



Autumn Gardens



Summer newsletter 2023

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Loyalty Day 2023



As we head into Summer, our dedicated activities team are planning a number of exciting excursions to nearby destinations including Forty Hall. Our residents will have the opportunity to explore our local farm and enjoy an afternoon tea in their cafe. Look out for photos on our Facebook page as we discover the hidden gems of our local community.

During Spring, our activities team organised a diverse range of learning journeys including:

- In March, we got creative with clay! Clay therapy provides creative stimulation, social interaction and helps develop fine motor skills.
- Throughout April, our residents enjoyed various Easter activities including preparing Easter baskets and dyeing eggs. We celebrated Pascha by cracking eggs and watching the live stream Easter Service from St. Demetrios Church.
- During May, our residents designed and made a different mirror each week using simple materials such as card, paint, synthetic flowers and foil. It was great to see everyone working together to share their ideas.

Have a great Summer, we look forward to seeing you soon.

Martina De Vizia, Registered Manager



Every year in the Spring, we commemorate Loyalty Day to honour our exceptional staff. This special occasion brings our team together, allowing us to acknowledge and appreciate the dedication and support we extend to one another throughout the year.

During this celebration, our staff are rewarded with a range of gifts including gift cards, champagne, chocolates and a distinctive pin badge that symbolises the length of their loyal service.



We would like to thank all our staff for their commitment to providing a safe, nurturing and stimulating environment for our residents.

Well done everybody!

Thank you to all our wonderful staff!

Celebrating our staff

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



Joceline Kapfumvuti Registered Nurse

Joceline has been an invaluable member of our team for the past four years. Her exceptional clinical skills, coupled with her warm and compassionate personality, make her an asset to our team. We greatly appreciate Joceline's dedication and outstanding work.

Keep up the excellent work, Joceline!



Anisa Likai Senior Care Assistant

Anisa became a part of our team one year ago and from the very start, her warmth and compassion have made her shine. With a genuine smile, Anisa attentively tends to our residents and consistently offers her support whenever it is required.

We extend our heartfelt appreciation to you, Anisa!

Summer calendar of events

Residents can enjoy a variety of activities this Summer

JUNE 2023

5 - World Environment Day
We will focus on how humans impact the planet and what we can do to help protect it.

5 - Pentecost Monday, Kataklysmos
50 days after Easter we will celebrate Kataklysmos with water-based fun activities.

18 - Father's Day
A time to express love, gratitude, and respect and to celebrate the unique role of fathers in our families and society.

21 - Stan & Colin, live performance
Residents will enjoy a live music performance in our garden.

JULY 2023

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

10 - Wimbledon
We will host our own version of balloon Wimbledon as we watch this year's competition live on the TV.

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

AUGUST 2023

2 - National Colouring Book Day
Our residents will discover the therapeutic benefits of colouring in.
11 - The Fab Boyz live
Our residents will be up on their feet rock and rolling to this fabulous live performance in the garden.

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

16 - Residents' Barbeque
Fingers crossed for great weather as we enjoy a delicious BBQ and music in the garden.

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

27 - Notting Hill Carnival
It's time to dress up and enjoy a Caribbean themed party!

Thank you to all our amazing staff

Internal birthday celebrations continue

Celebrating recent birthdays!

Follow us on Facebook for regular updates





Brounilnta's galaktoboureko

A traditional Greek dessert with a rich, creamy texture and a sweet, syrupy flavour.



Ingredients:

- 1 packet of Filo Pastry (Phyllo) sheets

For the syrup:

- 600 g of sugar
- 500 ml of water
- ½ a lemon
- 1 cinnamon stick

Method:

Start preparing the syrup:

- In a saucepan add all the ingredients for the syrup. Bring to the boil, then reduce the heat and simmer for a few minutes until the sugar dissolves. Then remove it from the heat to cool down.
- Tip: Do not stir the syrup after it starts simmering or it may crystallise!

Now prepare the cream:

- In a saucepan, add 1 l of the milk, the cinnamon stick and 200 g of the sugar over low heat.
- In a mixing bowl, beat the eggs, the rest of the sugar, the semolina and the rest of the milk.
- When the mixture in the saucepan is warm, start pouring the mixture from the mixing bowl into the saucepan slowly while whisking and bring it to the boil.
- Remove from the heat and add 30 g of the butter and the vanilla powder.

For the cream:

- 1.2 l of milk
- 1 cinnamon stick
- 220 g of sugar
- 3 eggs
- 120 g of semolina
- 280 g of butter
- 1 teaspoon of vanilla powder

Finish your galaktoboureko:

- Melt the rest of the butter and butter a 35cmx25cm pan.
- Take the phyllo pastry and separate the sheets.
- Place one sheet in the pan and coat it with the melted butter using a pastry brush.
- Repeat this process using half of the phyllo sheets.
- Pour and spread the cream.
- Then, place the rest of the phyllo sheets on top while coating them with butter.
- Spray the top phyllo with a little water.
- Place the pan in preheated oven at 170° - 180° for about 40 – 45 minutes until the fyllo is gold and crispy.
- Take the pan out of the oven and ladle the cold syrup slowly over the hot galaktoboureko.
- Wait for the galaktoboureko to cool down before cutting into it.
- Tip: When the galaktoboureko is ready, remove from the oven immediately so that the phyllo remains crispy.