



News from THE SPINNEY CARE HOME

Dear friends

A fresh new season is here and our home feels bright and vibrant! Here is a little peek into our fun spring adventures!



Staying active

There is always a lively atmosphere at The Spinney and if we're not singing along to our favourite songs, we are up and dancing, showing off our best moves! Like when our brilliant Elvis impersonator popped over for a live performance on Valentine's Day. The ladies were waving pompoms and the gents were crooning along - we had a great time! It will come as no surprise then that our Monday Hip Hop classes have started up again and are as popular as ever! There is always so much laughter when we try something a little bit different, which we find is the perfect way to help keep everyone limber, fit and feeling fab!



Special moments



Our residents are always delighted when we have a special visit from our furry friends! Pet Therapy is such a loving and calming activity for all our residents. It is wonderful to witness each person forming a connection with our visiting animals, sharing hugs and feeding them treats. We often find it brings back fond memories too, as our residents reminisce about their childhood pets. We love to embrace life here at The Spinney, which is why we fill our days with games, pamper sessions and trips out on our minibus to local attractions. Every day should be a little bit special, we think!



Milestones

You already know that we are a spritely bunch at The Spinney, not to mention young at heart, and nothing proved that more than when we celebrated two of our residents' 100th birthdays! In January we decked out Eufemia's room with giant balloons, a huge cake and lots of flowers sent in by loved ones to mark her milestone birthday! Then in February Reine was delighted to receive her birthday card from The Queen and even had her story featured in the local paper! She told the reporters that she puts her long and happy life down to a rewarding military service... and eating lots of chocolate! So of course we had to get her a huge box of Cadbury's to celebrate!



It's Easter time



Our residents had a great time welcoming Easter to The Spinney. In the run-up to the big weekend we got creative making all manner of Easter crafts including cute toweling bunnies! On Easter Sunday some of us gathered for a church service in the morning before our whole home came together for a sumptuous Easter lunch. Our wonderful celebrations were rounded off by a visit from the Easter bunny who came bearing gifts for everyone in the form of sweet treats and chocolate eggs - we had a cracking time!



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:**

"How lovely for them. All friends together xx." Tracy

"Lovely to see Mum getting out in the minibus and enjoying the fresh air and glorious sunshine!" Anne

"Everyone looks so happy and smiling doing all the craft work. I hope that everyone had a good day and enjoyed themselves xxx." Gill



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.