

Avery Life



Welcome again to the next issue of **Avery Life**, your fortnightly update of all the latest news from Avery and our leading care homes. We've got the usual stories from around our communities, as well as updates about our approach to our top-quality care in these fast-changing times.

Our major news is that we can now welcome families in again to visit our residents, and there's more on that great story below. The outdoor fun continues when the weather permits, and many of our homes have been treating their residents to cocktail parties! Last issue's Spot The Deliberate Mistake was on the back page where Sudoku was misspelt as Soduku, which no-one spotted! So that's one back for the Marketing Team then! See if you can find this issue's mistake to win a box of your favourite chocolates or sweets. Let us know if you spot anything at marketing@averyhealthcare.co.uk

Safe Garden Visits



We're excited to announce that we are introducing a way forward at all of our homes to bring everyone together again after the recently enforced lockdown. We know it will be wonderful for those desperate to see their loved ones after such a long time.

Mass testing throughout our homes is drawing very encouraging results, with a very high percentage of our staff and residents now testing negative. Our effective management of the coronavirus is restoring the confidence of how safe a well-run care home can be, and is currently leading Avery to be able to resume visits from residents' relatives, to be held in the gardens of each home. The homes will proactively contact resident's families directly to arrange visiting times, to avoid them being overwhelmed by the likely demand.

There is a thorough and detailed protocol to these visits



to ensure the safety and well-being of everyone, as we bring families together for the first time after nearly three months of separation. The visiting process by its nature has to be strictly applied, to avoid any risk of cross-contamination, and will be by appointment only, enabling control over numbers, ensuring social distancing, and the ability to sanitise meeting areas before and after every visit.

To provide the reassurance that we know everyone will want, we will make thorough checks before any visit, and any symptomatic signs from either resident or visitor will mean it could be unsafe for a visit to take place. The Home Manager's decision on any visit on any day will have to be respected, as they hold the weight of responsibility for the safety of all concerned. **We're leading the way in catching up!**



County Council Praise



Scholars Mews, Acorn Lodge and Clayton Manor were all thrilled to receive glowing letters of thanks from their local County Councils. Monica Fogarty, Chief Executive of Warwickshire County Council, praised Scholars Mews and Acorn Lodge for their great efforts during the Coronavirus pandemic and for going "above and beyond" in the way that care has been continued to be given in this increasingly challenging time. While Nichola Thompson, Director of Commissioning at Cheshire East County Council extended her "sincere and heartfelt thanks to everyone at Clayton Manor". The home managers of were delighted, and collectively agreed, "It is great to see that staff in care homes are being recognised for the dedication and hard work. Our staff have wholeheartedly gone above and beyond during these difficult times."





Sharon Winfield | Chief Operating Officer

All of the hard work from every Avery team member is now really evident in the numbers of our homes that are testing negative for coronavirus throughout, for both residents and staff. So my thanks go out to all the friends and families of our residents who have taken heart from the effort at each Avery home, as expressed in the many positive messages that we have received on our social media pages and in letters. With amazing progress, we are providing some of the cleanest and safest places to be for their loved ones.

We are working diligently and at a pace to be able to implement regular testing for all of our homes, and to innovate in sanitisation processes that ensure a virtually viral-free environment, so please stay tuned to our social media and website for further exciting announcements on that very soon.

We are also working hard to establish new ways of operating in our care homes so that we can embrace the 'new normal' positively, for the benefit of our residents, their families and our staff. Without compromising on the quality standards of our care, we are striving to bring back normality, safely, to ensure that everyone's quality of life, whether they live or work in an Avery home, is as good as it can be.

amazon

Good seed for the day!



Albion Court Care Home has recently started a gardening club for their green-fingered residents, who wanted to help spruce up the gardens ready for the summer. Over the last few weeks, their Facebook page has kept us all up-to-date, with residents potting a variety of plants in raised flower beds, individual plant pots, and hanging baskets.



Staff and residents agreed to create the club in the Spring, to spend time outside in the fresh air and to enjoy the sights, sounds and smell of the gardens. Affected almost immediately by the lockdown, the home found it difficult to obtain gardening supplies, so they posted on their social media asking if their local community

could help. Within a few days, Joanne Wilkinson-Hughes and Sam Dixon, Community Relation Specialists at Amazon UK, contacted the home to say they would gift compost, plant pots, bird feeders and ornaments to the Albion Court Gardening Club. Work in the gardens is now well underway! Residents meet at least once per week to work with staff in the gardens; everyone has a great time chatting and laughing outside in the sunshine, and they always enjoy some cold fruit punch too! One resident, Lucille, said, "Thank you for making me feel useful during this time!" Home Manager, Beverley Aldridge, is thrilled to see the garden looking so vibrant; "It's lovely that any of our residents can take part, and they can already see a beautiful outcome. They have planted so much that we've already had to start putting plant pots on balconies to make more room in the garden!"



CARING FOR THE CARERS

Staff at Ashurst Mews, Cliftonville and Spencer House were delighted when local charity, Peak Empower, contacted them to offer some thoroughly deserved wellness packs recently.

Peak Empower, launched in 2019, provides sport and recreational opportunities to those who are socially isolated. When lockdown measures were introduced due to the pandemic, activities were paused, and the charity took a new approach in supporting people in the form of wellness packs for those who were isolating and for NHS staff.

Peak Empower recognised that while there had been a lot of deserved attention for the work of the NHS, there was insufficient focus on the amazing work of care home staff, often in more challenging circumstances. This led them to launch the Caring for the Carers Programme.

Wayne Tuckfield, Chairman of Peak Empower, commented, "The work we have done since our launch has been incredibly rewarding, and the feedback we have received for our wellness pack and Caring for the Carers projects has been overwhelmingly positive. We are delighted to be making a difference and putting a smile on people's faces at such a difficult time."

The team at Ashurst Mews were delivered an array of goodies. Home Manager, Rex Pudol, said of the generous donations, "A big thank you to the Peak Empower team and their project 'Caring for the Carers'. We've received pamper packs and chocolate gift sets, and the team have been amazed by their kind gesture."



Music to Billy's Ears



Playlist for Life



When resident Billy from Highcliffe Care Home in Sunderland, who lives with dementia, was admitted to hospital, he found it difficult to understand the need for social distancing, and why staff were wearing PPE. The hospital reported that this had distressed Billy, which was totally out of character for him. As soon as he was well enough, it was agreed it would be safer for Billy to return to Highcliffe to continue recovering.

Highcliffe staff contacted Avery's Dementia Team for expert advice and guidance on how best to support Billy during his return and recovery. Dementia Support Advisor, Heather Perkins knew that Playlist for Life could help Billy to feel calmer and less agitated, avoiding the need for strong medication. Playlist for Life supplied an MP3 player and headset for Billy, and working quickly with his family identified some of his favourite music, including from his time in a gospel choir, to be loaded onto the device and sent to him to use straight away.

The MP3 player was an amazing success! Although social distancing is still difficult for Billy, he is able to walk safely and calmly through the home listening to his music. Catherine Cliff, the well-being assistant at Highcliffe, commented, "The song choices were a hit as Billy was beaming. Staff commented on his positive reaction, as it really seemed to focus him. We already have an Alexa on our memory care unit that is well utilised, but this personal MP3 device has really put Billy in a happier place."



Thirst Quenching Fun!



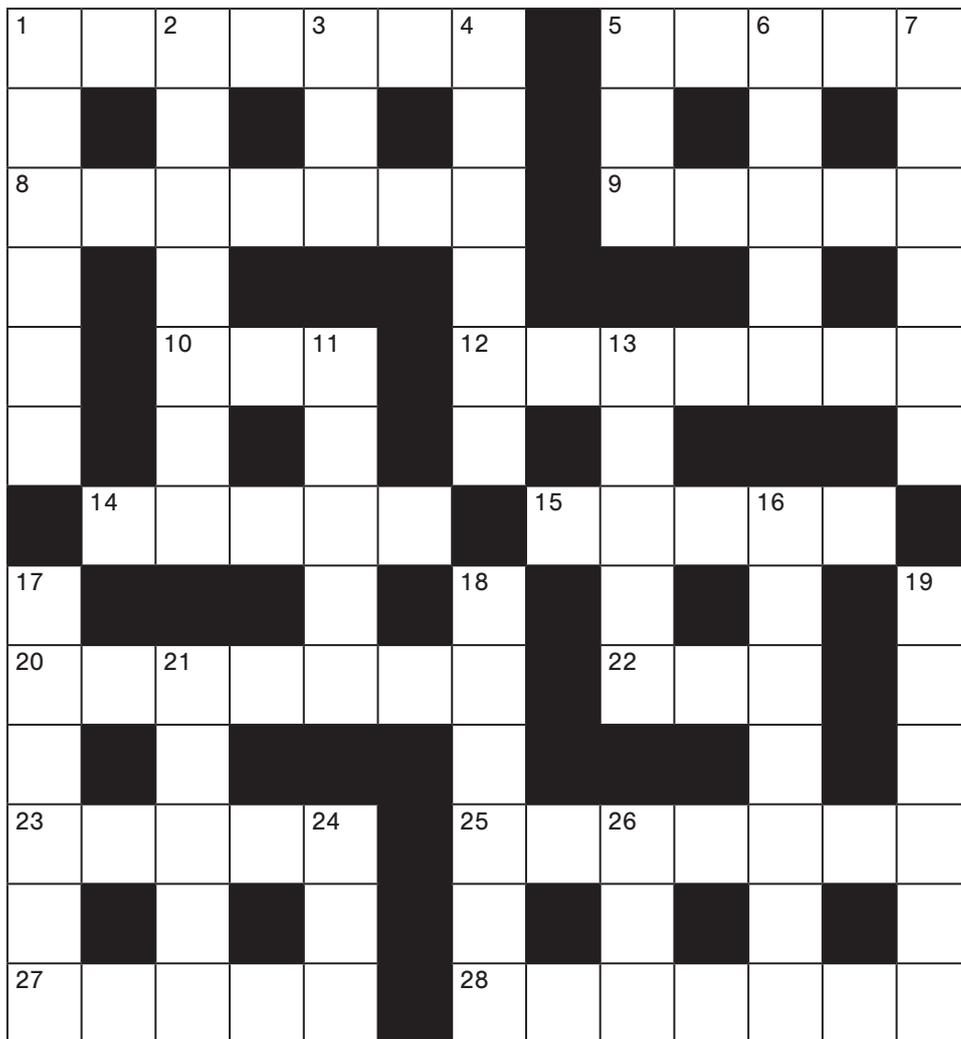
Travel and holiday restrictions haven't stopped our homes from enjoying a little piece of paradise! Well-being coordinators have been even more creative with their activities during the lockdown, and have continued to take advantage of the glorious weather we have been enjoying.

Feather boas, sunglasses and cocktail umbrellas gently placed in hair were the outfit of choice for the gang at Elvy Court, whilst enjoying Picnic Punch mocktails prepared by the staff. In the shade of umbrellas and parasols, residents kept cool and sipped fruity drinks while having a sing-song in their sun-soaked garden.

Residents and staff of Birchmere Mews went all-out. They enjoyed a fun-filled Hawaiian 'Luau' party by dressing in grass skirts and lei garlands, with an exotic themed selfie frame, hula dancing and beach ball games. Cocktails flowed throughout the afternoon, culminating in song requests via the home's music system.

At Rowan Court, ladies in their best sundresses and gentlemen in their favourite sun hats were all smiles for an afternoon of tipples in the gardens. Resident, Paul Kearns, commented, "What a nice day I had in the garden drinking cocktails and having a good chat to the beautiful ladies and gentlemen. I cannot speak highly enough about the carers who look after us, and all the work they do to keep us safe. From management to carers, and everyone else at the home, a very big THANK YOU!"





Across

- 1. ___ speak louder than words (7)
- 5. Pieces of ___ (5)
- 8. Trade ___ (7)
- 9. The Holy ___ (5)
- 10. ___ the lion (3)
- 12. Lead by ___ (7)
- 14. A little rough around the ___ (5)
- 15. Last but not ___ (5)
- 20. Time is of the ___ (7)
- 22. Tic-Tac- ___ (3)
- 23. A ___ playing field (5)
- 25. Sorely ___ (7)
- 27. ___ your bets (5)
- 28. Many happy ___ (7)

Down

- 1. Question and ___ (6)
- 2. ___ pink (7)
- 3. The ___ and only (3)
- 4. You can't beat the ___ (6)
- 5. Chicken and ___ (3)
- 6. ___ the nettle (5)
- 7. Fortune ___ (6)
- 11. A drop in the ___ (5)
- 13. Secret ___ (5)
- 16. Helter ___ (7)
- 17. Health, ___ and happiness (6)
- 18. ___ late than never (6)
- 19. Jack of all ___ (6)
- 21. ___ by the bell (5)
- 24. Let sleeping dogs ___ (3)
- 26. ___ his match (3)

1. Better	6. Grasp	1. Answer	25. Tempted	12. Example	1. Actions
18. Better	6. Grasp	1. Answer	26. Topped	13. Level	2. Leo
19. Trades	7. Teller	2. Ticked	27. Hedge	14. Edges	3. Secrets
21. Saved	11. Ocean	3. One	28. Returns	15. Least	4. Eight
24. Lie	13. Agent	4. System		20. Essence	5. Graill
26. Met	16. Skelter	5. Egg		22. Toe	8. Secrets
	17. Wealth			23. Level	10. Leo

Sudoku - The aim is to fill the 6x6 grid below so that each column, each row, and each of the six 2x3 boxes contains the numbers from 1 to 6. Each number can only appear once in each column and row.

3					
		2			6
		6	4	2	
		3			
6			3	4	2
2			1		5

1					3
3			2		1
	1		3		
2				5	4
6		5	1		2

Anagrams

OWNFERSULS
NIPICC
EIC EACRM

SUNFLOWERS, PICNIC, ICE CREAM

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