



### Welcome to the December edition of Avery Talk!

My name is Shane, and I'm excited to introduce myself as the new Home Manager at Carrstone House Care Home in Downham Market.

This month's edition of Avery Talk is packed full of reflections on some of the memorable events we've celebrated recently, including Remembrance Day, Halloween, Diwali, and Children in Need. It's been wonderful to see our community come together and share in these meaningful moments.

As I take on this new role, I'm also excited to announce the opening of our new home! This is an exciting chapter for Carrstone House Care Home, and I am looking forward to working with our dedicated team to continue building a supportive, vibrant



**Shane Collier**  
Home Manager at Carrstone House

community for our residents. With several years of experience in management, I'm passionate about creating an environment that prioritises exceptional care, respect, and connection.

At Carrstone House Care Home, we are eager to engage with our residents, families, and the wider community. I encourage you to visit us anytime! We'd love to show you around and share the excitement of our new home. Thank you for your continued support.

## Bonfire Night

Our homes embraced the magic of Bonfire Night, infusing the celebration with fun, history, and heartwarming moments for residents and visitors alike.

At Aire View Care Home in Leeds, the festivities started with a lively session where local nursery children were captivated by a resident's storytelling of the infamous Gunpowder Plot. Creativity sparkled as the little ones designed vibrant bookmarks with fireworks and earned certificates for their artistic flair. Later, residents tucked into a themed tea featuring classic delights like hearty pork pies, mushy peas, and the ever-popular Parkin cake.

Over at Alma Court Care Home in Cannock, the spirit of nostalgia was alive, and the home resurrected the beloved "Penny for the Guy" tradition. The community got in on the fun, suggesting playful names for their Guy, from Fiery Jack to Worzel. The home held a vote, giving everyone a chance to crown the fiery figure that would steal the show.

In Coventry, Avalon Court Care Home hosted a unique twist on the usual Bonfire Night fun with a themed Circle Dance for

Well-being, expertly led by Ann. The dance featured bonfire-inspired tunes, movement props, and a visual firework display, creating an immersive experience. Residents also indulged in a delicious, themed cake, masterfully crafted by Michelle from the Culinary Team.

Middleton Lodge Care Home in Derby spent some time outside, where residents gathered around a crackling fire, jacket potatoes, sipping hot chocolate, and twirling sparklers beneath the starry sky. It was a cosy and joyful evening, full of warmth and camaraderie.

Each care home captured Bonfire Night's essence, turning the occasion into a spectacular celebration of tradition, creativity, and togetherness!



## Over 1,500 Cakes Donated for Cake4Kindness Day

Avery Healthcare has positively impacted communities across the UK by donating over 1,500 cakes to local charities that support vulnerable individuals experiencing homelessness and social isolation.

This substantial contribution was part of the annual Cake4Kindness Day, which took place on Thursday 21<sup>st</sup> November. Organised by the charity Cake4Kindness, the event encourages communities to bake and share cakes, helping to reduce social isolation and support those in need.

More than 20 Avery homes across the UK worked together, donating to charities like The Salvation Army, Homeless Street Angels, The Good Shepherd Hospice, and many others. Bourn View Care Home in Birmingham made a remarkable contribution with 306 cakes for The Salvation Army, while Elstree View Care Home in Elstree donated 250 cakes to Gratitude Food Bank.

Neel Radia, founder of Cake4Kindness, said, *"We're so thankful to Avery Healthcare for joining us and spreading kindness to those who*

*need it most. It's a simple yet powerful way to bring joy."*

Hannah Mulholland, Director of Customer Experience and Well-Being at Avery Healthcare, shared, *"The response to Cake4Kindness Day has been heartwarming. The 1,577 cakes delivered by our homes is a testament to the generosity of our residents and staff, and we're proud to support such a wonderful cause."*



## Children in Need 2024

Our homes went all out to support Children in Need 2024, showcasing creativity, community spirit, and generosity.

Children in Need supports disadvantaged children and young people by providing funding and resources to address issues like poverty, illness, and abuse.

At Beckenham Park Care Home in Beckenham, residents and staff completed a two-week virtual cycle to Brighton and back, raising funds through collective pedal power. Wandsworth Common Care Home in Wandsworth hosted an exciting bake off with delicious, sweet treats, which were shared by residents and Emmanuel School sixth formers, culminating in a raffle sponsored by Pudsey himself. Congratulations to Sue, their star baker!

At Waterhouse Manor Care Home in Peterborough, residents and staff walked 1.2 miles around the nearby lake, raising £50 for the cause. Meanwhile, Wimbledon Common Care Home in Wimbledon challenged everyone to guess the number of balloons inside Pudsey, rewarding the winners with prizes.

Aire View Care Home in Leeds partnered with local nursery children for a creative morning, making sparkly Pudsey hats and singing along to past Children in Need songs. Residents at Aran Court Care Home in Birmingham enjoyed a morning of colouring Pudsey pictures, followed by a lively afternoon of singing and dancing with David Knowles.

These wonderful efforts brought lots of smiles and made a meaningful difference!



## A Joyous Diwali Celebration

This November, our care homes were filled with warmth and joy as they celebrated Diwali, the Festival of Lights. With activities ranging from intricate rangoli designs to spirited Bhangra dance workshops, every care home in our network reflected the festival's timeless theme of light overcoming darkness.

At Virginia Water Care Home in Virginia Water, residents were treated to an enlightening talk about the history of Diwali, followed by a mouthwatering curry night. Over at Adelaide Care Home in Bexleyheath, the festivities included crafting clay tea lights and sampling authentic Asian delicacies. Droitwich Mews Care Home in Droitwich embraced the spirit of Diwali with traditional dances and vibrant celebrations that brought both residents and staff together.

Elvy Court Care Home in Sittingbourne made their Diwali special with henna art and delicious sweets, while Lady Jane Court Care Home in Leicester delighted everyone with creating colourful decorations and homemade coconut squares.

Wandsworth Common Care Home in Wandsworth and Aire View Care Home in Leeds welcomed

cultural guests who shared their knowledge and experiences, offering a deeper understanding of Indian traditions.

Throughout all our care homes, Diwali became a true expression of cultural diversity, unity, and shared joy, making the occasion even more memorable for everyone involved.





## A Spooktacular Halloween

Every year, on the 31<sup>st</sup> October, Halloween comes alive with its spooky traditions, and this year was no different. From trick-or-treating to festive gatherings, carving pumpkins to donning eerie costumes, our homes embraced the spirit of Halloween with a host of frightfully fun activities.

One of the season's most exciting activities was the pumpkin carving competition, showcasing incredible creativity and skill across our homes. Congratulations to all the winners and participants who made this event a success.

- 1<sup>st</sup> Place: Alder House Care Home in Nottingham
- 2<sup>nd</sup> Place: Bourn View Care Home in Bournville
- Joint 3<sup>rd</sup> Place: Adelaide Care Home in Bexleyheath and Ashurst Mews Care Home in Northampton



Milton Court Care Home in Milton Keynes brought the magic of Halloween to life by transforming their garden into a vibrant pumpkin patch, complete with a scarecrow centrepiece.

Dukes Court Care Home in Wellingborough went all out this year, extending the festivities into a week-long celebration filled with haunted activities. The spooky schedule kept residents entertained with games, crafts, and surprises, ensuring that the Halloween excitement lasted beyond a single day.

A huge thank you to everyone who contributed to making this Halloween so memorable.



Residents and staff of Elton House Care Home in Watford enjoyed dressing up as they held their own Halloween party. Chef Juan at Birchwood Grange Care Home in Harrow served up a Halloween-themed lunch that was nothing short of "eerie-sistible."



# Happy Birthday, King Charles III!

On 14<sup>th</sup> November, our care homes united in a grand celebration to honour King Charles III on his remarkable 75<sup>th</sup> birthday.

Chorleywood Manor Care Home in Chorleywood welcomed a Pearly Queen entertainer who had residents singing along, as well as a delightful visit from Performing Pets, who brought two adorable dalmatian puppies, Dave and Daisy, to meet everyone.

The residents at Wandsworth Common Care Home, in Wandsworth, enjoyed a royal-themed day out, visiting Buckingham Palace and St. James's Park for a scenic picnic.

Ashurst Mews Care Home in Northampton crafted birthday cards and reminisced over books showcasing the royals' history. Meanwhile, Adelaide Care Home in Bexleyheath hosted a monarch-themed quiz, testing everyone's royal knowledge.

The celebrations united everyone in honouring the King's special day.



# Christmas Cheers for Carers Everywhere

This Christmas, Avery Healthcare teamed up with Lottie, the online care finder, to spread extra festive cheer and celebrate the 7.3 million amazing carers across the UK through the *A Carers Christmas* campaign. It's all about the special bonds between carers and the people they support, with a spotlight on Chorleywood Manor Care Home.

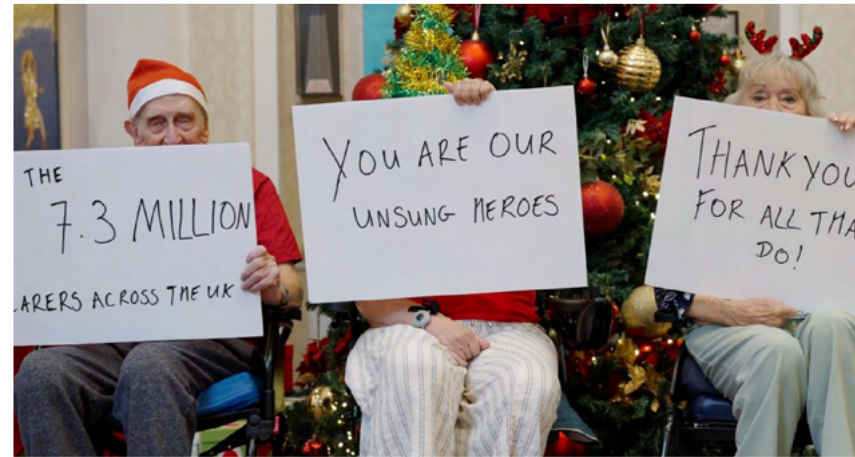
In the video, residents share their love and appreciation for the carers who brighten their days. You'll meet 88-year-old Yvonne, who, thanks to Well-being Coordinator Patrick, has rediscovered her passion for

painting. And then there's 93-year-old Eric, who's built a close friendship with Care Assistant Wendy as they enjoy fun outings together.

Lottie, the trusted go-to for finding care homes, was excited to team up with Avery Healthcare to give a big shout-out to the carers who make a real difference.

Check out the video and see how our everyday heroes spread joy, not just at Christmas, but all year round!

[To watch the video, click here.](#)



## A 'Hoot' of a Time

Braintree Mews Care Home in Essex recently delighted residents with a visit from Owl Adventures, showcasing the magnificent birds of prey. Residents met Spud, an Indian Scops Owl, Casper, a Barn Owl, and Henrietta, a 22-year-old Eagle Owl. The visit offered an up-close look at these majestic creatures, highlighting their silent flight and powerful talons.



Residents had the chance to hold the birds, with many residents describing it as a memorable experience. Neal, 89, shared, *"It was the first time I'd ever stroked an owl! What an incredible opportunity!"* Jacquie, 91, added, *"I'll never forget it."*



Hayley Smith, Home Manager, said, *"Our first visit from birds of prey was a great success. The residents had a fantastic time, and we're already planning the next one. A big thank you to Owl Adventures for bringing such a wonderful experience to us."*



## Poppies and Pride: Honouring Remembrance Day Across Our Homes

Last month, our homes marked the sacrifices made by so many for our freedom with pride and gratitude. At Highcliffe Care Home in Newcastle, residents and families reflected on the profound impact of past wars, creating a meaningful display. Some residents also extended their kindness beyond the home, knitting warm hats for the homeless, a touching act of generosity.

At St Giles Care Home in Birmingham, residents proudly crafted a beautiful display of hand-knitted poppies. Remembrance window stickers were carefully chosen to evoke special memories and encourage reflection.

Crispin Court Care Home in Stafford honoured the occasion with an impressive window display, paying respect to our heroes.

At Acorn Lodge Care Home in Nuneaton, residents and staff unveiled a stunning ten-metre-long knitted poppy display, honouring those who gave their lives for our freedom. Residents like Joyce shared heartfelt reflections, with the display serving as both a tribute

and a source of comfort. At Dukes Court Care Home in Wellingborough, residents enjoyed an afternoon of remembrance-inspired arts and crafts, painting poppies and creating wreaths, lanterns, and even an eye-catching poppy dress display.

These activities across our homes provided a meaningful way to reflect, remember, and pay tribute to those who gave their all.



## Frognal House Turns 25!

Frognal House Care Home in Sidcup recently marked 25 years of dedicated care with a vibrant and memorable celebration, bringing together residents, families and the local community.

Held on Friday 15<sup>th</sup> November, the event was a resounding success, featuring guided tours, fascinating talks and the chance to explore the estate's extraordinary past.

With roots stretching back to the 1500s, Frognal House has been at the heart of remarkable moments in history. It was once home to Thomas Townshend, 1<sup>st</sup> Viscount Sydney, and later became Queen's Hospital during the First World War, a pioneering centre for reconstructive surgery led by Sir Harold Gillies.

Since becoming a care home in 1999, Frognal House has continued its legacy of excellence, offering outstanding residential, respite and dementia care for up to 120 residents. Under Avery Healthcare's management since 2023, it remains a place where history and compassionate care combine seamlessly.

General Manager Lisa Harvey-Matthews reflected, *"Our anniversary was a chance to celebrate not only Frognal's incredible history but also the people who make it such a special place. We're excited to build on this legacy for the future."*

A heartfelt thank you to everyone who joined us in celebrating this unforgettable milestone!



## International Men's Day

International Men's Day, celebrated on 19<sup>th</sup> November, focuses on raising awareness of men's health, highlighting positive male role models, and challenging stereotypes about masculinity. Several of our care homes marked the day with activities reflecting these themes.

Aire View Care Home in Leeds engaged their male residents in games, a quiz, and creative activities, while Gordon worked on the home's newsletter. Southampton Manor Care Home in Southampton gave each man a hand-made flower and hosted an insightful talk on breaking down stigma around men's well-being.

Eastbourne Gardens Care Home in Eastbourne took their residents on a historical minibus tour, focusing on men's contributions during wartime, while Fleet Hall Care Home in Fleet celebrated with baking and a birthday outing for Roy, who turned 93.

Amarna House Care Home in York hosted a Toolbox Drama session and a trip to the local pub, encouraging men to express themselves and socialise. Bourn View Care Home in Bournville

watched Dad's Army, enjoying beer and snacks in a relaxed setting.

Middleton Lodge Care Home in Derby organised a special gentlemen's lunch, while Aran Court Care Home in Birmingham offered crafting and exercises to promote physical and mental well-being. Alma House Care Home in Cannock marked the day with a pint and TV time.

Clare Court Care Home in Birmingham celebrated with a football match and pool competition, showcasing the importance of physical activity for mental health.

These homes used International Men's Day to celebrate positive male role models and break down the stigmas surrounding men's health and emotions.





# Milestones 2024 December Edition



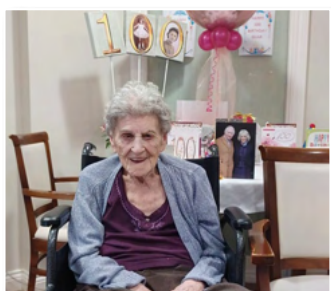
**Jessie**  
Loxley Park  
100<sup>th</sup> Birthday, 2<sup>nd</sup> November



**Irene**  
Acer House  
100<sup>th</sup> Birthday, 2<sup>nd</sup> November



**Monty**  
Elstree View  
101<sup>st</sup> Birthday, 6<sup>th</sup> November



**Olive**  
Abbey Court  
100<sup>th</sup> Birthday, 14<sup>th</sup> November



**Avril**  
St Giles  
100<sup>th</sup> Birthday, 25<sup>th</sup> November

## Photo of the Month



**Alison Nixon**  
Braintree Mews

## Got a story to share?

If you want to be featured in the next edition of Avery Talk, email [marketing@averyhealthcare.co.uk](mailto:marketing@averyhealthcare.co.uk) with your story and photos by Monday 23<sup>rd</sup> December.

