

The Daffodil

Winter 2026

Summer Festival a Honking Success!

A fleet of classic cars lined the care home forecourt as the jazz band serenaded the crowds at **Springview**. The local **Fire Brigade** crew delighted the children when they rolled up in their engine. There may be a few new recruits joining soon!

The weather held up, allowing residents, relatives and friends from across Enfield and beyond to see the cars in all their glory. This could not have been pulled off without the assistance of the **Barnet Classic Car Club** and the **Whitewebbs Museum of Transport**.

If that was not enough, there was also a lavish BBQ, scrumptious homemade cakes, flowers, raffle, games and so much more.

An important part of the Springdene ethos is supporting the local community and, for this event, monies were raised for the **RNLI Tower Lifeboat Station**, the busiest in London. A team of volunteers came to the festival to teach valuable lifesaving skills to our residents and the public.

The RNLI volunteers returned alongside members of the Barnet Classic Car Club and their motors to receive the cheque, and of course another excuse for a party. All in all, the home raised a whopping £3000!



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• Songs & Smiles • Mitzvah Day and much more...

A Letter from the CEO



Springdene
CARE HOMES

Where life is for living

Dear Residents and Families,

After a long period of absence, I am delighted to relaunch **The Daffodil**. The Springdene newsletter has always been a way for us to connect as a community and celebrate our achievements, and I am thrilled to see it return.

Over the past year, so much has happened across our three homes. There have been challenges, of course, but also countless moments of joy and togetherness. Relaunching The Daffodil gives us the chance to look back at those experiences, to honour the people who make our community special, and to share stories that remind us of the warmth and strength we find in one another.

This edition is a celebration of the past twelve months, but it is also a fresh beginning. Our aim is to keep you informed. Whether it's updates from our team, highlights of resident activities, or simply a cheerful message to brighten your day, we hope you find something here that makes you smile.

Thank you for being part of our journey. We look forward to continuing to grow together and to making The Daffodil a cherished part of our shared life once again.

Warm regards,

Theodore Powell, CEO.



Welcome Robert!

We are delighted to welcome Robert as our new **Group Engagement & Wellbeing Manager**. Since joining us, Robert has brought a fresh energy into our homes, inspiring residents and staff alike with his enthusiasm and creativity. His focus is on making every day meaningful, whether through

activities, conversations, or shared celebrations. Robert is already keeping us entertained with National Celebration Days, ensuring that each occasion is marked with joy, laughter, and a sense of togetherness. We look forward to sharing more about these special events throughout the newsletter, and to the positive impact Robert continues to bring.



Welcome Edita!

Another new face in our homes is Edita, who joined us as **Hospitality Manager**, on the same day as Robert. From the very beginning, she set to work raising standards and bringing fresh ideas to our community.

Edita draws on her unique experience from both five-star hotels and hospital ITUs, blending excellence in service with a deep understanding of healthcare. Her dedication and expertise are already making a positive impact, ensuring residents and families feel truly welcomed and supported.

Refurbishment Programme: Building for the Future

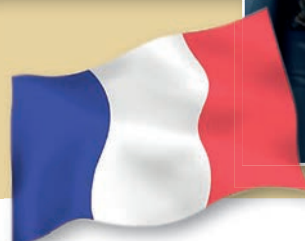
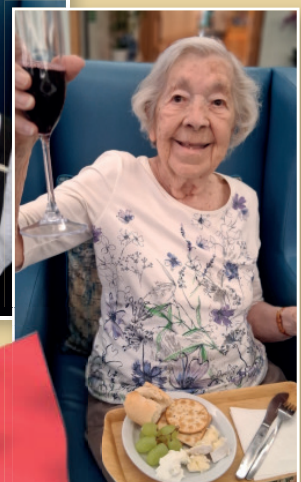


We are excited to share that refurbishment works across our homes are moving full steam ahead, led by our **Project Manager, Sebastian**. His energy and commitment are helping us materialise an ambitious programme that will make a measurable improvement for residents and families alike. This year the second Floor at **Spring Grove** has been completed and works are underway on the second floor of **Springview** and third floor of Spring Grove. In the coming years, you will notice additional works taking place until all the floors are fully refurbished. These projects represent a huge step forward, with the introduction of modern

wet rooms and luxury décor designed to enhance comfort and enjoyment for everyone. We know that these refurbishments can be disruptive, and we appreciate your patience and understanding during this period. Please be assured that our team is working tirelessly to keep any inconvenience to a minimum and to ensure that progress continues as quickly as possible. This investment is about more than bricks and mortar — it's about creating homes that residents are proud of and families feel welcome in now and for many years to come.

Bastille Day

Residents joined in the spirit of France's national day with music, flags, and delicious treats. Bastille Day brought a splash of culture and colour to our homes, with lively conversations about French history and traditions. The celebrations were a wonderful chance to learn, laugh, and enjoy together, reminding us how special it is to mark international occasions as a community.



Celebrating Our Staff: Employee Appreciation Day

Springdene
CARE HOMES

THANK YOU

We began the year on a high note with our Employee Appreciation Days at each home, an occasion dedicated to celebrating the incredible people who make Springdene special. Our care staff are truly the heart of our family, and these days were all about recognising their dedication, compassion, and hard work.

From the moment residents wake up to the time they settle in for the evening, our staff are there – offering support, comfort, and kindness. Their commitment goes far beyond daily tasks; it's about creating a warm, welcoming environment where everyone feels valued and cared for. Employee Appreciation Day gave us the chance to pause and say a heartfelt “thank you.”

The celebrations included small tokens of gratitude, words of recognition, and plenty of smiles. It was wonderful to see the joy on our team's faces as they were reminded just how much they mean to us.

We could not do it without them, and we are proud to have such a remarkable team by our side.



Mosaic Magic with Odile

This summer brought a burst of creativity to our homes as **Odile**, in her new role as **Artist in Residence**, embarked on a very special project. With her enthusiasm and guidance, everyone got stuck into creating mosaic tables — and the results were nothing short of spectacular.

Each home produced their own unique creations, reflecting the personalities and ideas of the residents who took part. From bold geometric patterns to reflections of nature, the mosaics became more than just tables; they were works of art that captured the spirit of collaboration and imagination. Odile's encouragement helped residents explore their artistic side, and the joy of seeing their designs come to life was truly inspiring.

Beyond the finished pieces, the project offered something even more valuable: time spent together, sharing stories, laughter, and creativity. It was wonderful to watch residents take pride in their work and to see how art can bring people closer.

We are proud to showcase these mosaic tables as a reminder of what can be achieved when talent, teamwork, and a little bit of fun come together.

Thank you to Odile and to all the residents who made this summer so colourful!



Resident Spotlight – Cecil White, 91

At 91 years young, **Cecil White** is a shining example of how passion and creativity can flourish at any stage of life. His story is one of dedication, hard work, and a love for the simple joys that make life meaningful.

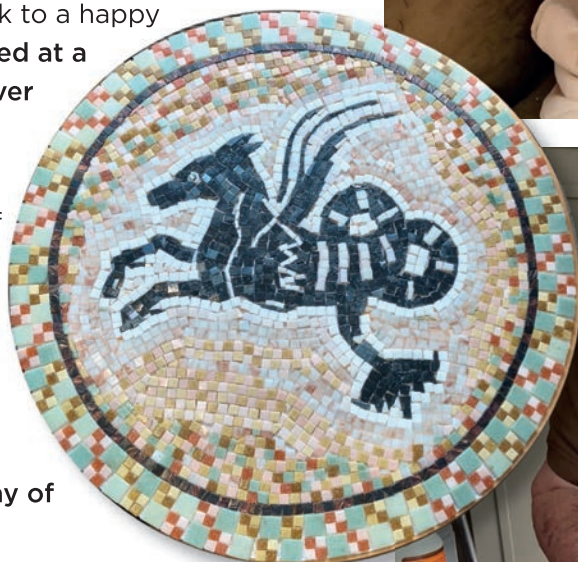
Cecil began his career as a gardener after military service, spending years doing, 'tree work', and landscaping with care and patience. After that, he became a postman, serving his community for two decades with reliability and a friendly smile. Over the years he tried his hand at, '1500 jobs', and according to Cecil the trick to a happy career is that **'I never stayed at a job I did not like... so I never had a job I did not enjoy'**.

When retirement came, Cecil embraced his love of the outdoors, becoming a keen fisherman. Many happy hours were spent by the water, rod in hand, enjoying the peace and quiet of nature, **'I was out fishing every day of the week'**.

Animals have always held a special place in Cecil's heart. Over the years, he cared for six dogs; Snooty, Kibble, Boson, Emma, Bell and Kim, each one a beloved companion who brought joy and loyalty into his life. His stories of their antics never fail to bring a smile.

Reminiscing about Snooty, who arrived when Cecil was only 4, he says: **'my mother used to say that if she went in the room and I was not in my bed, she need not worry because when she looked in the dogs bed I would be curled up asleep with him'**.

Most recently, Cecil has discovered a new passion in life through Odile's mosaic projects at Spring Lane. **'I just cannot sit there and stare, I have got to do something'... 'I used to wander this planet and I loved it'**. With his newfound enthusiasm and



creativity, he has produced a series of stunning pieces, each one unique and full of character. His artistry has inspired fellow residents and stands as a testament to lifelong learning and the joy of trying something new.

Intergenerational Joy with Songs & Smiles



One of the highlights of our week across all three Springdene homes is the visit from the **Songs & Smiles baby group**, organised by **The Together Project**.

Each week, babies and their parents join our residents for a lively session of singing, play, and laughter – and the results are truly heart-warming.

The sound of little voices and the sight of tiny hands clapping along to familiar tunes bring instant smiles to our residents. These sessions are more than just entertainment; they are a wonderful example of intergenerational mixing, where young and old come together to share joy and connection. Residents often remark on how uplifting it is to



spend time with the babies, and the children in turn benefit from the warmth and attention of their new friends.

The atmosphere during Songs & Smiles is always buzzing with energy.



From nursery rhymes to playful games, every moment is filled with laughter and love.

It's a reminder that age is no barrier to friendship, and that the simple act of singing together can create bonds that span generations.



Stop the clocks!

Spring Grove on BBC Breakfast

The end of British Summer Time brought a very special moment for **Spring Grove**, when the **BBC** paid us a visit. They came to ask our residents how they managed with the clocks going back, and the morning was filled with excitement and anticipation. Cameras rolled, questions were asked, and our residents shone as they shared their thoughts and experiences. The following day, the footage aired on **BBC Breakfast**, giving our community a chance to be seen and heard by a national audience. It was a proud moment for everyone involved, and a



wonderful reminder of the lively spirit within our homes.

Interestingly, the overwhelming response from residents was that the time change didn't bother them at all. Instead, the conversation opened the door to many delightful stories from their childhood. Tales of family routines, school days, and seasonal traditions flowed easily, bringing smiles and laughter to all who listened.

The visit was more than just a television feature — it was an opportunity to celebrate our residents' voices and memories. We are grateful to the BBC for shining a spotlight on Spring Grove, and even more grateful to our residents for sharing their wisdom and warmth with the world.



Coffee Day

Coffee Day was celebrated with creativity and flavour across our homes. Residents gathered to sample different blends, share café memories, and enjoy the cosy atmosphere. Adding a unique twist, they experimented with coffee as an art medium, producing imaginative pieces full of texture and warmth. The celebrations ended on a sweet note with homemade mocha-flavoured ice cream, which everyone agreed was delicious. It was a joyful day of comfort, conversation, and community spirit, all inspired by coffee.



National Day of Arts: Going Green

This year's **National Day of Arts** was a truly inspiring occasion, with the theme **"Going Green"** encouraging creativity through sustainability. Organized annually by the National Activity Providers Association (NAPA), the event shines a spotlight on the positive impact of arts and creative engagement on the wellbeing of residents in care settings.

At Springdene Care Homes, residents and staff embraced the challenge wholeheartedly, producing imaginative projects that combined artistry with eco-friendly practices. From recycled materials to nature-inspired designs, the work reflected both creativity and care for the environment. The atmosphere was filled with excitement as residents explored new ideas and expressed themselves in ways that were both joyful and meaningful.

We are proud to announce that Springdene Care Homes won the award for **Best Group** at this year's event. In announcing the award, NAPA said: **"The judges were so impressed by the creativity, passion and impact of your work. Your project is a wonderful example of how the arts can bring joy, connection and wellbeing into care settings and we are thrilled to celebrate your achievement."**

This recognition is a testament to the talent and spirit of our residents and staff, and a reminder of how the arts can enrich lives in the most powerful ways.



COMPETITION WINNERS

BEST GROUP

Springdene Care Homes

Springdene Care Homes have shown the power of collaboration with their inspiring entry. Residents, staff and students from a local school came together to create a stunning Tree of Gratitude. Built from branches, twigs and fresh ivy gathered from the garden and completed with hand made leaves carrying heartfelt messages of thanks, the tree became a living symbol of connection and appreciation. It grew from a resident designed floral base into a beautiful centrepiece that celebrates both creativity and community. Their collaboration didn't stop there. Residents explored abstract art using natural elements such as conkers and leaves, a wonderfully tactile experience that made the activity inclusive for those with sight loss and people living with dementia. Together, they also transformed a table into a vibrant mosaic, featuring four colourful insects, upcycling it into a joyful artwork now enjoyed as a practical piece on their patio.

This group's creativity, teamwork and intergenerational spirit embody the heart of what the Best Group prize is all about: bringing people together to create something meaningful, lasting and full of joy.

Ready Generations - Belong

With their Eye to Nature project, Ready Generations at Belong Chester has embraced the theme of Green as a journey of discovery, creativity and connection. Over the summer, residents and their intergenerational nursery partners explored the outdoors together, celebrating the beauty of the natural world through shared experiences and fresh perspectives. Their project was brought to life in two parts: Part One captured the joy and wonder of outdoor activities, highlighting the unique bond between young and old. Part Two showcased the creativity that blossomed from these experiences, with imaginative artworks inspired directly by nature. This project is a shining example of how intergenerational collaboration can open new ways of seeing, bring communities closer and allow creativity to thrive across ages. By exploring Green through both play and art, they have created something truly joyful and inspiring.

Sugar Awareness Week

Sugar Awareness Week encouraged us all to think about healthier choices while still enjoying life's little pleasures. Residents took part in fun discussions about nutrition, tried tasty alternatives, and shared their own tips for balance. It was a positive, light-hearted way to focus on wellbeing while keeping the atmosphere cheerful and supportive.



Deck the Homes



Season's Greetings

The festive season is upon us, and our homes are already sparkling with Christmas cheer. As December approaches, staff and residents have been busy transforming living spaces into winter wonderlands, with twinkling lights, garlands, and beautifully decorated trees bringing joy to every corner.

At **Springview**, the halls are lined with shimmering ornaments and handmade crafts created by residents, adding a personal touch to the celebrations. Over at **Spring Grove**, the grand tree in the lounge, decorated with the help of local schoolchildren has become a gathering point, where families and residents alike pause to admire its glow. **Spring Lane** is a hive of activity ahead of the Christmas Festival. Each home has

embraced its own style, from traditional reds and golds to playful, colourful displays — all designed to lift spirits and spread warmth.

The process of decorating is as special as the finished result. Residents have joined in to hang baubles, share stories of Christmases past, and enjoy the laughter that comes with untangling

fairy lights. These moments of togetherness remind us that the season is not just about decorations, but about community and joy.

With the homes now dressed for the holidays, we look forward to welcoming families and friends into spaces filled with festive sparkle. Christmas at Springdene is truly a time to celebrate love, laughter, and the magic of the season.



Mitzvah Day at Spring Grove

This autumn, **Spring Grove** was proud to take part in **Mitzvah Day**, a celebration, rooted in the Jewish tradition, of giving back and supporting those in need. In the weeks leading up to the day, the home had been collecting donations for the JW3 food bank, with residents, families, and staff all contributing generously. The spirit of kindness and community was already strong, and Mitzvah Day gave us the perfect opportunity to bring it to life.

On the day itself, residents rolled up their sleeves to bake and decorate biscuits, which were then donated to



local homeless shelters. The kitchen was filled with laughter, the sweet smell of baking, and the joy of knowing that these treats would bring comfort to others. Each biscuit was decorated with care, making them as beautiful as they were delicious.

We were honoured to welcome Laura Marks CBE, the founder of Mitzvah Day, along with her husband and daughter. Their presence made the occasion even more special, as they brought music and entertainment that filled the home with energy and smiles.

Mitzvah Day at Spring Grove was a wonderful reminder of the power of community, compassion, and creativity. Together, we made a difference — and had a truly memorable day.



Themed Days around the homes



Beaujolais Nouveau Day

Our homes marked Beaujolais Nouveau Day with a delightful wine tasting session, sampling a range of Beaujolais wines. Residents enjoyed learning about the tradition behind this celebrated French tippie whilst comparing flavours from different vineyards. The tasting sparked lively conversation, with favourites quickly emerging and plenty of laughter shared. It was a wonderful opportunity to explore culture through taste, bringing residents together in a relaxed and joyful atmosphere that truly captured the spirit of the day.

Belgium Day

Belgium Day was a lively celebration across our homes, as residents explored the history of Belgian National Day and shared memories of visits to Brussels, Bruges, and beyond. We learned about famous Belgians such as artist René Magritte and actress Audrey Hepburn, and admired the country's royal family, King Philippe and Queen Mathilde. The highlight was a delicious tasting session featuring waffles, chocolate, frites with mayonnaise, and five types of Belgian beer — a true feast of culture and flavour!



Yorkshire Day

We tipped our hats to Yorkshire with hearty food, cheerful decorations, and plenty of Yorkshire tea! Residents enjoyed sharing memories and stories connected to the county, while staff brought a touch of Yorkshire charm into the homes. It was a day filled with pride, laughter, and appreciation for one of England's most beloved regions.



Lancashire Day

Lancashire Day was marked with pride, as residents celebrated the county's heritage through food, music, and stories.

From traditional dishes including Eccles Cakes to lively discussions, the day was full of warmth and nostalgia. It was a wonderful opportunity to honour local traditions and bring a sense of belonging to our homes.

