

**I**T MAY not be perfect summer weather yet but, slowly and steadily, life is becoming more agreeable again. Although the ending of all Covid restrictions didn't happen as planned this week, the government has brought in some welcome easing of the rules for care homes, which came into force on Monday.

From this week, as part of the relaxation of visiting rules, residents are now able to spend more time with family and friends, including overnight stays, without needing to isolate. (Until now, they have only been able leave the home for a visit without isolating if they have remained outdoors.) This is really good news, although you will understand that risk assessments will be required.

Furthermore, folk admitted to a care home from the community will no longer have to isolate for 14 days on arrival. (Although they will still have to do so if joining from a hospital or another care home.) This is a welcome development, which we hope will bring an influx of new residents to our homes. If you know of anyone who might like to join us, please spread the word!

Just how highly we are recommended can be seen in this latest endorsement on the [carehome.co.uk](http://carehome.co.uk) website, the premier source of information on care homes, from James Dean, a relative at Spring Lane.

He writes: "My wife has Alzheimer's/dementia and has been cared for at Spring Lane for the past two years. The care she has received has been outstanding. I have found the staff to be caring and competent, displaying respect, professionalism and kindness.

"My wife's medical, social and personal care has been of the highest standard. Communication is excellent. I am always kept informed of any medical issues and dealings with the GP and hospital as well as her social interaction in the home via photo/video.

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"The most important thing is that Spring Lane is a happy community with lots of activities going on. I am always made welcome whenever I phone or visit. I am so grateful to all the staff for the care they give my wife, especially over the past twelve months."

As you might expect, life in the homes is as vibrant as ever. Our brilliant "Music with Love" concerts started again this week. And we have something very special to look forward to next Wednesday, June 30, with one of London's top classical groups, the Chineke! Chamber Ensemble, playing from the lovely setting of Lauderdale House in Highgate. We are delighted to announce that our concert is part of the Highgate Festival and the repertoire includes Schubert's Trout Quintet.

Chineke! was founded in 2015 by the double bass player, Chi-chi Nwanoku OBE, to provide career opportunities for established and up-and-coming Black, Asian and ethnically diverse classical musicians in the UK and Europe. Chineke!'s mission is: 'Championing change and celebrating diversity in classical music'



For those with a taste for the turf, all three homes had a fabulous day last week participating in Royal Ascot. Steve, our activities whizz at Springview, set up a special screening of the races and everyone had a flutter. Steve himself dressed up as a jockey, which lent the proceedings an hilariously authentic atmosphere (see picture above).

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Next week we will be celebrating Wimbledon and National Picnic Week, which means that if the weather is on our side, we will be enjoying picnics of strawberries and cream outside in the sunshine. (Let's keep our fingers crossed!)

As always, we are enjoying the company of our lovely residents of the week, who are pampered with flowers and chocolates, and having their special wishes granted.

Rita Jays at Spring Lane was born and raised in the East End of London, and speaks Yiddish, of which she is very proud. She worked as a secretary for a law firm and later managed the books for her husband's business. She doesn't drink, but she really enjoys sweet treats, especially chocolate, so there will be plenty of that to go around this week.

Rita loves to read her newspaper, take part in quizzes and does her own crosswords – she's always involved in mentally stimulating activity. She has a great sense of humour and always makes everyone laugh.

Nora Rudland at Spring Grove knows what she likes! She has requested a roast dinner, a gin and tonic and a giant bar of Cadbury's dairy milk! Nora was born in Wiltshire and worked as a nurse in a hospital in Portsmouth. She likes peace and quiet and lived until recently in a bungalow in Dorset which she adored. She used to enjoy playing football with the boys at school, so she's keeping up to date with the Euros. Nora won the horse racing competition last Thursday, and was chuffed to bits.

At Springview, Paul Hughes very much enjoys his sport – he's been watching a lot of tennis recently as well as keeping up to date with the Euros. He used to love playing golf, so we're encouraging him to join us for more sporting activities. He has been treated to some chocolates, his favourite newspaper and a golfing magazine. He enjoys a Sunday roast but hasn't requested much else. As it's National Cream Tea Day this week he'll be sure to indulge in a scone with cream and jam and a large mug of tea (he likes a big one!).

Meanwhile we have some exciting news about Spring, our sponsored puppy from Medical Detection Dogs, who has now come into the world and will be joining us shortly. He is a Spaniel x Lhasa Apso, purposely chosen for the best of the attributes of the breeds that have produced him. Hopefully he will retain all of the scenting abilities and drive of the Spaniel breed but should be calmer and a little smaller than a standard Spaniel.

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The charity has a long-term objective of introducing some smaller dogs to meet the potential needs of future clients – some of whom could not cope with larger dogs, such as Labradors – of which it has many.

Spring will be accompanied by his brother, Herbie, who will (hopefully) be sponsored by many supporters and it will be interesting to see how Herbie and Spring get on. Spring is due to arrive with us early in the first week of July and as soon as we have pictures of him we will post them for you.

Lastly, next month we will be celebrating 52 years since the establishment of Springdene Nursing and Care Homes. In that period of more than half a century the company has grown from a modest nursing home in Cricklewood to the state-of-the-art operation across three locations that we have today. And we are proud that Dr Arnold and Mrs June Powell, the founding directors, still play a vigorous and energetic role in the company.

To mark the occasion, we have designed a new company logo, which you see at the head of this newsletter. It is modern and forward-looking, just like Springdene itself. Here's to the next half century!

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