

AveryTalk



Welcome to the September issue of the Avery newsletter, a regular monthly update of all the latest from Avery homes! In this issue we're looking back on all the fun we've had throughout the summer, and hoping for a few more nice days to enjoy in the gardens as we look ahead to autumn.

The safety of our residents, staff and their respective families continues to be our utmost priority, which with regular testing and thorough protocols means our homes continue to be some of the safest places to live. Based upon Government guidelines, we've been quick to bring back safe family visiting, firstly with garden visits and now with visits inside. It's great to bring loved ones back together again, albeit within a structured, appointment-based schedule. We know this limits those who wish to visit daily or for more extended periods, and how important that this can be especially for those residents living with dementia, but we have to work within the given restrictions to be able to guarantee the safety of everyone within our communities.



Going The Extra Mile

Who are your heroes? Our heroes, alongside our residents, are all those extraordinary people working within the care profession that go above and beyond every day to show kindness and compassion to everyone who needs care and support. We celebrated the hard work of these incredible people with the Care Workers Charity's (CWC) fundraising initiative, 'Going The Extra Mile', through a range of activities at all Avery homes. Going the Extra Mile was more poignant this year, given the challenging times to keep everyone safe during the pandemic, and thankfully thousands were raised.

Staff at Miramar Care Home decided to get fitter, so five members took on a weight loss challenge with a team goal. Each team member was paired with a resident who supported and mentored them through the challenge, and so far a combined 35kg has been lost, with £326 gained by the charity! Amanda Odd, Miramar Home Manager, was grateful for all the

generosity in supporting their challenge and the charity. "Such a great cause – a massive thank you, it means the world and will make such a difference." Over £650 was also raised in sponsorship by Hawthorns Aldridge staff members Steve and Chloe, as they kept fit cycling 50km and running 11km.

At Bourn View Care Home, residents and staff raised money by walking around the garden in fancy dress, with everyone awarded a certificate at the end. Resident Harry Trowman said of the Bourn View Team: "Well done! You all go that extra mile for everyone every day, you all deserve a medal, let alone a certificate, thank you each and every one."

All at Avery would like to thank you, everyone who took part in supporting this year's CWC Go The Extra Mile campaign, and to all those who very kindly donated.



the care workers charity



Sharon Winfield | Chief Operating Officer

As a leading care provider, we want to ensure that we are at the forefront for both our residents and staff, to keep them safe against the coronavirus pandemic. Having invested our own money to equip our staff from the outset with adequate PPE supplies, we again did not wait to depend upon the Government or NHS and arranged regular testing for both staff and residents ourselves. All this, along with stringent hygiene and sanitisation protocols expertly delivered by our well-trained staff, has ensured that our homes are some of the safest places to be. This success, however, has not made us complacent.

As we approach winter, we are now preparing for any potential second wave as well as the usual seasonal flu, so have again invested ourselves in private vaccinations for all our staff. Pharmacies will visit all of our homes and deliver 2020 flu vaccinations to avoid the need to book appointments. Residents will automatically receive the flu jab via their GP practice.

Our plan is not to depend upon the view that the coronavirus will have weakened to the level of a common cold by this winter; everyone will have the opportunity to be vaccinated, and to stay as safe as possible. That way, everyone can be assured that an Avery home is a safe home.

Lavender Loving Ladies

Lavender makes a stunning addition to any border or perennial garden, providing sweeping drifts of colour from early summer right through into autumn; the dainty flowers are adored by bees and release the most exquisite aroma as you brush past. Alder House's keen gardeners have been successfully growing this herb for some years.



The relaxing properties of Lavender are well known, and so residents Dorothy and Vera decided to harvest the beautiful flowers and hand-make sweet smelling Lavender Bags as personal gifts. First, the stems were gathered into bunches and hung to dry; then the petals were picked and

mixed to make the filling, with the fabric shaped to create a sachet and sewn together by hand. For the final touch, they were gently wrapped in ribbon.

If you are lucky enough to be a recipient of one of these delightful gifts, then remember to massage them gently to release the aroma and essential oils, to then fully enjoy that unique scent-of-summer lavender moment.



Drench To Quench!



Every day brings something new and fun at Horse Fair, Jess Mitchell, Well-being and Activities Co-ordinator, tells us that one particularly hot afternoon, residents and staff poured out into the gardens as they heard the sounds of splashes and screams of laughter.

The paddling pool had been filled, and residents were dipping their toes to cool off, refreshing summer drinks were flowing, and ice lollies were being enjoyed to combat the heat. Suddenly it all changed.

Sponges started to fly, as residents took aim at the staff team, which consequently got just a little wet. Relative, Julie Fenn, commented, "I can't make my mind up who has had the most fun". Carer Tasha Griffiths giggled, "The best day at work ever! The smile on residents faces was worth every second!"



Co-ordinator Jess added, "We thought what better way to enjoy ourselves in the heat than with ice lollies in the garden and dipping toes in the pool. We were relaxing nicely and then the fun commenced, with staff getting a drenching from the residents and soaking each other with the garden hose. It was great to see everyone having so much fun".



Cultural Celebrations!



Several of our homes celebrated Jamaican Independence Day on 6th August, with spectacular events held at Ashurst Mews and Albion Court. This public holiday is the National Day of Jamaica, celebrating independence from the UK in 1962.

At Ashurst Mews, the staff team and residents celebrated in the glorious sunshine with traditional cuisine, cocktails and punch. The home and garden were festooned with garlands and bunting and the staff team even made a human cruise ship. Well-being and Activities Co-ordinator Millie explained, "A lovely afternoon cruising to Jamaica! Residents listened to an audio tour of the country, learning about Jamaican traditions, its famous people and its music."

Albion Court was decorated in Jamaican bunting and flags. Sharmaine, Well-being and Activities Co-ordinator revealed: "We played Jamaican music, our chefs served up superb traditional cuisine and we danced with residents. We talked about cultural heritage and shared some wonderful memories. A beautiful day enjoyed by all."

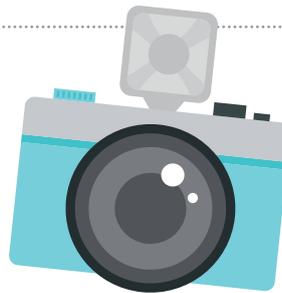


Hinduism is one of the oldest religions and the third largest, with a billion followers. With many Hindus at Birchwood Grange, there are always opportunities to celebrate this wonderful religion in the home's own Hindu Temple. In August, the home celebrated the Hindu Festival of Janmashtami, Lord Krishna's day of birth, one of the most widely-marked festivals in India, with an emphasis on being together with family and friends. Helen Abbot, Well-being and Activities Co-ordinator explained, "We were unable to open the home to visitors but that did not dampen the spirit to celebrate this special event. Offerings were made to the Gods in the form of fruit, the grinding of herbs, spices, leaves and petals anointed in oils; all were then placed into an ornate swinging cradle and offered to the Gods."

Resident Mrs Hansaben Amin commented: "It is important to me to still follow my faith, to attend temple daily, and celebrate such important events. This has settled me during the pandemic, and supported me whilst being separated from my family."



YOU ARE A PICTURE!



Celebrating memories at Avery homes is as important as making new memories, and capturing those new ones is all part of the experience. International Photography Day was celebrated at The Hawthorns Aldridge recently, with the focus on sharing memories, so residents brought out old photographs for an afternoon of reminiscing. The day was made even more special when residents picked up cameras themselves and took pictures around the home and gardens - from flowers to vegetables, followed by residents taking photos of each other.

Sue Perry, Well-being and Activities Co-ordinator at the Hawthorns Aldridge said: "We had a wonderful day reminiscing and taking new photos. One of our residents, Joyce, has an amazing wedding album including cards and telegrams. Another lady, Kath, brought out her holiday album of Rome in 1992, bringing back happy memories of her husband. Other residents Ray and Sylvie also took some lovely photographs of the day."



100th Birthdays Long Live The Ladies!

There's no place like home when it comes to celebrating a birthday, and Dorothy Hiscock certainly felt that way when we celebrated her 100th Birthday recently at Hanford Court. A telegraph arrived from the Queen, cards and balloons adorned her room, and an air of excitement filled the home as she celebrated in style with friends and family. Lisa Wilkinson, Well-being and Activities Co-ordinator at Hanford Court, said: "Dorothy was delighted that her family could spend time, albeit socially distanced, in the garden to celebrate her day. Her brother and nieces came, and she was so happy everyone was making a fuss of her. We loved sharing her special day."

Miriam Bindley celebrated her 100th Birthday at Seagrave House with her friends and family, including her daughter. Miriam looked like a Queen herself as she wore a glorious golden crown and a sash; she sipped champagne, socially distanced of course, in the gardens of the home with her loved ones. A fervent Wordsworth fan and reader of poetry, Miriam shared with Activities and Well-being Co-ordinator Diane her secrets to keeping so young: "It's about taking each day as it comes dear, and trying not to take life too seriously".



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Word Search

- September
- School
- Acorn
- Autumn
- Harvest
- Equinox
- Blustery
- Hedgehogs
- Foliage
- Conkers
- Asters
- Apples

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