your residents and always with a smile - you are all to be applauded!" Heather

