



Autumn Gardens



Summer newsletter 2025

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As the seasons change and the sun begins to shine brighter, there's been no shortage of smiles, creativity, and fun at Autumn Gardens!

Easter was a wonderful highlight, filled with joyful moments, meaningful traditions, and of course, lots of chocolate eggs. Our residents embraced Spring by creating beautiful 3D woodland stream models as part of a water-themed learning journey, a true testament to their creativity, patience, and teamwork.

We've also been making the most of the warm May weather, spending time outdoors, watering plants, and enjoying the fresh air in our lovely garden spaces. It's been fantastic to see our residents chatting, laughing and soaking up the sunshine while taking pride in caring for their surroundings.

One of the most special moments this Spring was welcoming a lively group of children into our home. Together, we enjoyed fun and games, football, tennis, Nerf guns, hook the duck, and even splashing in the paddling pool! The energy and excitement were contagious, reminding us how precious intergenerational connection is.

Thank you for being part of our community, where every day is an opportunity to make memories and celebrate life together.

Martina De Vizia, Registered Manager



Loyalty and Nurses Day 2025



In May, we were proud to host our annual Loyalty Day. A special occasion dedicated to recognising the outstanding commitment and passion of our amazing team. Year after year, they show unwavering dedication, ensuring our residents feel safe, supported and well cared for. From long-serving staff who have been with us for decades to new faces who have already become part of our family, we are so grateful for everything they do.

This year's Loyalty Day coincided with International Nurses Day, giving us the perfect opportunity to honour the heart of our care home, our wonderful nursing team. With delicious cupcakes, handmade cards from our residents, and plenty of smiles all around, we came together to say thank you. Our nurses provide so much more than medical care, they bring comfort, compassion, and kindness to every interaction, creating a sense of home for our residents.

Alongside them, our carers, activity team, chefs, domestics, and every member of our dedicated staff work tirelessly to make Autumn Gardens a warm, welcoming and supportive community. We thank you all.

Keep up the great work!

Celebrating our staff

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



Ruth Opare Clinical Associate

Since joining us three years ago, Ruth has become a key part of our team, known for her calm professionalism, clear communication and willingness to go the extra mile.

Kind, approachable and always ready to lend a helping hand, Ruth brings a sense of reassurance to both residents and staff alike. Thank you, Ruth!



Valentina Boutsai Chef

Since joining us in November 2024, Valentina has quickly made her mark with her strong work ethic, positivity and passion for food.

She's been working incredibly hard to support the kitchen team, always bringing care and creativity to every dish. Valentina helps make every dining experience feel like home.

Thank you to all our amazing staff

Summer calendar of events

JUNE 2025

4 June at 2pm – Live Summer War Show

An engaging performance to kick off the summer.

5 June – World Environment Day

We'll focus on how we impact the planet and what we can do to help protect it.

9 June – Pentecost Monday (Kataklysmos)

50 days after Easter, we'll celebrate Kataklysmos with water-based fun activities.

15 June – Father's Day

A time to express love, gratitude, and to celebrate the unique role of fathers.

26 June – Autumn Gardens

Birthday Party

We celebrate this month's birthdays.

JULY 2025

1 July – Wimbledon

Tennis-themed activities to celebrate the championship.

2 July at 2pm – Live Music with Marandy

Enjoy an afternoon of music and entertainment.

3 July – Story time

Join Debbie as she reads favourite stories to our residents

8 July – Ice Cream Van

Let's celebrate national ice cream day in style!

30 July – International Friendship Day

Sharing messages from our Postcards of Kindness board.

31 July – Autumn Gardens Birthday Party

We celebrate this month's birthdays.

AUGUST 2025

6 August at 2pm – Live Music with Jonny

An afternoon filled with music and joy.

15 August – Live stream Church Service

The Feast of the Dormition of Virgin Mary

24 August – Notting Hill Carnival

It's time to dress up and enjoy a Caribbean-themed party!

28 August – Autumn Gardens Birthday Party

We celebrate this month's birthdays.

Key events alongside our daily activity schedule

Celebrating recent birthdays!



Happy
Birthday!

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Fanoulla's Greek custard pie Galaktoboureko

From care assistant to head chef, she has been a dedicated member of our team for 21 years.

Ingredients:

For the syrup

- 800 g granulated sugar
- 450 g water
- 1 stick(s) cinnamon
- peel, of 1 lemon
- 75 g honey

For the custard filling

- 4 eggs, medium
- 200 g granulated sugar

- 500 g heavy cream 35%

- 500 g whole milk

- 1 pinch salt

- 1 teaspoon(s) vanilla extract

- 170 g semolina, fine

- 100 g butter

To assemble

- 450 g phyllo dough sheets
- 220 g butter

Method:

Custard Filling

Beat eggs with half the sugar until fluffy. In a pot, heat cream, milk, remaining sugar, salt, and vanilla. Once it boils, add semolina and whisk until thickened. Remove from heat, stir in butter, then cool the mixture slightly in a mixer. Gently fold in the whipped eggs, custard is ready.

To Assemble

Preheat oven to 160°C (fan). Butter a 28x36 cm baking pan. Layer 6 sheets of phyllo, drizzling each with melted butter. Add custard, fold in overhanging edges, and drizzle with more butter. Top with remaining phyllo, again buttering each layer. Tuck in the final sheet and score into pieces. Pour remaining butter on top, sprinkle with water, and bake for 1.5 hours until golden. Once baked, pour cold syrup over immediately.



Syrup

While the pie bakes, prepare the syrup: simmer 400g sugar, 250ml water, peel of one lemon and half a cinnamon stick for 5–6 minutes. Let it cool completely. Once the pie is baked, pour the cold syrup over immediately.