

AveryTalk



Hello everyone, and welcome to Avery Talk – September edition. This month’s highlights include plenty of friendly competition with our homes taking part in their own Olympic Games events and lots of summer fun with themed parties and BBQs. We’ve also seen several community links happen within our homes; it’s wonderful to see you all engaging with people and businesses in your local communities again, as I know how much this means to our residents.

Our fabulous brand ambassador, actress Sherrie Hewson had the pleasure of visiting Droitwich Mews last month to record a new virtual tour video. We loved having Sherrie back, bringing a smile and lots of laughter with her, and we hope she enjoyed her visit.

I am incredibly proud to reveal that as part of the ‘Going the Extra Mile’ fundraising initiative in July, Avery homes managed to raise a combined total of £5,725.49 for The Care Workers’ Charity. Bearing in mind all fundraising activities had to take place within our homes due to government restrictions, this is a fantastic achievement and one that you should all be very proud of. I now look forward to launching our next Big Event Day: Macmillan Coffee Morning, which gets underway later this month. Look out for support materials in the next few days.

And finally, a reminder that, following consultation, the government have legislated that all care home workers and anyone entering a care home (excluding relatives of residents and friends of residents) need to have a Covid-19 vaccination. This legislation comes into force on Friday 11th November 2021. Should you have any questions regarding this legislation, please do not hesitate to speak to your home or regional manager.



AVERY RESIDENT SURVEY 2021 *Your Views Matter*



We are pleased to announce the launch of the 2021 Resident Survey. Open from 1st to 29th September; it is an opportunity for residents to improve their experience and help shape the future of our organisation.

This completely anonymous survey contains simple “Strongly Agree” to “Strongly Disagree” choices and should take less than 15 minutes to complete. We’ve recruited an independent firm, People Insight, a specialist consultancy, to conduct the survey on our behalf. They will break down the feedback and compile the data, which we will use to develop recommendations, build action plans, and guide positive changes.

You can complete the survey in two ways:

- 1. Online - Visit peopleinsight.co.uk/averyresidents2021 or scan the above QR code.**
- 2. By hand - Please speak to a staff member at your care home to obtain a paper copy and a pre-paid envelope.**

Should you need support in gaining access, or if you would like to ask questions about the survey, each of our homes has a Survey Champion to assist.

We want to thank you in advance for your participation and support of this important initiative in which we want to hear from everyone. Your views are really important to us, so please do take the time to complete the survey. Your Views Matter!



Community Links Caring Contributions



At Avery, we are lucky to have such unique communities that have supported our residents and staff throughout the past several years. Our homes are highly appreciative to still see the continuous acts of kindness through donations, which were greatly received throughout the recent government lockdowns.

Northampton's Cliftonville and Spencer House are just two homes that were privileged enough to have received a donation from their local community links last month. The young group from National Citizen Service (NCS) and Lush Cosmetics delivered care packages consisting of toiletries and luxury items for the residents to enjoy.



Indian Independence Day

To celebrate Indian Independence Day, commemorated annually on 15th August, staff and residents at Merlin Court embraced some Indian culture at the home by tasting some traditional dishes. Switching up the lunch and supper menus, the talented kitchen team whipped up some tasty meals for the residents to try, including curried butternut squash soup, tikka spiced chicken thighs, lamb and mint samosas, saffron cinnamon-spiced poached pears and mango kulfi. We love to engage our residents in different cultures, and it's fair to say the residents love it too.

A PIRATE'S LIFE FOR ME



Ahoy, mateys! Staff and residents at Knowle Gate celebrated their very own Pirate Day, where fancy dress was, of course, highly encouraged. Well-being and Activities Co-ordinators Jade and Louise went all out with decorations, fabulous costumes, themed cakes and a spot of afternoon tea. Even Maintenance Operative, John joined in the dressing up!

Later in the day, residents were treated to a sing-song from performer Charlotte Costello, who managed to get all involved up on their feet, dancing and singing along. What a fantastic celebration. Certainly memories the residents will treasure for a long time.



I HEAR WEDDING BELLS...



In an Avery care home first, residents at St Giles celebrated the wedding of Clinical Nurse Lead Jade, as she hosted a reception at the home. Prior to the big day, Jade presented the excited residents with personalised invitations to the reception, including cake and fizz.

After having to postpone the wedding once already due to restrictions, Jade was delighted that it was able to go ahead safely this year. She spoke with BBC Radio West Midlands, explaining how excited she was to be sharing the day with the residents who have been following her journey to becoming a bride. Congratulations to Jade and Phill!

Avery in Bloom Concludes

As this year's Avery in Bloom competition concludes, we are delighted to announce our winners.

For Best Overall Impression:

- 1st Place – Cliftonville
- 2nd Place – Astbury Manor
- 3rd Place – Loxley Park

Fancy Flower Pot:

- 1st Place – Hawthorns Aldridge
- 2nd Place – Amarna House
- 3rd Place – Aran Court

Grow Your Own Micro Herb Garden:

- 1st Place – Grove Park
- 2nd Place – Derby Heights
- 3rd Place – Astbury Manor

Pleased with the entries this year, Head of Well-being and Activities, Zahid Khan, commented, "I know these have been difficult times for everyone, but it's nice to see that Avery in Bloom has brought people together to share ideas, build relationships, smile and have some much-needed fun!" Congratulations to the winners and all participants involved.



MAD AS A HATTER!

To celebrate National Book Lovers Day on 9th August, residents at Avery Park ventured into Wonderland with their home decorated in an Alice in Wonderland theme. The café turned into a woodland setting with The Queen of Hearts playing cards army patrolling the area.

Residents enjoyed the day partaking in many themed activities, including creating papier-mâché toadstools and attending the Mad Hatters tea party. Proving to be the hostess with the mostess, Deputy Manager Rebecca Evans was in full spirit for the occasion as she dressed as Alice to wait on her guests at the tea party.



GRANDMA, WE LOVE YOU!

23rd July marked Gorgeous Grandma Day, a day in which we recognise all women of a certain age, whether they are grandmothers or not. Not to miss an opportunity for a pamper and a bit of a party, several of our homes happily got involved in the celebrations.

Elvy Court, Loxley Park, Hanford Court and Hinckley House celebrated their lovely ladies with sweet treats, pamper sessions and, of course, a glass of fizz to accompany them. Alder House transformed their communal lounge into a spa; residents enjoyed a relaxing foot spa with calming background music. What a treat!



JAMAICAN INDEPENDENCE DAY

Bringing the sunny Caribbean to Birmingham on 6th August, Albion Court celebrated Jamaican Independence Day. The day was crammed with activities and parties celebrating the emancipation of Jamaica.

Embracing the Jamaican culture, residents enjoyed listening to traditional music such as hits from one of the pioneers of reggae, Bob Marley. There were plenty of tasty Caribbean delicacies on offer. The home's very own Caribbean cook Leoni and Chef Shyam prepared some Jamaican food, washed down with Guinness punch, a traditional cocktail. Jamaican resident Violet Gordon said, "I love the celebrations each year, especially with our Albion Court family. All the parties and cultural traditions are amazing."



TOP 20 FOR AVERY HEALTHCARE!



On Friday 20th August, it was announced that Avery Healthcare had reached carehome.co.uk's Top 20 Rated Care Home Groups in the UK. Based on over 109,000 reviews received from residents, their families and friends, this coveted recognition is a fantastic achievement for the organisation and a credit to all the hard work and dedication put in by our staff over a difficult period.

A special mention is to be given to Astbury Manor and Crispin Court, who were both recognised as part of the regional Top 20 Care Home 2021 Awards. Crispin Court secured a review score of 10, and Astbury Manor a 9.8. Throughout June, Avery's overall score increased from 9.4 to 9.5.

Keep up the hard work in continuing to generate positive reviews for your carehome.co.uk profiles. Should you require any assistance, please do not hesitate to contact ryan.farrelly@averyhealthcare.co.uk, who is more than happy to help.

ON YOUR MARKS, GET SET, GO!

The Olympic games not only touched down in Tokyo this year but in several of our homes as our residents got in the friendly spirit of the competition, participating in a number of exciting and innovative events within the home.

At Droitwich Mews, staff and residents got involved in an Olympic torch relay in the garden, of course, to the song, 'Chariots of Fire'. Well-being and Activities Co-ordinator, Emily, said, "There was so much laughter in the garden, it was lovely to see and be a part of!" The games were followed by an official closing ceremony, which was second to *run*. Resident Sylvia was the designated awards presenter and handed out medals and certificates to all the winners.

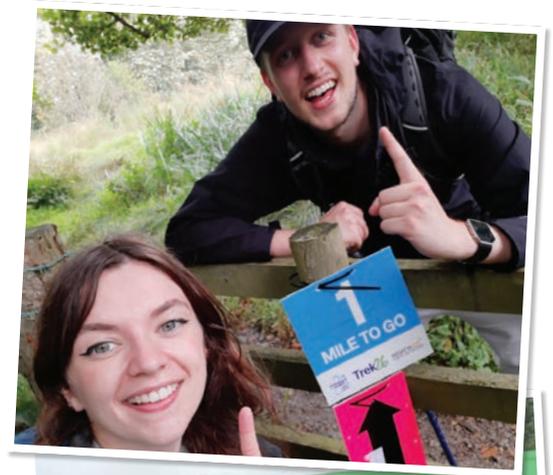
At Loxley Park, residents got busy with balloon volleyball, a bean bag toss, darts, and a paper plane launch. Prizes included medals, certificates, but most importantly, chocolate bars for the gold winners. Knowle Gate staff and residents put their own spin on the games this year and competed in some fun activities, including crazy golf, basketball, a cone ring toss and balloon tennis. Margery raised everybody's spirits by cheering on and motivating her fellow residents.



Trek for Alzheimer's

Merlin Court Well-being and Activities Co-ordinator Rhia and partner Lewis trekked 13 miles in the beautiful Lake District to raise money for Alzheimer's Society. Completing the challenge in an impressive 5 hours and 29 minutes, Rhia commented, "It went really well, despite the pouring rain!" Alzheimer's Society is the UK's leading dementia charity and works to fund research to find a cure for and support people living with dementia. The charity is one close to Rhia's heart and why she and Lewis sought to do something to raise money.

The trek took place on 7th August, through the stunning Ullswater Lake in the Lake District. Rhia added, "We trekked to the Memory Garden, which had messages and pictures of the people that participants were walking for, which was emotional to read but such a lovely idea." Rhia also took to Instagram Live to fundraise further, performing live songs and singing with her guitar. This initiative enabled her to raise a further £120 for the charity, with the pair managing to raise an impressive £1062 so far. You can still donate and learn more about this incredible charity by visiting facebook.com/MerlinCourtCareHome.



GETTING ACTI-VATE THIS SUMMER

During August, Horse Fair teamed up with the Sport4Kids and Acti-Vate programme, run by Rugeley Community Centre, to engage residents in safe visits to summer sports events. The joint programme has been running for three years and supports children and families in the local community during the summer holidays, providing free sports, arts and crafts sessions. Staff and residents at Horse Fair were invited to support the children at their summer activities, cheering them on and handing out refreshments and goodie bags: each containing a football, frisbee, skipping rope and water bottle!

Home Manager, Gemma Bertelson, said, "This collaboration means so much to our residents. We are proud to be supporting the local children, enabling them to keep active throughout the summer holidays. It is also an excellent opportunity to work alongside two fantastic companies: Sport4Kids and Acti-Vate." Also attending the sessions was Well-being and Activities Co-ordinator, Jess. She added, "We are so pleased to be able to give something back to our community and Rugeley community church after they have supported us so well during the pandemic. It is amazing what local businesses can achieve when they work together."



Celebrate Good Times: Milestones at Avery



Rita
Derby Heights

101 years, 1st August



Edna
Poets Mews

101 years, 1st August



Clifford & Dorothy
Acacia Lodge

65th Anniversary, 11th August



Leslie
Clayton Manor

100 years, 24th August



Colin & Anne
Spencer House

64th Anniversary, 24th August



Hilda
Horse Fair

100 years, 27th August



Ceri
Horse Fair

107 years, 1st September



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	3			
				5	4
1	4			3	
				2	
6			1		
			2	6	

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

Autumn Themed Anagrams

PESMERETB
COERLD
AELEVS
AFSRC
OCYS

SCARF, COSY
SEPTEMBER, COLDER, LEAVES,

For any queries, comments or to submit articles, please contact marketing@averyhealthcare.co.uk

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