

AveryTalk



Hello everyone, and welcome to the May edition of Avery Talk.

We were so pleased that the most recent Government guidance from the Living with Covid-19 strategy means care home visiting and testing have been relaxed, which is such welcome news to us all. We have been able to open our doors back up to welcome our resident's families and friends into our homes without the need to book appointments. Whilst there is some understandable nervousness as these changes come into effect, I know that we will continue to support one another with patience and understanding as we adapt our approach to living with the virus.

The past month has seen plenty of creative activities, including Easter crafts and spending time outdoors in the sunshine for National Gardening Day. We also celebrated the Grand National, which captures the hearts of our horse race loving residents.

With preparations well underway throughout our homes for the Queen's Platinum Jubilee celebrations, we are looking forward to seeing the entries for this year's cake decorating competition. Across our homes, our residents also enjoyed celebrating the Queen's birthday in style in April, from afternoon tea to cake decorating and singing along together to some favourite tunes.

We were also pleased to support Dave, Chef at Hempstalls Hall, who sadly had his electric bike stolen. We helped Dave to replace his bike, much to the delight of our residents, meaning their much-loved Chef could still get to work each day.

Finally, and most importantly, I am delighted that the #OneFamily launch day went so well across our homes. Read the introduction article in this edition below, with much more to follow next month, including plenty of pictures which I know you will be keen to see.



OneFamily Launch Day

What a fab day Thursday 28th of April was when we launched the Avery Staff Well-being Strategy, #OneFamily, alongside our newly created values. Throughout the last year, it was clear from speaking to staff, residents, relatives and our partners in the community that we are recognised for having three embedded cultural values. These values are Proud, Supportive and Caring.

Our staff are our most important asset, and we want to ensure that the culture we have worked hard to develop and maintain over the years continues as we grow.

In the lead up to launch day, we held a series of staff well-being roadshows, working with Home Managers and Well-being Co-ordinators to develop ideas which will benefit all. We produced icons to visually display our values and posters of our wonderful Well-being and Activity Co-ordinators who have embraced the strategy with gusto, and nomination cards to help staff celebrate each other's achievements.

Launch day was a celebration of #OneFamily, including parties and reflections on how staff feel about working for Avery.

This is just the start! Our homes will hold regular staff events and create #OneFamily moments to be shared with all. If you have any suggestions, please do share them with your team. Much more to follow on this in next month's edition of Avery Talk.



Egg-cellent Easter Celebrations

Across our homes, residents celebrated Easter with a range of egg-citing activities. Residents at Horse Fair began their preparations by making cards and enjoyed playing bingo together in the afternoon.

Rowan Court residents welcomed children from their local primary school into the home and were delighted to receive hand-made gifts from the children. They also had a wonderful visit from Stella from 'The Farm on Wheels', who brought along chicks, rats, rabbits, a donkey, and three lambs that the residents could feed. Later, the residents had a reminisce, discussing Easter traditions. These included wrapping a hot cross bun in brown paper on Good Friday and leaving this in the kitchen cupboard until the following year when this would be replaced with a new one – supposedly bringing good luck!

Many of the residents at Crispin Court got creative with a busy arts and crafts weekend, and Abbey Court residents made some stylish Easter bonnets. They also dedicated some time to making gifts for nurses, doctors and ambulance crews – a thoughtful gesture. At Darwin Court, residents tried their hand at creating some decoupage eggs, ready for their display. Over at Avonmere, residents had a fun-filled weekend in the sunny weather, with curling tournaments, Easter eggs from the trolley, time spent gardening together and a *cracking* party to round off the weekend.

Clare Court residents enjoyed a concert, singing along to their favourite songs and getting up to have a dance. Over at Spencer House, the Easter bunny arrived on Good Friday and delivered eggs to the residents and staff. Laughter could be heard across the home, and residents reported seeing a very tired bunny at the end of the day. Both staff and residents at St Giles enjoyed entering their Easter raffle, with lots of lovely prizes and big smiles from those who won.

Staff and residents at Avalon Court turned their Easter celebrations into a #OneFamily event. Over the Easter period, staff members dressed up for a party. Residents found the Easter outfits highly entertaining, and the best-dressed winners were Care Manager Niki and Senior Carer Angie, who dressed as a chicken and an egg. Senior Carer, Karen, was also delighted to win the staff raffle. Recognising the supportive and caring nature of all staff members, this was a fantastic celebration, demonstrating how proud Avalon Court are of what they do.



Ron the Builder

Moving into a care home doesn't mean leaving your life and hobbies behind. Residents are always encouraged to participate in activities of interest and support their homes in any way they like. Residing at Alder House since August 2021, handyman Ron continues to put his skills to work when it comes to helping out at the home.

Whilst the home Maintenance Operative was recently on his well-deserved annual leave; the former furniture factory manager eagerly stepped up to build new furniture for the comfortable lounge areas. When he's not helping out with the maintenance of the home, Ron is also keen on lending a hand to the well-being team by planning and decorating for the many wonderful events that they regularly host. Talking of his involvement within the home, Well-being Co-ordinator Mel Skitt said, "No job is ever too big or small for Ron, and he always does it with a cheeky joke and smile on his face."



National Gardening Day

On the 14th of April, National Gardening Day took place. It celebrates a hobby many have enjoyed for decades. Whether you want to grow vegetables, fruit, flowers, or even house plants, spending time gardening allows us to connect with nature, as well as help to improve our physical and mental health. At Avery Park, residents spent a gardening club session sowing seeds ready for the summer. Pemberley House residents also worked together to plant some bulbs and gave them water to encourage them to grow.

Over at Derby Heights, residents planted some lovely viola flowers in colourful buckets, which they have now displayed on their balconies. Enjoying the afternoon sunshine, residents admired their beautiful hanging baskets and are looking forward to more gardening activities in the summer weather. Green-fingered residents at Rowan Court were delighted to receive a lovely donation of flowers from their local Morrisons and spent time flower arranging together, chatting away about their favourite flowers and discussing techniques to get the best arrangements.

CALLING ALL BAKERS!

With the Queen's Platinum Jubilee preparations well underway throughout our homes for the official celebration dates of 2nd – 4th June, we invite you to participate in this year's cake decorating competition. We are looking for perfect royal-themed decorated cakes that would be fit for Her Majesty The Queen!



We are pleased to announce that our loyal suppliers, Bidfood, have generously sponsored this year's competition to offer some fantastic prizes, including entertainment, food and drink, for our lucky winners to celebrate their achievements in style. To enter:

1. Bake a cake and decorate your cake with the help of residents.
2. Photograph the residents decorating the cake (please ensure you have media permission from the residents in the photographs).
3. Submit your entry by the 20th of May with 200 words explaining the theme and photographs. Email entries to:

Simon.Lawrence@averyhealthcare.co.uk and Zahid.Khan@averyhealthcare.co.uk. Good luck!



St George's Day

Celebrated each year on the 23rd of April, England shares St George with Venice, Genoa, Portugal, Ethiopia, and Catalonia. Many of these places have their own celebrations in honour of him as their patron saint. Here, several of our homes got involved, including Bourn View, who started the festivities with one of their infamous parties. Residents at Avery Park enjoyed learning about the history of St George's Day and created some beautiful stone art. Whilst over at Spencer House, staff members wore red for the occasion, with everyone tucking into a delicious afternoon tea and cake.

A DAY AT THE RACES

Since 1839, the Grand National has captured the hearts of a global audience. This year, the race took place on the 9th of April, when more than 500 million people in more than 140 countries stopped to watch the best jockeys battle it out on Aintree's world-famous turf. This race is for the love of the people. It's anyone's race.

To celebrate the occasion, there were plenty of sweepstakes held across our homes for residents and staff to try their luck with cash prizes up for grabs. With 40 fabulously named horses to choose from, there could only be one winner. And this year Nobel Yeats, ridden by Jockey Sam Waley-Cohen, completed the triumph in first place, even with the odds against them at 50/1. Residents at Loxley Park continued their celebrations after the race with a hoopla game on their own horses! At Alma Court, this was the perfect opportunity for their horse racing fans to reminisce about previous winners and their favourite names of this historic race, amongst their fellow *neigh-bours*.



Celebrate Good Times: Milestones at Avery



Hilda
Aire View

100th Birthday, 7th April



Dorothy
Amarna House

100th Birthday, 28th April



Eileen
Clayton Manor

100th Birthday, 28th April



PHOTO OF THE MONTH

Caitlin, Senior Carer at Rowan Court Care Home, took some time out from her busy schedule to welcome some furry friends to the home.

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

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