



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.



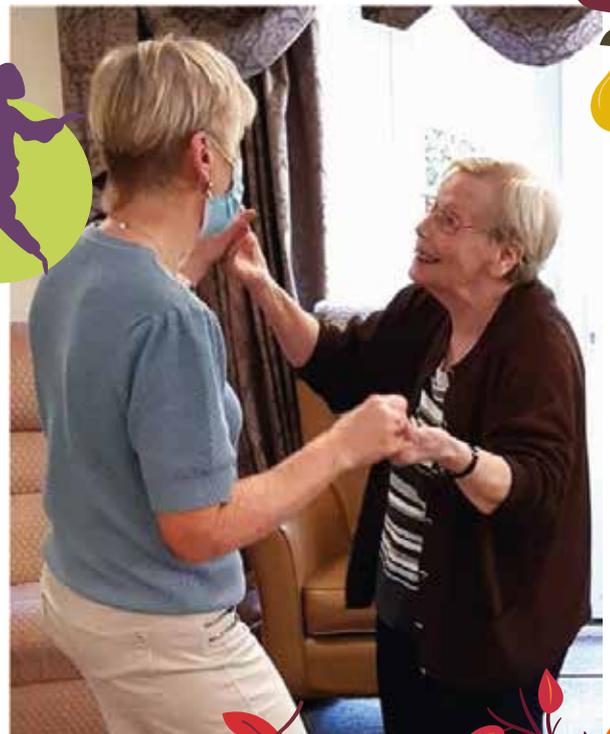
## Time with friends

The seasons may be changing but on those crisp autumn days when the sun is in the sky we have been keen to make the most of getting out into the fresh air! Whether that's wrapping up and taking tea out in the garden with friends, or exploring local attractions on one of our day trips, like visiting the Queen Elizabeth hunting lodge in Epping Forest and the William Morris Gallery! In fact, the weather has been so good we decided to make the most of it with a garden party for our Team Spectacular, complete with live music, BBQ and bubbly to raise a toast to fun and friendship!



## Music and movement

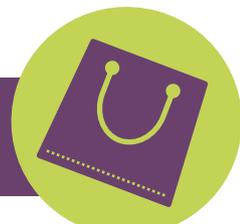
Our popular daily exercise classes are the perfect mood-booster and they never fail to get our residents ready for the day ahead! This month the fun continued when team member Janina brought in her guitar and serenaded everyone in the lounge! Then the amazing Anastasia popped by and had everyone up and dancing with her lively music and movement classes complete with tambourines and maracas! Music sparks so many fond memories for our residents, and it's an important aspect of life in our happy home.





## Creative pursuits

For those cosy indoor days nothing beats getting creative! Our Sewing Club has been busy making their own pretty bags using a colourful array of fabric and buttons. Our ladies chatted as they sewed about how they used to make clothes for their children. Our residents came together again to make bird feeders for the garden, covering cardboard tubes in peanut butter rolled in seeds to hang in the trees! We have also had a go at making our own greetings cards, personalising them using stencils and stickers for the professional touch! The results were fantastic!



## Pamper time

Finally, it's been a busy time at our salon with our ladies indulging in some relaxing foot spas and manicures. With everyone looking and feeling their best, we decided some retail therapy was in order! So off we headed to Marks and Spencer to browse the new season's collection and stock up on snuggly knitwear ready for the colder months. We couldn't resist stopping off for a hearty pub lunch on our return. Everyone tucked into a delicious roast dinner with all the trimmings, followed by ice cream! Mouthwatering fun!



With love,  
**Vicky Parsons**  
**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:**

"Mum, you have a better social life than me!" Julie

"Thank you so much for putting these pictures up, it's lovely to see Mum relaxed and being a part of The Spinney family!" Chris

"Beautiful pictures of you all." Sue

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

