



# Autumn Gardens



Winter newsletter 2022

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



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Welcome to our Winter newsletter. This is one of my favourite times of the year as our Home is filled with Christmas sparkle and the aromas of the festive season. I look forward to sharing special memories with our residents over the holidays.

Throughout Autumn our residents enjoyed taking part in monthly theme-based activities:

- During September residents took part in our up-cycling art project. We collected disused items and reinvented them as art projects.
- Following the sad passing of HRH The Queen in September, our activities team chose to trace back the Royal Family tree throughout October with a range of different activities including craft projects and brain games!
- In November we turned our attention to renewable energy. We talked with residents about energy consumption and how we can work together to be more sustainable by using alternative energy sources such as solar, wind and water.

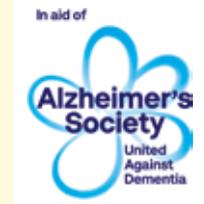
We hope you have a lovely Christmas and a happy New Year!

**Martina De Vizia, Registered Manager**



# Alzheimer's Day 2022

**Our residents, families and staff help to raise over £1,000 for the Alzheimer's Society!**



September was Alzheimer's Awareness month and our homes came together to raise funds for the Alzheimer's Society. With the support of staff and family members we encouraged our residents to join us in a sponsored walk around the block as we worked as a team to achieve our 4km target. We completed our walk and raised over £1,000! A fantastic achievement all around.

All funds raised go directly to the Alzheimer's Society that campaign for change and fund vital research to find a cure and support people living with dementia.



**Thank you for your generous support!**



Thank you for supporting this important cause

# Celebrating our staff

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



## Sunny Sehgal Care Assistant

Sunny joined our team this year and it was obvious from day one that he would be a valuable addition. He is hard-working, diligent and sympathetic. In his day to day duties, Sunny never fails to make our residents smile.  
Keep up the great work, Sunny!



## Mailinta Ntimtso Care Assistant

Mailinta is a kind and compassionate member of our team. She creates a safe and comforting environment in which our residents needs are met. Our residents love having her around.  
Thank you, Mailinta!

# Winter calendar of events

Residents can enjoy a variety of daily activities this Winter including:

## DECEMBER 2022

### 8 - Christmas Jumper Day

Dress to impress

### 13 - Savvas Kyriakides sings live!

An afternoon of Christmas songs

### 14 - Christmas music making

Our residents will use various instruments to recreate their favourite Christmas carols

### 21 - The first day of Winter

Snowy themed activities to help us get into the Christmas spirit

### 25 - Christmas Day

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

### 29 - Christmas Lunch

Residents will be spoilt this year with another Christmas lunch

### 31 - New Year's Eve

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

## JANUARY 2023

### 1 - New Year's Day

New Year's Day celebrations

### 7 - St John's Day

Watch a live stream service from St Demetrios Church

### 6 - Epiphany

Our residents will celebrate with Asterakia and enjoy loukoumades

### 16 - Blue Monday

A day full of fun games and activities to help boost everyone's mood this January

### 20 - National Cheese Lovers Day

Residents will enjoy cheese, crackers and wine!

## FEBRUARY 2023

### 9 - National Pizza Day

Let's make our favourite pizzas

### 14 - Valentine's Day

A special day to celebrate one another

### 21 - Pancake Day

Let's have a flipping good time this Shrove Tuesday!

Subject to change depending on guidance.

Thank you to all our amazing staff

Internal birthday celebrations continue

Celebrating recent birthdays!

Follow us on Facebook for regular updates





## Lintita's Kourabiedes

A deliciously buttery Greek biscuit with a rich almond and butter flavour, and a mesmerising rosewater aroma

### Ingredients:

- 500 g of butter
- 220 g of icing sugar
- Half a teaspoon of vanilla powder
- A teaspoon of rose water
- A teaspoon of liqueur
- 200 g of roasted almonds
- 900 g of all-purpose (plain) flour
- lots of icing sugar for powdering

### Method:

- Preheat the oven to 180°C.
- In a food processor, add the cold butter and the icing sugar and mix for about 10 minutes
- Add the rosewater, the liqueur and the vanilla powder; mix for 10-20 seconds, until combined.
- Mix the flour and the roasted almonds in a bowl and add them to the previous mixture.
- Blend lightly with your hands until the mixture is soft.
- Roll 1 tbsp (about 30g) of the dough into a ball, place on the baking tray and push with your finger in the middle, to form a little dimple.
- Place the baking trays with the kourabiedes in the second and fourth rack of the oven. Bake for 20-25 minutes, until they have a very faint golden tint.
- Leave the kourabiedes aside to cool down for a while.
- Spray the kourabiedes with rosewater and sift with icing sugar. Enjoy!

