

AveryTalk



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

We are delighted to announce that Avery Healthcare has been featured in the Top 100 Apprenticeship Employers for 2022. This is a fantastic achievement, demonstrating our commitment to employing apprentices and our apprentices' progression to further training and development. We are also pleased to share that Avon Valley and Avery Park have received 'Good' inspection reports from the Care Quality Commission, recognising both teams' continued care and dedication.

Entries are now open for the Avery Healthcare Group Awards; celebrating how proud we are of each other and recognising each other's excellence and hard work is an integral element of our values. Email averyawards@averyhealthcare.co.uk or speak to your Home Manager to request further details of the criteria for each category and a nomination form.

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. All our staff members are also eligible to receive Blue Light discounts across various retailers, restaurants, and days out, including 10% off at Asda supermarkets.

I am looking forward to our upcoming campaigns as we are halfway through the year. September will focus on falls prevention with a Step Up Stay Up Campaign. Many exciting activities and materials will be provided closer to the time to support our homes to walk 500 miles as a group throughout the month. Following the success of June's Care Home Open Days, our December Christmas campaign will be another opportunity to invite a range of relatives, professionals, and local community supporters to visit our homes. We will also invite local schools and community members to join us for Christmas Carol Concerts as we continue to connect with those in our local areas.

Happy Hawaiian Day

Across our homes, staff and residents celebrated Hawaiian Day in style. Bourn View threw a spectacular party in their grounds, which they decorated with flamingos, palm trees and an array of colourful balloons. Residents at Derby Heights made their own flower leis, and those at Aran Court spent the afternoon dancing to Hawaiian music. Over at Newcross, residents tried a variety of fruity mocktails and Piña Colodas, and at Loxley Park, residents celebrated with word games, Hula dancing, and a cocktail or two. Staff and residents at Hanford Court donned their grass skirts and garlands for the day, enjoying a selection of tropical fruits and a delicious pineapple upside-down cake.



Flower Power



Our green-fingered residents have been busy preparing entries for this year's Avery in Bloom competition, and there have been some fantastic creations. Residents at Derby Heights planted some 'Tea Pot Tyres', as well as bird cages and recycled flowerpots which they have now displayed around their garden. The flowers they have chosen benefit insects and contain many nutrients for the bees.

Residents at Horse Fair tied their entry in with their Platinum Jubilee Celebrations, creating a Royal Welcome for visitors to the home. At Grove Park, residents also decided to go for a Royal theme while incorporating upcycling. They considered several items before settling on handbags, which were upcycled into hanging baskets. Resident Valerie, a prize-winning gardener, advised that they needed drainage holes in the bottom of the bags to prevent root rot. The handbags were planted with red, white, and blue flowers, keeping with the patriotic theme. They also created a life-size floral sculpture of the Queen for their sensory garden.

At Hinckley House, residents created a beautiful corner in their garden for wildlife, even having a visit from some hedgehogs! Residents at Merlin Court got creative, designing teacup-inspired planters using decorated tyres. Connecting with members of their local community, residents at Seagrave House and Milton Court were joined by visitors from their local primary schools, who were keen to help with their creations.

Zahid Khan, Head of Well-being and Activity, said: "It has been heart-warming to see this year's fantastic entries, and the level of creativity and fun you have all had. It has also been great to see local communities involved in many of the entries. Congratulations to all those who took part in this year's competition!"

Creative Container Fit for a Queen

Winner: Merlin Court | Runner up: Derby Heights

Nature & Nurture

Winner: Grove Park | Runner up: Hinckley House

Best First Impression - A Royal Welcome

Winner: Seagrave House | Runner up: Glenmoor House

Feeling inspired, residents at Dukes Court recently tried their hands at some flower pressing. After a week, the flowers were ready to be arranged and glued into scrapbooks and onto bookmarks. Over at Astbury Manor, staff and residents have created a memory garden for loved ones they have sadly lost, with memory pebbles painted by residents in their arts and crafts group.



Dancing Above the Sea

On Saturday 16th July, crowds gathered at Weston-super-Mare High Street to witness the fantastic Arts Culture Festival. Run by Culture Weston, the festival saw a celebration of arts from many local talents who showcased their skills to the community. It was also a privilege for residents from Acer House to be invited to perform an original song created by the home. The group collaborated with pupils from 2 local primary schools, Herons Moor and Braytree, to sing in the streets. Named 'Dancing Above the Sea', the song's inspiration came from the reminiscence of days gone by in Weston-super-Mare. It was an immensely proud moment for the residents. You can sing along to the chorus below:

(Chorus)

Dancing above the sea:
We are Weston-super-Mare
Dancing above the sea
Up through the High Street so alive
We are Weston-super-Mare
Dancing above the sea
Our lives beside the seaside



Going the Extra Mile

Arriving earlier than usual this year, the Care Workers' Charity (CWC) Going the Extra mile week was celebrated in true Avery fashion between 18th – 22nd July. The festivities challenge people to complete as many miles as possible to raise funds and awareness that will support the financial, professional, and mental well-being of social care workers by making grants, signposting to resources, and providing access to services. Mileage can be racked up in any way imaginable, and throughout the years, we have seen some clever ways of doing this by our residents.

This year was certainly no exception, with our residents and staff once again 'going the extra mile' to raise almost £3000 across our homes for the charity. Astbury Manor chose an alternative way to complete mileage by crafting a mile-long paper chain. They took to Facebook to show off their impressive creation and asked visitors to help by adding to it during their visit.

With temperatures reaching a scorching 40°C in some parts of the UK on the second day of the celebrations, donning bright orange clothing, chefs Robbie and Suzanna went above and beyond to provide thirst-quenching drinks, juicy fruit platters and delicious ice cream sundaes for Acacia Mews staff and residents, to raise funds for the worthy cause.

At Alder House, staff members stuck to tradition as they wheeled out the bike machine and brought out their inner Chris Froome, to cycle 100 miles between them. Although they had very tired legs by the end of it, there was a great sense of relief and accomplishment to have completed their goal whilst raising money.

Hawthorns Aldridge collected money from an array of activities. From raffles with excellent prizes up for grabs, 15km bike ride and 5km run from Well-being Co-ordinator, Steve, and hook a duck. But what really topped their efforts was staff members braving the stocks to be foam pied by residents.



We are #OneFamily

This month, our staff celebrations took place in the form of Sports Days. These provided an excellent opportunity to demonstrate our values of being proud, supportive, and caring. Staff members at St Giles enjoyed a day full of laughter and smiles as they worked their way through a series of sports activities in the garden. Even the rain didn't put a damper on the Sports Day fun at Alma Court. Residents enjoyed cheering on staff members, particularly during the competitive egg and spoon race at Highcliffe and tug of war at Clare Court! At Horse Fair, staff members were joined by little visitors Oscar and Layla, and resident Paddy, all taking part together. Staff members at Acer House were undoubtedly the best dressed, and residents cheered them on happily.



Taking Time for One-to-One



Spending personal one-to-one time with residents can carry valuable benefits for a person's well-being. This opportunity helps staff understand each individual's specific care requirements throughout our homes and gain stronger companionships with residents.



At Hempstalls Hall, Well-being Co-ordinator Karen Snape regularly uses this time to check in on residents and answer any queries they might have. She also enjoys a natter and cuppa with them as they sit and reminisce about past times. Last month Karen had the pleasure of sitting with residents Eddie and Pauline, who both share an

interest in the TV show 'Hancock's Half Hour' and watched an episode together, bringing back some fond memories. Eddie said, "I used to hang about in the village, but when it was on TV, I would rush back home to watch it!" Pauline, who loves gardening, also ventured outside to tend to the vegetables in the home's allotments and spoke about the importance of family.



PHOTO OF THE MONTH

Shirley Brownsword, Hempstalls Hall



Celebrate Good Times: Milestones at Avery



Gurbanjan (Bibi)

Clare Court Care Home

100th Birthday,
1st July



Barbara

Derby Heights Care Home

109th Birthday,
16th July



Dorothy

Avalon Court Care Home

100th Birthday,
14th July



Maisie

Avalon Court Care Home

101st Birthday,
26th July



June & Alan Parvin

Miramar Care Home

68th Wedding Anniversary,
28th July



Doreen

Highcliffe Care Home

100th Birthday,
28th July

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

Avery Healthcare Group
3 Cygnet Drive | Northampton | NN4 9BS
Tel. 01604 675566 | averyhealthcare.co.uk

