

**M**MMM! That was the expression on everybody's lips as they sampled the scrummy entries for this week's final of the Great Springdene Bake Off. It's been a great couple of months, where residents have shown off their culinary skills to perfection and had bags of fun in the process.

The latest creation is Mary Berry's 'Wimbledon Cake', named after the legendary tennis tournament. We chose it because it was described as a "showstopper" – and what a showpiece it turned out to be! A very light sponge, made with semolina, whipped egg whites, sugar, egg yolks, orange zest and juice, then layered with fresh whipped cream, strawberries and passionfruit.

The cakes baked by all three homes were absolutely divine! Eat on same day as baking, it said in the recipe – and that was what folk hungrily did. And, as we're sure you've all come to expect, the decorations were stunning once more. One of the homes added some flaked almonds and a hint of fresh mint, another a mango rose, and the final cake had a thin layer of strawberry jam as well as the other fillings. Delicious!

The winners were announced via a Microsoft Teams call on Wednesday morning involving all three homes and families, too. As always it had been excruciatingly hard to choose between such brilliant creations, but in the end the judges plumped for Spring Grove.

Our chief taster Eirlys noted: "The thin layering of this cake meant that you really got all of the flavours from every fruit used. The cake was very light and fluffy and because it had been sliced thinly, came with mountains of cream and other delicious fruity notes. You could really taste the orange in the sponge, then got an aftertaste of the passionfruit and strawberry which was really refreshing."

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However, the ultimate triumph went to the Spring Lane team (pictured below), who won the entire contest with 45 points, with Spring Grove and Springview the runners up, gaining 40 and 20 points respectively. The Spring Lane bakers were presented with a super trophy commissioned by Eirllys. Well done, everybody! Look forward to seeing you next year.



Before we sign off from the mixing bowl, we'd like to express our gratitude, too, to the kitchen staff, who helped to make it all happen. A big thanks to Ian and Dora at Spring Lane, Danka and Peter at Spring Grove and Phil and Ingrid at Spring View. You were heroic!

Now we are no longer perspiring over a hot oven, it's been time to get out in the gardens to take advantage of the lovely late spring weather. Our green-fingered director, Stacey-Louise, has been hard at work creating some beautiful floral displays. The containers are looking splendid with geraniums, osteospermums and lobelias, all themed in shades of pink and blue. At Spring Lane folk have been especially admiring the *Thalictrum* "Black Stockings", which is just out now, with its lovely lilac-style blooms

The warm sunshine is also turning thoughts of residents to a day trip to the seaside. How lovely to be able to sit on the prom in a deckchair, licking an ice-cream. Depending on official progress with Covid measures and the easing of the lockdown we are hoping to arrange some trips later in the summer.

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We're also working on plans for Springview's sponsored walk around Enfield – wheelchairs and all – in aid of the Sepsis Trust. We've had a lot of interest in this and we're hoping to announce a date soon. In the meantime, we're placing collecting boxes for our other charity – Medical Detection Dogs – at the reception in Spring Lane and Springview as well. We hope folk will be generous.

Even without going outside the homes, there are still some outdoor delights in store. June 19 is National Picnic Week, and Eirlys and her team are planning on a day of fun in the gardens, with plenty of activities on offer and lots of goodies to eat. Hampers are at the ready! And residents are planning to plant their own potatoes in special bags in the grounds to be ready later in the summer. There is nothing like a buttered home-grown new potato for taste.

Indoors, folk are engaged on a plethora of activities. At Spring Lane, Magda is inspiring residents to make summer decorations for the windows. At Spring Grove folk are enjoying their art sessions with Odile while Acting Club at Springview continues to entertain. Then there is tenpin bowling, Book Club and Good Company Corner. There is never a dull moment!



Although we've been missing our weekly "Music with Love" concerts (they're back on June 23 after taking a short breather) the homes are still filled with the sound of music. We had an exquisite moment at Spring Lane the other day when two very musical ladies – Pamela Brightling and Hilda Clarke (above) – got together at the piano to play some favourite pieces. Pamela's mother was a professional pianist, and she was proud to play in her honour.

Other residents have also been providing entertainment for folk in the homes. At Springview, resident Norman Leff has been reading from his diaries, including his escapades as a young Jewish evacuee from London's East End to Cambridgeshire during the war. Folk report that they have been enthralled by his vivid and lively recollections.

Norman, as it turns out, is one of our cherished residents of the week. He celebrated his 96<sup>th</sup> birthday the other day and is a cheeky chap who likes to have a laugh and loves spending time surrounded by beautiful ladies. So, for him living at Springview has been one of the best things to happen!

Norman likes to join in activities and is a big fan of classical music. He is very proud of his brother who plays the piano brilliantly and has videos on YouTube (Joshua Leff, if you are interested). He also enjoys comedy. So, his favourite shows – "Only Fools and Horses" and "Porridge" – will be played especially as a treat for him this week.

Pamela Chapman at Spring Lane was born in Coventry and loved walking and mountaineering, though unfortunately she is now in a wheelchair. She worked as a physiotherapist when she was younger, in addition to being a keen gardener and lover of bees. She has an especially sweet tooth, so lots of cake for her this week, as well as well as a favourite glass of port.

Our special resident this week at Spring Grove is Jean Rosenthal, who was an artist and designer, working for an advertising company, and later in life took up designing jewellery. Her work is stunning, some of which she wears and can be admired by us all. She loves spending time with her husband who calls and visits regularly. She really enjoys participating in activities and in particular finds drawing and art sessions very relaxing. She often wins the quizzes we run, though she is very modest about it. She is looking forward to being pampered with flowers and chocolates.

Lastly, we thought you would like to read the review posted this week by family member Dyann Rowe on the website [carehome.co.uk](http://carehome.co.uk) in appreciation of the care given to her mother-in-law, Joan, at Springview:

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"We have been so grateful for the ongoing care given to my mother-in-law. The strongest element of Springview's care is the quality of the staff and the relationship they have with their clients. They have done everything they possibly could to make my mother-in-law's stay as carefree as possible. The communication routes between Springview and ourselves are always open, and we are kept informed, often even before we knew we needed to be informed!

She continues "The activities schedule is remarkable. Food quality and menu choices are excellent, as is access to medical care. The recent refurb and extension have made the communal areas much more spacious and appealing." Thank you, Dyann. Your comments are much appreciated.

Until we catch up again, enjoy the sunshine, as our residents have been doing (see the lovely pictures below):

