

AveryTalk



Hello everyone, and welcome to the April edition of Avery Talk. The past month has been packed with celebrations, from St Patrick's Day and St David's Day to International Women's Day and Red Nose Day. We also wished a special congratulations to our residents Peggy and Les, who celebrated their 69th Wedding Anniversary, as well as Jean and Eddie, and Bert and Eileen, as both couples celebrated their 70th Wedding Anniversary.

Our staff and residents took time to reflect on Social Care Day of Remembrance and National Day of Reflection, which marked the second anniversary of the first COVID-19 lockdown. Paying tribute to the dedication of all social care workers during the COVID-19 pandemic, these days provided an opportunity to reflect on the challenges of the pandemic and acknowledge the importance of the roles our staff uphold. We are excited to continue our focus on people with the launch of three new important company values: these are Proud, Supportive and Caring. More information will follow on this next month.

We are all aware of the immense difficulties faced by Ukraine, and our thoughts remain with them at this time. Many of our homes have shown their support, reflecting on how they can help those in need and using their creative skills to create displays and tokens to encourage donations towards relief efforts.

Finally, we are celebrating success across several of our homes. Adelaide was awarded a certificate of recognition from the National Safeguarding Adults Board. In addition, Acer Court was pleased to retain their 'Good' overall rating following their recent inspection by the Care Quality Commission and Avon Valley were delighted with their five-star hygiene rating following an Environmental Health Inspection.

International Women's Day

International Women's Day celebrates the social, economic, cultural and political achievements of women globally. This year, International Women's Day was celebrated on the 8th of March, with the theme: 'Gender Equality Today for a Sustainable Tomorrow'. We are proud to celebrate our inspirational women, from our staff who work incredibly hard to the women who reside with us across our homes who have achieved so much throughout their lifetime.

Our homes got involved with the celebrations in style. Bourn View held an awards ceremony for all their hard-working women, and the Well-being team awarded the residents for the previous jobs they had throughout their lives. Staff at Edenbridge Manor awarded all their fabulous ladies a plant to celebrate International Women's Day, whilst those at Acacia Mews each received a rose. Over at Knowle Gate, activities included mindfulness, colouring and word searches, and some interesting group discussions. The ladies at Alma Court enjoyed a relaxing pamper day, visiting their hair salon and later having a manicure.



Happy Mother's Day

Across our homes, our residents have been celebrating Mother's Day in style. The ladies at Loxley Park began their celebrations early, with a makeover including makeup, hair, nails and a hand massage, all whilst enjoying glasses of buck's fizz and a chocolate or two. Continuing their celebrations on Mother's Day, the residents were treated to a delightful journey through the countryside on the minibus for a Church service, followed by tea, cake and gifts of daffodils. They also had a raffle, with some fantastic prizes up for grabs.

Over at Milton Court, the ladies enjoyed a relaxing pamper session with manicures, massages and face masks, completing their day with a delicious afternoon tea. Residents at Alder House got creative with Mother's Day arts and crafts, and all came together to enjoy a tea party. Grabbing a slice of the action, residents at Acacia Lodge had a brilliant time at their cake party, with plenty of laughter and smiles. Resident Ken certainly enjoyed the cake pit-stop! Avery Park residents tucked into a lovely cream tea spread, whilst singing along to some classics.

At Spencer House and Avon Valley, Mother's Day was celebrated with a beautiful delivery of daffodils. Staff and residents celebrated all the fabulous women in their lives and were thankful for everything our maternal figures do for us.



Márta is a Crackin' Month for a Celebration

Within our homes, we are lucky enough to attract residents from all over the UK to join our loving care communities, many of them from Wales and Ireland. And during March, we held two celebrations, which allowed our homes to dive into their cultures - St. David's Day on the 1st of March, and St. Patrick's Day on the 17th of March.

A classic 'Bourn View party' got things started for St. David's Day with plenty of cakes, balloons and a tippie or two, as they brought the valleys of Wales to the West Midlands. Residents at Milton Court and Acer House took part in a daffodil flower arranging activity paying tribute to the symbolic flower of Wales and St. David's Day whilst tucking into a delicious Welsh cake. Milton Court's residents were also treated to the beautiful voice of resident 'Uncle Paul' who delightfully performed traditional songs for the community. Although English, Paul used to be a member of the Welsh Treorchy male voice choir, as he lived in Wales for many years.

Our residents and staff have very much embraced the Irish culture this year for St. Patrick's Day, with a sea of green across our homes and many throwing a party, not a paddy! Avalon Court welcomed the charming David McFegan to entertain their residents with traditional Irish music that got all the residents singing along, and they totally *shamrocked* at it! Residents at Dukes Court and Knowle Gate joined in with the shenanigans by dressing up in bright green clothing. Each resident saw the funny side of it and was *Dublin'* over with laughter at their silly looks. And to finish the day off, Hanford Court enjoyed a delicious 3-course Irish meal accompanied with, of course, a pint of Guinness.

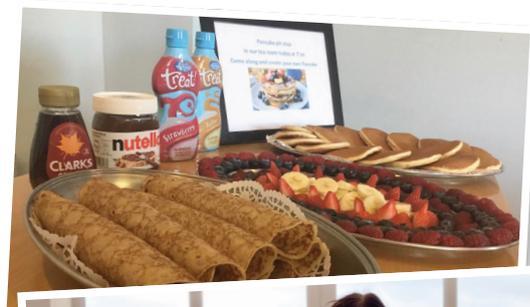


Pancake Day Delight

Pancake Day, or Shrove Tuesday, is traditionally a day of feast before the start of Lent. Pancakes provide the perfect opportunity to use up eggs and fats before the Lent period, and they can be very entertaining to make, especially as you try to flip them.

This year, Pancake Day was on the 1st of March, and it certainly was not a flop as our residents could not wait to get stuck in making delicious pancakes with an array of toppings. Residents at Acacia Lodge enjoyed a pancake pitstop in their tearoom before a disco and sing-along to end the day.

Over at Hempstalls Hall, our residents brushed up on their pancake tossing skills and at Knowle Gate, both staff and residents took part in a pancake race (although some of the residents could not wait for the race... they found the pancakes to be completely irresistible and ate theirs straight away!)



Nice to Meet Ewe

Spring has sprung, and residents at Edenbridge Manor have been getting into the spring spirit with a visit to a local farm just in time for their lambing season. Owned by Chloe (part of the Well-being team at Edenbridge Manor) and her family, the farm has 12 breeding ewes, and they are expecting 17 Badger Face Welsh Mountain Lambs. Chloe enters the lambs into countrywide competitions, including the South of England Show, Royal Three Country Show, Royal Welsh Show and the Edenbridge and Oxted Horticultural Show.

During their visit, the residents met a baby lamb and sheepdogs Bryn and Denbigh, who came over to say hello. Resident Dorothy said: "I was holding this darling little lamb who was only a few hours old, and Chloe asked me to name her, so I looked at her and thought - I will name her Dotty after me!" All the residents thoroughly enjoyed their afternoon at the farm, with the pictures from the trip capturing their joy so well.



FABULOUSLY FRUITY CREATIONS



Running from Monday 14th of March to Sunday the 20th of March, Nutrition and Hydration Week aims to raise awareness of the importance of eating and drinking well. Our homes have been getting involved with a range of tasty food and drinks, with some trying new flavours.

At Spencer House, residents had a fabulous fruity trolley, offering a colourful array of fruit salad, fruit kebabs and a vast range of flavoured water. This was a great way to ensure the residents stayed hydrated, with plenty of nutritional values from the fruit. Over at Horse Fair and Pemberley House, residents enjoyed making their own mocktails for Mocktail Monday, whilst residents at Rowan Court had mocktails a-plenty for Tipple Tuesday. A fruity watermelon punch went down a treat at Albion Court at the end of the week.



Birthday Celebrations for Osbert Talbot



Staff and residents at Acorn Lodge celebrated the birthday of Mr Osbert Talbot, who turned 96 on the 31st of March. Osbert (George) enjoyed his birthday party with lots of singing and dancing with Rob Wilson. Being 96 did not stop him from posting about his birthday on Facebook, as he shared his birthday breakfast on his story for everyone to see! Osbert loves a Friday afternoon where he can be himself and call out the bingo numbers – just like the old days. His favourite quote is: “I did it my way”, so he did. All those at Acorn Lodge are very proud of Osbert.

RED NOSE DAY FUN

Red Nose Day is a campaign to support the charity, Comic Relief with the mission to end child poverty by funding programs that keep children safe, healthy, educated and empowered. Through the power of comedy entertainment, the charity brings people together to laugh and have fun, all while raising life-changing cash for the children that need it the most. This year Red Nose Day took place on the 18th of March, raising an impressive £42,790,147 from the generosity of the UK’s nation. Throughout our homes, residents and staff contributed to this in all different ways. From dressing up donning red noses to cake sales, their efforts did not disappoint.

Avery Park Care Home’s community came together to raise money and awareness for the charity by joining in with a themed quiz. Later they hosted a cupcake sweepstake where staff member Chloe was lucky enough to win some delicious red nose cupcakes.



Remembrance and Reflection

Social Care Day of Remembrance took place on the 17th of March, with tributes paid to the dedication of social care workers during the COVID-19 pandemic. As a day to say thank you to those working in care, our homes took time to reflect and acknowledge the important work that our staff do.

Rowan Court had a beautiful service prepared by Reverend Ann, as staff and residents gave thanks to each other. Residents and staff at Rivermere also took part in a service led by Reverend Daniel Costley, which included poems and readings from the residents themselves. To acknowledge all their hard work, Horse Fair presented staff with nurses’ watches and pizza to thank them for their ongoing care and dedication.

Over at Loxley Park, residents have been getting creative, making felt daffodils to hand out to staff members on the National Day of Reflection. This day took place on the 23rd of March and marks the second anniversary of the first COVID-19 lockdown in the UK. At Knowle Gate, residents went for a stroll around their garden, stopping to take time to reflect upon the past two years and tying a yellow ribbon around a tree. Residents at Glenmoor House dedicated some of their time reflecting and showing their support to Ukraine, wearing the colours of the Ukrainian flag. A lovely tribute was paid at Aran Court too.



WEDDING ANNIVERSARY CELEBRATIONS



Last month, we wished special congratulations to our residents Jean and Eddie at Derby Heights, and Bert and Eileen at Priory Court. Both couples celebrated their 70th Wedding Anniversary. We also wished special congratulations to Peggy and Les at Astbury Manor, who celebrated their 69th Wedding Anniversary.

Jean and Eddie Coatsworth celebrated their 70th Anniversary on the 15th of March. They first met at the Old Shildon Working Man's Club Dance, with Eddie later walking Jean home. After that, they decided to go on a date together and from then on became inseparable. Having married at the All-Saints Church in Shildon, Durham, the couple has a daughter, two grandchildren and three great-grandchildren, all of whom they love dearly.

Both Jean and Eddie grew up in Shildon and lived just one mile apart. Jean worked as a student nurse for psychiatric patients, whilst Eddie worked as a welder for the British Railway. Offering words of wisdom about the secret to a happy marriage, Jean and Eddie say to ensure a 50/50 contribution is made, always making sure to help one another and leaving room for some give and take. The biggest piece of advice they could give is never to go to bed on an argument: they always forgive and forget and begin the following day with a "Morning, dear!"

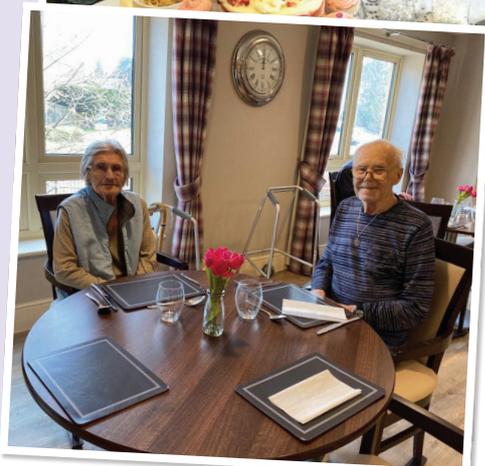
Bert and Eileen Sayers celebrated their 70th Anniversary on the 22nd of March. They were married in Harrow, North London and moved to Stamford in Lincolnshire with Bert's job, as he worked as a travelling salesman for a paint company in Norfolk. They have two daughters, Carol and Lorraine, as well as three grandchildren and seven great-grandchildren. Bert stated that the secret of a lasting marriage is, "Tolerance, taking the rough with the smooth and being married to a beautiful lady."

Staff and fellow residents at Derby Heights and Priory Court helped both couples celebrate their special milestone, with a party, plenty of cake and prosecco.

Peggy and Les Carter celebrated their 69th Wedding Anniversary on the 28th of March. They both worked for an electronic assembly at Sperry's, making aircraft parts; this is where they first met. They attended their company club, meeting with fellow workers for a drink and a dance each week. From then on, their love blossomed, and they got married after courting for a short time. They have three children, Tracey, Joanne and Alan, plus several grandchildren and great-grandchildren.

Peggy and Les reminisced about their family holidays in their caravan – Peggy put the children to bed fully dressed so they could get an early start in the morning. Together, they have been all around the country and on a few adventures abroad. When asked about the secret to a happy marriage, Peggy said: "We have just got on with it, haven't we, Les? Bringing the children up and working hard." Les smiled, and when Well-being and Activities Coordinator Jean commented on how he is always smiling, Les replied: "That is because I can never get a word in." Both have great banter and always make staff and fellow residents at Astbury Manor laugh. When saying to Les that 69 years is a long time, he replied: "Tell me about it" and gave Peggy a wink. They are both still very much in love and always smiling, which is a joy to see.

We wish all three couples many more happy years together!



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Spring Wordsearch

- APRIL
- BLOOM
- BUD
- CLIMATE
- EASTER
- EQUINOX
- GARDEN
- GREEN
- JUNE
- LAMBS
- MAY
- PLANTS
- PUDDLE
- RAIN
- REGROWTH
- RENEWAL
- SEASONS
- SHOWER
- SPRINGTIME
- SPROUT
- SUNSHINE
- WARM

Celebrate Good Times: Milestones at Avery



Edith
Adelaide Care Home
100th Birthday, 23rd March



Photo of the Month: April 2022

Ken and Eric with Rebecca at Avery Park

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