

AveryTalk



Hello everyone, and welcome to the May edition of Avery Talk, our monthly round-up of the latest goings-on in our homes. With spring upon us and the warm weather making a much-welcomed return, I am thrilled to see our residents enjoying their outdoor spaces again, including the garden visitor pods which are now installed in every Avery home with the exception of Avery Park, which is due to be installed in the coming days. Like many of you, I am looking forward to welcoming back even more visitors into our homes and gardens as restrictions continue to ease.

I am also delighted to share that recently, for many of our homes, we have seen an increase in positive reviews on carehome.co.uk – all in a bid to secure the Top 20 Care Home Award for 2021. A special mention to Newcross and Crispin Court, which both recently achieved a perfect review score of 10. This is a fantastic accomplishment and a credit to all at the homes. As always, if you need any assistance with carehome.co.uk, please contact the marketing department. Thank you all for your patience these past several months; I look forward to welcoming some level of normality back as we approach the summer months.

- Sharon Winfield, Chief Operating Officer

Trekking Hadrian's Wall for The Care Workers' Charity

As proud gold sponsors of the Care Workers' Charity (CWC), Avery frequently participates in its fundraising initiatives. From the annual Going the Extra Mile week each summer, getting teams together for their yearly trek and our schemes such as the tuck shop at Group Support Centre, we have raised tens of thousands for this worthy cause over recent years.

The CWC has paid millions of pounds to applicants from their Covid-19 Emergency Fund during the last year, and they are now seeking support from peers across the care sector. Their next challenge is a 25km (13 miles) trek along one of the country's most well-known historical landmarks, Hadrian's Wall, and we are delighted to confirm that the Avery marketing team have already signed up!

If you're looking for a new challenge, why not get a team together to join in on 1st October and trek part of the wall that features some of the most breath-taking views. To register your involvement, please visit thecareworkerscharity.org.uk



Calling All Chefs: NACC Launches

Last month marked the launch of the National Care Chef of the Year Awards. Open to all chefs and cooks in the healthcare sector, the competition challenges chefs to create innovative and exciting recipes whilst adhering to a strict budget, and meeting the nutritional needs of their clientele. Simon Lawrence, Avery's Head of Culinary and Hospitality, is currently encouraging chefs across the company to sign up.

To enter, chefs must produce a two-course menu: one main course and a dessert, suitable for residents in a care home. Simon commented, "This is a really exciting initiative to sign up for, and I am looking forward to seeing what our talented chefs come up with." Two finalists from each region will be invited to attend the final meeting at Stratford-Upon-Avon College on 6th October 2021.



AT THE RACES



It was one of the most historical horse races to date as Rachael Blackmore became the first female jockey to win the Grand National, triumphing on Minella Times. A traditional favourite amongst our homes, residents and staff gathered to watch the race live on their big screens. It certainly would not be a Grand National without a bet or two as our homes held their very own sweepstake with their lucky winners picking prizes such as money, chocolates and even some silverware.

Bringing Aintree to Birmingham, Bourn View's residents enjoyed a Grand National themed party where the lovely ladies wore glamorous headpieces, and the gentleman looked dashing in their finest clothing. There was plenty of dancing and singing before the main event as the party was repeated six times to allow all residents to take part in their bubbles. Resident Carol Hodgetts mentioned, "Thank you so much to the amazing team for hosting this activity. I never thought that I would enjoy the Grand National so much!" Well done to all our winners!



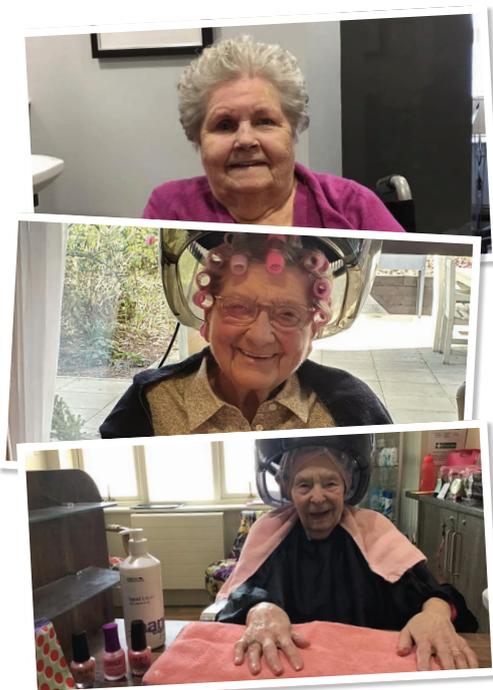
Back to Reality...

For many, it is with great relief that we are returning to some level of normality: resuming meaningful visits with family and friends.

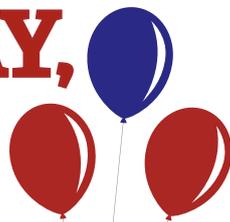
And not to mention the well-anticipated return to the salons!

For a while now, many of our residents have embraced the *au-naturel* look, but now that restrictions have eased, they have been gladly welcomed back into the salon chair. Our lovely ladies at Acer House, Cliftonville and Rowan Court loved being back in the hairdressers and thoroughly enjoyed the pampering. But it wasn't just the ladies who got the spa treatment; some of our gentlemen at Alder House paid a visit to the salon and enjoyed a haircut. With the results shared to Facebook, one friend commented, "Very happy and smart-looking gentlemen."

Not only are we delighted to enjoy a well-deserved pamper again, but with the warm weather on the horizon, many of our residents have enjoyed a small tippie in the garden to celebrate the joyous return of outdoor drinking. Including Crispin Court residents who officially declared 'Pimm's 'o' clock' whilst basking in the welcomed spring sun. It is wonderful to see so many of our residents back out in the garden.



HAPPY BIRTHDAY, YOUR MAJESTY



On 21st April 2021, Her Majesty the Queen turned 95 years old. Usually, this is celebrated with a 41-gun salute in Hyde Park, a 21-gun salute in Windsor Great Park and a 62-gun salute at the Tower of London; however, this had to be cancelled this year due to the pandemic. The public celebration of the Queen's birthday, or more formally known as Trooping the Colour – is celebrated every second Saturday of June.

Not to miss an opportunity to celebrate, and in honour of her admirable milestone, many of our homes got involved in some patriotic activities. In true British style, staff and residents at Loxley Park commemorated the day with tea, cakes and Pimm's. Residents donned their very best Union flag garments, including bucket hats and crowns, and enjoyed the treats with a smile on their faces. The lucky residents at Knowle Gate were greeted by a life-size cut out of the Queen herself! Even Charles and Camilla popped in for a tea and a natter with the residents whilst enjoying their afternoon tea and cakes. And in a bid to test their knowledge of all things royal, residents at Avery Park participated in a Queen themed quiz.



A Star in the Making



Resident Richard, or more commonly known as 'Sir Ricardo' at Avery Park, loves dance and thought he'd give some beginner ballet lessons a go. It was the first ballet session the home had organised to test whether they would incorporate it regularly into their activity schedule, and it certainly got the thumbs up from Richard. Well-being and Activities Co-ordinator Sophie says, "He was very proud of himself. He usually does a little dance with us whenever there is music playing, but this time, he fancied something a little different."

Proud of his achievement and for trying something new, Richard admitted, "I'm really good at this!" Staff at Avery Park reveal they love seeing Richard take part in his new hobby as it brings him so much joy. A video of Richard's session was posted to Facebook for relatives and friends to see, with one commenting, "Star in the making – go Richard!"



CRAFTING AT CLIFTONVILLE

Avid painter Ron, who resides at Cliftonville, recently helped Maintenance Operative, Paul build a bird feeder, which is now proudly sitting in the home's garden. Paul provided Ron with all the equipment he needed to start the job but left it up to him to decide on a design to complete the task.

"Ron has always been a keen painter and used to be a painter and decorator for a living," says receptionist Niamh Bagnall. To help him practise his artwork during his downtime, Tracy, Head of Well-being and Activities at Cliftonville, provided Ron with some blank canvases, and the results were fantastic. The home also went through a recent refurbishment on the Cottesbrooke Nursing Floor, which left the walls temporarily bare, so Ron asked if he could display some of his paintings there instead of the hanging photos, which of course, Cliftonville gladly obliged.

Virtually Connecting our Homes

Socialising is such an important part of our lives and supports mental health. Our staff have done a fantastic job adapting to the current times and continuing to keep our residents connected, whether that be virtually or within bubbles. The introduction of video calls has enabled our homes to maintain their friendships with one another.

Coming together over music, ten residents from Astbury Manor and Merlin Court's choir formed one voice and sang with each other over a video call. They performed four songs, including 'Wouldn't It Be Lovely'. The choirs plan to meet every Tuesday virtually and are aiming to host a concert once they can safely meet in person. Merlin Court's Home Manager Michael Berkley-Blezard mentioned, "This has been a fantastic social opportunity to develop relationships between two groups of residents and develop meaningful friendships."

Newly opened homes Edenbridge Manor and Droitwich Mews enjoyed the company of one another as their residents met for a virtual coffee morning. All those involved sat down with a slice of cake and a cuppa as they introduced themselves. They discovered their shared passion for drawing and have agreed to send each other pictures each month. Droitwich Mews resident Shelagh said, "Wasn't that lovely. I can't wait to see them again!" The residents thoroughly enjoyed the coffee morning and have arranged to meet every Wednesday to catch up and look forward to visiting each other's home when safe to do so.

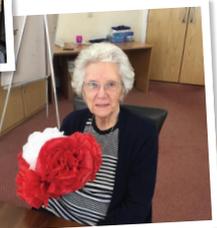


ST. GEORGE'S DAY

St. George's Day, or the Feast of Saint George, is commemorated each year on 23rd April.

Not just celebrated in England, St. George's Day is also marked in countries of which he is the patron saint; this includes Bulgaria, Georgia, Portugal, Catalonia and Aragon.

Thankfully, the sun made an appearance, and many of our homes got involved in the festivities from the comfort of their beautiful gardens, including Alder House residents who enjoyed an outdoor tea party surrounded by decorative flags. Loxley Park residents tried their hand at crafting and produced some beautiful white and red paper flowers, which they have proudly put on display throughout the home.



Triple Celebrations for Cliftonville Centenarians



On 11th and 12th April 2021, Eric and Dolly Dowdy of Cliftonville celebrated their 100th birthdays respectively. What made this occasion even more special was earlier that month, Eric and Dolly commemorated their 76th year of marriage.

The pair met whilst working at the Royal & Derngate Theatre in Northampton, where they bonded over their shared love for Ivor Novello songs – which Eric would frequently sing to Dolly. Dolly worked as a stage manager and Eric an actor; she was instantly attracted to his ‘smart dress sense and fabulous sense of humour’.

Together, Eric and Dolly have two beautiful daughters and a son: Carlene, Elizabeth and Matthew, and they happily reside at Cliftonville, surrounded by friends. Dolly reveals the secret to a long and happy life is, “Healthy food, with the occasional chocolate treat and a glass of Sherry, darling!” Eric, on the other hand, says he could never reveal his secret to a happy marriage.

Celebrate Good Times: Milestones at Avery



Arthur, Amarna House

100 years, 7th April 2021.

HEROES OF AVERY

Staff at Avery Park getting involved in National Superhero Day on 28th April. Here they are in action!



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.

	5		1		2
			3		
	2				1
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Anagrams

EHINSSU

ABELLMRU

ADINOPRR

SUNSHINE, UMBRELLA, RAINDROP

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