

News from

THE SPINNEY CARE HOME

Dear friends

As we begin a new year, we've been reflecting on all the fun we've had over the last few months with our friends and family at The Spinney.



Keeping active

Our residents welcomed autumn with some lively activities. As you know, we're partial to a boogie when our friends at The Blair Dance Academy and GFitness come to visit. Nothing gets us up on our feet quicker than our favourite tunes to which we can sing and dance along. And to keep us supple and limber, group yoga and stretches in the lounge are a regular must! It's an incredibly calming and mindful way to get everyone centred and ready to begin the week. Just the way we like it!

Out and about

We have enjoyed some inventive days out recently, such as the local Jail Break Café! Set in a former police station, they have fully embraced the theme and our resident sipped cups of tea in a cell and had a hoot posing for mug shots! We have also been embracing the cosiness of the season with many a hearty lunch at our favourite pub, The King's Head. We've loved having a natter over a beer or sherry – the perfect winter warmers! As well as trips to our favourite North Weald Airfield, where we love to stop for tea and cake while watching the planes take off!



A time for giving

We were delighted when our charity work was featured in the local newspaper in November. Our residents, together with their families, donated essential items for us to deliver in our Spinney minibus to 'Hands On Hand Out', the charity that supports London's homeless. Residents have been collecting, food, clothes, and toiletries – even our local supermarket joined in by donating much needed items! Justine, the charity's communications coordinator said: "We're absolutely delighted to receive so many donations from The Spinney. We were overwhelmed with everyone's kindness!"



A sparkling Christmas

When December came around, we decided to launch our Christmas celebrations with a festive Christmas light's switch on. Rene, our eldest resident at 100 years old, did the honours and turned our home into a sparkling grotto! Then we welcomed Charlie the Donkey who went round our home spreading festive cheer, getting us all in the Christmas spirit as we ate, drank and were merry! From that moment on, we enjoyed a wonderful festive season of Christmas games, fun-filled parties, mince pies and mulled wine. There were cosy nights in and entertaining days out! All surrounded by our wonderful friends – just the way it should be!



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:**

"Some really nice pictures of your residents. A fun time for all of them, a day to remember that is for sure!" Gill

"Our beautiful mum and nan - thank you all for welcoming her so warmly." Heather

"Lovely photos looks like you're having fun." Sue

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.

