

# AveryTalk



**Hello everyone, and welcome to the July issue of Avery Talk. What a wonderful month we've had, with lots of fun activities, welcoming back some normality into all of our lives. The progress in the carehome.co.uk Reviewros competition has been a joy to follow; the volume of reviews gained over the past weeks has been great, and I am pleased to see how hard all of you are working on hitting that magic 10. Residents and relatives speak so highly of our homes, and I am glad that our hard work and determination is being recognised in this way.**

I am also pleased to share that Cliftonville reached a fantastic milestone this month, their 10th anniversary of opening! I hope all at the home can celebrate this commendable achievement and continue to provide the very best care to your residents.

As the total number of vaccines administered to people in the UK nears 80 million, we at Avery are very proud of the efforts of the NHS and all the volunteers who have contributed towards this extraordinary effort in protecting our loved ones and us. And as many of you will already know, from October 2021, Covid-19 vaccines will become mandatory for all staff working with adults in social care. The only exemption to this is if you are medically exempt from having the vaccine. Keep up the good work, continue to have fun, and I look forward to seeing what else you all will get up to over the summer.

## Going the Extra Mile for The Care Workers' Charity

5<sup>th</sup> - 11<sup>th</sup> July marks the Care  
Workers' Charity Going the  
Extra Mile week!



**Although we cannot run open house celebrations with our local communities and relatives altogether, we can still raise funds and have a good time raising awareness of the charity.**

Homes are being asked to run five days of internal and bubble activities incorporating sponsored creative miles commencing 5th July, culminating in a resident garden party on Friday 9th. In addition, themed activity and culinary packs have been sent to homes for inspiration, along with large boards containing a thermometer to complete a fundraising target and posters to distribute in local communities.

We would like to raise one cheque to present to the charity from the Avery Group and are therefore asking for all funds to be banked with Group Support Centre marked "The Care Workers Charity-GTEM", letting [marketing@averyhealthcare.co.uk](mailto:marketing@averyhealthcare.co.uk) know the total your home has raised after the event.

Run, walk, swim, cycle or dance. What will your mile be? Look out for details of what our homes get up to in August's edition of Avery Talk.



# FOOTBALL FEVER



It is fair to say that many of us have been excited about the long-anticipated Euro 2020 football tournament *kicking off* on 11th June. Several of our homes have been getting into the spirit by decorating their communal areas with European flags and hosting each match live on their TVs. One home, Avery Park, have transformed their cinema room into a 'fan zone' for residents to enjoy the experience on the big screen.

Hoping it will finally come home is Alder House's footy mad resident Desmond Burrige, who has been glued to the screen watching every England game. A photo of him was shared on Facebook and his son, Clive, commented, "What bliss for you, Dad. Football and beer, your favourite!" Residents at Hempstalls Hall tried their luck at betting on the big event with chocolate coins. Not wanting to miss out on the fun, staff at Group Support Centre have also joined in by holding a sweepstake, with half of the winnings being donated to the Care Workers Charity, totalling £120.



## Strike a Pose!

During June, staff were invited to get *snappy* and capture a new style of photography to use in our exciting brand refresh.

The challenge was to produce various images, including bright personality photos of staff and residents looking directly at the camera, residents and staff engaged in activities looking away from the camera, walking photos and selfies.

We have had some fantastic submissions from Dukes Court, Hempstalls Hall, Edenbridge Manor, Knowle Gate, Pemberley House, Hawthorns Aldridge, Birchmere House, Newcross and Ashurst Mews.



## Back Down to the Local



For many, it has been an *unbearable* year not being able to visit the pub to taste the sweet nectar of a crisp cold pint or indulge in some tasty pub grub. With the national lockdown restrictions easing, what better way to celebrate than a visit to your local watering hole?

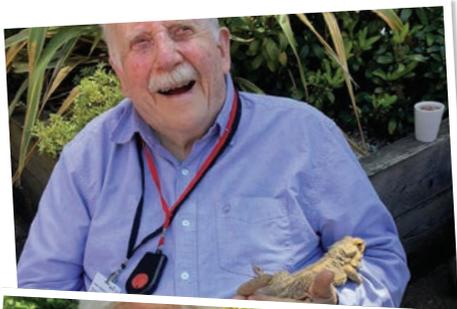
Residents of Abbey Court and Acer Court were living it larger than life as they finally returned to their favourite pubs. Abbey Court visited The Winding Wheel, which is just a short walk from the home to tuck into some delicious fish and chips, which of course was washed down with a pint or two. Talking of being back in his local tavern, resident Roger mentioned, "It is really nice to get out and partake in such normal activities again. I love visiting our local and enjoyed a proper pub lunch, especially the apple pie and custard!" The residents enjoyed the trip so much that they now plan to visit the pub for a spot of lunch regularly and thoroughly look forward to inviting their loved ones to tag along.



# Taking Care of our Carers

**National Carers Week, 7th – 13th June, recognised the contribution carers make to families and communities throughout the UK. Now, it is more vital than ever to celebrate the exceptional level of care they provide to our residents, particularly during the difficult times we have faced over the past year.**

Loxley Park staff celebrated the week by engaging in fun activities, including a raffle, hoopla and flip the bottle. It was an excellent opportunity for staff to enjoy quality time with each department, getting together for team building and a cuppa! The week concluded with a gift presentation for all carers as an appreciation for all their hard work. Carers at Amarna House were presented with a string of cards prepared by residents to express their gratitude. The photos shared to Facebook prompted relative Wendy to comment, "Thank you to all you lovely people, who go above and beyond to care for others."



## GO WILD!

Sometimes, spending time with a much-loved animal is the perfect antidote to combatting sadness and relieving stress. Courtesy of Wild Science, a local business based in Kent that specialises in Animal Education and Animal Therapy sessions, residents at Silvermere thoroughly enjoyed hosting some furry friends, including Hector the rabbit, Barry the bearded dragon and Frieda, the frog! Well-being and Activities Co-ordinator Grace commented, "They were all so well behaved, and the residents had a wonderful time meeting them." The brave residents also enjoyed a fascinating falconry display where they had the opportunity to interact with some magnificent birds, including an Eagle Owl and a Kookaburra.

Over at Astbury Manor, residents have been partaking in the 30 Days Wild challenge – a month-long initiative devised by The Wildlife Trusts. The scheme encourages care home residents to participate in one 'wild' thing a day throughout June – this could be anything from spending time in the garden to meeting some friendly animals. The residents completed their Random Acts of Wildness calendar, which provided them with an activity for each day of the month. They also had great fun discovering their challenges each day; Pat certainly got in the spirit of the challenge and even sketched a picture of the home's garden. Over the month, the residents ticked off all the different types of wildlife they had spotted in the garden on Pat's sketch.

A perfect activity for a rainy afternoon!

# Cheers To You, Dad

Across Avery, we are fortunate to have so many fantastic dads and fatherly figures residing in our homes. And on Father's Day this year, it was great to see many of them able to celebrate safely with their families and friends.

The lucky gentlemen at Horse Fair marked the day with a beer or two, alongside opening some lovely gifts and cards they received from their loved ones. Photos of the happy chaps were shared to Facebook, with daughter Pam commenting, "So lovely to see you looking your happy self." The dads at Hempstalls Hall took the opportunity to sit down and share their experiences of being a father and who their father figures are. Of course, this chat was accompanied by a little drink and a collective 'cheers' to one another. Residents at Rivermere spent some time reminiscing about their fathers and what they used to do for a living. Staff at the home prepared sheets of paper to write down the occupations for keepsake, which ranged from tailors, bank clerks and even fighter pilots in the war; they recalled how wonderful it was to sit and listen to the residents reminiscing about their families.



## Nutrition and Hydration Week

14th - 20th June marked Nutrition and Hydration Week, and there has never been a more important time to raise awareness of the significance of eating and drinking well in later life. Around 3 million people are at risk of malnutrition in the UK, and our homes got behind the campaign to promote good practices that can help prevent malnutrition and dehydration.

Diluted cordials, home-made lemonade, using still or sparkling water with plenty of ice were some of the simple yet effective additions to daily recipes from homes' catering teams. Colourful hydration stations and trollies were decorated and set up with delicious choices such as lemon and lime with a spoonful of honey and a sprig of mint. As well as thirst-quenching drinks, residents enjoyed smoothies to start the day energised, ice lollipops and fruits such as watermelon, which is high in water content.

Staff at Knowle Gate truly embraced the theme and dressed up to deliver their fruit platters and tasty juices!

## Let's Get Physical

We are proud to offer many physical activities that are both stimulating and enjoyable for our residents. Virtual classes have become all the rage during the pandemic and provide a safe alternative to in-person sessions, especially for our residents. Since then, we have seen an excellent range of activities and classes take place virtually and outdoors, allowing residents to continue enjoying their hobbies in a safe environment.

In preparation for The British Heart Foundation's National Croquet Week from Saturday 24th July to Sunday 1st August, staff and residents at Grove Park have been trying out some croquet on the home's front lawn. With the warm weather on their side, residents have enjoyed getting out in the sunshine and trying their hands at the game, which requires plenty of skill, strategy and tactic. As Well-being and Activities Co-ordinator, Leanne, admits, "The residents have all these in abundance." Residents at Rowan Court have been partaking in weekly 'Gentle Exercise' sessions delivered via Zoom by BeeActive. The sessions involve various arm exercises, which participants can complete from their armchairs. Relative Norma was delighted to see photos of the sessions shared on Facebook, commenting, "Well done everyone, keep up the good work!"



# THANK YOU DAY

SUNDAY 4<sup>TH</sup> JULY  
#THANKYOU DAY



The idea of Thank You Day came from a grassroots campaign to hold the country's biggest ever thank you party in our local communities as a way of thanking each other and of building on the community spirit that so many felt during lockdowns. The campaign has won tremendous nationwide support from hundreds of organisations ranging from the NHS to the Scouts and from high profile individuals including Gary Lineker, Michael Sheen, Dame Judi Dench, and Raheem Sterling.

Our very own Silvermere was invited to shoot promotional footage to advertise the campaign. When the team heard about the idea, residents and staff jumped at the chance of being involved.

At 3pm on Sunday 4th July, Together with Music will lead in a UK wide 'music moment' where musicians and groups up and down the country will be singing, performing, playing and dancing to Fleetwood Mac's iconic 'Don't Stop'. Keep an eye out in the media for footage of Silvermere during the lead up this week.

**We all have someone to say thank you to this year. Let's get together and make Sunday 4th July the UK's biggest ever thank you party!**



## TROOPING THE COLOUR

Trooping the Colour, celebrated in June each year, has marked the official birthday of the British Sovereign for over 260 years. Traditionally, over 1,400 parading soldiers, 200 horses and 400 musicians come together in a spectacular display to commemorate The Queen's official birthday, usually attracting thousands of spectators who wish to watch the ceremony live in London. Unfortunately, due to current restrictions, the festivities were unable to occur for the second year in a row; of course, this didn't stop our homes from marking the day safely and enjoyably.

Donning their very best red, white and blue, residents at Avonmere watched the 'Mini Trooping' - a revised version staged at Windsor Castle in line with current guidelines - in the comfort of their cinema room, topped off with a Royal tea party in the garden. At Hanford Court, residents soaked up the glorious June sun and enjoyed delicious cakes and Prosecco in the garden in honour of The Queen. Photos of the day were shared on Facebook, with relative Diane commenting, "Looks like you all had a lovely time!" Residents at Amarna House tested their knowledge with a Royal themed quiz - even the Queen herself made a guest appearance, in cardboard form, of course.

# Celebrate Good Times: Milestones at Avery



**Rita**  
Crispin Court

101 years, 4<sup>th</sup> June



**Gladys**  
Acacia Mews

100 years, 17<sup>th</sup> June



**Dorothy**  
Dukes Court

100 years, 13<sup>th</sup> June



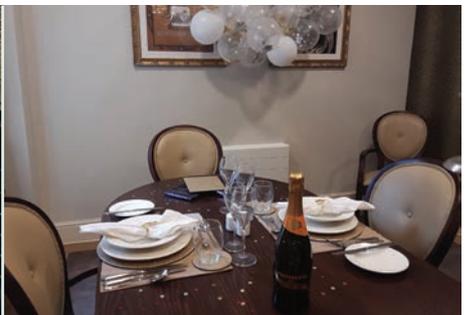
**Helen**  
Clayton Manor

102 years, 17<sup>th</sup> June



**Cecil and Ann Vyvyan-Robinson**  
Droitwich Mews

66<sup>th</sup> Anniversary, 11<sup>th</sup> 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.

1	6	2	3	4	5
5		3	1	2	
			6		
6		5	4		
	3	6			4
		1	2	6	3

			1	5	4
				6	
2	3			4	
	4		3	1	
1		3	4	2	5
4	5				

## Summer Themed Anagrams

**CABHE**  
**OTRSHS**  
**SGHNFII**  
**GNCMIAP**  
**DIAYOLH**

CAMPING, HOLIDAY,  
BEACH, SHORTS, FISHING,

For any queries, comments or to submit articles, please contact [marketing@averyhealthcare.co.uk](mailto:marketing@averyhealthcare.co.uk)

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