

**I**T'S the first time I've been out for 14 months and I can't tell you how wonderful it feels." So said one of our folk at Spring Lane, responding last week to the relaxation of the rules on outside visiting, which has been greeted with joy by residents and families alike. What could be better than a stroll in the sunshine to a park or an outdoor cafe with someone you love?

And there's further good news. The government have announced that from Monday May 17 visiting indoors will be extended to allow five nominated visitors for each resident. Only two will be permitted to visit at a time, and they must be tested on entry to the home. But we are sure you will welcome it, as it means more family members can have the pleasure of being together with their nearest and dearest.

So now there are three ways of seeing your loved ones – through an indoor visit, with a visit in a gazebo in the gardens (where a test does not need to be taken, except at Spring Grove, where it is necessary to walk through the home), or by accompanying a resident out of the home for a walk in a park or garden. When booking, please specify which option you require.

Unfortunately, the new government rules do not yet permit excursions from the home to include being taken inside (except to use the toilet), so visits to cafes must be restricted to outdoor tables only. As for the much-vaunted "hugs", which will now be allowed, the official advice is to be cautious. "You might not choose", it says, "to have close contact with an

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elderly relative at this point, particularly if one or both of you is not vaccinated.”

The good news is that there may be another loosening of the rules soon. Helen Whately, the Care Minister, says this week: “As we turn the tide on this cruel virus, I want to make visiting as normal as possible by the summer.” We’re ready and waiting!

To celebrate the relaxing of restrictions, we are now resuming our legendary sponsored walks from Springview, this time in aid of the Sepsis Trust, the wonderful charity that conducts research into a condition that can kill within days but is easily treatable if caught in time. We see this as an important part of our community engagement programme.

Our community nursing team will be joining in and wheelchairs will be at the ready for those residents who are up for it! There are some beautiful walking routes around Enfield, particularly alongside the canal, and we hope to be able to raise a generous amount of money for a very good cause.

We’re also delighted to say that we are continuing our relationship with our previous sponsored charity, Medical Detection Dogs, for which you have already generously helped raise so much money. As you know, their trained dogs have done some great work in sniffing out diseases such as diabetes – and are now focusing on Covid-19.

Now, we’re thrilled to announce that we are planning to sponsor the training of a puppy, and even more exciting, we are hoping to bestow a name on it. We thought long and hard about what to call the dog and decided there is no better name than “Spring”. We’ll be bringing you regular news about Spring as we get it.

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Meanwhile, we've had a tremendous week of celebration in the homes. Folk in all three locations enjoyed a splendid commemoration of the VE Day anniversary on Saturday. Tables were lined up in the style of a traditional street party, the sandwiches were immaculately cut, union jack bunting was strung overhead, and some great old classics were sung. There were emotional renderings of Vera Lynn favourites and everyone sang along. With the jolly atmosphere, we could have been back in the 1940s!

Next week, we will be marking Dementia Action Week. Research shows there are more than 850,000 people in the UK who have dementia. One in 14 people over the age of 65 have it, and the condition affects one in six people over 80. The numbers are increasing because folk are living longer. It is estimated that by 2025, the number of people with dementia in the UK will be more than one million.

This makes dementia care one of the greatest challenges facing our society. Here at Springdene our care for people with the condition is second to none and we are very proud of it. Next week, we'll be looking on

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the bright side, with a party in each home for the occasion, and lots of reminiscences, as well as dispensing useful advice.

Some of you may be wondering about the latest round of the Great Springdene Bake Off, whose results would normally have been announced by now. Unfortunately, in the words of Eirlys, our group activities manager, it was "a bit of a disaster". To spare blushes, we won't go into it here. But the show must go on, and double points will be awarded next week, when the task will be to make a special cake for Dementia Action Week.

One of the other delights of this week has been our live-streamed "Music with Love" concert, a delicious choice of repertoire, featuring Daniel Pailthorpe on flute and Emily Pailthorpe on oboe. As always, these recitals are very popular, and we look forward next week to our artist-in-residence, Gaby Lester, who with her friends will be playing the delightful Mozart Flute Quartet in D, a Beethoven string trio and some "discoveries". As always, you can tune in from home at <https://www.artistsandresidents.org> and perhaps make a donation, too.

We mustn't forget our lovely residents of the week, who have received their special pampering with flowers and chocolates. Pat Newman at Springview is a glamorous lady, who likes especially to get her nails done. She had a career in retail and has one son "who spoils her rotten". She's asked for chocolate as her treat, as well as getting a manicure and a hairdo.

At Spring Lane, Anthony Hill is a former vet from Muswell Hill, who enjoys watching classic films and listening to music – he often sings and dances with the staff when prompted. He's being treated to lots of nibbly bits, especially enjoying nuts and crisps.

Meanwhile, Lilian Clark at Spring Grove celebrated her 96<sup>th</sup> birthday this week. She hails from Manchester and only moved to London in her eighties to live with her daughter. She was a typist who travelled a lot, particularly enjoying New York and Miami. Lillian is a big fan of tuna sandwiches, which will be on the menu for her. She's also partial to a Brandy Alexander – very indulgent! Cheers, Lilian!

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Lastly, many of you were charmed by the picture we published of resident Eve Upton at Spring Grove on her wedding day, looking so elegant in her beautiful dress. Now Tracy Henna has sent in some pictures of her mother Joan, who is one of our folk at Spring Lane. They show Mum in her glory days in the Land Army, and dancing with her husband Bert.



But we chose a picture of Joan (above left) with a chum at Blackpool in 1949, looking so young and carefree. How it brings memories of youth flooding back! If you have a picture of your loved ones in their heyday, do send it in and we will be happy to publish it. Send to [mwilliams@springdene.co.uk](mailto:mwilliams@springdene.co.uk). All pictures will be acknowledged.

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