



News from
THE SPINNEY
CARE HOME

Dear friends

As a cosy new season approaches and our favourite autumnal activities begin once more, we have been reflecting on a glorious joy-filled summer at The Spinney.



Sunshine and good times

Our residents made the most of every sunny day - of which there were plenty this year! We've been starting our days with all manner of exercise from yoga to hip hop and keep fit! There have been live performances in the garden from local entertainers, visits from the ice cream van, and a group of our residents even took on a challenge to raise money for charity by walking 70 miles in one month! For those who preferred a slower pace, our green fingered residents set to work pruning and weeding to get the plant beds ready for autumn!

Day trips



Over the last few months our residents and team members have set out on many lively minibus adventures. There have been day trips to Lee Valley White Water Rafting Centre where we watched the children rafting, cultural excursions to the William Morris Gallery to see Althea McNish's exhibition. We've ventured out to country pubs, enjoyed trips to the Wetlands in Walthamstow and even explored the Medieval Royal Hunting Forest! We are so lucky there is all manner of nature and entertainment right on our doorstep and, with our own minibus on hand, we are only a short ride away!



Celebrating our superheroes

Our residents together with their loved ones recently celebrated our team who together make such a difference to their lives every single day! We are always looking for fun and heartfelt ways to recognise and reward those who make our home joyous and our residents' days purposeful. So, we hosted a wonderful event that brought everyone together for a day of music, dancing, food and fun! Each team member was also presented with a personalised water bottle, a pin badge and thank you card with meaningful messages from residents and their families as to why they make life at The Spinney extra special for us all!



Animal friends



Some of our resident's most touching moments are spent in the company of our affectionate animal friends! We are blessed to work with several wonderful pet therapy charities who like to visit regularly. This summer we have been lucky to share the company of our resident cat Ruby who has been curling on laps for cuddles and sunbathing on the sun loungers with our residents in the garden. She always brings a smile to our faces and it's a joy to have such an affectionate pet live with us! Our residents love getting up close and personal with the local wildlife too and over the months we have made many visits to see the deer in Bedfords Park in Havering, which is always great fun!

With love,
Vicky Parsons
Home Manager

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

"Our Mum looks really happy and lovely when she smiles. Thank you for looking after her." Mary

"What a lovely looking place! I know mum will have had a great time, thank you!" Rachel

"Lovely photos. So great to see everyone so happy." Barbara



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