

# Avery Life



**A warm welcome to Issue 5 of Avery Life, keeping you updated fortnightly with all the top news from our wonderful care homes. As always, we've got some great stories from around our communities, showing the fun our residents are having thanks to our dedicated and hard-working staff!**

The winner of last issue's Spot The Deliberate Mistake is Jim Tattersall from Acer Court in Nottingham. He correctly identified at the bottom of page 2 we had used the word 'quite' when it should have read 'quiet'. So well done, Jim – a box of your favourite chocolates is on its way. There's a similar prize on offer for whomever spots the error in this issue, so get scouring and then let us know at [marketing@averyhealthcare.co.uk](mailto:marketing@averyhealthcare.co.uk). We hope you enjoy reading about the life and times at Avery, and if you have any stories to share, whether about our residents or our staff, then let us know!

## CELEBRITIES SHOW THEIR SUPPORT

**Residents and staff have been delighted with messages of love and support from relatives and friends since the start of the pandemic, and they've now received messages from some of their favourite soap stars, sports teams, singers, and our very own ambassador, Sherrie Hewson.**

Derby Heights has received several video messages from their favourite soap actors, including Bradley Johnson and Lisa Riley from ITV's Emmerdale, who wanted to

offer residents "a glimmer of hope in these unusual times." Lisa said, "Smiles are free, and everyone appreciates them." Coronation Street trio, Jack P. Shepherd, Colson Smith, and Ben Price also joined together to share their thanks for the work the team at Derby Heights are doing. The home also had a message from Double Olympic champion triathlete, Alistair Brownlee, MBE!

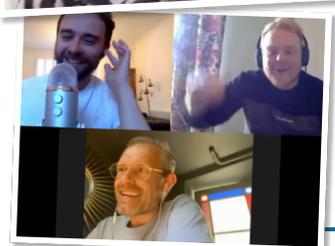
We received a special message to all residents and staff at Avery care homes, from pop royalty Nicky Stevens, part of chart-topping quartet The Brotherhood Of Man, who won Eurovision in 1976 with "Save All Your Kisses For Me". She said that

she is thinking of everyone at this time when we can't receive visits from families and friends.

Football fanatic residents, Gary and Ted at Cliftonville Care Home have been missing the football and were delighted to receive a personal video message from Northampton Town defender, Scott Wharton, to thank them for their life-long support of the team. Gary and Ted will be rooting for The Cobblers when they soon take on Cheltenham Town to win a place in the Wembley play-off final to gain promotion to League 1 next season!

Residents and staff at Crispin Court, sponsors of Stoke Athletic FC, were pleased to see their team have continued training. The Under 16s team donned kit sponsored by the home and collated a video with the help of Team Manager, Andrew Nixon, to thank Crispin Court for their sponsorship and to show off some tricks they've been practicing in their gardens during lockdown.

Avery Ambassador Sherrie Hewson was keen to offer words of encouragement too. She's been missing her regular visits into our homes and having a singalong with residents. "You couldn't be in better hands!" said Sherrie, who was keen to share how she's been finding new ways to keep in touch with her loved ones and urged residents to do the same.



# The Perfect Pampering

**Whilst many of us have reluctantly been coming to terms with home beauty regimes in an attempt to maintain our longer locks and chipped nails, our lucky residents have continued to be pampered in the safety of our homes.**

Dukes Court residents have been proudly showing off their new hair-dos from Well-being and Activity Co-ordinators Jo and Simon. The duo, who have no formal training in hair and beauty, but have taken to the role naturally, created the 'Beauty School

Drop Out Salon' complete with tippie trolley decorated to look like a pink Cadillac, music, and character masks from the musical 'Grease'.

During a morning of pampering in the salon, resident Eileen reminisced about her time as Wellingborough town Mayoress and the beautiful dresses she wore. When Eileen's daughter, Helen, saw the smiling photos of her Mum on Facebook having had a pamper, she commented, "Thank you so much, Simon! She looks smashing!"



Following the success of the revived salon, Simon said, "We both seem to have a natural flair for styling hair, it's amazing what a little hair mousse, a round brush and a few curlers can do. We give residents an extra boost, complimenting with genuine truths. When you look fresh, you feel fresh! And for anyone who doesn't wish to have a pamper, they can pop in for a natter and a drink instead. One of our residents, Marjorie, is delighted with her new nick-name, 'Saturday Girl' because she loves to come and sit and chat in the salon and give a commentary of the day's goings-on."

In the meantime, the rest of us are left patiently waiting for hair and beauty salons to re-open!



## Jennie Celebrates Her 107<sup>th</sup> Birthday!

**Not many people can say that they were born before the First World War, but Jennie Morton at Highcliffe Care Home in Sunderland can, having recently celebrated her 107th Birthday!**

Born on 30th May 1913, to Thomas and Elizabeth Morton in Thornhill in Sunderland, her father was a renowned local figure and a maker of ship compasses. Other prominent family members included one uncle who was a famous violinist and another who was a respected painter and art teacher. Jennie was one of four siblings, but only met one, her oldest brother William, who died fighting in The Great War; her other brother Stanley and sister Ethel had sadly passed away before she was born.

Jennie joined the Women's Royal Airforce in 1942 during World War II and moved to Gloucester to undertake training. She was then transferred to a secret base in Cheltenham, where they received signals sent across the Atlantic and relayed these signals to London's War Rooms. After WWII, Jennie spent her time caring for her mother Elizabeth, and working with her best friend, Jean, at her family's trade warehouse making floral bouquets and wreaths. Jennie never married or had children, and spent her time singing and dancing as part of the vocal group at her local Methodist church.



## We've Got Summer Licked!

**We've wanted to spend as much time in the sunshine as possible to enjoy the glorious weather of late! But we didn't want to overheat, so many of our homes have enjoyed ice-creams to help residents and staff cool down.**

Crispin Court's residents were sitting in the garden dancing and enjoying some music when the local ice-cream van jingle was heard coming along the road. Staff popped to the van and surprised everyone with a delicious '99' cone!

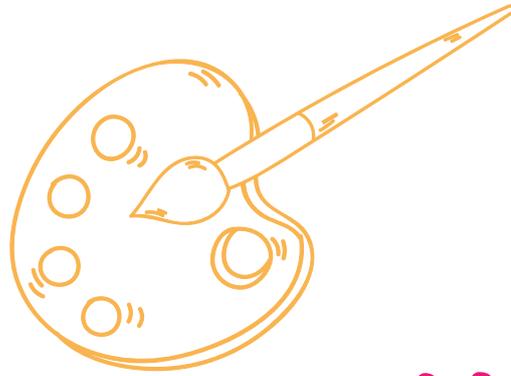
Meanwhile, chefs at Merlin Court created a pop-up shop, 'Merlin's Marvellous Ices', where they served ice cream to residents through a personalised ice-cream van window!



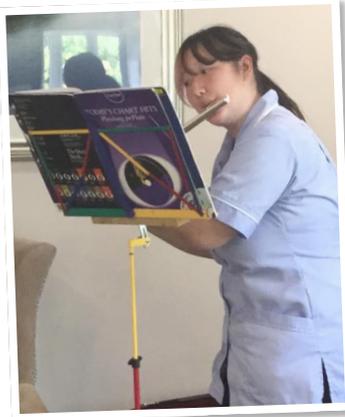
Jennie was very prone to bronchitis as a child, causing her to miss almost all of her first year of school. She has come a long way since then and is now very active for her advanced years, still walking with the aid of a frame and enjoying a great time with the staff at Highcliffe, sharing her wealth of wisdom with everyone.

**Happy Birthday, Jennie!**

# LET'S GET ARTY



# & CRAFTY!



**Our residents have enjoyed a variety of new activities whilst in lockdown, all courtesy of our own hardworking and creative staff! They've been painting, writing, listening to musical entertainment and so much more.**

Megan Yau, a Health Care Assistant at Milton Court, is a Grade 7 flautist and has been playing the flute since she was seven years old. Although Megan doesn't play as much now, in previous years, she has toured Europe, playing

in church war memorials and even under the Eiffel Tower! Megan recently played a variety of songs on her flute for the residents, to everyone's delight!

Megan said, "I loved playing to our residents and really enjoyed it. It's a great feeling to bring entertainment to them, as due to the current pandemic we can't allow any performers into the

home. As I care for residents living with dementia, I know they respond well to music, so it was fantastic to see their faces smile as I played. Because of that reaction, I want to play again!"

Will Horspool, Well-being and Activities co-ordinator at South Lodge, organised a creative writing competition for their residents, and one resident, Elaine, wrote a poem. Born and raised in Leicester, Elaine went on to become a teacher. Throughout her life, she has enjoyed reading and writing, specifically poetry; she even wrote articles for the Leicester Mercury newspaper. Elaine was excited to put her skills to the test in the South Lodge Poetry Competition, and to the right is the poem that won her 1st place!



## ODE TO SOUTH LODGE CATERING STAFF

**By Elaine Hunt,  
South Lodge resident**

All meals are healthy at South Lodge,  
Prepared with care and free of stodge.  
The menus change from day to day  
And residents can have their say.

For those that don't like eating meat  
There's fish or veg-based meals to eat.  
Friday's treat is fish and chips  
Which always make me lick my lips.

And puds appear in different guises  
Giving us some sweet surprises.  
The other day, you'll never guess –  
They served a dish of Eton Mess.

We may express a special wish  
To sample an unusual dish,  
The dining staff will do their best  
To satisfy each new request.

If appetites are large or small  
The choice is there for one and all.  
On Sundays when we come to dine  
We even get a glass of wine.

For me, the only thing not right –  
The bread, at first, was bland and white.  
Again, a quiet word suffices:  
Now they bring me wholemeal slices!



**ANAGRAMS** – Can you work out the six anagrams below?

**INSPRG WESHORS**

**EWRFOLS**

**KTACOICLS**

**NINAGRDEG**

**HSINUNES**

**NNTEIS**

SPRING SHOWERS, FLOWERS, COCKTAILS, GARDENING, SUNSHINE, TENNIS

N	I	U	G	N	E	P	L	M	X	L	N	T	Q	E	Y	L
E	E	T	F	A	K	L	O	O	H	Z	Q	A	A	G	T	S
L	D	A	D	N	A	P	F	K	A	N	G	A	R	O	O	S
E	O	L	H	M	A	C	R	O	C	O	D	I	L	E	G	A
P	L	A	A	I	H	A	C	Z	K	A	C	O	F	A	O	R
H	P	E	O	G	P	N	J	H	I	L	X	G	K	Q	R	B
A	H	S	V	N	Z	P	S	Q	R	A	T	N	C	A	I	E
N	I	R	E	G	I	T	O	P	R	O	Z	I	O	Q	L	Z
T	N	O	S	I	B	U	E	P	F	K	J	M	C	C	L	S
S	O	B	O	O	I	I	F	R	O	G	S	A	A	Q	A	S
R	H	I	N	O	C	E	R	O	S	T	U	L	E	D	E	E
C	M	R	H	U	G	N	S	V	E	L	A	F	P	K	Y	Q
V	F	D	N	E	F	F	A	R	I	G	U	M	A	A	O	I
F	N	S	R	Y	H	G	X	O	I	U	R	N	U	T	C	N
M	O	N	K	E	Y	T	N	A	E	H	S	I	F	S	Y	H
C	H	E	E	T	A	H	E	M	D	R	A	P	O	E	L	X
D	I	A	N	E	Y	H	Y	L	W	T	U	R	T	L	E	U

**WORD SEARCH**

- |            |              |
|------------|--------------|
| PANDA      | TIGER        |
| SNAKES     | KANGAROO     |
| FROGS      | HIPPOPOTAMUS |
| KOALA      | PEACOCK      |
| CROCODILE  | FLAMINGO     |
| BISON      | BIRDS        |
| RHINOCEROS | GORILLA      |
| ELEPHANTS  | MONKEY       |
| LLAMA      | DOLPHIN      |
| GOAT       | FISH         |
| HYENA      | TURTLE       |
| LEOPARD    | SEAL         |
| FOX        | PENGUIN      |
| LION       | ZEBRA        |
| CHEETAH    | GIRAFFE      |

**SODUKU**

The aim is to fill the 9x9 grid below so that each column, each row, and each of the six 3x3 boxes contains the numbers from 1 to 9. Each number can only appear once in each column and row.

						4	1	
2						9	5	
		6	2					
		3	6		1	8		
5		7			2			
	1			9				
6				3			2	
4			8					
	9					5	3	

		7		6		1		
8			5		3			2
		9	1					4
	9				2	7		
		1	6					
		4						
					4	2	5	
9	3			5				
		5	9					3

An Avery Marketing Department production.

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