

AveryTalk



Hello everyone, and welcome to the June issue of Avery Talk, our monthly round-up of all the latest goings-on at Avery. In line with government guidelines, last month marked the introduction of trips out for our residents. It's been wonderful to see so many of you out and about again, exploring your local areas with friends and family. Let's hope the weather picks up and we can continue to get out during the summer. Dementia Action Week was a huge success. I'd like to personally thank Jo Crossland and Heather Perkins for their contributions to the week's activities; the webinar, in particular, was excellent and received some fantastic feedback from participants. It was great to visit Edenbridge Manor and Avery Park for our 'Meet and Greet' sessions, and I look forward to getting to know more of you as you continue your journey with Avery. There has been an exciting development at Hempstalls Hall with the trial of our new online relative booking system, to allow for safer and more accessible care home visits. For more information on this, please visit the home's Facebook page. Once again, I'd like to say a big thank you to all our staff for your continuous hard work over this challenging period. We are approaching better days, and I look forward to seeing what the summer months will bring.

Sharon Winfield, Chief Operating Officer

CELEBRATING INTERNATIONAL NURSES' DAY

12th of May marked International Nurses' Day, a day in which we globally recognise and celebrate the contributions nurses make to society. The International Council of Nurses (ICN) commemorates this important day each year by choosing a theme to mark the occasion. This year's theme was 'A Voice to Lead' with the sub-theme: 'A Vision for Future Healthcare'. To express gratitude for the continuous hard work our nurses provide for their residents every day, Avery distributed personalised boxes of chocolates to all nurses across the organisation.

Many of our homes also got involved in festivities throughout the day, including afternoon tea parties, crafting and ceremonies to celebrate their nurses.

One resident, Mary at Acacia Lodge, decided to prepare sweet hampers for community nurses who regularly come into the home. Residents at Clayton Manor had a busy day researching the history of nursing, including reading up on Florence Nightingale, founder of modern nursing. This was topped off with a 1960s sing-song in the garden. At Horse Fair, residents spent the day arranging beautiful flowers donated to the home by the local Waitrose in Lichfield, which were then distributed to their local surgeries and district nursing teams for their service, along with a thank you card.



Dementia Action Week



Led by The Alzheimer's Society, Dementia Action Week is a national event that encourages the public to come together to take action to improve the lives of people living with dementia. This year, Avery was involved in many ways to raise awareness around dementia and to promote good practice in dementia care. On Day 1, Jo Crossland lead a dementia awareness webinar that covered the different forms of dementia, the facts and myths and how to support people living with dementia to live life well. The webinar was greatly received by over 100 participants, with one person commenting, "I could have sat for hours listening. It was such an informative and insightful way of putting it all across."

Throughout the week, residents in our homes were involved in a variety of dementia specific activities. Residents at Avery Park prepared themed engagement boxes, which helped generate conversation amongst the group. At Bourn View, staff prepared an abundance of activities for the residents, including lighting candles and sparklers in the garden and decorating their memorial tree. And at Aran Court, residents prepared their life stories and displayed them in frames around the home. Photos of their work were shared on Facebook, where one friend commented, "What a wonderful thing to do. It's great to get all those memories on paper and preserved." All material from the week can still be found at averyhealthcare.co.uk.



World War Three

By Resident, Margaret Kaye
Horse Fair Care Home

The year 2020 – once more, we are at war
Not with boots on the ground
Nor any of our armed forces
Lapping at our shores and around the world
A virus – named COVID 19

An enemy totally unseen
Its insidious tentacles
killing and maiming thousands of people –
who happened to be in its wake
Regardless of colour or creed
Richer or poorer
We were stunned and horrified
All we could do was to stand waiting -
deprivation and depression followed

Acts of bravery came along
Tales of inspiration spurred us on -
as tears fell and soaked into the ground
we could only watch and wait again

Lockdown came, and with it, few shops open
Empty roads – life became unbearable
2021 came, and vaccinations were found
with it hope, we began to breathe a little again

And in many years to come
When the long dark shadows have gone
we shall see smiles again
have the joy of living
cherish our loved ones more...
Never again take things for granted.

We must remember smiles were behind the masks
Smiling is infectious
Catch that if you can
Smiles were some of the unseen weapons we used
while we found ourselves again
and we fought COVID-19
when the earth stood still

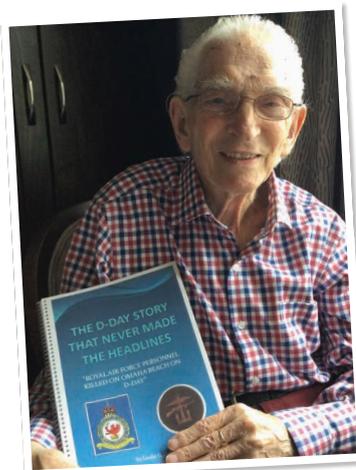
"TOMORROW WILL BE A GOOD DAY" 😊

Friday 26th April 2021 would have been Sir Captain Tom Moore's 101st birthday. To commemorate this day, his family set out a challenge and tasked the public to conjure up their own '100' challenge; this could be anything from completing laps to writing letters. Far be it for our homes to turn down a challenge, we have seen some fantastic and creative initiatives. Staff and residents at Edenbridge Manor and Merlin Court tried their hands at hula-hooping, intending to do 100 in a row; whilst the results weren't quite what they had expected, the attempts meant for a good laugh for all involved.

At Amarna House, the residents collectively thought up '100 Reasons to Smile', this included beer, holidays, and cats, but of course, the number one was York City Football Club. At Highcliffe, it was baking time as the residents got involved in decorating cupcakes. The challenge was shared to Facebook, with one relative commenting, "Watch out Mr Kipling... you've got competition!" And at Astbury Manor, residents challenged themselves to knit 100 hats for premature babies as part of their 'Knit and Natter' club. Luckily, pro-knitter and fellow resident Eileen was on hand to help offer support to those getting to grips with the task at hand.



THE D-DAY STORY THAT NEVER MADE THE HEADLINES



Respite resident Leslie Dobinson at Crispin Court is the last surviving British veteran of the D-Day operation in respect of the landing on Omaha Beach. After receiving presidential invitations to attend the 60th and 65th D-Day Anniversary ceremonies, in 2004 and 2009, respectively, at the Normandy American Cemetery, Les discovered that no one from military or political circles was aware of the service that the 84 Royal Air Force (RAF) had rendered there on D-Day, nor that some of his comrades lost their lives and many more were gravely wounded. So, as possibly the last British veteran of this operation, it was left to Les to see that the vital role that the mobile radar and signals units of the RAF played in the air defence of the Omaha Beach, and thence throughout the battle of Normandy, through Belgium and Holland, into Germany, received proper recognition.

To learn more about this fascinating story, please visit our website, averyhealthcare.co.uk.

We Had a *Wheely* Good Time



Partnering with the British Ceramics Biennial (BCB), residents at Rowan Court have been involved in a virtual six-week pottery course - as part of one of the BCB's community engagement projects. Before starting the sessions, the kit and equipment were delivered to the home in preparation for the residents. The classes, taught via Zoom call by Joanne, engaged the residents and allowed their creativity to shine through.

Week 1 of the course saw the residents beginning to make their own plates. In this session, they learnt to roll and cut their creations using ceramic clay and make their own coils. By the second session, the plates were crafted and ready to be applied with a personal stamp.

Staff at Rowan Court regularly shared updates on the progress of the course on Facebook, to the delight of the relatives, with one commenting, "It's lovely to see Mum enjoying making and decorating her plates". The fantastic final results will be displayed at the British Ceramics Biennial festival, which takes place later this year on 11th September - 17th October 2021 in Stoke-on-Trent, alongside year-round artist residencies, commissions and learning. We look forward to seeing Rowan Court's creations on *dis-clay*!



Arriba! It's Cinco De Mayo!

Cinco De Mayo, celebrated on 5th May every year, commemorates Mexico's 1862 victory over France at the Battle of Puebla during the Franco-Mexican War. While it is only a minor holiday in the United States, several of our homes gave us something to *taco 'bout* by getting involved and throwing a Mexican themed fiesta!

There were plenty of sugar skulls, sombreros, and Mexican sun as residents and staff dressed up in traditional Mexican clothing. *Juan home*, Silvermere, even had a Mariachi singer perform lots of well-known songs in this delightful style, with the homes favourite being 'La Cucaracha' (The Cockroach). Along with her amigos, resident Edith jumped out of her seat to join in with a Macarena. She quoted, "I enjoyed the whole day so much, and the performance was wonderful! He was so friendly, and I loved being able to join in with the dancing. Everything about the day was great!"



GETTING OUT & ABOUT AGAIN

In line with government guidelines, local day trips are now back on the cards, and we couldn't be more pleased to see our residents getting out and about again, exploring their local areas. At Dukes Court, the mystery bus tour made its welcome return, and the lucky residents ventured to the beautiful Castle Ashby estate. On their way, they even stopped off at the Falcon Juice Bar for some refreshments and a moment to sit out and enjoy the sunshine.

At Avery Park, staff and residents enjoyed their first trip out in their 'Park Life Bus'. They journeyed over to Boughton House to admire the stunning gardens. And what better day to get out in nature than on National Love a Tree Day? The bus also took them on a scenic route through Geddington, allowing them to see their local villages. Special thanks were given to the groundskeeper at Boughton House, who allowed the residents special access for their visit. We look forward to seeing where our residents will venture to next.



Celebrating VE Day

On the 8th of May, the nation paid tribute to those who sacrificed their lives throughout the Second World War, from British, Commonwealth and Allied Forces to evacuees and those who served on the home front. On this day 76 years ago Nazi Germany surrendered their forces which brought Victory to Europe, and Avery's homes celebrated the day in traditional fashion with afternoon teas, dancing and singing.

Wartime tribute acts took our residents back in time to perform all the classics from this era, including Dame Vera Lynn's 'We'll Meet Again' and 'White Cliffs of Dover'. For many, it was the first time in over a year that they could welcome entertainers back to their homes.

Alder House's Receptionist, Mel, a former singer, created a real party atmosphere that got the residents dancing and waving Union flags. The residents also spent the day reminiscing on the very first VE Day celebrations and the roles they and their loved ones played in the war. Sheila Morley, who attended the very first VE Day celebration in 1945, said, "I remember how everyone had a huge tea party in my street. There was a large line of tables, and everyone dressed up for it."



Blooming Marvellous!

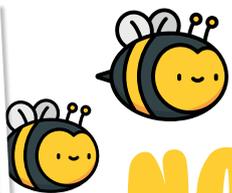
It is well known that being outdoors in the fresh air and sunlight, among plants and trees, is hugely beneficial. Growing your own flowers and plants also has many benefits. The very act of gardening is a pleasant activity for many that reduces stress and fosters happiness.

The English garden is an established institution with half of the adult population in England reporting being involved in gardening, so it is an important activity throughout our lives, reaching a peak just after retirement.

With this in mind, we are celebrating nature and the great outdoors with the Avery in Bloom competition, open to all residents (supported by staff) within our care homes. Categories include “Best Overall Impression”, “Fancy Flowerpot”, and “Grow a Microherb Garden.”

The competition is now in full *bloom* and unperturbed by the recent poor weather, gardening clubs and novices alike have been plotting their innovative creations inside or making full use of our homes potting sheds, so far keeping their plans a closely guarded secret, ensuring they are not leaked to their rivals!

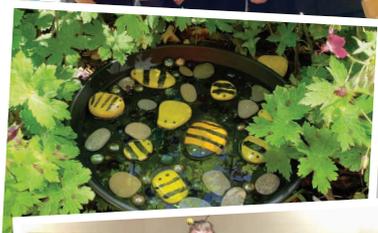
Entries must be submitted by 24th July, with winners announced on 8th August.
For full criteria, please speak to your Well-being and Activities Team.



BEE HAPPY! IT'S NATIONAL BEE DAY

20th May marked National Bee Day, which highlights the importance of bees' role in the world. Sadly, the global population of bees is declining due to factors such as toxic pesticides, loss of habitats and climate change. So, now it is more important than ever to recognise these clever little insects.

Loxley Park residents were *buzzing* with excitement as they participated in some bee-themed word games whilst enjoying some honey-flavoured food and decorated biscuits, kindly prepared by chef, Jade. Over the past few weeks, residents at Astbury Manor have been preparing a watering station in the garden for their fuzzy visitors, as people often forget water is vital in keeping bees alive and well. And at Acorn Lodge, residents enjoyed delicious homemade honeycomb and a few bee-inspired games. Of course, all staff needed to don their very best yellow and black clothing to celebrate the day, antennas and all!



All Aboard the Rivermere Express

Although some travel restrictions may still in place for the rest of the world, they have certainly been lifted for the residents at Rivermere as they embarked on their very own trip aboard the Rivermere Express. At the end of April, the in-house automotive pulled into the home to begin its 'journey', encouraging the residents to explore different cultures and spark conversation. Each week, the train virtually travels to a foreign country and has so far ventured to Spain, Italy, France and Bulgaria, with many other popular European destinations to go.

Each week, the staff at Rivermere have been doing an excellent job decorating the home with flags and crossing off the countries visited on a scratch map on display. Deputy Manager, Agnes, said, “Travelling is something most of our residents enjoy: many of them have been fortunate to travel to several countries and are always keen to share these experiences.” Rivermere's Head Chef has prepared a delicious menu for each of the countries the residents 'visit', consisting of a traditional style meal, which so far has gone down a treat. Residents are also encouraged to dress up for each destination they visit, either in traditional clothing or the flag's colours. Next stop, Belgium!



Celebrate Good Times: Milestones at Avery



Joan
Acacia Lodge

101 years,
6th May



Mary
Alma Court

100 years,
6th May



Pat & Brian
Milton Court

50th Wedding
Anniversary, 8th May



Mary
Acacia Lodge

101 years,
18th May



Rita
Poets Mews

100 years,
24th May



Flo
Elvy Court

100 years,
25th May



Jennie
Highcliffe

Born before the First World War, Jennie Morton at Highcliffe, turned 108 on 30th May. She celebrated the day with gifts, cakes and treats with her loved ones.



Norah
St Giles

100 years,
1st June

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.

6					
		1	3		6
		4			
1	2				
					4
3		5			

2			3		
	4			6	
		5			
				2	
					1
		3	6		

Anagrams

ICESOLST
HINSNSEU
DENIARNGG
AWBESTRRRY
EASIDSE

SOLSTICE, SUNSHINE, GARDENING
STRAWBERRY, SEASIDE

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