Love · Care · Freedom · Opportunity

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 this 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 exciting food and drink will delight your taste buds! 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.

Buy your raffle tickets here!

SAVE THE DATE
HOLYGOAT 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 Holygoat Manor, North Chailey on 22nd May from 11am - 4pm.

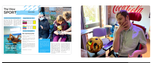
What's been happening at Bevern View?

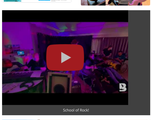
We love to be able to share what our residents and staff have been busy doing each month, especially as we are currently unable to invite visitors in for our afternoon teas. Our activities and communications teams work so hard to create programmes and activities which will engage and stimulate each resident.

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 minned and played to songs and created our very own rocky music. We hope you enjoy the video below!

Our Bowling Championship is continuing to move at a pace. Ciaron has knocked Andy off her women'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 inking how that JP means business!





We're 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 have been busy creating personalised switch games which James and Chloe have been using to practice their switch skills to play the songs - the one in the photo below is called Ten Favourite Foods.

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 Maisie, our residents love spending time in the pool with our physio Steve and physio assistants, Maria and Chloe.

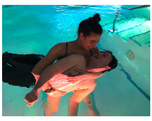
Hydrotherapy can be explained as using the natural properties of warm water to assist with physiotherapy sessions. Maintaining a water temperature of 34-36 degrees allows muscles to relax which provides further stretching opportunities and can help residents with painful muscle spasms. The physio team 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 helps to support the weight of the body in the water, a wonderful benefit 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 our people. Hydrotherapy sessions are a time for our residents to relax and peak. 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 arm muscles and he loves his time in the hydrotherapy pool. Hydrotherapy helps relieve 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 dog teacher, 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, while also superb DJing for his friends here at Bevern View.

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

JP
Resident at Bevern View
JP's Favourite Hobbies
Watching Sport
Getting up to mischief, causing chaos and playing practical jokes
JP's Quote
"Cheese"
JP has produced and starred in a pantomime, has sold a limited edition of a cookbook, is very much behind-the-scenes
Fun Fact
JP is a fan of Sex and the City and has watched it many times
Cat
Resident at Bevern View
Cat's Favourite Hobbies
Reading, Cooking, Gardening, Spending time with her resident friends
Cat's Quote
"Cheese"
Cat's Fun Fact
Cat's favourite food is cheese
Cat's favorite food is cheese
Cat's favorite food is cheese
Cat's favor