



Autumn Gardens



Summer newsletter 2021

autumn-gardens.com



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Welcome to our Summer newsletter. It has been a real pleasure having visitors in our home and with the return of better weather we can all enjoy our gardens again.

Throughout Spring our learning journeys have included:

- In March we focused on flowers due to the array of colours, textures, shapes and fragrances they possess. We planted our own seeds to brighten up our garden this spring as well as vegetables in our veg patch.
- In April we explored international Easters across the world. This included making Easter bonnets, dying and decorating eggs and making a traditional Slovakia whip braided from thin branches of a willow!
- In May we travelled to west Africa to discover the culture and traditions of Ghana. Our highlight was a Ghanaian banquet prepared by our chefs.

Please do not hesitate to contact us if you would like to book a visit or video call with your loved one on 020 8344 2600.

Chris Argyrou, Registered and Nursing Manager



Award winning news!

We are excited to announce that we are an award winning care home!

During these challenging times it is imperative that those committed to delivering social care services ensure that they do so to an outstanding level and the Social Care Awards, hosted by Global Health & Pharma, rewards those who go that extra mile to help and protect our most vulnerable members of society.



We are so proud to announce that Autumn Gardens has been recognised in the 2021 GHP Social Care Awards as the **Leading Providers of Elderly Nursing Care 2021- London**. This award commends those who demonstrate passion for the work that they do and great empathy towards the individuals they care for.

“Thank you to the GHP Social Care Awards for recognising the hard work and dedication of our team. Well done to all the team, a well deserved reason to celebrate our successes!” Chris



Check out our Facebook page for updates!

Book a virtual call with your loved one

Celebrating our staff

Every season we highlight staff that have gone above and beyond to help support residents and staff. In this newsletter, we are celebrating Maria and Haris from our accounts department in recognition of their outstanding performance, dedication and positive attitude.



Maria Papaphotis
Accounts Manager



Haris Michaelides
Manager Financial Control

George goes the distance to raise much needed funds for the Alzheimer's Society

George Makrides has taken up the challenge of completing the 2021 London marathon to raise money for Alzheimer's Society.



George has already started his rigorous training regime, ahead of the marathon on Sunday 3 October 2021, and aims to raise more than £2,000 by the end of July.

You can support him here: <https://www.justgiving.com/fundraising/george-makrides>

Thank you to all our amazing staff

Summer calendar of events

Below is a flavour of internal events we have in store this Summer. They are subject to change depending on social distancing measures.

JUNE 2021

5 June - World Environment Day
Residents can enjoy activities based on our natural world

12 June - The Queen's Birthday
Traditional English activities and afternoon tea

20 June - Father's Day
Fun activities for the men washed down with a refreshing tippie!

21 June - Pentecost Monday (Kataklysmos)
50 days after Easter we will celebrate Kataklysmos with water-based fun activities

JULY 2021

4 July - International Famagusta Art and Culture Festival
Arts and crafts competition with the winner announced at afternoon teatime

5 July - NHS, Social Care and Frontline Workers' Day
Celebrating our staff and the excellent work they do

7 July - World Chocolate Day
On this date in 1550 chocolate was first brought to Europe!

30 July - International Day of Friendship
Sharing messages from our Postcards of Kindness board

AUGUST 2021

2 August - National Colouring Book Day
Residents enjoy the therapeutic benefits of colouring in

15 August - Assumption Day
Live streaming of the service from St. Demetrios Church

29 August - Notting Hill Carnival
Residents get to dress up and join in the fun at a Caribbean party, Europe's biggest street festival

Internal birthday celebrations continue

Celebrating recent birthdays

Spring activities

Please visit Facebook for more photos and videos



**Happy
Birthday
to all!**





Tefta's Portokalopita

(Greek Orange Phyllo Cake)

Portokalopita is a deliciously different cake made with shredded phyllo. The gorgeous orange and cinnamon syrup ensures this cake stays beautifully moist.

For the cake:

- 400 grams Phyllo sheets
- 5 eggs
- 1 1/2 cup (300 grams) sugar
- zest from two oranges
- 2 cup (500 ml) Greek yoghurt
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup (250ml) vegetable oil
- 1/2 cup (125 ml) orange juice
- vegetable oil for greasing baking pan

For the Syrup:

- 1 1/2 cups (375 ml) water
- 1 1/2 cups (300 grams) sugar
- 1/3 cup (80 ml) orange juice
- 1 cinnamon stick
- 1/4 teaspoon orange zest

Method:

Take the phyllo sheets out of the packaging and allow them to dry slightly.

To make the syrup, combine the water, sugar, orange juice, cinnamon stick and orange zest. Bring the ingredients to a boil; once it starts boiling, reduce heat, and simmer uncovered for 15 minutes. Remove from heat and let cool completely.

Preheat your oven to 100°C. Open up your phyllo sheets, and one by one, scrunch them up. After scrunching a sheet, place it on a baking tray and continue until you have used the entire pack of phyllo. You will need 2 baking trays to accommodate all of your phyllo. Bake in the middle rack of your oven for 10 minutes. After the 10 minutes have passed, flip each phyllo sheet over and bake for an additional 8 minutes. Remove from the oven, and let sit for at least another 20 minutes, to further dry out the phyllo. With your hands, start tearing the phyllo into small pieces, and set them aside.

Preheat oven to 180°C. In the large mixing bowl combine the eggs and the sugar and beat for 3 - 4 minutes. Add the orange zest, Greek yoghurt, vanilla extract, baking powder, baking soda and salt, and mix until just combined. Next add the oil and the orange juice to the bowl. Using a rubber spatula begin to incorporate your dried out and torn phyllo into the cake batter, a little bit at a time. If you put all the pieces in at once, they will clump together.

After you have incorporated all of your phyllo into the batter, pour the mixture into a greased baking pan.

Bake for 50-60 minutes in the middle rack of your oven until your portokalopita is a nice golden colour.

Once your portokalopita is baked remove it from the oven and immediately pierce it in several places with a long clean skewer.

Pour your cooled syrup onto the hot cake, one ladle at a time. Allow each ladle to be absorbed into the cake before adding the next one. Repeat until all of the syrup has been used.

Let your cake cool for 2-3 hours before cutting, to allow the syrup to be fully absorbed.

