

AveryTalk



Welcome to a very autumnal issue of Avery Talk. We have so many photos to share this month, especially from Harvest Festival celebrations and all the colour and fun it brings.

The nights might be drawing in and the days cold, but we're full of pride and warm hearts after being crowned the 2020 Health Investor Residential Care Provider Award Winner! An impressive accolade at any time, but after the year we've all had, I couldn't be prouder of each and every member of the Avery family. When we take a minute to step back, breathe and reflect, it never ceases to amaze me the quality of care that we provide every day. The award spokesperson said, "Avery firmly positions itself as a high-end residential care provider, and 2019

saw the introduction of further innovative approaches heavily focused on enhancing the experiences not only of residents but also its staff, thereby cementing its enviable position as one of the pre-eminent UK care home operators." Impressive words indeed!

The good news continues with the launch of our latest care home called Droitwich Mews, based in Droitwich Spa, Worcestershire. A big Avery welcome to the new team joining Jo Gill, Home Manager and we wish you all the best in filling your home with happy and fulfilled residents and staff. Let's see some photos in the next edition.

Thank you to all staff who have sent their appreciation following our token gesture to you for the heroic work you have provided, and continue to provide, to support the pandemic. Through your continuous infection control practices and following the robust protocols, you have made Avery homes some of the safest places to live. Please continue with this great practice and remember to protect yourself and your residents this year by having your flu vaccine. - **Sharon Winfield, Chief Operating Officer**

Celebrating Harvest Festival

As the autumnal season explodes into beautiful colours, the traditional Harvest Festival celebrations begin across the country. Many of our residents have been busy growing an array of fresh crops in the gardens of their homes earlier in the year, and now the time has come for these to be harvested.

The green-fingered residents of Poets Mews, Birchwood Grange, and Aran Court have grown some juicy money maker, cherry, and beef tomatoes. Residents from both Acer Court and Aran Court have grown some *sputacular* potatoes.

Whereas you could not *beet* Alder House with their bunch of homegrown beetroots.

To welcome the new season, Loxley Park and Crispin Court spent some time being creative with arts and crafts as they

made decorations for their Harvest Festivals. Residents of Loxley Park produced some *unbe-leaf-able*, leaf paintings for the occasion. Brenda Ridgeway from Loxley Park's Well-being team shared, "Our Harvest Festival took place with some readings, and we gave thanks to our members for all their generous donations of food, toiletries and money to the sum of £267.50."

Their Harvest Festival collection was later donated to the local S6 foodbank where the food donated totalled to a whopping 308kg, equating to 735 meals. A great effort.

Crispin Court residents were busy assisting with decorating the reception area with a warming autumn window display, *fall* of orange and yellow tones, and the home received numerous donations from resident's friends and relatives to put towards three huge hampers to be donated to House of Bread, Salvation Army, and Women's Aid. Resident Betty explained, "When I was a Doctor, I used to work with many women who had struggled with domestic abuse, and we used the Women's Aid charity to help those in need, so it is a charity very close to my heart."



Mind Matters on World Mental Health Day



Mental health problems can affect anyone, any day of the year, but The World Health Organisation recognises World Mental Health Day annually on 10th October with 2020 arguably the most important yet following months of lockdown and loss.

In support of continued awareness of mental health, Avery homes recognised the day with activities that bring joy and benefit overall well-being. Merlin Court Care Home kept active with walks outdoors and channelled their inner-creative by making leaf trinket bowls from clay, and a game of Mindfulness Bingo, whilst Knowle Gate Care Home continued to keep residents connected with loved ones via the home's iPad.

Residents at Hempstalls Hall Care Home took time out to talk about what makes them feel happy, valued, and good about themselves as well as the importance of continuing with hobbies. In a video shared by the home, 89-year old Brenda Friesner who has been a resident at the home for seven months, said, "Such a simple thing like telling a joke helps someone feel better. Walks in the garden let you be with your thoughts, and your mind can roam".



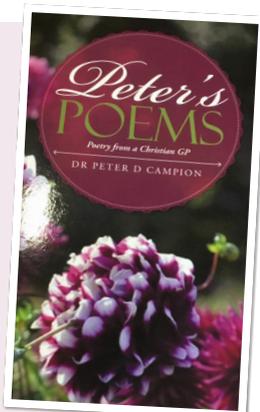
National Poetry Day with 'Peter's Poems'

To celebrate National Poetry Day, residents at Loxley Park gathered to form a poetry group – including resident Peter Champion, who has recently published his debut poetry book, aptly named 'Peter's Poems'.

Born in 1946, Peter attended Southend High School before studying medicine at Pembroke College, Oxford, and London Hospital Medical College. Following a time at Great Ormond Street studying Paediatrics, Peter's career moved into General Practice before becoming a lecturer and finally a Professor of Primary Care in Hull.

Peter's passion for poetry writing was inspired after the birth of his first grandchild, with his writing centering around themes of nature, religion and family. Alongside his love of poetry, Peter has enjoyed travelling with his wife, Janet. Four children and eight grandchildren keep Peter busy as well as being an active member of his local Christian church.

The residents at Loxley Park thoroughly enjoyed the session and particularly liked listening to some of Peter's work. We look forward to the next book!



GROWING OLD DISGRACEFULLY



Keith Stevens, 95, from Silvermere Care Home in Cobham, Surrey, has been crowned the winner of the National Activity Provider Association's (NAPA) Growing Old Disgracefully award for his successful skydive back in March which named him one of the UK's oldest skydivers.

NAPA'S Growing Old Disgracefully award seeks to celebrate someone who endeavours to live life to the fullest and defy all expectations. And it is fair to say Keith did just that. With the help and support of staff at Silvermere, Keith showcased his inspiring outlook on life; proving adventures like this have no age limits.

Along with some friends from the home, Keith enjoyed watching the ceremony on the big screen in Silvermere's

cinema room with prosecco and canapés. On his win, Keith said, "I'm flabbergasted to think that I won an award for something I loved doing and raised money for charity."



'Visitors' Pod' Opens for Residents!



In a care home first for Stratford-upon-Avon, Scholars Mews Care Home has just opened a fabulous new 'Visitors' Pod' for residents to enjoy quality time with their family and loved ones, in a safe and comfortable setting. Equipped with heating and air conditioning, the luxury pod boasts a comfortable interior so that residents and families can spend time together, separated by a central glass wall completely dividing the room, meaning there is no need to wear a mask.

Steve Matthews, son of Scholars Mews resident, Violet, said, "It was absolutely lovely, and you would never know that there was a glass panel between us. The intercom system worked really well, so the voices were very clear."

The grand opening was a huge success, and Home Manager Sharon Wassing cut the ribbon and welcomed the first residents and relatives into the pod. With the cold weather upon us, the pod provides a warm alternative to the outdoor garden visits run throughout the summer. To maintain safety protocols, visits are booked for specific times, with deep cleaning of the pod in between.



Celebrating in Style

Over the past few weeks, Avery has celebrated many special birthdays and anniversaries. Even through challenging times, our staff continue to go above and beyond to help our residents enjoy their festivities.

Pat and Shaun, residents at Grove Park Care Home, recently celebrated their Diamond Wedding Anniversary. The couple's family organised a mass to be said at the church in which Pat and Shaun married 70 years ago and staff at the home were delighted to help the couple celebrate their wonderful anniversary together with treats and cakes.



Seagrave House Care Home resident, Eva Hallatt, turned 100 on 23rd October. Eva enjoyed a visit from her daughter and a buffet, cake and gifts with her friends at the home.

Edwin Connington, a resident at Aran Court Care Home, turned 100 on 14th October.

Following his upcoming centenary birthday being broadcast on BBC Radio

West Midlands, Edwin received over 600 birthday cards from listeners of the show, and of course, received one from the Queen! Overwhelmed with gratitude, he said: "In this troubled world, it has given me so much happiness to know that there are so many good people."

Vera at Hanford Court Care Home celebrated her 108th year by enjoying some chocolate, cards and gifts with her friends. Vera loves to look at Facebook and connect with her friends and family, so this year she had just one request: how many 'happy birthdays' can I receive on one post? In the end, Vera managed to get an incredible 174 Facebook comments wishing her well.

Resident Doug, at Abbey Court Care Home, recently celebrated his 102nd birthday with a visit from his son and a 'chippy' lunch with residents, organised by the wonderful Well-being staff at the home.



WEARING IT PINK

Many of our homes were involved in this year's Wear it Pink day in support of the Breast Cancer Now charity. The colour pink filled our homes, with pink-themed quizzes, activities, and of course, delicious pink treats.

Staff and residents from Cliftonville in Northampton, dressed up in pink clothing and tucked into pink cupcakes with a chilled glass of pink lemonade. The staff team even ran a competition for the best pair of pink shoes with Home Manager, Cathy Frost coming out on top.

Acacia Lodge in Manchester, challenged their residents to make a shopping list for the staff to buy only pink coloured food. The challenge was accepted, and the residents feasted on wafers, cupcakes, and marshmallows.

Lavender Lodge in Farnborough, got creative with arts and crafts as they decorated the home with Wear it Pink bunting and pink floral arrangements.

The team from Avon Valley got involved by dressing up in pink clothing and enjoyed some pink cakes. Avon Valley's Housekeeper, Harriet Murphy even decided to dye her hair pink for the occasion. The home had a lovely day and raised £60.47 for the cause.

Bourn View chose to raise awareness for the Breast Cancer Now charity with pink flower arranging and held a presentation to ensure all their female residents are aware of the signs.

Resident, Gladys said, "I love all of our gatherings, and tonight was special."

Another resident Ruth Clarke, added, "I have had a lovely evening with all of my friends."



Bride and Groom Delight Loxley Park Residents



On 19th September, Loxley Park resident, Marleen Lockwood was overwhelmed when granddaughter, Juliette Bowpitt (nee Heyes), and new husband, Richard

arrived in a classic Volkswagen camper van after saying their wedding vows at St Mary's Church, Bolsterstone.

Proud grandmother, Marleen and her fellow residents were delighted to see the blushing bride and enjoyed a toast with a glass of sherry before sending the happy couple on their way to an intimate reception at Whirlow Brook Hall with hand-made confetti galore.

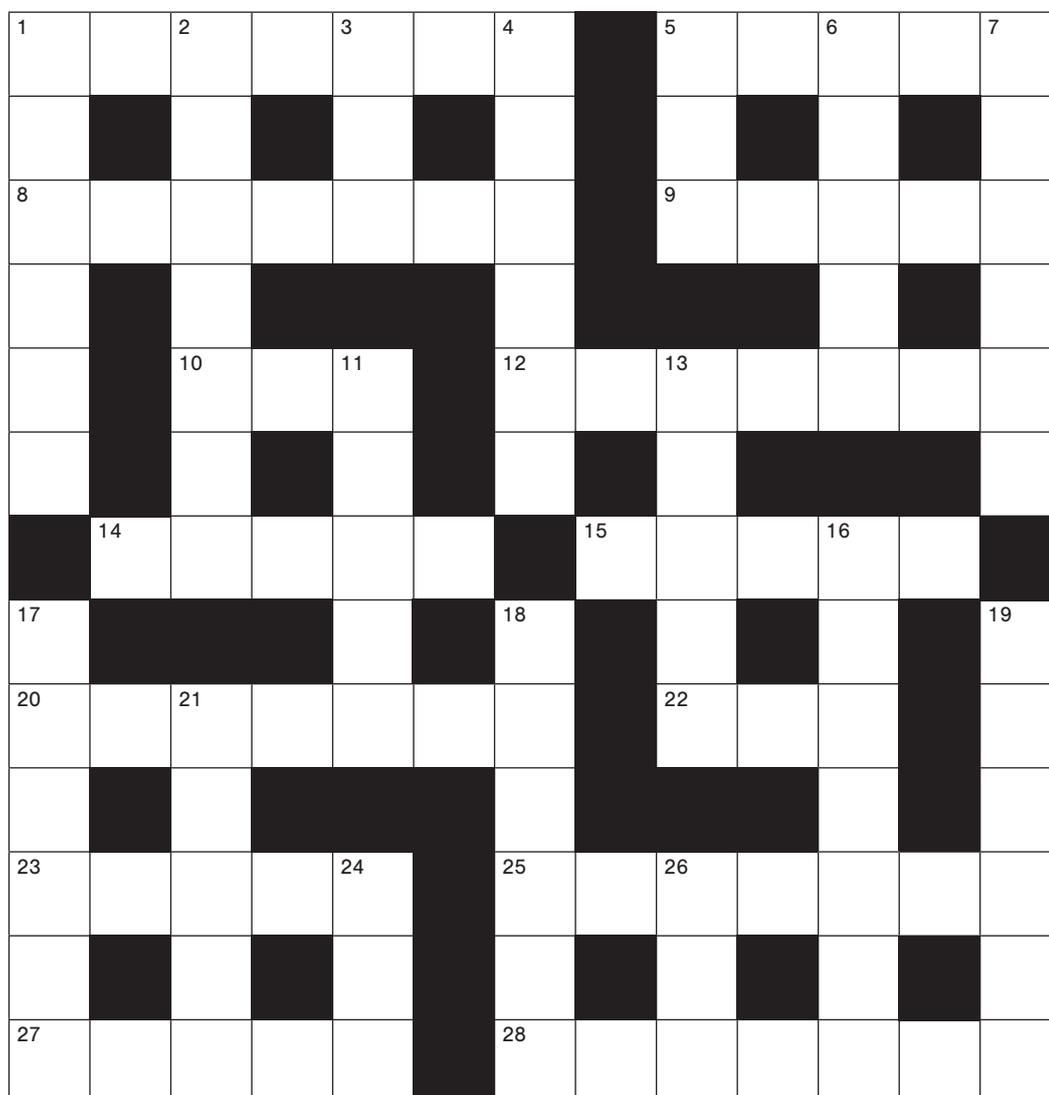


Spooktacular Halloween Activities



It's that spooky time of the year again! Halloween has been celebrated across several of our homes with ghoulish activities.

Whilst Rowan Court and Highcliffe were busy carving pumpkins, Alder House opted for a non-scary Halloween by painting their pumpkins with silly faces, sharing Halloween jokes and staff members dressing up in fancy dress. Pemberley House, Alma Court, and Crispin Court have created some fantastic decorations and displays. Residents of Derby Heights enjoyed dressing up as they held their own Halloween party. South Lodge has gone all out this year, with a whole week full of haunted activities including their very own ghost hunt.



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)

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