

AveryTalk



Hello everyone, and welcome to the March edition of Avery Talk. The past month has seen plenty of creative and fun activities in our homes, including Valentine's Day festivities, celebrating the Year of the Tiger for Chinese New Year, and an emotional reunion of residents in our Leeds homes, Aire View and Grove Park.

We are delighted to announce that our stylish new home brochures are now in their final stages and will begin rolling out into our homes over the coming weeks. Through the use of colour, icons, photography and tone of voice, the marketing team have created a new brand identity that embraces our core values and gives new families a better representation of what to expect from us.

The marketing team will be keeping homes posted on the distribution of these and the next steps with regard to auditing the rest of our brand.

And finally, the big Government news surrounding COVID-19 this month is that we can now begin to take the final steps in returning to life before the virus. It has now been confirmed that from 15th March, the legislation surrounding vaccinations for people working in the health and social care sector in the UK will be revoked. We are fortunate that our staff (unless medically exempt) have been double vaccinated, and many have had the booster. On behalf of Avery, I thank everyone for their commitment to this uptake, as it really has helped us to protect our residents and each other throughout the pandemic.

THE YEAR OF THE TIGER



Also known as Lunar New Year, the Chinese New Year begins alongside the new moon and is traditionally seen as a time of rebirth and renewal. This year, the Chinese New Year started on the 1st of February, with 2022 being the Year of the Tiger, in line with the Chinese Zodiac. Our homes have been celebrating with a range of activities.

Loxley Park *kick-started* their celebrations with tai chi, which began as a martial art during the 13th Century in China. Combining deep breathing and relaxation with flowing movements, tai chi can help reduce stress and improve mobility. Residents discussed Chinese traditions, ending their evening with fortune cookies and gifting each other red envelopes containing lucky chocolate coins.

Over at Elvy Court and Milton Court, residents have been unleashing their creative side, making beautiful paper lanterns and painting colourful tigers. Poets Mews residents enjoyed finding out their Chinese birth signs of tigers, snakes, pigs, monkeys, and even goats – residents roared with laughter when they discovered their birth signs. They topped off their celebrations with a delicious selection of Chinese themed foods to sample.



Eagle-Eyed Residents

28th and 30th January marked this year's Big Garden Birdwatch, a period devoted to encouraging the UK's public to spend time birdwatching in their gardens or local parks to help The Royal Society for the Protection of Birds (RSPB) monitor how garden birds are faring. Shockingly, we've lost 38 million birds from UK skies in the last 50 years, so it really is vital we do all we can to look after our birdlife.

This activity has been a firm favourite with residents across our homes for many years. With their binoculars at the ready, residents from Loxley Park took a walk around their beautiful grounds and nearby lake, spotting different breeds. They finished the day with a themed game where they named as many bird phrases and idioms as possible, some being very funny, which made the group *tweet* with laughter.

The *birds of a feather* residents at Milton Court and Elvy Court spent the day prepping their gardens for spring, creating bird feeders and seed balls to attract the little winged visitors to their community. Milton Court Customer Service Manager, Gemma Brooks said, "Our residents were in their element hanging feeders to encourage our feathered friends to visit us."



Reuniting in Care

February saw two emotional reunions in our Leeds care homes, Aire View and Grove Park.

The 14th of February was not just a special day due to Valentine's Day, it was also the day Margaret, who has resided at Aire View for two years, was permanently reunited with her husband, Tom, who joined the community as a new resident to be with his loved one. Not bearing to be apart, Margaret, wife to Tom of 67 years, said, "I am extremely happy to be able to live with Tom again. I have wanted him to join our community for a long time, and now he is finally here!"

At Grove Park, Betty, who has been a resident on the Roundhay Suite since last August, was treated to a delightful surprise when her former neighbour of 20 years, Jean, joined the home. The pair, unaware that they would both be living at Grove Park together, shared a touching moment when they discovered that they had become neighbours again and swiftly picked up from where they had left off.



IT MUST BE LOVE

Celebrated annually on the 14th of February, Valentine's Day was originally a Christian feast celebration honouring two early Christian martyrs named Saint Valentine. The day became associated with romantic love in the 14th and 15th centuries when notions of courtly love flourished, apparently by association with the "lovebirds" of early spring. Since the 18th century, we traditionally show affection towards the ones we love the most for Valentine's Day by sending cards, flowers, and gifts to our loved ones.

Across our homes, residents enjoyed a heartfelt day with different themed activities organised by their well-being teams. Love was in the Aire View and Grove Park as residents participated in an arts and crafts session, creating beautiful hearts and decorations proudly displayed for the occasion. Hearts were everywhere to create the perfect romantic ambience at Seagrave House. Residents tucked into some delicious heart-shaped food, including chocolate cake and cookies, as John used his charms on the ladies to make them feel special for the day. And at Loxley Park, it was poems and love songs to set the romantic scene for the evening.



Spreading Joy with Acts of Kindness



Random Acts of Kindness Week took place between the 13th - 19th of February, with Thursday 17th of February being Random Acts of Kindness Day. Aiming to spread positivity and joy to all those involved, the initiative encourages individuals and groups to practice acts of kindness and maintain this as part of their daily lives.

Our homes got involved with Random Acts of Kindness Week by participating in our Well-being and Kindness Campaign throughout February.

Residents at Avery Park got busy baking 'kindness cookies' to celebrate Random Acts of Kindness Day. They enjoyed working together, and their creations looked delicious. At Aire View, our residents got creative, crafting paper hearts and luggage labels. Adding handwritten kindness quotes to the back, they gave the paper hearts to staff members and hid the luggage labels around the home for people to find during the day. This brought a smile to all those involved and is a brilliant example of a random act of kindness.

At Alma Court, residents presented staff members with positive affirmations, which the staff were then encouraged to pay forwards. In addition, the residents at Acacia Lodge have been showing their appreciation for each other with handwritten compliments. These messages highlighted how much they enjoy spending time with one another, building special friendships full of laughter and smiles. All the residents loved participating, and the pictures captured their happiness so well.

Connecting with members of their local community, Dukes Court residents went out and about to their local park, where they presented local dog walkers with gifts of cards, daffodils, and dog treats. The recipients were very grateful and enjoyed meeting and chatting happily with the group. This act of kindness left everyone smiling and is a fantastic example of how acts of kindness can be extended to the local community.

Also incorporating community members within their acts of kindness, the residents at Droitwich Mews have chosen to fulfil a monthly 'community act of kindness'. For the month of February, they decided to host a quiz evening for their local church group.

These stories are inspiring to us all, and continuing to engage in acts of kindness such as these from day to day will help ensure that kindness becomes the norm for everyone, everywhere.



Celebrate Good Times: Milestones at Avery



Peggy
Acer House

100th Birthday, 2nd February



Alice
Grove Park

103rd Birthday, 12th February



Hilda
Acorn Lodge

100th Birthday, 1st March



Ted & Dorothy
Edenbridge Manor

68th Wedding Anniversary,
6th February



Arnie & Jackie
Aran Court

66th Wedding Anniversary,
12th February

You've Got a Pizza My Heart

On the 9th of February, our homes celebrated National Pizza Day. From the humble beginning of sauce on flatbread to today's gourmet offerings, pizza has captured the hearts and stomachs of people from all around the globe. So why not celebrate with a whole 24 happy and delicious hours – devoted especially to that yummy carb that almost no one can do without?!

Grabbing a slice of the action, residents at Aran Court and Avery Park tried their hand at making their own personalised pizzas for their chef to cook with a selection of toppings, sauces and cheese as a finishing touch. They *kneadn't* have any help with eating them and claimed they were delicious! And at Derby Heights, residents added a fruity twist to the day as they enjoyed creating sweet treat pizzas from oatcakes, chopped fruit and chocolate.



Photo of the Month: March 2022

Residents Dorothy and Daphne at Edenbridge Manor Care Home.

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