

AveryTalk



Hello everyone, I am delighted to welcome you to Avery Talk's November issue. With autumn now upon us, it's been a joy to see what you've all been getting up to, preparing for the chillier months. We have lots of beautiful, colourful photos to share this month as we enter the new season.

I am pleased to announce that our awards success continues, with wins at both the Knight Frank Luxury Care Home Awards and The Care Home Awards 2021. At Knight Frank, Avery Park was awarded the 2022 Renovation and Refurbishment Award, which recognised the preservation of heritage and the quality of redesign and repositioning works. Avery Healthcare took home the Best for Technology award at The Care Home Awards and received a High Commendation in the Best for Communication category. The combination of these accolades demonstrates the consistent, sector leading best practice that Avery maintains in its delivery of quality of care for our residents and their families' services. Well done everyone, this is a remarkable achievement for the group.

Finally, I am excited to reveal that following your efforts in fundraising for Macmillan Cancer Support, across the group, we raised a fantastic £3,664.83. This is a commendable achievement, considering our usual coffee mornings couldn't take place in person due to current restrictions, so a big well done for your innovative and creative approach towards fundraising this year. It's been an excellent month for all across Avery, and I look forward to seeing what the rest of the season has in store.

#Avery Advent

During December, we are launching Avery's first Virtual Advent Calendar! Each day, visitors will be able to open a new window revealing a picture from one of our homes along with a short piece of content. They will then be able to sign up to receive a Christmas tree decoration made by one of our residents. The campaign will be promoted across all our digital channels with the hashtag #AveryAdvent.

Calling All Knitters and Crocheter's

In the lead up to the campaign, we are challenging residents and staff to create knitted or crocheted Christmas tree decorations that will be dispatched to those who sign up.

Decoration Requirements:

- Must have a hook to hang on a tree
- No bigger than 10x10cm (4x4")
- Must be knitted or crocheted (for ease of postage)

If you would like to get involved, please send your completed decorations to the address below by 1st December noting your home name with the package:

Marketing Elves, Avery Healthcare Group Support Centre, 3 Cygnet Drive, Swan Valley, Northampton, NN4 9BS.



Hello Autumn

22nd September officially marks the beginning of autumn, the transition from summer to winter where the trees turn orange, daylight becomes shorter, and the mornings turn frosty. Across our homes, staff and residents have happily welcomed the cosy season by participating in a wide range of autumnal activities.

Nottingham's Goose Fair, one of Europe's largest travelling fairs, usually arrives in early October each year. However, the event was cancelled this year due to current restrictions, but this didn't stop residents at Alder House from creating their own fun. Bringing the fair to the home, staff provided traditional fairground games for the residents to partake in, including the infamous hook a duck and darts with prizes to win.

Halloween traditions were celebrated in abundance this year across our homes, with residents joining in some fun, and of course, *spooktacular*, pastimes. Knowle Gate residents put their painting skills to the test and created a beautiful Halloween scene made from watercolours and fairy lights. The stunning final product now sits proudly in the home's activity room for all to see.

Straying slightly from tradition, residents at Dukes Court decided to doodle autumnal illustrations on pumpkins rather than carve them. The finished products were proudly displayed at their *scare* station, with Well-being and Activities Co-ordinator Simon adding, "By not cutting the pumpkins, they aren't messy and stay fresh for longer." Residents helped staff decorate the rest of the home with skeletons, witches and ghosts for Halloween and officially renamed the home Dukes Spooks for the occasion.

At Elvy Court, 27th October marked their very own Pumpkin Day, where residents got creative in some pumpkin art with a range of paint colours. Kerry Shepherd, Well-being and Activities Co-ordinator, said, "The results were amazing, and all of the residents who took part really enjoyed doing something a bit different." The creations were then compiled into one big tower for relatives and visitors to see at their Halloween party.

Oktoberfest arrived at Crispin Court this year, mirroring the world's largest 18-day Volksfest (folk festival) held annually in Germany. Residents were treated to a variety of beers, lagers and ciders in a beautiful autumnal setting. Well-being and Activities Co-ordinator, Sid, confirmed, "After several tastings and much discussion, our residents have concluded that although the beer and lager were ok, the fruity cider was the definite favourite." Prost!



Yeehaw! Welcome to the Wild, Wild, Wellingborough

In September, Home Manager, Howdy (Heidi) Smith, spurred no effort in hosting an unforgettable Country Hoedown show for residents and staff at Dukes Court, which certainly didn't receive any caterwauling!

The day started in the 'Dukes Saloon', with residents donning cowboy hats, equipped with inflatable instruments, and listening to a selection of well-known country-themed songs from TV shows such as The Waltons, Dukes of Hazzard and Little House on the Prairie. Residents then grabbed their partners for a Country Hoedown dance as they attempted the two-step line dance.

Ensuring that the whole Dukes Court posse experienced the day, activities were repeated on both residential and memory care floors. Residents had a rootin' tootin' time, with Doreen saying, "I would like to thank the staff for bringing such an entertaining experience. I've had such a good time, and I really liked wearing a cowboy hat. Now I just need a horse!"



BACK TO SCHOOL FOR BOURN VIEW

World Teacher Day, celebrated annually on 5th October, aims to raise awareness of the important role played by teachers all over the world. Considering that teachers mould future generations, taking one day every year to say "thank you" is the least we can do. And for party-loving Bourn View, it gave them the perfect excuse to throw a school-themed bash.

Dressed as Headteacher, resident John played the class clown and had his fellow students in hysterics as they arrived for their history class in the activities room to learn more about the Second World War. Hoping not to get detention, the mischievous pupils put their hands up to share their school experiences as they reminisced about their childhoods. In her report, Teaching Assistant, Rosie said, "It was such a funny day with John playing the perfect Headteacher. He controlled the class very well, A* all around."

The Proof is in the Pudding

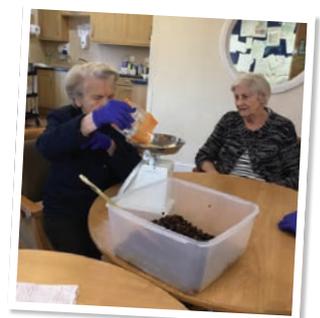
Believe it or not, Christmas cake actually started life as a plum porridge to line people's stomachs after a day of religious fasting. Soon, other fruits and a dash of honey joined the plums and became the good old Christmas pudding.

Around the 16th century richer ingredients were added to the mixture, the oats were removed, with eggs and flour now being added. The pudding began to resemble the kind of fruitcake that we recognise today. Spices brought over from the east were incorporated into the cake to symbolise the three wise men. Richer families could also afford to wrap their cakes in marzipan, making them look much like the Christmas cake we eat today.

These days, most Christmas cakes are made in advance, with festive bakers 'feeding' their cake with brandy, sherry, or whisky until the big day. This has been the case for two of our homes, who have been getting into the festive spirit, with the help of their residents, making their very own Christmas cakes.

Residents at Acacia Lodge had a lovely afternoon filled with fun and reminiscence as they weighed out and stirred the ingredients.

With only 79 sleeps to go, residents at Milton Court shared their traditional family recipe and ingredient ideas with the homes chef, Adam, making a start on the festive cakes. Over the next few weeks, more alcohol will be added to ensure the cakes mature nicely, ready to be eaten over the festive period.



Wear It Pink

October marks Breast Cancer Awareness month; it's an opportunity for people worldwide to showcase their support for everyone affected by breast cancer. The charity's 'Wear it Pink' day, which took place on 22nd October, encourages people to don their best pink garments and raise some money.

Honouring the infamous 'Pink Ladies' from the classic film 'Grease', staff and residents at Avalon Court dressed as their favourite stars of the film as part of their fundraising efforts. The afternoon was topped off with a fun disco, where residents Sheila and Pat were declared the best 'Pink Lady dancers'. At Seagrave House, cardboard cut-out Dolly Parton joined the pink-themed party. Pictures of the event were shared to Facebook, with one relative commenting, "Brilliant! Lots of smiles throughout Seagrave today." And at Merlin Court, residents participated in a themed quiz consisting of solely 'pink' related questions, raising £47.50 for Breast Cancer Now in the process.



BLUEBIRDS AND BLUEBELLS CAFÉ

In September, Avery Park challenged local pupils from Brambleside Primary School in Kettering to help name the newly opened café on their memory floor. With 500 amazing (and some very funny) entries submitted from pupils aged 7-11 years, it was Emily Henderson's suggestion of 'Bluebirds and Bluebells' that got the seal of approval from Avery Park.

Winner Emily, Callum and Kyan who were awarded 2nd and 3rd place respectively, were invited to officially open the café on 17th September and received prizes for their brilliant efforts, including a mini version of the name plaque. Speaking of the newly named café, resident, Michael Stroud, mentioned, "I really enjoyed the opening ceremony; it was a lovely event.

The name Bluebells and Bluebirds is wonderful."



NAVARATRI

Navaratri is a Hindu festival spanning nine nights every autumn. It is observed for many reasons and celebrated differently in various parts of the Hindu Indian cultural sphere. Staff and residents at Birchwood Grange celebrated the festival with plenty of traditional Indian food, music and dancing. Residents got involved by joining staff dancing with the Dandya (two decorated sticks); traditionally, those involved dance in a circle, regularly tapping the opposite person's stick.

Home Manager, Linda Simpson, explained, "We lit a candle called Aarti; this is presented to the Gods whilst prayers are read from the Jai Adhyashakti Aarti." Traditional Indian dress is worn throughout the celebrations, which fills the home with vibrancy and beautiful colours. On the final day of celebrations, Indian savoury food was prepared to present to the Gods, accompanied by special prayers. The festivities were enjoyed by all at the home, with Linda adding, "We are still dancing!"



AVERY'S ANIMAL FRIENDS



It is well-known that contact with animals can bring many psychological and emotional well-being benefits, resulting in a soothing effect on people. And it is great to see several of our homes welcoming visits from our furry friends to spend time with residents again.

Dukes Court invited Paula and her Malta-pooch dog, Bertie, for a play and cuddle, which lifted spirits and put huge beaming smiles on their resident's faces. Paula and Bertie have created a special bond with the residents at Dukes Court over the summer, as they regularly see each other out walking in their local park and stop for a catch up, and of course, to pet her gorgeous four-legged companion. Resident Dorothy was heard saying, "He is so lovely, look at him! Please, can he live here with us?"

Newcross was also paid a visit by their local Greyhound Trust, who brought retired race dogs for residents to pet. Prior to the Covid-19 pandemic, they would visit the home weekly and were delighted to be able to spend time with our residents once again.

Opting for a braver visit was Horse Fair, who welcomed Zoolab with their reptiles and creepy crawlies on 7th October. Residents had the chance to overcome some of their fears by holding animals, including a giant African land snail, tarantula, bearded dragon, and a snake. Resident Cynthia and Well-being Co-ordinator, Jess, who both have ophidiophobia, braved it together as they encouraged each other to hold the snake.



Mental Health Awareness Day

Sunday 10th October marked World Mental Health Day, an international day for global mental health education, awareness, and advocacy against social stigma. The World Health Organisation (WHO) claim, "The day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide."

Across our homes, staff helped our residents recognise mental health awareness by bringing residents together, participating in a number of activities with self-care and wellness at the forefront. At South Lodge, residents participated in some gentle seated exercise, as physical exercise is known to have a multitude of benefits to our mental health.

This was followed by lavender bag making, which the residents kindly created as gifts for any staff or visitors who would like one. John Liversuch from 'Positive Mind and Body' was welcomed back by staff and residents at Knowle Gate, where he introduced some simple breathing techniques for mindfulness and relaxation. At Loxley Park, alongside some calming Tai-Chi practice and crafting, residents took part in an assortment of word games, helping them to engage in some brain training whilst building meaningful connections with one another.

Celebrate Good Times: Milestones at Avery



Sylvia
Milton Court

104th Birthday,
4th October



Vera
Hinckley House

109th Birthday,
5th October



Evelyn
Acorn Lodge

100th Birthday,
12th October



Edwin
Aran Court

101st Birthday,
14th October



Bob
Silvermere

103rd Birthday,
19th October



Rita
Crispin Court

101st Birthday,
20th October



Edna
Cliftonville

100th Birthday,
21st October

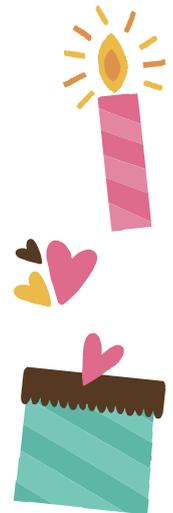


Photo of the Month: November 2021



Resident Shirley from Dukes Court with Pets as Therapy (PAT) dog, Bertie.

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

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