



# Autumn Gardens



Winter newsletter 2024

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



# Winter newsletter 2024



We're thrilled to share that our From Home to Home Walk in September was an incredible success! With perfect weather on our side, we were joined by residents, their families, and members of the wider community—including the Mayor of Enfield, Cllr Mohammad Islam, and local media.

Thanks to the generosity of our amazing supporters, we surpassed our fundraising target, raising over £4,000 for the Alzheimer's Society.



Autumn has been a season to remember, filled with creativity and celebrations. From autumnal craft activities leading up to our spooky Halloween party—combined with our monthly birthday celebration for a festive twist—it's been a joy to see so many smiles and laughter.

Our **Residents, Family and Friends Meeting** will be taking place in the Rose Lounge in Autumn Gardens on **Saturday 1 February 2025**, from 2pm to 4pm. We would encourage you to attend the meeting as it is an opportunity to discuss general topics relevant to life at Autumn Gardens. To book please email [welcome@autumn-gardens.com](mailto:welcome@autumn-gardens.com) or call 020 8344 2600.

As the year comes to a close, I'd like to take this opportunity to wish all our friends and family members a joyful Christmas and a Happy New Year. Here's to more cherished moments together in 2025!

**Martina De Vizia, Registered Manager**

## Wishing you a Merry Christmas!

# Come Together Memory Club

**We are excited to announce the relaunch of our Come Together Memory Club on Wednesday 8 January 2025, and continuing on the first Wednesday of every month from 1pm to 3 pm!**

Please help us share this news by telling friends and family that visitors can enjoy:

- **Socialising in a safe, dementia-friendly environment**
- **Live entertainment, memory games, and activities**
- **Relaxing with refreshments and homemade specialties**

What's more it's fun, friendly and completely FREE!

Our Come Together Memory Club is designed to bring older people and their carers together to enjoy a relaxed, welcoming atmosphere within the safe environment of our care home in Southgate, Autumn Gardens.

We encourage attendees to reserve their space today! All visitors must be accompanied by their carer, and are required to notify us of any dietary requirements in advance.

To book your place email [welcome@autumn-gardens.com](mailto:welcome@autumn-gardens.com)



Supporting the community



# Celebrating our staff

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



## Garoufo Tsala Domestic

Garoufo has been a valued member of our team since 2018. Her hard work and dedication shine through in everything she does. As part of our laundry team, Garoufo ensures our residents always have clean, fresh clothes, and she delivers them to their rooms with a warm and friendly smile. Her positivity and commitment make a big difference, and we're so grateful to have her on our team!



## Mirgiana Tsatsa Care Assistant

Mirgiana has been a dedicated member of our team for 8 years. Her caring nature and commitment to her role are truly inspiring. Working nights, Mirgiana ensures our residents are safe, comfortable, and well looked after. Her reliability and compassion make her an invaluable part of our team, and we're so grateful for all that she does.

Thank you to all our amazing staff

# Winter calendar of events

## DECEMBER 2024

### 12 - Christmas Jumper Day

Residents will dress to impress in their favourite Christmas jumper.

### 12 - Christmas Songs with Savvas

Let's get into the festive spirit!

### 16 - Pre-Christmas celebrations

We invite you to join us and enjoy the holiday spirit as the local school choir from Ashmole performs at 11am, followed by mulled wine, mince pies and our delicious homemade kourampiedes. It's the perfect way to celebrate the season together!

### 19 - December Birthday Party

We celebrate this month's birthdays.

### 23 - Christmas Lunch

Residents will be spoilt this year with an early Christmas lunch!

### 25 - Christmas Day

As our residents have been good this year they will enjoy a surprise visit from Father Christmas, as well as a delicious traditional lunch!

### 31 - New Year's Eve

Residents will add messages of gratitude and hope for the New Year to our wishing tree.

## JANUARY 2025

### 1 - New Year's Day

New Year's Day celebrations.

### 6 - Epiphany

Our residents will celebrate and enjoy loukoumades.

### 7 - St John's Day

Watch a live stream service from St Demetrios Church.

### 8 - Live music with Micky

Get ready to dance with Micky as he sings Jazz and rock and roll classics!

### 20 - National Cheese Lovers Day

Residents will enjoy cheese, crackers and wine!

### 30 - January Birthday Party

We celebrate this month's birthdays.

## FEBRUARY 2025

### 1 - Resident, Friends and Family meeting, 2pm - 4pm

Join us in the Rose Lounge.

### 5 - Live Music Event

Join Jonny at 2pm in our lounge.

### 14 - Valentine's Day

Let's celebrate love and each other.

### 27 - February Birthday Party

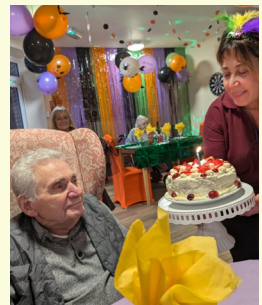
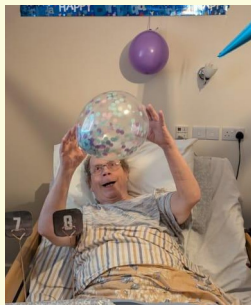
We celebrate this month's birthdays.

Key events alongside our daily activity schedule

# Celebrating recent birthdays!



# Happy Birthday!





# Follow us on Facebook for regular updates





# Come Together Memory Club at Autumn Gardens care home

Our FREE Come Together Memory Club is designed to bring older people and their carers together to enjoy a relaxed, welcoming atmosphere within the safe environment of our care home.

Our first event will be held  
on Wednesday 8 January  
2025, from 1 to 3pm.  
Thereafter, the first  
Wednesday of every  
month, from 1 to 3pm.

- Socialising in a safe, dementia-friendly environment
- Live entertainment, memory games, and activities
- Relaxing with home-made refreshments

Autumn Gardens  
Anastasia Lodge

To find out more visit  
[autumn-gardens.com](http://autumn-gardens.com)