

AveryTalk



Welcome to the October issue of Avery Talk, our monthly update of all the latest from Avery and our fantastic care homes. This will be my last note to you as Editor of the newsletter, as I hand over the baton next month to our new Head of Marketing, Jo Wright. Jo joins Avery as a talented and experienced marketer with specific background in the care sector, so you are in safe hands!

It has been a privilege as Editor of this newsletter, as well as our Welcome Home magazine previously, to review and get involved with all the amazing stories about our lovely and characterful residents, and dedicated and hard-working staff. Choosing which stories to include has often been the hardest task for the team here, as there are always so many terrific things going on!

Please also keep an eye out for the launch of our new quarterly glossy magazine, Avery Life; it's a stunning production with a lot of great content for the senior generation.

Keep well everyone, and stay safe. - **Mark Danis, Commercial Director**



Making it Work for Macmillan

A favourite annual event for Avery homes has always been Macmillan Coffee Morning. Not wanting the Coronavirus to stop them from supporting this worthy cause in 2020, our homes got creative to step up to make it work.

One such home, Silvermere in Surrey, spent the morning preparing for their activities with residents decorating cupcakes and making coasters, and the result was a wonderful spread of treats. The home set a competition to guess the weight of one of the cakes with resident Jean Harris coming closest and winning herself a toiletries gift set. A cupcake raffle, cake themed quiz, won by resident, Keith Stevens, and fun with photo booth props followed along with entertainment from rat pack singer, Daniel Brewerton via Zoom.

Merlin Court put their heads together and chose to raise funds by taking part in a charity bike ride. 19 members of the staff team took turns to cycle 150km on their

indoor bike over two days with residents and staff stopping to encourage when they passed through the reception area of the home. Merlin Court Well-being and Activities Assistant, Rhia Murgatroyd-Elliott, commented, "It was a lot of fun, and we didn't gain weight pounds, only monetary!"

South Lodge in Leicester decided they would give back to their local community. Chefs at the home baked over 300 cupcakes for the team to donate to the hard-working staff at local hospitals. Nurse, Dia Michelle Cullen, of St Lukes Hospital commented on the gesture, "They were delicious thank you so much from staff and patients at St Luke's!"

Unable to open their doors to celebrate with their local community, Spencer House in Northampton instead set up 'cake stations' on each floor. Time together was the order of the day and staff, wearing green multi clothing in return for a charity donation, enjoyed a catch up with residents over coffee and a slice of cake.

This amazing Avery team effort from all of our homes raised over £2,000 for the charity.



Clare Court Care Home Award Winners!

Staff at Clare Court in Birmingham are jumping for joy as their home has been recognised as the Best Single Care Home Within A Larger Group at the 2020 Care Home Awards.

The home was recognised for leading the way in providing suitable later life experiences for a range of people's cultures and faiths, where going in to care need not mean giving up on everything that has defined a person's life thus far.

Home Manager Kim Young was thrilled at the achievement, "The whole team at Clare Court is delighted to have received this award, recognising how we truly focus on person-centred care and respecting and maintaining residents' individual and cultural identity."





Sharon Winfield | Chief Operating Officer

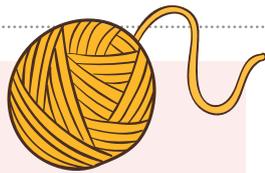
I feel truly fortunate to lead a team of colleagues throughout the Avery Group that are so dedicated towards delivering the best in care for our residents, and whose hard work in recent months has ensured that our care homes quickly became and continue to be some of the safest places to live.

I was therefore delighted to be able to recognise everyone's efforts with a personal thank you letter, a public statement of thanks through a video that can be seen on our website, as well as some shopping vouchers that can be redeemed at a variety of outlets. A fantastic job by everyone – thank you.

We continue to support staff and residents with regular testing, and despite the challenges experienced by others we are not wholly dependent upon the department of Health for the supply of tests, meaning we can keep everyone as safe as possible. We also continue to invest in innovation for everyone's safety, and have now deployed throughout all of our homes 'fogging' machines, that sanitise environments by eradicating all known viruses, fungi and bacteria.

All of this enables us to maintain visiting arrangements for our homes, despite the recent increase in restrictions, unless local lockdowns are in place; we are doing all we can to ensure that residents can enjoy the personal contact with their loved ones, which is vital for their well-being and morale.

WHAT A TRIOMPHE!



As Team Milton Court was celebrating the Olympic Games, which were due to take place this year, Well-Being Co-ordinator, Pam decided to create a new event fit for the re-scheduled games next summer.

The 12-person event consisted of a mixed team of both staff and residents as they stitched their way through an enormous amount of wool to create a beautiful 160ft knitted bunting.

Wool you believe the size of it! The lengthy bunting stretched from wool to wool down the corridors of Milton Court. It measures as tall as The Arc De Triomphe, two and a half lengths of a cricket pitch, and nine-tenths of the lofty Nelson's Column in London.

It may seem like they could have done with an extra pair of hands, but they didn't need anymore help as it only took four weeks to complete. The tight-knit group's effort did not go unrecognised as Customer Service Manager, Gemma Brooks explained, "It was great to see the work of the home come together."

Now draping over the fences surrounding the home, the bunting has received a warm reception from the local community with Gemma sharing, "The feedback we have had from the community is amazing, with neighbours walking past and commenting on our display." It's fair to say Team Milton Court has won gold with this one.



Listen with Pam...

Scholars Mews resident Pam Williams, 75, took fellow resident Nancy Bowley, 104, under her wing on the day she arrived and when the pair got chatting, they realised they shared a love of reading.

An avid reader since childhood, Nancy sadly lost much of her sight to macular degeneration and is now registered partially sighted. Not wanting her new pal to miss out, Pam, who was a librarian at Birmingham Library for several years, now sits with Nancy daily to read their latest novel of choice aloud with the odd pause to discuss the storyline and characters.

When asked what books she had read, Nancy replied, "I've read all the books in Harborne Library!" but the bookworm friends have a particular interest in author Katie Fforde. Having read several of her novels together, her stories always have a heroine needing to overcome a challenge in which they feel they can relate.

Witnessing the residents' love of Kate Fforde's books, Scholars Mews Home Manager, Sharon Wassing, got in touch with the favoured author to introduce the loyal fans. So delighted was Kate to hear about fans sharing books in this way that she quickly dispatched autographed novels and a selection of her homeware collection to the home to thank them for their enthusiasm with a promise to visit the home when pandemic restrictions lift.

Pam and Nancy can now enjoy their reading time, accompanied by a nice cup of tea in the mugs sent by Kate!



Horse Fair House Party

Resident Ceri Herring from Horse Fair Care Home celebrated her 106th Birthday on the 1st September. To mark this special milestone, Horse Fair had planned to throw Ceri a big birthday bash, but sadly that wasn't possible. Well-being Co-ordinator Jess explained, "We wanted to get the whole community involved, so we asked them to send in birthday cards. Then it snowballed to the 106-card challenge where we challenged the local community to send in 106 cards to celebrate each year of Ceri's life." On her Birthday Ceri received a total of 322 cards, the furthest coming from New Zealand!

Ceri also received gifts including a hamper from the local Morrison's supermarket, cakes from the council and a local taxi firm, and the local pub collected money for her to buy a treat. She had some surprise visitors when an ITV film crew visited Horse Fair to wish her a happy birthday and interview her on the challenge.

Ceri was delighted with the response and said, "I want to thank them all from the bottom of my heart; it made a lovely difference to my day."

Horse Fair also celebrated its 10th anniversary of opening to residents in September. Although their planned street party with the local community had to be postponed, this didn't stop them from partying on. Home Manager, Gemma Bertelsen, mentioned, "We celebrated in true Horse Fair style, with lots of wine, cake and dancing."

There was a gift presentation for three members of staff, Gayle Hackett, Lesley Birnie, and Andy Pointon who have been with Horse Fair since day one! Andy, Maintenance for the home said, "Working at Horse Fair for ten years has been a wonderful time for me. They are lovely people to work for. Even during these difficult times, the atmosphere in the home is lovely. Here's to the next ten years!"



TEAM HEMPSTALLS TAKE SNOWDON

On the 19th September, Hempstalls Hall Care Home staff members Lucy Evans, Courtney Pomelli, Tracey Evans, Fay Chadwick, Leanne Edwards, Joanne Brookes, Michelle Brown Smith, Lisa Bailey, and Emma Williams took part in a sponsored nine mile Memory Walk up Snowdon to help raise money and awareness for

The Alzheimer's Society – a charity dedicated to supporting those with dementia and their carers.

Arriving at Llanberis with their boots, coats, and rucksacks at the ready, the team relied on each other's motivation to keep them going and their spirits high throughout the climb. Michelle Brown, commented, "The first quarter of a mile was challenging enough, but we all encouraged each other and tried not to focus too far ahead." To date, the team has managed to raise an impressive £1,910, exceeding their initial target of £900. Well done to Team Hempstalls!



SHEILA CROWNED QUEEN OF THE HAWTHORNS ALDRIDGE 2020

At the beginning of September, eight brave Hawthorns Aldridge residents got involved in an 'I'm a Celebrity' challenge over three days; battling it out to become either King or Queen of The Hawthorns!

Day one kicked off with the 'touch' challenge. Each contestant placed their hands inside a mystery box to hazard a guess about what might be inside. Hawthorns Aldridge staff admit this was the most amusing of all challenges which garnered some hilarious reactions from the contestants! By the end of the day, it was Sheila and Brenda neck and neck at the top of the leader board.

Day two commenced with a 'taste' challenge. Blindfolded, contestants tried

a mixture of five different 'tricks' and 'treats', including gherkins, fizzy jelly snakes, baked beans, and chocolate buttons. By the end of the day, Sheila remained in the lead with a couple of residents close behind.

The final day consisted of the 'smell' challenge. Again, each contestant was blindfolded and had to guess from five different smells: garlic, cat food, boiled eggs, coffee, and nutmeg. Interestingly, this was quite the challenge for the contestants, with one resident mistaking cat food for boiled potatoes!

By the end, it was Sheila crowned Queen of the Hawthorns Aldridge, taking away a certificate, crown, and special prize. All residents involved had a fantastic time taking part in the different challenges, having fun with their friends, and connecting with their senses.

Well done to Sheila and all those involved!



Dreaming Tower Ballroom



Albion Court and Clare Court have spent time reminiscing on the days they spent at the Tower Ballroom in Edgbaston, Birmingham as they took part in the Dreaming Tower Ballroom Arts Project. Opening in 1827, the Tower Ballroom was famous for hosting events such as roller skating, boxing, dances, and live entertainment. Many of the residents from the local area remembered spending time there making friends, relationships, or just having a good old time.

Joseph from Albion Court remembers the numerous boxing events held in the Ballroom. Dorothy Bell from Clare Court said, "I would dress myself up nice; me and my friend used to get a taxi. I would do the Twist and Bepop where the man would spin the woman around." Caleb Brown, also from Clare Court, said, "I used to go there between 1961-1962 to dance with loads of girls."

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

Word Search

- Halloween
- Chestnuts
- Leaves
- Brown
- Pumpkin
- Rake
- Trick Or Treat
- Scary
- Yellow
- October
- Woolly Jumper
- Clock Change
- Battle of Hastings
- Costume
- Spider
- Red

For any queries, comments or to submit articles,
please contact marketing@averyhealthcare.co.uk

Avery Healthcare Group
3 Cygnet Drive | Swan Valley | Northampton | NN4 9BS
Tel. 01604 675566 | marketing@averyhealthcare.co.uk
Search 'Avery Health' online or on 

