Love - Care - Freedom - Opportunity

The Bevern Trust
more from life
for people with profound disabilities

Welcome to Bevern View News

All the latest news and updates from residents and staff

This month, we were so pleased to be able to offer our **Longevity Awards** (anniversary milestone with The Trust!) to some members of our dedicated team. The Trust wanted to thank our long-standing staff for their hard work and continued contributions to Bevern View. In appreciation for 5 and 10 years of service, we presented the following with a voucher to spend as they wish:

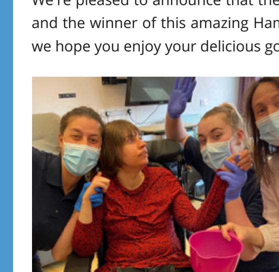
5 years:
* Becky Archard * Graham Boyd
* Sue Goodliffe; * Tim Henry
* Rob Ixer; * Holly Stonehouse
* Liz Tomsett; * Domi Zambito

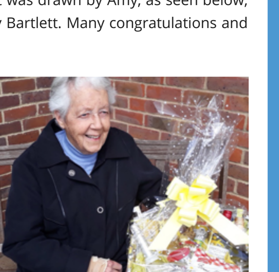
10 years:
* Anna Carr * Michele Bunney
* Tina De'Almeida * Jason Henry
* Michelle Keats * Janet Kempson
* Tim Lumgair * Jen Lyth
* Julian Marsh * Sharon Stebbings
* Louise Tomsett * Clare Pilfold

Spring Hamper Update

Thank you also to you, our enthusiastic and dedicated supporters - you have been excitedly buying raffle tickets in the hope of winning our fabulous Spring Hamper! We raised an amazing £350!

We're pleased to announce that the winning ticket was drawn by Amy, as seen below, and the winner of this amazing Hamper was Mary Bartlett. Many congratulations and we hope you enjoy your delicious goodies!





Holford Manor Open Gardens

We'd love you to join us on **Saturday 22nd May** from **11am - 4pm** at Holford Manor, North Chailey, BN8 4DU to experience this truly stunning garden. Martyn Price, owner of Holford Manor, generously opens his gates each year, enabling us to share this special place and to raise much needed funds for the Bevern Trust.

Nestled on the edge of Chailey Common, Holford Manor garden will give visitors a treat not only with its many wonderful and varied garden areas, but also the rare breed sheep, geese, chickens and guinea fowl.

Explore the different areas from tropical beds, formal rose gardens, a secret Chinese garden and bursting kitchen gardens to the ornamental pond, beautiful lake and delightful woodland walk.

After a long time of isolation, this day will give us all an opportunity to meet friends and family in the open air, sharing delicious tea and cakes and strolling around the grounds together.

Ticket prices: £7 per person with accompanying children under 16 free Tickets can be purchased at the gate.

The gardens are wheelchair accessible and there is plenty of free parking.
No dogs please

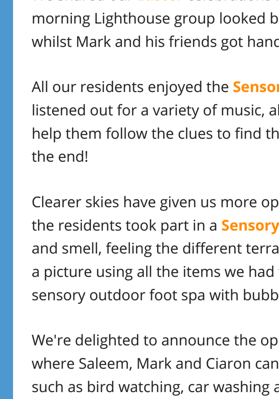
(If you're unable to make this date, Holford Manor is also open as part of the National Gardens Scheme (NGS) on 15th May, 23rd May and 5th June. On these occasions, the Bevern Trust will receive monies raised from the sale of tea and cakes. Tickets for these days must be prebooked on the NGS website)

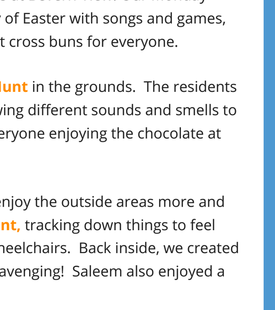
What's been happening at Bevern View?

As always, this month has been packed full of creative and stimulating activities. The easing of lockdown has given us the wonderful opportunity for the residents to resume their **outings**, which everyone has thoroughly enjoyed.

We have so far had trips to Eastbourne Seafront, Seaford Seafront, the Seven Sisters and the newly opened One Garden Brighton at Stanmer Park, with many more outings coming up. The pictures below are from JP and Simon's outing on a beautiful day in Eastbourne.

Bowling News: Simon, who has been at Bevern View for four months, claimed his first Bowling championship win with a massive 157 points! The highest points since records began!
This means Simon has moved himself off the bottom of the table, with the possibility of a promotion in June. Well done Simon, a well deserved win!!
Amy has managed to keep her spot at the top of the table for the third month in a row, but will she be able to stay at the top of the table for another month?



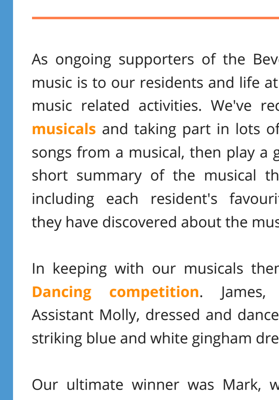


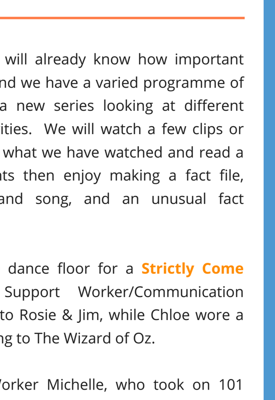
We shared our **Easter** celebrations in different ways at Bevern View. Our Monday morning Lighthouse group looked back at the story of Easter with songs and games, whilst Mark and his friends got hands on baking hot cross buns for everyone.

All our residents enjoyed the **Sensory Easter Egg Hunt** in the grounds. The residents listened out for a variety of music, along with following different sounds and smells to help them follow the clues to find the eggs, with everyone enjoying the chocolate at the end!

Clearer skies have given us more opportunities to enjoy the outside areas more and the residents took part in a **Sensory Scavenger Hunt**, tracking down things to feel and smell, feeling the different terrain under the wheelchairs. Back inside, we created a picture using all the items we had found whilst scavenging! Saleem also enjoyed a sensory outdoor foot spa with bubbles!

We're delighted to announce the opening of the **Wednesday Wonder Club**, a place where Saleem, Mark and Ciaron can earn badges by taking part in different activities, such as bird watching, car washing and gardening, a little bit like Scouts!

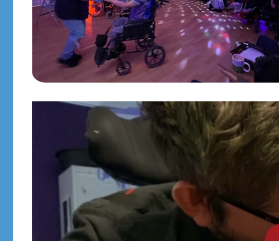


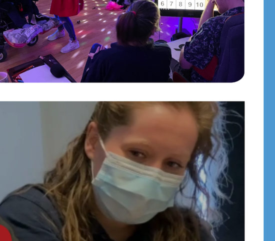


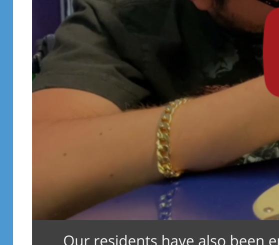
As ongoing supporters of the Bevern Trust, you will already know how important music is to our residents and life at Bevern View and we have a varied programme of music related activities. We've recently started a new series looking at different **musicals** and taking part in lots of different activities. We will watch a few clips or songs from a musical, then play a game based on what we have watched and read a short summary of the musical theme. Residents then enjoy making a fact file, including each resident's favourite character and song, and an unusual fact they have discovered about the musical.

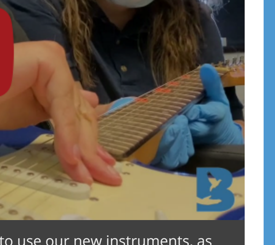
In keeping with our musicals theme, we hit the dance floor for a **Strictly Come Dancing competition**. James, along with Support Worker/Communication Assistant Molly, dressed and danced in character to Rosie & Jim, while Chloe wore a striking blue and white gingham dress whilst dancing to The Wizard of Oz.

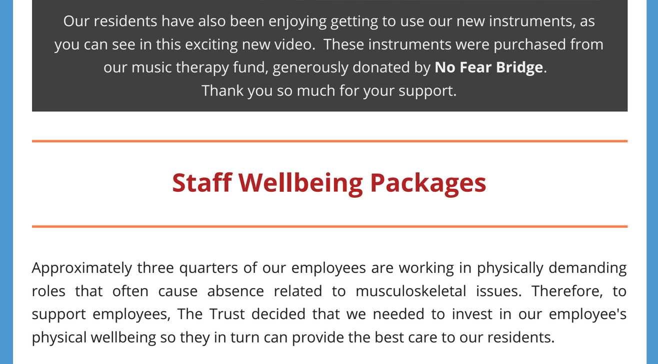
Our ultimate winner was Mark, with Support Worker Michelle, who took on 101 Dalmations, with Michelle sporting a Dalmation onesie! Well done Mark!











Our residents have also been enjoying getting to use our new instruments, as you can see in this exciting new video. These instruments were purchased from our music therapy fund, generously donated by **No Fear Bridge**.
Thank you so much for your support.

Staff Wellbeing Packages

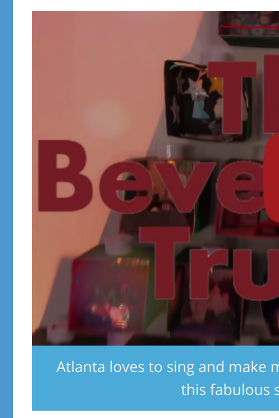
Approximately three quarters of our employees are working in physically demanding roles that often cause absence related to musculoskeletal issues. Therefore, to support employees, The Trust decided that we needed to invest in our employee's physical wellbeing so they in turn can provide the best care to our residents.

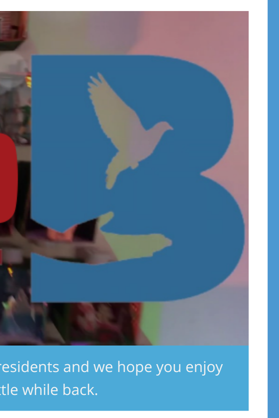
The Trust agreed to a more robust wellbeing programme to support our wonderful staff. The proposed plan will include the following support for our employees:

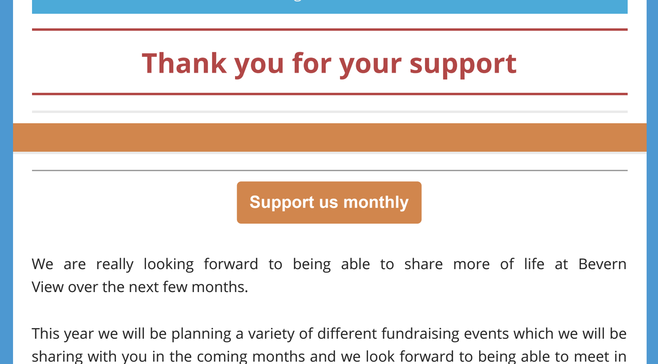
- Optical
- Dental
- Chiropody
- Therapy treatments (physio, acupuncture, chiropractic, homeopathy, osteopathy)
- Consultation (specialist referral)
- 24/7 doctor line
- 24/7 advice info line (counselling, legal, health and wellbeing)
- Up to 6 sessions of face to face counselling or CBT
- Health club concession and rewards vouchers

Getting to Know You ...

This month...meet Paul and Atlanta







Atlanta loves to sing and make music with the residents and we hope you enjoy this fabulous single from a little while back.

Thank you for your support

Support us monthly

We are really looking forward to being able to share more of life at Bevern View over the next few months.

This year we will be planning a variety of different fundraising events which we will be sharing with you in the coming months and we look forward to being able to meet in person for these events.

We hope we are continually inspiring you with news of our residents at Bevern View and the impact you can make in the lives of these profoundly disabled young adults. Our **regular givers** are a vital part of the Bevern Trust. Regular monthly support enables us to plan throughout the year for our general expenditure and towards projects such as our hydro pool, music therapy sessions or replacement of our vital hoists.

Don't forget the many ways you can get involved with our Bevern View community - through undertaking your own fundraising activities, supporting our events, volunteering or joining Bevern Friends.

The Bevern Trust
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