

# AveryTalk



**Hello everyone, and welcome to the January issue of Avery Talk. I hope you all had a wonderful Christmas and a Happy New Year. I would like to start by sending a special thank you to the relatives, friends, and local communities for their kind donations over the festive period, including handmade gifts, hampers and treats for our residents and staff to enjoy, particularly during this challenging period.**

We have lots of exciting initiatives in the pipeline for 2021, including introducing our Cutlery-Free Dining guide, developed by Jo Crossland, Head of Dementia Care, and Simon Lawrence, Head of Culinary and Hospitality, in collaboration with our partner, Premier Foods. We are also excited to celebrate our upcoming Big Event Days, working with some incredible charities, including The Alzheimer's Society, The Care Workers' Charity and Macmillan Cancer Support.

As I am sure you all are, I am certainly looking forward to the spring, where we will hopefully emerge from lockdown and return to some level of normality to reunite with one another once again. In the meantime, I am delighted that the COVID-19 vaccine roll-out has commenced in care homes across the country with care home residents and staff amongst priority groups. With the recent approval of the AstraZeneca vaccine for use in the UK, the vaccination programme will now gather speed with the logistics of providing it more straightforward. In December, our homes began the COVID-19 vaccination journey with both staff and residents offered the first dose. To date, approximately 30% of staff and residents have received or booked in, which is a positive step in the right direction for maintaining the well-being of both residents and staff. - **Sharon Winfield, Chief Operating Officer**

## Cutlery-Free *Inclusive Dining for Everyone*

**At Avery, we work tirelessly to ensure that residents are treated with dignity and respect in every aspect of their lives, and mealtimes are no exception. We are delighted to announce that Jo Crossland, Head of Dementia Care, and Simon Lawrence, Head of Culinary and Hospitality, have been working with our partner, Premier Foods, to develop a comprehensive approach to cutlery-free dining, which will ensure that our residents continue to receive the very best nutritional support we can offer every day.**

There are many reasons why a person may have difficulty using cutlery to eat a meal or a snack. Conditions such as Parkinson's disease, arthritis, or a stroke can all affect how an individual can manipulate cutlery. Cognitive illnesses, including dementia, can cause a person to have difficulty processing their environment or cause problems with sequencing and co-ordinating actions.

As innovators within the care sector, it is of fundamental importance to Avery that we continue to develop and innovate through our culinary teams. We have now developed strong guidance in the form of a Cutlery-Free Dining Guide containing creative ideas and recipes. All homes will receive this in the coming weeks, complemented by comprehensive support materials and resources to ensure every resident receives good food with balanced variety consistently.



# A Christmas Not to Forget

**The COVID-19 pandemic truly played the pantomime villain throughout 2020 with the cancellation of significant events and activities. However, just like the Grinch, it failed to stop our residents from enjoying a different but wonderful Christmas and was certainly one not to be forgotten. Staff and residents from our homes were involved in plenty of festive fun activities including Christmas parties, watching pre-recorded pantomimes, and the daily mischiefs from 'Elf on the Shelf'.**

Sparkle for Social Care which helps fundraise for The Care Workers' Charity invited our staff and residents and several other care providers to create a collaborative video. Created by mixing clips from as many homes as possible dancing and singing along to 'Sleigh Ride' by The Ronettes made for a fun and festive Christmas video highlighting how the sector has come together. Enjoyed by all of those featured in the final piece, it was published on Facebook as a Christmas Eve treat for us all to watch.

Each year, the grandchildren of residents from Bourn View are invited to the home to visit Santa in his grotto and receive presents, but sadly, this had to be cancelled. To prevent the grandchildren from missing out on gifts, Rosie Boshell from the Well-being team suggested the home could deliver them instead. Staff members, Ashley Marshal and James Hall, dressed as Santa, and several other 'elf' staff members set off in their sleigh (minibus) to deliver presents to over 20 homes. Resident Marg Sanderson said, "My grandson absolutely loved meeting Santa and dancing and singing in the street with the cheeky elves. I am so happy that he was able to receive a present."

Over the Christmas period, up to 8,000 premature babies spend their first Christmas in neonatal units and warm blankets are vital in keeping premature babies' temperatures constant when taken out of their incubators. The Sun on Sundays, Knit A Lot, Help A Tot Appeal in support with The Bliss Charity, challenged the nation's knitters to donate handmade Christmas blankets to keep premature babies across the county warm. The keen Knit and Natter Club of Astbury Manor rose to the challenge and knitted ten blankets to donate. Resident Eileen said, "It was an honour, a pleasure and very enjoyable activity that went towards a great cause."

Traditionally, Avery produces bespoke Christmas cards to send to relatives, professional contacts, and suppliers. For 2020, Avery opted to go 'card-less', instead donating to several charities; Mind, Age UK, The Alzheimer's Society, Dementia UK, and Friends of the Elderly. Like many others, these vitally essential charities have suffered financial challenges due to the COVID-19 pandemic this year. Avery's Chief Operating Officer, Sharon Winfield, said, "Without the kind donations they receive throughout the year, charities cannot continue to carry out their amazing work, supporting those in need in our local communities. We recognised that they would benefit more from donations than ever."



# A Recipe for Success at Veg for Life



We are proud to announce that Avery had one winner and several shortlisted chefs at the Vegetarian for Life Excellence Awards 2020. Grant Burton, Head Chef at The Hawthorns Braintree, took home the coveted 'Veggie Care Chef Award'. Simon Lawrence, Avery's Head of Culinary and Hospitality, said, "As proud members of Vegetarian for Life, we have actively encouraged and developed our chefs to compete in this competition." Juan Lopez, Head Chef at Birchwood Grange, was also shortlisted in the same category.

The Avery Healthcare Culinary Team's work has paid off with recognition in the form of 'Beulah Charity Trust Special Recognition Award' which seeks to recognise organisations who work hard to make the UK a better place for older vegetarians or vegans. The award was presented by Wendy Turner-Webster, TV presenter, author, and vegan for the past 28 years. In addition, Dorin Matei, Head Chef at Scholars Mews, was shortlisted in the 'Most Innovative Veggie Dish' for his Vegan Cauliflower Roulade.



## BIG EVENT DAY PLAN 2021

**Big Event Days enable us to come together and celebrate worthy causes. All homes within the Avery group participate in these events, with funds raised at each home banked centrally and a group-wide cheque presented to Avery's chosen charity.**

In 2019, with an incredible amount of support and hard work from staff, residents, relatives, and visitors across our homes to organise events, Avery raised £24,000 for three fantastic charities.

After putting Big Event Day plans on hold during 2020, we are delighted to announce that this year, we will be celebrating the following three events across all our homes: Dementia Action Week in May to support the Alzheimer's Society, Going the Extra Mile in July to support The Care Workers' Charity, and World's Biggest Coffee Morning in September to support Macmillan Cancer Support.

Precise dates and details will be announced later in the year, so keep your eyes peeled!

## Musical Conversations with Colin Bennett

Colin Bennett, a resident at Silvermere, has been taking part in IMM's Musical Conversations Programme, a charity that works, "To bridge the gap between generations, tackle loneliness, and isolation whilst creating stronger, artistically-driven intergenerational communities." Working in collaboration with The Chineke! Foundation, the UK Wide Musical Conversation Programme enabled residents from care homes to post their favourite songs and connect with others in a community forum created on Facebook.

Colin has always been a fan of music, and thoroughly enjoys visits from local primary schools who come to sing to residents, but due to current restrictions, this could not take place as usual. Therefore, members of the Chineke! Junior Orchestra have been sending in their recordings of Colin's favourite songs. The touching moment Colin hears a virtual rendition of one of his favourite songs, 'You Make Me Feel So Young', by 11-year-old Nayan, was captured during an interview with ITV News.



# Celebrate Good Times: Milestones at Avery



## Sydney and Betty - Rowan Court Care Home

Platinum Wedding Anniversary, 23<sup>rd</sup> December 2020



## Elsie - Acer Court Care Home

101<sup>st</sup> Birthday, 22<sup>nd</sup> December 2020



## Doris and Reg - Bourn View Care Home

65<sup>th</sup> Wedding Anniversary, 17<sup>th</sup> December 2020



## Anne - Cliftonville Care Home

102<sup>nd</sup> Birthday, 3<sup>rd</sup> December 2020



## Bill - Highcliffe Care Home

100<sup>th</sup> Birthday, 28<sup>th</sup> December 2020



**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.

		1			
			6		
1				3	
	4				2
		2			
			2		

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

**Anagrams**

**JRANYAU**  
**IORUTSENLO**  
**HGMITDIN**

JANUARY, RESOLUTION, MIDDNIGHT

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