

AveryTalk



Hello everyone, and welcome to the January issue of Avery Talk. I hope you all had a wonderful Christmas! 2021 was undoubtedly one of the most challenging years for us in the healthcare sector, and I would like to express my sincere thanks to all our staff for pulling through and demonstrating an incredibly high level of hard work; you should all be incredibly proud of your achievements.

A big thank you also goes out to our residents who got involved in the Christmas advent calendar initiative, which saw many of you knitting and crocheting festive tree decorations to distribute to those who signed up. What a fantastic achievement that brought us all together, and I am pleased to say that we sent out hundreds of decorations!

I'd also like to remind staff of our Refer a Friend scheme whereby you can receive a cash bonus if you refer a successful applicant to one of our homes. For more information, please speak to your Home Manager.

And finally, a reminder to all. Please don't delay in booking your Covid-19 booster jab. In the fight against the virus, an injection is the most effective form of protection, so don't hesitate; get your jab to protect yourself and your loved ones this winter.

Thank you again for your hard work last year; I am looking forward to seeing what 2022 will bring for Avery! Happy new year to you all.

NEW YEAR'S WISHES AND RESOLUTIONS

The tradition of making a New Year's resolution, in which a person resolves to continue good practices, change an undesired trait or behaviour, accomplish a personal goal, or otherwise improve their life at the start of a new year, dates back centuries.

Many of our homes asked residents to document their resolutions with Aran Court residents, Sue aiming to revisit South Africa, and Margaret to be more patient with people!

Residents at Acacia Lodge chose to hang their New Year wishes on a tree. From Jeanne wanting to go and watch professional ballroom dancers to Mavis wishing to learn to ride a bike, many of the wishes were simply for us to start leading 'normal' lives again.



Commitment to Respecting Human Rights



In the UK, human rights are protected by The Human Rights Act 1998, which provides a framework to ensure that basic principles, including dignity, fairness, respect, and equality are applied to every citizen in the country, regardless of where they live.

Of the 16 key rights set out in the Human Rights Act, some are of particular relevance to people living in care homes. To mark Human Rights Day, which is recognised worldwide every year on 10th December, Jo Crossland, Avery's Head of Dementia Care, worked with colleagues to develop an information booklet explaining how the Human Rights Act applies to residents living in care homes.

The booklet is now widely available in all Avery homes for residents, families, staff and visitors to access.

AND THE WINNER IS...

We are delighted to announce the winners of the Festive Table Centrepiece competition set during the festive period by the Well-being and Activities team for all residents to get involved.

After some excellent and creative submissions, taking home the first-place crown was Grove Park, followed by Loxley Park in second place, and in joint third, Derby Heights and Acacia Lodge, both with stunning submissions.

Avery's Head of Well-being, Zahid Khan, said, "It was difficult to judge, as the quality of all the entries and supporting information highlighting individual creative journeys and the sharing of ideas were great." Congratulations to the winners and a big well done to all those who took part.



Getting into the Christmas Spirit

Christmas is a joyous time of year, no matter your age, and there is always a buzz of excitement in our homes in the lead up to the big day. With plenty to do and prepare for, our residents had a wonderful time getting in the spirit.

The infamous 'Elf on the Shelf' returned to many of our homes, causing plenty of havoc and chaos along the way. At Rowan Court, the 'naughty' elf who visited the home on several occasions played tricks on the residents, especially for National Elf Day – organised by the Alzheimer's Society charity. The elf, better known as 'Alf', at Astbury Manor, got into plenty of trouble in the lead up to Christmas, even unwrapping some presents under the tree prematurely.

Also participating in National Elf Day were residents at Knowle Gate. Singer Charlotte Costello stopped by the home to perform some Christmas classics, of course, dressed in elf attire for the occasion.

Several of our homes ventured out to local Christmas markets to enjoy all they offered. St Giles decided to host their own Christmas market, which included a stall with plenty of goodies kindly donated by friends and local businesses. The residents had a wonderful time buying gifts for their loved ones from the comfort of the home.



Gramo-fun at Pemberley House

Last month, residents at Pemberley House were paid a visit by Gramofun - a gramophone enthusiast group with a vast collection of records covering from 1907 up to the 1950s – to enjoy an afternoon of musical fun. This unique experience allowed residents to listen to historical renditions precisely as they would have been originally heard. Of course, all involved had a wonderful time and agreed it was a treat to listen to some 'old classics'. Representatives from Gramofun said, "We had a lovely afternoon, and it was great to share the music with you."



24 Days of Advent

Last November, we tasked our talented residents to knit and crochet a selection of festive Christmas tree decorations in preparation for our virtual advent calendar. As advent progressed, we became inundated with requests for decorations, so much so that we even circulated a plea for help from friends and relatives, who kindly sent their creations to our homes in support. We were thrilled with the take up of the campaign which aimed to spread a little joy to the communities who have supported us during the last year. Upon distribution of hundreds of decorations, we were delighted to see so many images of them proudly hanging on Christmas trees on social media. Once again, we'd like to express our gratitude to all those who contributed, and we hope that you all enjoyed getting involved.



June Strikes a Bullseye

Milton Court's Home Manager Dionne Pearson took it upon herself to gift every resident an individual personalised Christmas present last month. It was a surprise visit from local dart superstar and World Dart Champion Fallon Sherrock for dart super fan June, which really made her Christmas extra special. During the 2021 Grand Slam of Darts, Sherrock became the first woman in darts history to reach the quarter-finals of a major tournament.

The pair spent time together talking about the great sport of darts, which led to June admitting she talks about Fallon more than her own children! Speaking of her surprise visit, June said, "I was completely shocked and surprised when Fallon arrived. It's the last thing I expected, and I was quite overcome with happiness." June was also delighted to get her hands on some darts memorabilia from Sherrock's match at Alexandra Palace.

ONLINE VISITOR BOOKING SYSTEM

Avery is proud to be an innovator in the care sector. With a recent win at the 2021 Care Home Awards for Best for use of Technology, we are delighted to have launched an online visitor booking system.

Designed for use by anyone with loved ones at our homes, the system allows users to book and manage visits on convenient dates and times.

Registration is simple. You can download the app from Apple Store or Google Play or register online at visitingatavery.co.uk. After selecting your care home of choice and entering some details about yourself and your loved one, a confirmation email will be sent to you to start managing your bookings.



Celebrate Good Times: Milestones at Avery



Anne
Cliftonville

103 years, 3rd December



Celia
Ashurst Mews

100 years, 7th December



Claire
Avalon Court

102 years, 1st December



Honor
Amarna House

100 years, 18th December



Elsie
Acer Court

102 years, 22nd December



Syd & Betty
Rowan Court

71st Wedding Anniversary

Photo of the Month: January 2022

Smiley resident Doreen at Knowle Gate Care Home.



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.

		4	3		
6				4	
2		5			4
			5		
	1				
	3				2

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

New Year Themed Anagrams

NEIOUTLRSO
AJARYUN
KEROSFWRI
COTWNDNOU

RESOLUTION, JANUARY
FIREWORKS, COUNTDOWN

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