## The Bevern **Trust** more from life for people with profound disabilities

Welcome to **Bevern View News** 



Although there's still a way to go, we're all looking forward to some new beginnings and lots to get involved with after a long year.

With that in mind, we're launching into Spring 2021 with our ever popular Spring Hamper raffle!

Enter our raffle at only **£1 per ticket** for the opportunity to win a spectacular Spring Hamper, generously donated by our Bevern View parents.

Packed full of delicious treats, all with a springtime lemon yellow theme, our hamper of inviting food and drink will delight your tastebuds! Follow us on social media or on our website to see the finished hamper - it will be sure to tempt you!

The draw closes on Thursday 29th April at 5pm and the winning ticket will be drawn on Friday 30th April with our residents and staff cheering on. The hamper can be collected from Bevern View after this date.

Thank you for supporting us.



#### SAVE THE DATE!

HOLFORD MANOR OPEN GARDENS More information to follow but save the date for a wonderful day out in the sunshine at the beautiful Open Gardens in Holford Manor, North Chailey on 22nd May from 11am - 4pm.

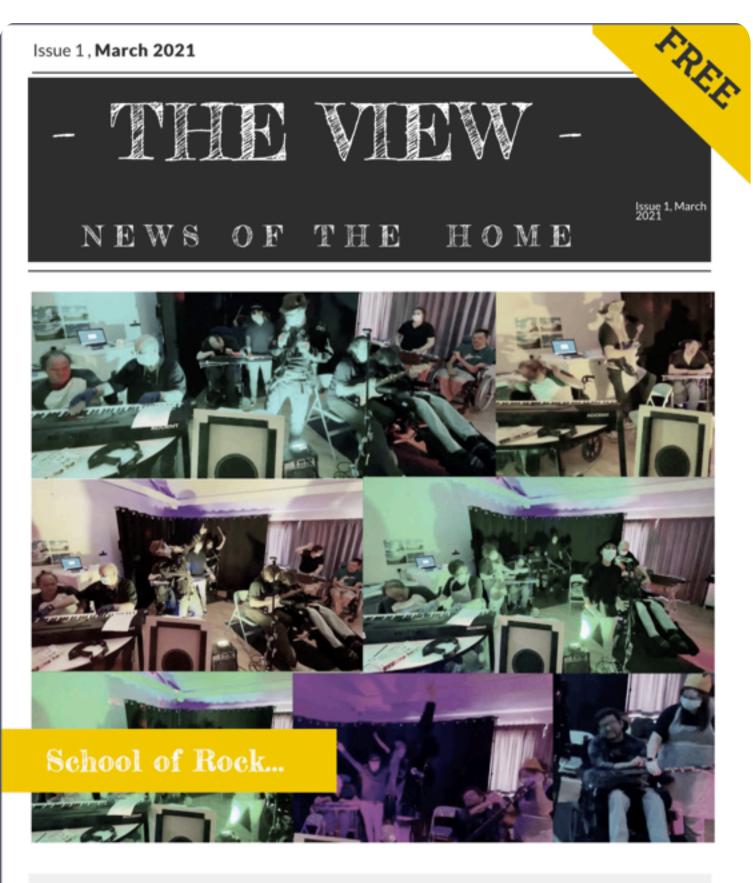
What's been happening at Bevern View?

We love to be able to share what our residents and staff have been busy doing each month, especially as we are currently unable to invite visitors in for our afternoon teas. Our activities and communications teams work so hard to create programmes and activities which will engage and stimulate each resident.

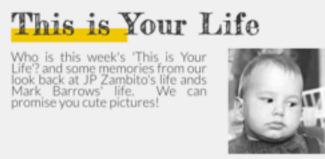
So this month, JP, James and Paul have been busy honing their journalistic skills with the first ever edition of **The View**, a newspaper packed with thrilling sporting news, exclusive rock band gossip and a trip down memory lane. The photos below give you an idea of how hard they've been working.

The **School of Rock** news came from our very own Bevern View rock band. The stage was set, lights flashing and speakers ready to boom as several of our residents and staff took to the stage. The residents loved playing the instruments including our brand new electric drum kit and our donated electric guitar. We mimed and played to songs and created our very own noisy music. We hope you enjoy the video below!

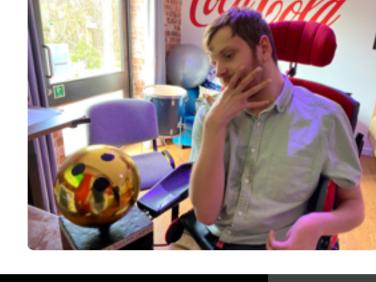
Our **Bowling Championship** is continuing to move at a pace. Ciaron has knocked Amy off her winner's podium as this month's champion this month so congratulations to Ciaron. Amy is still leading the Super 6 so she may win it back sometime soon! JP is top of the Fighting 5 leaderboard and in the promotion zone so it's all to play for next month! Our residents have their own Bowling entrance song and video - you can see from the Viking boat that JP means business!



An exclusive We will have an exclusive look at one of the most exciting bands to hit the scene. Interviews with the band members, band gossip and the latest news on their up and coming tour and potential studio album.







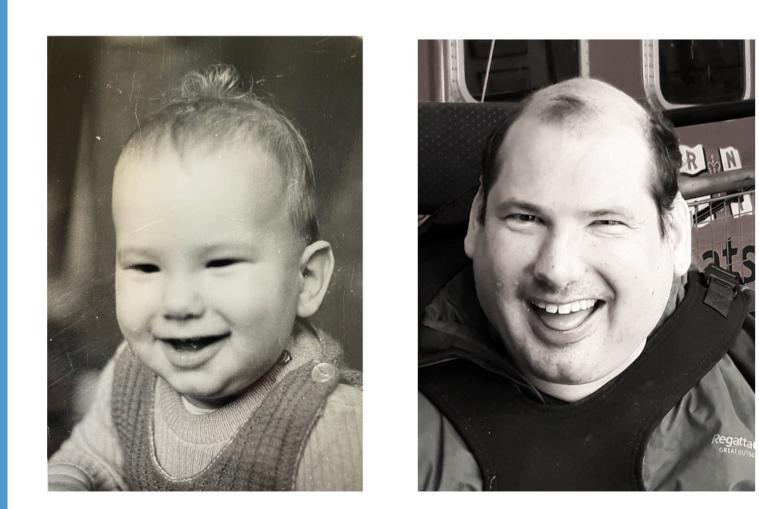


School of Rock!



We've also been continuing with our *This is your Life* programme and this month we had the pleasure of celebrating Paul's highlights. You can see from the fabulous photos below how Paul has grown up.

The team has been busy creating personalised **switch games** which James and Chloe particularly enjoy, using their switch skills to play the songs - the one in the photo below is called 'Ten Favourite People'!





### **Hydro Happiness**

**Hydrotherapy** – what is it and what are the benefits?

Our wonderful hydrotherapy pool at Bevern View is one of our most valuable resources and time spent there is treasured by many of our residents. As can be seen on the video of Jonathan dancing with Maciek, our residents love spending time in the pool with our physio Steve and physio assistants, Maria and Chloe.

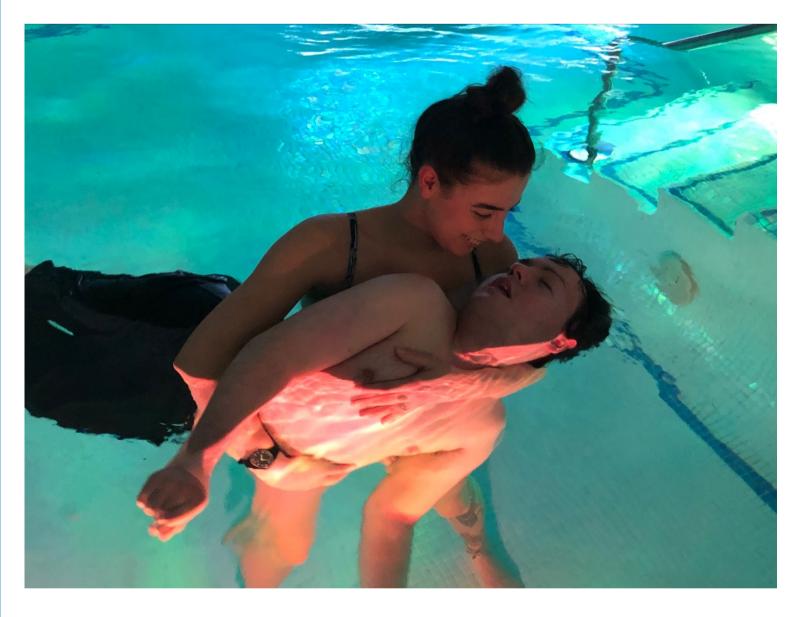
Hydrotherapy can be explained as using the natural properties of warm water to assist with physiotherapy sessions. Maintaining a water temperature of 34-36 degrees allows muscles to relax which provides further stretching opportunities and can help residents with painful muscle spasms. The physio team uses the combination of warm water and warm air temperatures, lighting and sound to stimulate all the senses, all of which helps with relaxation and enjoyment of the sessions.

The support of the water within this controlled, relaxing and sensory environment means that physiotherapy sessions can help improve movement and range of motion of joints which is more difficult on land. The natural water buoyancy can enable residents to stand and take steps in the water, a wonderful feeling for those who spend a considerable part of their day in a wheelchair. This regular time in the water can help increase their tolerance to exercise over time as muscles become more used to the exercises.

Movement in the water has so many more physical benefits - it can also help the lungs and reduce the possibility of infection, reduce pain, lower stress and brings such joy to people as they enjoy precious time spent out of their wheelchair and in the pool. It's great fun and can have a huge impact on social and psychological wellbeing.

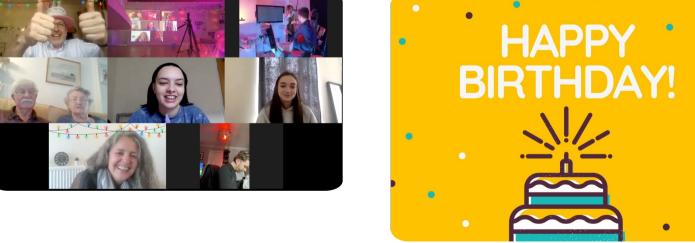
It's very special for parents to see their son or daughter enjoying their sessions - as James' mum Sandra explains, "James has very strong and sometimes painful upper body spasms and the warm water and therapy he receives in the pool greatly reduce these and makes him more relaxed. Spending time free from his spinal jacket and equipment, being able to float and relax in the water really puts a smile on James' face." The photo below shows James with his key worker, Holly, before covid restrictions came in.

Your invaluable support helps us to raise the £20,000 it costs each year to provide physio and hydrotherapy sessions - thank you!



### **Double Birthday Celebrations** Happy Birthday to James and Ciaron!





March has been a busy birthday month as we celebrated both James and Ciaron's special days. With our festivities always tailored to suit our residents, James and Ciaron each enjoyed their favourite things.

James celebrated his 30th birthday with a Wizard of Oz themed party. James and the team here all dressed up and we played party games related to The Wizard of Oz. A lot of fun was had by all!

Ciaron thoroughly enjoyed his birthday Zoom party with his family to mark his 25th birthday, whilst also expertly DJing for his friends here at Bevern View.

# **Getting to Know You ...** This month...meet JP and Cat

JPResident at Bevern ViewJP's favourite activities at Bevern View: getting up to mischief; massage from the lovely Martha; games night.JP loves: family: fashion; gossip; being social and playing pranks!Hobbies: IP has produced and starred in several movies; has sold a limited stock of fragrance and is a very harsh fashion critic!JP loves: family: fashion; gossip; being social and playing pranks!	Been at B View for almost 3 and years - and I time with the Most reward of your I get to s my day wi amazi resider creati mischief w
a very harsh else more!)	





2019 which was first shown as as part of our 20th anniversary Thanksgiving Service at St Mary's Church, Barcombe. The content of the video was chosen by JP based on some of the amazing things he has done over the years. JP raises his eye brows to communicate a 'YES'.

## Thank you

Thank you to everyone who continues to support us using **AmazonSmile.** By registering The Bevern Trust as your nominated charity, Amazon will donate 0.5% of the net purchase price of eligible purchases. Same products, same prices, same service to you.

We have already received **£144.40** donated from Amazon based on our supporter's purchases this quarter and this all helps us reach our fundraising goals.

If you have an Amazon account, follow these simple steps:

- 1. Sign in to <u>smile.amazon.co.uk</u> on your desktop or mobile phone browser 2. From your desktop, go to Your Account and select the option to Change your
- Charity. Or, from your mobile browser, select Change your Charity from the options at the bottom of the page.
- 3. Select The Bevern Trust.
- Note: You can also hover over the Supporting notice in the navigation at the top of any page, and then select the Change link next to the name of the charity you're currently supporting.



#### Support us monthly

Thank you as always for all your support in so many ways, which helps us to maintain the wonderful activities you have read about and enables us to maintain our ethos of giving our residents 'more from life'.

We so look forward to the time when we can welcome visitors to our afternoon teas to meet our residents, see our home and share our delicious cakes!

We hope we have inspired you with news of the wonderful residents at Bevern View and the difference 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.

We look forward to creating new memories with you in 2021.

The Bevern Trust

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