



# Autumn Gardens



Autumn newsletter 2024

[autumn-gardens.com](http://autumn-gardens.com)



# Autumn newsletter 2024



As we transition from the warm summer days into the crispness of autumn, we reflect on a season well spent in our beautiful garden. Our residents have thoroughly enjoyed taking their activities and meals outdoors, making the most of the sunny weather. One stand out memory for me was when our staff and residents shared laughs during a playful activity where staff popped their heads through a hole in a sheet and got sprayed with water!



With the excitement of Wimbledon in June, we had great fun playing with light, plastic balls and rackets, bringing the thrill of the tournament to our home.

In June our learning journey engaged residents' creativity and fine motor skills with Play-Doh activities. In August, we delved into the rich and diverse cultures of Asia. The exploration began with our staff adorning our ladies' hands with intricate henna designs, which were admired by all.

A special highlight of the Summer was the "Ship Ahoy" variety show—an absolute delight that filled an afternoon with vibrant music and dancing. Our residents thoroughly enjoyed the songs, and many were inspired to get up and dance, creating fond memories.

We hope to see you at our From Home to Home Walk this month!

**Martina De Vizia, Registered Manager**



# From Home to Home Walk



Scan me to  
donate and  
sign up!



On Saturday 21 September 2024, World Alzheimer's Day, we are completing a 4km stroll between our care homes in Winchmore Hill and Southgate, in support of the Alzheimer's Society.

Our guided walk is entirely wheelchair accessible and should last around 1 to 1.5 hours. We will pass through the charming Grovelands Park and down along Southgate High Street before concluding our walk at Autumn Gardens, where we invite you to spend the afternoon together with us enjoying refreshments and delicious cakes!

Join us on Saturday, 21 September 2024, World Alzheimer's Day. Together, we can support the Alzheimer's Society and work towards a world without dementia.



## Event details:

Date: Saturday 21 September 2024, 1.30pm

Location: Anastasia Lodge (starting point)

10-14 Arundel Gardens, Winchmore Hill, N21 3AE

Duration of walk\*: Approx. 1 to 1.5 hours

Finish: Autumn Gardens, 73 Trent Gardens, Southgate, N14 4QB

**Talk to the team to find out more!**

Join us on this journey of hope and progress!

# Celebrating our staff

Every season we highlight staff who have gone above and beyond to help support residents and staff.



**Mirela Filip**  
**Care Assistant**

Since joining our team in early 2019, Mirela has become an invaluable member of our team. Her compassion and dedication are evident in every interaction she has with our residents. Most importantly, she has a remarkable ability to bring joy and smiles to our residents' faces daily. We're grateful to have Mirela as part of our family!



**Zikora Okoromaduka**  
**Care Assistant**

Zikora joined our team last year and has quickly become a key member of our night shift team. He works diligently to ensure our residents are comfortable and safe throughout the night. His reliability and commitment to our community make him a valued team member. It's truly a pleasure to work alongside Zikora, and we're thrilled to have him with us!

Thank you to all our amazing staff

# Autumn calendar of events

## SEPTEMBER 2024

### 12 - September Birthday Party

We celebrate this month's birthdays.

### 16-20 Professional Care Workers' Week

Let's celebrate the wonderful contributions of our care workers and strengthen the bond between residents and staff.

### 21 - World Alzheimer's Day

Join us at our From Home to Home Walk between our homes in aid of Alzheimer's Society (see page 3).

### 26 - September Birthday Party

This month is packed with birthdays. Join us at our second party of the month to make sure everyone gets their special moment.

### 27 - Macmillan Coffee Morning

Residents will enjoy tea and cake at the world's biggest coffee morning in support of Macmillan.

## OCTOBER 2024

### 2 - National Grandparents Day

A special day to celebrate the bond between family members.

### 11 - Live entertainment The Sounds of the Musicals

Residents can sing along to some of their favourite musical songs.



### 31 - Halloween

Spooktacular Halloween festivities!

### 31 - October Birthday Party

We celebrate this month's birthdays.

## NOVEMBER 2024

### 1 - Diwali celebrations

We will have crafts and activities to celebrate the festival of light.

### 5 - Guy Fawkes Day

Firework themed activities

### 11 - Remembrance Sunday

We will watch the Service of Remembrance in memory of those who have lost their lives.

### 13 - World Kindness Day

Sharing world-wide messages of positivity from our postcards of kindness wall.

### 28 - November Birthday Party

We celebrate this month's birthdays.

Key events alongside our daily activity schedule

# Celebrating recent birthdays!



Happy  
Birthday!



# Follow us on Facebook for regular updates





In Aid of

**Alzheimer's  
Society**

Scan me to  
donate and  
sign up!



# From Home to Home Walk

Join us on a guided 4km walk between our care homes in aid of the Alzheimer's Society.

Saturday

**21**

September

**Start at 1.30pm:** Anastasia Lodge 10-14  
Arundel Gardens, Winchmore Hill, N21 3AE

**Finish:** Autumn Gardens, 73 Trent Gardens,  
Southgate, N14 4QB

Autumn Gardens  
&  
Anastasia Lodge

[autumn-gardens.com](http://autumn-gardens.com)