

AveryTalk



Season's greetings everyone, and I hope this December issue of Avery Talk finds you well. Every day I hear of the wonderful activities you have planned for your residents on the lead up to Christmas, and I'm amazed and so grateful for the energy you have continued to give to your work during these ongoing unprecedented times.

So much has happened during this year, much of it challenging and upsetting, but we must hold on to the positive things. For example, we are lucky to have started the implementation of beautiful visiting pods assembled in our gardens that all can enjoy in the coming years. Some of you have also been adapting to change using equipment such as the new, and huge, interactive touchscreen tablets that offer so many benefits to residents through interactive games, but also a large screen way to Skype and FaceTime relatives. And adapting to change isn't more proven than the way you have stepped up and embraced the new protocols and day to day routines. I know it's been hard, but I hope you have all taken some time to reflect on your amazing achievement in keeping your home and your teams together. We are certainly proud of you all.

We have begun the Covid-19 Pfizer-BioNTech vaccine rollout this week, with many more expected to be vaccinated within the coming weeks. The rollout of the vaccine nationally will take many months to achieve, but staff in social care and our residents are at the forefront for being invited to have the COVID -19 vaccine locally. Until then, please keep up the fantastic work. Enjoy Christmas with your colleagues and residents. Be your residents' extended families. Eat, drink and be merry. Look after and support each other and let's meet again in the new year! - **Sharon Winfield, Chief Operating Officer**

AVERY REMEMBERS



The 11th of November marked the 101st anniversary since the first Armistice Day, and the nation united to honour those that had fallen to secure and protect the country's freedom.

With traditional parades and community events cancelled, our homes took it upon themselves to hold many different activities to help commemorate the occasion, in addition to the two-minute silence, as a mark of respect for those who have fallen in war, and those left behind.

Many of our residents enjoyed poppy making activities which were then used to decorate their homes. One such home, Milton Court, created a 15ft high display from 975 recycled bottles painted red and cable tied to three cargo nets to be admired by the local community. Well-being staff member, Pam Bourke, said, "We have been collecting them since September, and it has taken just over a month to put it together. It's a

shame we couldn't have our traditional commemorations, but we wanted to still do something nice for the day."

Staff and residents at Crispin Court were kept busy creating a beautiful silhouette display, consisting of 1000 poppies handmade by residents and wooden cut-outs of soldiers and animals that played a crucial role in wars. So eye-catching was the exhibit, that relatives and local neighbours stopped to take pictures. Ex-member of the Royal Navy and member of the Well-being team, Sid Lewis said, "I took great pride in taking part in this activity, and the final piece brought a lump to my throat."



TOYS 'R' DARWIN COURT

With the festive season on the horizon, it is the time for giving and supporting those in need this Christmas. Darwin Court has teamed up with local Lichfield community group, Helping Each Other, to launch a 'toy bank' to help give struggling families a Christmas boost.

The community group has been instrumental in supporting local families during the pandemic and was stuck for ideas on what to do for Christmas due to the restrictions, until a member of the care team at the home, Jane Dolman, came up with the brilliant initiative of hosting a toy bank. "We wanted to ensure that no child goes without a gift this Christmas and give back to such a supportive community," said Jane.

People throughout the local community have so far donated over 200 toys, and the staff team have begun to wrap and label them. The toys are expected to be donated to local families by the middle of December in perfect time for Christmas.



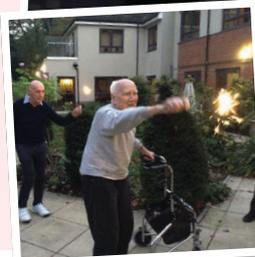
Remember, Remember the 5th of November...

Although firework displays all over the country had to be postponed or cancelled this year, it didn't stop our residents from carrying on Guy Fawkes traditions and having fun in the safety of their homes.

Several decided to celebrate the night by reminiscing on old traditions, such as 'Penny for the Guy'. Residents at Ashurst Mews spent time indoors enjoying crafts and drawing pictures of bonfires. In true bonfire night spirit, residents at Lavender Lodge had an enjoyable afternoon making their very own Guy Fawkes, later feasting on hot dogs, burgers and welcoming hot chocolates.

Escaping the cold, Amarna House residents stayed cosy inside painting

pictures of fireworks which they later displayed throughout the home. From the warmth of the conservatory, residents at Silvermere enjoyed a light display put on by staff. Some of the residents even took part in enjoying some festive sparklers.



Michael Plunges into Swim22 Challenge

Avery Healthcare Quality Development Manager, Michael Redman has raised over £750 by completing the Swim22 Diabetes UK Challenge.

The keen swimmer, who was diagnosed with Type 1 diabetes in 2009, began the challenge earlier this year when the original completion period was between 22nd February - 22nd May. The Swim22 Challenge allowed participants to do the smaller distance of 11 miles which Michael opted for as he'd been away from the pool a while.

Sadly, the challenge was halted, with swimming pools closing their doors due to the national lockdown. Michael said, "It was disappointing to be stopped by lockdown as I was really enjoying the experience and was already feeling fitter."

When lockdown eased, the Swim22 challenge extended its deadline to 31st October. Opting to visit the swimming pool more regularly to catch up with the 11-mile goal by completing

1.5 miles per week, Michael completed his 11 miles on 6th October. With 25 days left of the challenge, Michael was motivated to reach as near to the 22-mile target as possible and completed 16.8 miles in total raising £750 for the Diabetes UK charity.

Not only was this a fantastic achievement towards a good cause, but also personally. Michael said, "It has helped with my diabetes control and with my mental health. It helps me to relax and unwind, and I aim to continue. Although I did this challenge on my own, I have received great support and encouragement from family, friends and work colleagues, and I cannot thank them enough."



The Power of Music with



We are delighted to announce that Derby Heights, Acacia Lodge, Bourn View, Birchmere Mews and Astbury Manor have joined a number of other Avery care homes in achieving Playlist for Life (PfL) accreditation.

PfL is a central element of Avery's Reconnect© strategy which supports the delivery of excellent person-centred dementia care. It is well known that for many residents with dementia, music plays a meaningful role in supporting well-being. PfL supports residents, families and our staff to come together in positive ways through the use of personalised music, drawing on songs that have special significance.

Following weeks of hard work by the teams, each home attended a virtual showcasing celebration hosted by Heather Perkins, Avery's Dementia Support Advisor. During each event, staff presented their work and shared how they have used PfL to make a difference.

Explaining how PfL fits with ReConnect©, Heather commented, "Rather than it being a separate project, our aim

is for PfL to become part of the day to day experiences of a resident with dementia. It enhances the way we support residents and is proven to ease levels of anxiety and distress without the need for medication."

Michelle Armstrong, Interim Executive Director at Playlist for Life, said, "We would like to congratulate the teams at Avery Healthcare for their accreditation, it is a wonderful achievement. Becoming a certified establishment shows a high level of commitment to improving the well-being of residents living with dementia through the power of personal playlists."

"Residents with dementia have often struggled to communicate with their families via virtual platforms this year. What has particularly struck me is how staff have used residents' individual playlists successfully to make virtual visits positive for everyone. Just wonderful."

Jo Crossland, Head of Dementia Care



Best Foot Forward with Sir Captain Tom

At the beginning of the coronavirus pandemic, Captain Tom Moore – a former British Army Officer – decided that he would walk 100 laps of his garden before he reached the age of 100, to raise money for the NHS. With an initial goal of raising £1,000, Tom's efforts soon captured the heart of a nation and he went on to raise an astonishing £38.9 million.

Now 'Sir' Captain Tom, the veteran has challenged the country to walk themselves, logging their progress along the way in the hope that this will encourage people to send out messages of hope and kindness. Inspired by this, and to help raise money for the 'Captain Tom Foundation', dedicated residents at Silvermere have been undergoing laps of their garden, as part of their walking club. Residents at Astbury Manor have also taken on the challenge and are raising money for 'Help the Lonely'.





AWARDS SUCCESS

We are delighted to announce that Avery's Chief Operating Officer, Sharon Winfield, has been recognised for her

continuous hard work, particularly throughout the coronavirus pandemic, and has received a Healthcare Hero Award, presented by Knight Frank.

The coronavirus pandemic has been both a challenging and emotional journey for all operators, and all too often in the early days, care home providers were left to develop guidance to support staff and protect our residents. We were fortunate to be led during this challenging period by Sharon; she has been inspirational in leading the operations team through this pandemic, developing, and leading a Covid-19 Strategy Group within the company. Sharon said, "Everything we do in Avery is a team effort and what a great team we have!"

The awards, presented by Knight Frank, honour those working in the care sector who have gone above and beyond throughout the Covid-19 pandemic. Julian Evans, Head of

Healthcare at Knight Frank, commented, "We are thrilled to acknowledge the amazing people that work within the social care sector, this year more than ever".

We are also pleased to announce that St Giles Care Home, in Birmingham, was shortlisted for the coveted Team Award as part of the 2020 Care Heroes Award. The staff at St Giles were recognised for their outstanding work and dedication during the pandemic, in particular, their efforts in running the Sheldon Suite. The 18-bed ward at the home became a place of safety for coronavirus-positive patients discharged from hospital. The fantastic Debbie Rowley, St Giles Home Manager, and a dedicated team of staff volunteered to move onto the suite; having never worked in such an environment before, the team showcased incredible determination and willingness to help those patients during this unique time.



GETTING BUSY FOR CHARITY



Avery staff and residents are never shy when it comes to taking on challenges to help raise money for worthy charities, and this month has been no different.

Newcross home manager, Shirley Gibbs, and deputy manager, Jenna Hughes, took on the challenge of 111 laps of the home in aid of the Royal British Legion charity. The duo completed the laps dressed as Land Army Women with belts from The Royal Engineers uniform. Shirley said, "It took us five hours to complete, and it is fair to say we were both exhausted after. We are very happy to have raised over £150 for charity!"

Like every year, BBC Children in Need is an event in which many of our homes love to get involved. This year, they have been up to all sorts of activities to fundraise, from delicious bakes, dressing up with the essential accessory, Pudsey ears, and of course watching the main event on

the television. Horse Fair Well-being and Activities Co-ordinator, Jess Mitchell, even 'braved the shave' as she had all her hair shaved off for the charity! The shave was broadcast live on Facebook and Jess featured on BBC News Midlands with her efforts raising over £1,000 for the charity.

Another staff member cutting her hair for charity this year is Astbury Manor senior carer, Skye Collings. Skye will be cutting 10 – 14 inches off her locks and donating it to The Little Princess Trust. She said, "It is something that I have wanted to do for a long time. It's a nice way to raise money and to help give a little prince or princess a head of hair." Skye is planning on raising £500 to donate along with her hair to the charity and so far, has reached £130.



HIP HIP HOORAY!



Avery has once again seen many residents hit significant birthday milestones over the past month. Although celebrations haven't been able to take place in their usual fashion, the staff at our homes continue to go above and beyond to ensure residents have the most special day in the safest way possible.

Joan Varney and Dorothy Chapman, residents at Milton Court in Milton Keynes, celebrated their special centenary birthdays recently, both within one week of each other. Customer Services Manager, Gemma Brooks, decided it was only right to organise something special for ladies. Gemma posted a request on Facebook to see if both Joan and Dorothy could receive 100 birthday cards each from all around the world – they managed to collect 340 cards in total! Joan and Dorothy enjoyed their days with lots of cards, gifts and cake.

Resident Vida at Hempstalls Hall also celebrated her birthday recently. According to 104-year-old Vida, the secret to her longevity is, "Hard work, a loving family, faithful friends and living each day at a time." On her special day, Vida enjoyed a surprise birthday cake which she shared with her friends at the home, as well as a phone call with her family.

Not only did resident Bill at Highcliffe recently celebrate his 100th birthday but enjoyed a special reunion with his lovely wife Mary of 72 years. Along with his card from The Queen, Bill enjoyed a cake and gifts with his friends at the home.



BOURN VIEW LOVE STORY

You may have seen in the national press, the incredible story recently of residents Kenneth and Betty from Bourn View.

For those that may have missed it, Kenneth moved into Bourn View in October, but the couple, who have been married for 71 years, had been required to separate due to COVID-19 restrictions. Deciding she could no longer be without her husband, Betty decided she would move in too.

After self-isolating for two weeks, Betty surprised Kenneth during a romantic meal organised by Well-being and Activities Co-ordinator, Rosie. The video went viral on social media and reduced the whole nation to tears.

Seeing the story circulate the internet, a crew from Good Morning Britain and BBC News got in touch and visited the home to chat with Kenneth, Betty and staff members about how the story had unfolded.

Well done to all staff at Bourn View for making all this possible for Kenneth and Betty.



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

MISS CHATTERER

TOTEMS LIE

COORDINATES

WOLF SNAKES

STATION PIE

STARFISH REMATCH

CHRISTMAS TREE, DECORATIONS, POINSETTIA, MISTLETOE, SNOWFLAKES, FATHER CHRISTMAS

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

WINTER WORD SEARCH

- SANTA
- ELVES
- BAUBLES
- RUDOLPH
- HOLLY
- MISTLETOE
- STOCKING
- MERRY
- SNOWMAN
- GRINCH
- NATIVITY
- WREATH
- SLEIGH
- NORTH POLE
- CAROLS
- TINSEL
- SCROOGE
- BETHLEHEM
- CHRISTMAS TREE
- MINCE PIES
- JINGLE BELLS
- NUTCRACKER
- FIVE GOLD RINGS
- TURKEY
- SNOW
- REINDEER
- PRESENTS
- NOEL
- CHIMNEY
- ADVENT CALENDAR

SUDOKU

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.

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9			7			5		
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