

Bevern

Newsletter from **The Bevern Trust** Issue 16, Spring 2020

THE SUSSEX DISABILITY CHARITY

**20TH ANNIVERSARY CELEBRATIONS RAISE
£18,000**

The local community and our Patron Natasha Kaplinsky rallied to help raise vital funds



***Thank you
for your support***



The Bevern Trust

more from life
for people with profound disabilities

www.beverntrust.org

Bevern Welcome



Welcome to the Spring edition of our Bevern Newsletter.

Four years ago I made contact with the Bevern Trust, asking whether I might have something to contribute. I became a Trustee a couple of months later, really inspired by a philosophy of love and possibility. It's a joy to introduce you to the first edition of our magazine for 2020, a new decade and a new score of years for the Trust to progress in.

I retired as a documentary filmmaker about ten years ago, making films which take you into the lives of ordinary people in extraordinary situations: often lives were compromised by disability and chronic illness.

A film about Thalidomide tracked how attitudes to disability were fundamentally challenged by a group of people born at the end of the 1950s: those families wanted something different for their children and they fought hard to make it happen – and it did. The other revelation was a film in Francis House Children's Hospice in Manchester.

The fact that Francis House was full of laughter and optimism, and more than anything, love, came as a surprise. Their simple philosophy remains: make every moment count.

So the Bevern View story really did resonate for me. We've just celebrated 20 years since the home was founded by visionary parents who wanted their children to be able to live the fullest life possible.

As you read the following pages I hope you will notice the same positive giving spirit at work. This is typified in the Bevern View Prime Minister Elections exercise, the account of Greg's respite experience and Nicky Ashdown's determination to help everyone communicate as well as they can.

Bevern View's endlessly creative approach to living with profound disabilities isn't cheap, so please do get involved in our fundraising activities, and help us to raise the target of £20,000 to celebrate our birthday, and support our very special residents and respite visitors.

Benetta Adamson
Trustee

Chair of Trustees

Nick Houston

Trust Accountant

Susan Goodliffe

Care Manager

Ashly Sarsons

Operations Manager

Alice Fry

Fundraising

Elizabeth Lang

Clinical Advisor

Kate Buche

Deputy Manager of Activities

Tim Lumgair

HR Manager

Rebecca Archard



The General Election 12th December

Tim Lumgair, Deputy Manager of Activities writes:

Sometimes we like to try something different in activities. Just before the General Election, Bevern View held their own election. The candidates going for Bevern View Prime Minister were the residents.

Each of the residents involved invented their own party with their own promises based on their own choices. Residents and staff worked together to devise their individual pitches for votes. Ciaron helped JP who responded to suggestions with lifted eyebrows. James used eye-pointing. Others responded with sounds and smiles, Chloe made her poster with hand over hand support, Paul took his own photo using switch equipment.

All the residents involved canvassed the home with their leaflets and staff talked about their campaigns throughout the week. It was a great chance for the residents to feel empowered and important. Everyone in the home had a chance to vote, residents and staff. The winner became Prime Minister, but the count was so close, we ended up having two PMs, each with a Deputy. Then each PM & Deputy had a week to make good on their election promises.

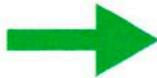
Week 1:

Chloe - Prime Minister

James - Deputy

We achieved the following:

- More Milkshakes for everyone
- More opportunities to dance and sing (we did a Strictly Come Dance activity that week)
- Opportunities to go out and dress up (some of the girls did just that and went to a posh restaurant in their best dresses)
- Early Christmas songs (James definitely made that happen)

THE BEVERN VIEW ELECTION		
1ST - 4TH NOV		
Vote for only one candidate by putting a cross <input checked="" type="checkbox"/> in the box next to your choice		
Bedford, Chloe The Look At Me Party		<input type="checkbox"/>
Edwards, Paul The Slapstick Party		<input type="checkbox"/>
Mundy, Ciaron The I Love You Baby Party		<input type="checkbox"/>
Schueler, James The Orange Eyes Party		<input type="checkbox"/>
Trusler, Saleem The Royal Party		<input type="checkbox"/>
Zambito, JP The Sexy Lips Party		<input type="checkbox"/>
Post your ballot in the ballot box in Activity Room		

Week 2:

Ciaron - Prime Minister

JP - Deputy

We achieved the following:

- Free hugs (Ciaron made extra effort to give out hugs)
- More discos (Ciaron put on his own disco for his friends, DJ-ing with his touch screen computer)
- Opportunity for residents to lead a shift (one shift was led by Ciaron and JP as they helped with shift leading)
- Naked Wednesdays (you might think, how on earth can that promise come true?!?! Well JP dressed in a 'naked suit' along with a couple of staff. He found it absolutely hilarious)

Bevern Donors

Spring 2020

The Bevern Trust relies on support and fundraisers from the local community. How could you help us raise money this year?

Sussex Community

Holy Trinity Church in Colemans Hatch have continued to support us and raised **£3000**. Our Operations Manager Alice Fry and Saleem went along to a morning tea and picked up the cheque from the Vicar.



St Marys Church in Newick raised **£970**, **Kings Church** in Lewes raised **£257** and **St Marys in Barcombe** raised **£313** (not including 20th Anniversary gifts).

Deborah Moore organised an evening of Belly dancing and raised **£200**.

Barcombe and **Newick Bonfire Societies** also supported us this year.



Sussex Business

Lewes Late night shopping raised **£1053.75** in December. We have continued to be supported by Local businesses in the area and the Lewes Chamber of Commerce. Thank you. The event is the perfect chance to shop locally for Christmas! With live music, food stalls and shops open from 6pm-9pm.



Lewes Santa Run 2019 took place on the 7th December and raised almost **£3,000**. Thank you to everyone that took part and thank you to all our **Sponsors** of the event: **Body Happy**, **hrscreative**, **Knill James** and **Harveys Brewery**.



Trusts and Foundations

We have received such fantastic support from Grants and Trusts. **No Fear Bridge** has again supported us with a **£10,000** donation for Music Therapy and more trips out for our residents.

20th Anniversary Celebrations

Raise vital funds for Sussex Disability Charity

We held three events over the Autumn and Winter in the aim of raising an extra £20,000 to provide our residents with a holiday next year, more trips out and more hydrotherapy sessions.

The celebrations began on Friday 13th September with a party at Bevern View, with games, celebratory food.

Then on Sunday 29th September we held a Thanks Giving service at St Mary's Church, Barcombe. It was a multi-sensory service, with videos and staff interviews. All finished off with an amazing BBQ and lots of yummy cakes.

The main highlight was the very special Anniversary dinner held on the 8th November, attended by 100 local supporters. The evening was hosted by our Patron Natasha Kaplinsky, with special auction skills from Justin Bower and a thought provoking closing speech by Peter Frost - founder.

Natasha and Justin kindly doubled the auction total for the evening.

We are only £2000 off our target, thanks to all the generous donations we have received so far... If you haven't been able to donate yet maybe you could set up a regular gift to help us reach our goal?



Set up a regular gift today

All events are Postponed /Cancelled

Events

Full steam ahead into a new decade!

2020: fresh from our memorable, and successful anniversary activities, the year ahead is full of opportunities. Please visit the website for more information about our events and to book tickets.



27th March

**The Big Bevern Friends Quiz.
6.30pm - 11:00pm**

The annual Big Bevern Friends Quiz returns to Barcombe Village Hall this March. A light Ploughman's supper and snacks are included.

There will be a cash bar with Harvey's Ale, wine and soft drinks. Fabulous raffle prizes and a special silent auction.

Tickets are just £8pp in teams of six

2nd April

Easter Afternoon Tea

**At Bevern View
3.00pm - 4.30pm**

This is our open door event: acquaint yourself with the unique atmosphere of the Trust's home and enjoy some home-baked cakes and a cup of tea. We can show you around the home and convey the positive impact that the many interactions and activities have on those who call Bevern View home.

**18th, 25th & 26th
April**

Open Gardens

**Banks Farm,
Barcombe
11:00am - 4:00pm**

Banks Farm is a 9 acre garden set in the very heart of the Sussex countryside, just off Boast Lane in Barcombe. The manicured lawns and early Springtime flowers lead the way to the enchanting woodland and Centre-piece lake. trademark BV cakes and cups of tea and coffee will be available to complete your afternoon.

£6pp with children free

Whats on?

Spring 2020



15th May

Charity Golf Day

**Mid Sussex Golf Club
8:00am - 4.00pm**

We are excited that our Charity Golf day returns to Mid Sussex Golf Club in Ditchling. It's a great way to network with like-minded people. There will be bacon rolls and tea/coffee on arrival. 18 Hole shot gun start, nearest pin/ longest drive competition. Two course meal, trophies, prize giving and a charity raffle.

**£65pp for teams of 4 or
£69pp for individuals.**

The Bevern Trust 
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for people with profound disabilities



Who's new at Bevern View? We caught up with Nicky Ashdown our new Communications Coordinator. Everyone at Bevern View has a voice and Nicky is here to make sure it is heard.

Nicky Ashdown joined the Bevern View team in October 2019 as Communications Coordinator. She says:

"I am truly passionate about helping improve the lives of people with profound disabilities. My long career in the NHS has given me lots of experience and knowledge in communicating with both children and adults with severe and complex learning and physical disabilities.

I have worked with specialised Speech and Language Therapists, medical multidisciplinary teams and families. I love creating personalised therapy programmes. I am passionate about sharing the importance of communication and listening, and aim to help transfer therapeutic skills into everyday life.

To me my job description is to enable residents to communicate to their full potential so as to equip them to build-on relationships with their families, friends and staff. I hope to promote independence through choice making, learning and emotional well-being. I really am fond of all the residents already and want to do my very best for them.

I have two beautiful girls and a dog called Buddy who I love spending time with. We enjoy ballet, beach walks and are interested in ladies football and rugby. Even-so I'm calm, gentle and I sing the wrong song lyrics confidently!

I am excited at the prospect of working with everyone at Bevern View".



Nicky and JP (resident) visited Mid Sussex Golf club and gave a speech about The Bevern Trust. JP used a communication grid downloaded onto his iPad to ask the lady golfers questions, his favourite being have you got any funny golf stories.... Yes they did!

Bevern Respite

Did you know we also have one respite room? Respite care means taking a break from caring, while the person you care for is looked after by someone else.

Karen tells us what respite care means for her son Greg, aged 30, and their family...

My son Greg joined Bevern View for respite just over three years ago. Greg had respite in his specialist school bungalow; from the age of eight up until the end of his twenty-fifth year. I cannot tell you enough about the anxiety and stress we suffered worrying about the transition to adult's care and how his future respite home would cope with his very complex needs.

My husband and I researched new placements discovering the vast shortage of such beds available in East Sussex. We began to view the limited places available, but our hearts sank deeper each visit: they weren't for "our boy".

Then we made an appointment for Greg to visit Bevern View... what a breath of fresh air!!!! The place itself was vibrant yet homely, buzzing yet calm, a combination not easy to achieve. We watched the interaction between staff and residents and their faces said it all... we knew we had found the placement we were searching for.

Although the ambience and social aspect is extremely important, good quality care is paramount. You can't relax unless you can entrust your son's welfare.



We had a big holiday last April and a nightmare situation arose. Greg had been taken ill and rushed via ambulance to Brighton Hospital. Without any hesitation Bevern View set up an around the clock rota so at no time was Greg left alone. My daughter was able to visit around her childcare arrangements, lifting a huge pressure from the family's shoulders. We as a family can never be grateful enough.

Respite at Bevern View is invaluable. My husband and I catch-up on our sleep, recharging our batteries. We spend precious time with Greg's siblings and our five grandchildren, visiting places that aren't wheelchair accessible. We can literally pop to a shop without loading a car and we can be spontaneous and drink alcohol: things that most take for granted!!! Greg in turn has much needed respite from us, socialising with his peers.

However, nowhere will ever be perfect so if I had to make a complaint...I would sack the Bevern View sock fairy!!!



1. My details

Title
First Name
Last Name
Address

Postcode

I'm happy to be contacted in the following ways (please tick).

Email
Phone

2. Make your donation go further

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If you are a UK taxpayer, The Bevern Trust can reclaim the tax on your donation and receive an extra 25p for every £1 donated. You need to have paid at least as much UK Income and/or Capital Gains Tax as the amount to be reclaimed on all your charitable donations in the appropriate tax year. Please inform us if you no longer pay UK tax at any time after the date of this declaration.

Yes, I would like The Bevern Trust to treat this and all donations I have made in the four years prior to this year, and all future donations, as Gift Aid donations.

Please tick if you are NOT a UK tax payer

Date

The Bevern Trust will hold your details to process your donation and keep you up to date on fundraising and what's happening at The Bevern Trust. If you would prefer not to hear from us, please let us know now, or at any time by telephone on **01273 400752** or email info@beverntrust.org. Our Privacy Policy can be found at <https://beverntrust.org/our-policies/>



3. Regular gift

You can also set up your standing order online at <https://beverntrust.org>

I would like to make a regular gift of £5 £10 £25 Other Amount: £

The Bevern Trust

Instruction to your Bank or Building Society to pay by Standing Order.

Name and full address of your Bank and Building Society.

To: The Manager Bank/Building Society
Address
Postcode

Name of account holder

Bank/Building Society account number

Branch sort code

Instruction to your Bank or Building Society

Please pay:

The Bevern Trust, (CAF Bank Ltd, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JQ)

Sort code: 40-52-40 Account number: 00023041

Please start on / / 20 and each month until further notice.

Signature

Date

4. One-off gift

I'd like to make a gift of £10 £20 £50 other £

Please make your cheque, postal order or CAF voucher payable to 'The Bevern Trust' or please debit my

Mastercard Visa Amex Maestro Delta CAF card

Cardholder's Name

Card no.

Issue no.

(Maestro only)

Valid from

/

Expiry date

/

Security no*

*The last three digits on the signature strip on the back of your debit or credit card. For Amex the four digits on the top right front corner.

Signature

Date

Thank
you.



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Freepost RTSL-ALUC-GLTC
The Bevern Trust
Bevern View
The Willows
Barcombe
LEWES
BN8 5FJ

