



Autumn Gardens



Summer newsletter 2022

autumn-gardens.com



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Loyalty Day 2022



Welcome to our Summer newsletter. Spring saw us enjoy lots of Easter festivities including painting and sharing eggs.

Our gardens are in full bloom at the moment and it's been lovely for our residents to be able to spend time outside enjoying the good weather.

Throughout Spring our residents have enjoyed participating in numerous theme-based activities.

- In March we came up with creative ways to use fruit! It was really fun to see what ideas the residents came up with to transform different fruits into animals!
- Throughout April our residents learnt all about France. From its famous landmarks to its favourite pastry, the croissant.
- As the weather improved, throughout May our residents enjoyed sowing a variety of seeds including cannellini beans, lentils, cress, mint, tomatoes, and carrots.

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.

Martina De Vizia, Registered Manager



Each Spring we celebrate all our staff on Loyalty Day. It's a great opportunity for our team to come together and recognise the dedication and support that we offer one another all year round.



Staff are rewarded with a range of gifts including gift cards, champagne, chocolates and a unique pin badge recognising the number of years of service.

Thank you to all our wonderful team

Celebrating our staff

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



Anna Maria Liakou Senior Care Assistant

Anna Maria has been a valuable member of our team since joining us in 2019. Her caring and compassionate nature were noticed from the very beginning.

Anna Maria, thank you for your dedication!



Brounilnta Lera Cook

Brounilnta joined our team last year. Her commitment in creating dishes that suit all the dietary and cultural needs of our residents is remarkable. Her delicious meals really spice up our residents' days.

Keep up the tasty work Brounilnta!

Summer calendar of events

Below is a flavour of events we have in store this Summer. They are subject to change depending on government guidance.

JUNE 2022

3 - The Queen's Platinum Jubilee Residents will enjoy watching the celebrations on TV followed by afternoon tea.

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

12 - Pentecost Monday, Kataklysmos

50 days after Easter we will celebrate Kataklysmos with water-based fun activities.

17 - Musical Entertainer Ronaldo joins us in the garden for an afternoon of live music.

19 - Father's Day Fun activities for the men washed down with a refreshing tipple!

JULY 2022

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

5 - NHS, Social Care and Frontline Workers' Day

Celebrating our staff and the excellent work they do.

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

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

AUGUST 2022

Date tbc - Residents' Barbeque Let's celebrate with a summer party.

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

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

21 - World Senior Citizen's Day Fun exercises to help keep us fit and healthy.

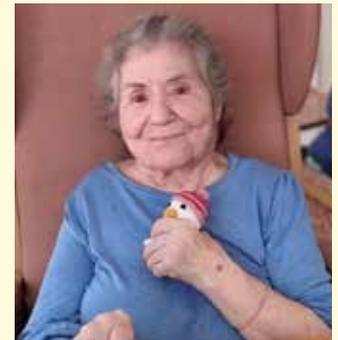
27 - Notting Hill Carnival Residents get to dress up and join in the fun at a Caribbean party, Europe's biggest street festival.

Thank you to all our amazing staff

Internal birthday celebrations continue

Celebrating recent birthdays!

Follow us on Facebook for regular updates





Dhurata's Beef Stifatho

Beef stew with shallots, this is a Greek version of comfort food—warm, filling, and very satisfying!

Ingredients:

- 1.5 kg of beef
- 1.5 kg of shallots (baby onions)
- 3 garlic cloves
- 2 bay leaves
- 1 cinnamon stick
- 5 granules of allspice
- 500 g of grated tomatoes
- 1 glass of red wine
- 1 shot of balsamic vinegar
- 1 teaspoon of sugar
- 2 pinches of ground cinnamon
- 2 pinches of ground allspice
- Salt, pepper
- Olive oil

Method:

- Cut the beef in large chunks.
- Peel the onions and wash them.
- Pour some olive oil into a deep pot over medium-high heat. When the oil is hot enough, sauté the onions.
- Remove the onions from the pot and then sauté the beef chunks over medium heat.
- Add the garlic.
- Pour in the balsamic vinegar and the wine and wait until the alcohol evaporates.
- Add the tomatoes, the sugar, the cinnamon, the allspice, the bay leaves and salt and pepper.
- Add some water or stock and let it cook for about 1 hour and 20 minutes and then add the onions.
- Cook for another 20-30 minutes until the onions are ready.
- Finally, put it in the oven for 20 minutes.

