

AveryTalk



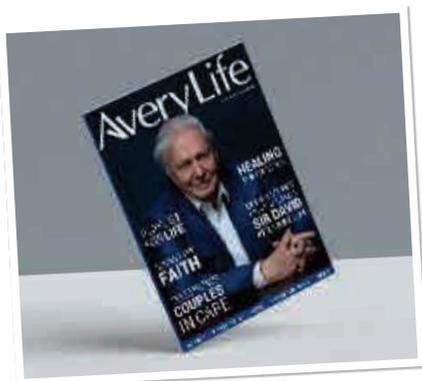
Hello everyone, and welcome to the March edition of Avery Talk. The past month has seen plenty of creative and fun activities in our homes during these continuously tricky times, including Valentine's celebrations, inventive crafting and the celebration of Chinese New Year. At Avery, there is always something to smile about. The vaccine rollout continues to take speed, and in a further effort to promote vaccine take-up, Avery staff have been partaking in the Jerusalema dance challenge - a recent internet craze that aims to spread joy and a positive message. Look out for these on our social media channels in the coming days.

As gold sponsors of the Care Workers Charity, I am delighted to announce some of the exciting events in the pipeline for this year. Hopefully, these will be able to go ahead safely, including a Cuppa for Care in April and a Hadrian's Wall Trek in May. I know so many of you love to get involved with these initiatives, so please visit thecareworkerscharity.org.uk for more information and I look forward to seeing these take shape this year. This month also marks the exciting opening of two new homes; Avery Park in Kettering, which provides care and independent living communities, and Edenbridge Manor in Sevenoaks, which has opened its doors to first resident, June, who is elated with her new home. Thank you again for your hard work and commitment through these troubling times. With the spring soon upon us and brighter days ahead, I look forward to seeing you all again very soon. - **Sharon Winfield, Chief Operating Officer**

Horse Fair's Gallop in Remembrance of Captain Tom

Staff, residents, and friends of Horse Fair recently took part in a five-day-long challenge to walk a combined 100 miles each day to commemorate Sir Captain Tom Moore's incredible life. With the warmer days upon us, spirits were high amongst the walkers who shared their mileage to their Facebook page. The first day saw staff and residents enjoying a sunny walk around the gardens, where they even spotted a rainbow.

Each day, participants managed to exceed their target of a combined 100 miles and overall managed an impressive 848 miles. "Teamwork at its finest!", said Jess Hyson, Well-being and Activities Co-ordinator, who regularly joined the residents on their daily steps. Jess also noted how wonderful it had been for residents to get out for some exercise and fresh air. All the money raised throughout the challenge, which currently sits at over £200, will be donated to the Captain Tom Foundation, which supports causes close to Tom and his family's hearts.

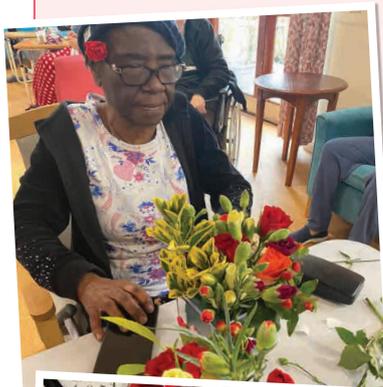


AveryLife

We are delighted to announce the release of the second issue of AveryLife, our glossy, 116-page magazine that encapsulates the life and stories of residents at Avery. This edition explores some exciting features on health and wellness, entertainment, and Avery news. It includes some of our inspiring couples in care, awards success for Avery, and changes in our homes, as well as new outdoor garden pods. AveryLife is available for your enjoyment at each home's reception desk. Please ask a member of staff for more information.

Love is in the Air

14th February marks Valentine's Day, a day dedicated to showing people's affection towards one another. The very first Valentine's day dates back to the year 496, which was a Christian celebration to remember Saint Valentine. Today, it is widely celebrated by sending cards, flowers and gifts to loved ones, and our residents were feeling the love with many themed activities hosted by our well-being teams.



One such home was Birchwood Grange, which spent the day making beautiful flower arrangements in their arts and crafts session. Birchwood Activities Manager, Bianca Slavu, mentioned, "This kept residents engaged, and all had a wonderful time."



One resident said, "This reminds me of when I used to run around in the fields when I was little, and it makes me happy." The activity lifted the spirits of those involved and led to a joyful dance.



Residents Anne and Alastair Carruthers of Silvermere were treated to a romantic dinner date for their 64th Valentine's Day together. The day was extra special for the couple as they were reunited after illness separated them for a period in January. The pair greeted each other with handmade cards and roses and Anne commented, "Thank you so much to

the staff team for making the day feel extra special. After 64 years, there is still romance to be had, and it means so much to be together in care every day and especially on Valentine's Day."

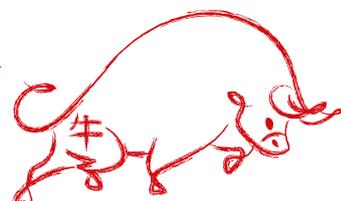
Various businesses shared their love by kindly donating gifts to residents to help celebrate the day. In preparation for South Lodge's celebrations, their local Asda in Oadby donated a trolley filled with boxes of chocolates enjoyed by all residents.

Beth Domingo, their community champion, said, "The residents were so happy and appreciative to receive these gifts, and as a store, we are happy that we could help put a smile on resident's faces."

Hanford Court's residents were delighted to receive 63 red roses from their local florist. Staff members of The Topiary Tree Florist said, "We knew that some residents, if not all, wouldn't have seen friends, family and loved ones face-to-face for some considerable time. We wanted to spread some love on Valentine's Day at this difficult time."



THE YEAR OF THE OX



Chinese New Year, celebrated on 12th February, marked the Year of the Ox and was the perfect opportunity for our homes to expand their knowledge of Chinese culture, experiment with Asian cuisine and enjoy fun Chinese traditions.

Always up for a challenge, residents at Derby Heights practised the art of using chopsticks, a skill which many found a challenge. The rest of the day was spent crafting beautiful lanterns, learning more about the event and understanding zodiac signs. Getting in the spirit at Milton Court, residents exchanged their destinies from fortune cookies, enjoyed watching The Lion Dance, a traditional style of dance in Chinese culture, and crafted colourful fans. Residents at Knowle Gate tested their knowledge with a Chinese New Year-themed quiz, whilst Newcross residents sampled some tasty Chinese cuisine.

Keeping to tradition, residents at Silvermere each received a red envelope with chocolate money inside. This gesture, usually gifted to friends and family, symbolises good wishes and luck for the future. Their day concluded with a delicious Chinese takeaway enjoyed for supper. Loxley Park's residents were treated to a traditional martial arts demonstration from Well-being and Activities Co-ordinator, Paul, topped off with some green tea.



Going Once, Going Twice... Sold!

At Edenbridge Manor's online auction, there was lots at stake, organised to raise money for Edenbridge Primary School. The event, hosted in the home to both staff and virtual bidders, received many fabulous prizes donated by businesses in the local community, including an extravagant night stay in a treehouse from Downash Wood and a VIP race day with British Touring Cars from Team Hard.

All money raised at the auction went towards providing electronic devices for pupils currently home-schooling. It is paramount that these devices are accessible to the pupils in an already tricky time; the donation will make a world of difference. Mary Gates, Edenbridge Primary School's Deputy Head Teacher, said, "We are incredibly grateful for the generosity that you have shown towards our school community and know that this money will continue to support many of our children in accessing additional learning opportunities when we return to school." The team at Edenbridge went live on Facebook to carry out the event; Customer Services Manager, Tina Jeffery, said, "It was a great success. The team was in good spirits, and our kitchen team prepared lovely canapes for the event." Overall, the team managed to raise over £1,000.



Pancake Day Already? It's crêped up on us this year!



Shrove Tuesday, also known as Pancake Day, is the traditional feast day before the start of Lent on Ash Wednesday. Although some of our residents and staff will be participating in Lent, one thing they have not given up is the amount of fun they had celebrating this day as their spirits most certainly were not as flat as a ...

The first-ever pancake race dates back to 1445 and originates from a small town in Buckinghamshire, Olney, just 7 miles from Milton Court. It is said that a local housewife dashed through Olney's high street to the church, still clutching her frying pan containing a pancake. With this year's annual commemoration event postponed, Milton Court's well-being team hosted their very own pancake race. Resident's Grace and Paul came out on top as they paid tribute to the famous race by racing through the corridors clutching a pancake in a frying pan.

She's flipping good! Loxley Park held a pancake flipping competition to see who could flip a pancake the most amount of times within 30 seconds, and resident Mandy won with a total of 27. She joked, "I promise I haven't been practising, and it was such a fun activity to take part in."



#HappyPod

It's smiles all round in our Happy Pods, a new initiative devised from the outdoor garden pods being installed across all Avery homes. With 40 pods currently installed, the rest are due for installation in the coming weeks.

We're asking homes to take photos of residents and relatives reuniting in the pods during outdoor visits. Each home is equipped with a foamex board with the message, #HappyPod. We want as many homes as possible to post this on their Facebook pages to share with friends and families to show that better days are coming. A representative from pod manufacturer, Wild Environments, commented on Facebook saying, "How wonderful to see the fruits of our labour – happy faces of the lovely residents and families of a recently installed Visitor Pod." Keep an eye out for more of our Happy Pods cropping up across our homes Facebook pages.

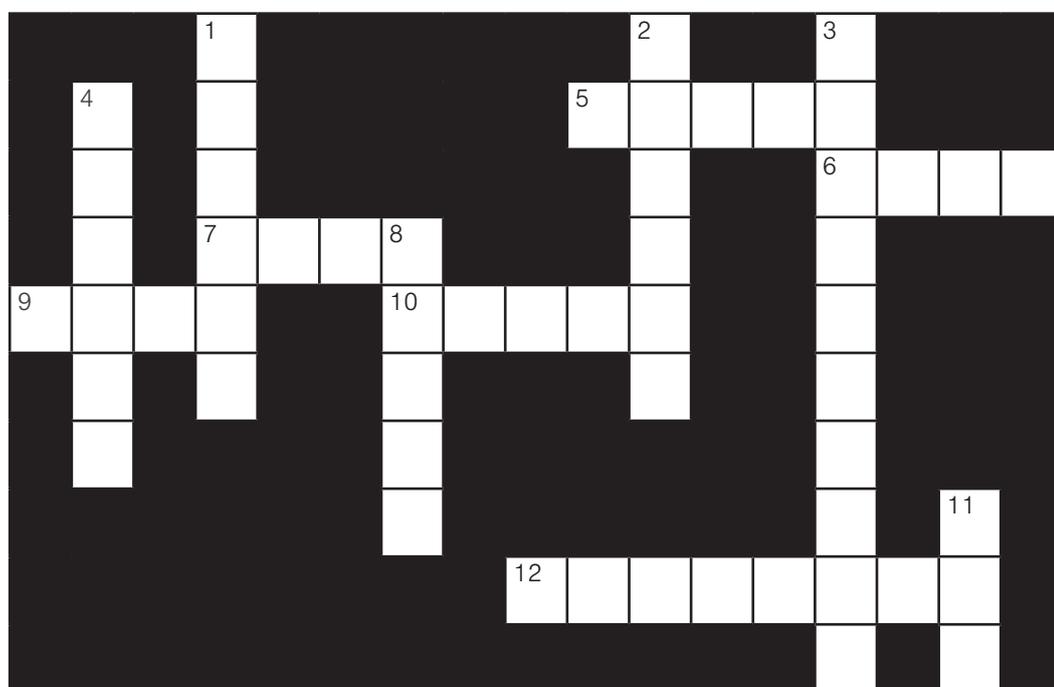


Celebrate Good Times: Milestones at Avery



Nancy Bowley

Resident at Scholars Mews, celebrated her 105th Birthday on 18th February.



ACROSS

5. A flower
6. Precipitation
7. Not cold or hot
9. Flying a ___ is the perfect windy day activity
10. A month of spring
12. Rain or sun protection

DOWN

1. A brief fall of rain
2. A small pool of water
3. A day for playing tricks
4. The season after winter
8. A month of spring
11. The fifth month of the year

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