



Autumn Gardens



Spring newsletter 2024

autumn-gardens.com



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Welcome to our Spring newsletter. I would like to thank all those who attended our Residents, Family and Friends Meeting in January; your presence was truly appreciated. Feedback, your insights and collaboration are invaluable to our home's community.

Our residents and staff are really looking forward to Springtime. Recently, we embraced the cultural diversity of our home through an engaging dress-making learning journey activity. From making intricate Indian saris to traditional Greek, Chinese and Ghanaian dresses, each resident participated with enthusiasm, celebrating the richness of global traditions and culture.

In February, an adorable cat stole the spotlight in our Animal Therapy session, bringing immense joy to our residents.

Our residents recently enjoyed a Valentine's Day tea party. Our staff went all out with red decorations and even dressed up as waiters and waitresses. It was an afternoon to remember!

Wishing all our families an egg-s-tra special day filled with love, joy, and all the delights of the season. Happy Easter!

Martina De Vizia, Registered Manager



Lemon Tree Day Care

Our Lemon Tree Day Care Services are tailored to provide care, stimulation and companionship for older adults, including those who are living with dementia, who need assistance or supervision during the day.

Day care enables guests to socialise with our residents and enjoy activities in a group setting, while still receiving specialist care.

Our Lemon Tree Day Care Services include:

- Supervision by professionally trained staff
- Home-made meals, incorporating special dietary needs
- A wide-range of activities
- Friendly environment with English and Greek speaking staff
- Flexible hours and days to suit your lifestyle and requirements

We offer two types of service, Snowdrop (up to four hours) and Daffodil (full day). If you know anyone who could benefit from our services please refer them to us directly, or they can find out more on our website.

www.autumn-gardens.com/care-duration/day-care/

Lemon Tree Day Care	Snowdrop	Daffodil
What's included		
Free trial day	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Supervision	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Help with personal needs	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Daily activities	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Hot meals and snacks	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Early drop off	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Late collection		<input checked="" type="checkbox"/>
Availability on weekends		<input checked="" type="checkbox"/>
Availability on public holidays		<input checked="" type="checkbox"/>



Supporting the wider community

Celebrating our staff

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



Kuldeep Kaur Care Assistant

Kuldeep Kaur became an invaluable part of our team in 2022. Embraced by residents and colleagues alike, Kuldeep's calm and kind personality has made a lasting impression. Her commitment to the wellbeing of our residents is evident in her hard work and dedication. Well done to you, Kuldeep, for your exceptional efforts!



Ntoris Berntoufi Clinical Associate

With a two-year tenure, Ntoris initially joined our team as a care assistant, swiftly progressing to a senior care assistant and, presently, a clinical associate. Her unwavering dedication and commitment have been apparent since day one. Ntoris is a highly skilled team member who diligently cares for our residents, ensuring their well-being and contentment. We appreciate your hard work, Ntoris!

Thank you to all our amazing staff

Spring calendar of events

MARCH 2024

1 - St David's Day

Enjoy Welsh cakes and a quiz.

8 - International Women's Day

A celebration of inspiring Women across the world.

10 - Mother's Day

Afternoon tea in honour of all the mums at Autumn Gardens.

11 - The start of Ramadan

Residents will explore the traditions of the holy month of Ramadan.

17 - St. Patrick's Day

A celebration of Irish culture, foods, music, dancing and drinking.

20 - Live Greek music with Savvas

Let's celebrate the start of Spring with a sing-a-long.

28 - March Birthday Party

We celebrate this month's birthdays.

31 - Easter Sunday Celebration

Easter themed activities and treats!

APRIL 2024

7 - World Health Day

Raising awareness of health and well-being across the world.

9 - Eid-al Fitr -End of Ramadan

Residents can enjoy a feast to celebrate the end of Ramadan.

14 - National Gardening Day

Our residents will celebrate the joys of gardening and promoting the many benefits of cultivating plants.

24 - Live music with Frank

Join us as Frank entertains residents with his catchy tunes!

25 - April Birthday Party

We celebrate this month's birthdays.

MAY 2024

2 - Greek Orthodox Good Thursday

Residents will enjoy the tradition of decorating Easter eggs.

3 - Greek Orthodox Good Friday

Residents will make a special visit to enjoy a church service at St Demetrios church, followed by Koulourakia making.

5 - Greek Orthodox Easter Celebrations

The cracking of eggs, eating home-made flaounes and watching Easter Sunday Service from St. Demetrios Church.

12 - International Nurses Day

Celebrated annually on the birthday of Florence Nightingale.

15 - International Day of Families

This day raises awareness of the importance of families.

30 - May Birthday Party

We celebrate this month's birthdays.

Key events alongside our daily activity schedule

Celebrating recent birthdays!



Follow us on Facebook for regular updates





Evangelia's Cypriot keftedes

Cypriot keftedes are savory meatballs originating from Cyprus, known for their flavourful blend of minced meat combined with aromatic herbs and spices.

Ingredients:

- 2 pounds of minced pork
- 3 medium, grated potatoes
- 1 medium, grated onion
- 2 eggs
- ½ a glass of breadcrumbs
- ½ a glass of finely chopped parsley
- ½ a glass of finely chopped mint
- Salt and pepper
- The juice of ½ a lemon
- Oil for frying

Method:

- Put all the ingredients, except for the oil, in a bowl.
- Use your hands to mix well for a few minutes until the mixture is quite smooth and well combined.
- Form the mixture into round or oval meatballs.
- Heat the frying oil in a non-stick frying pan over medium high heat. Use enough oil to cover almost half of the meatballs.
- Cook the meatballs in batches. Turn them around and cook for 5 - 6 minutes, until nicely browned all over.
- Drain on paper towels to absorb any excess oil.

Tip: Serve your meatballs alongside a refreshing dipping sauce like tzatziki.

