

Love - Care - Freedom - Opportunity

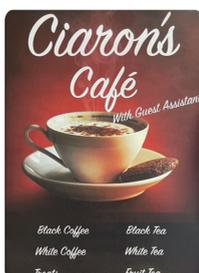
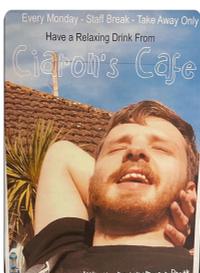


Welcome to Bevern View News

Our Activities and Communications teams are always looking for ways to challenge, inspire and educate the residents. Our busy January started with the launch of an exclusive establishment - **Ciaron's Cafe!** Ciaron opened his Monday morning Cafe for the benefit of staff at Bevern View, who can now relax on their breaks with a warming cup of tea or coffee and a delicious snack.

Ciaron uses a communication aid to take orders from the staff, and always ends by telling each of the staff they are his favourite!

Cafe Manager Ciaron will be supported each week by a guest resident Cafe Assistant who will help him sell the pastries, biscuits and fruit, as you can see below with JP and James.



More activities

Our creative **Sensory Programme** gives our residents an opportunity to connect sound and feelings. Saleem and Mark have been using the vibrating bed and watching videos. The bed vibrates with the different sounds - we've had steam trains, trucks, discos and even wrestling! Holly and James have also been particularly enjoying the sensory stories with different textures.

We also use Tacpac, which is music composed specifically to reflect the texture of each object so that the receiver experiences total sensory alignment and helps build communication skills.

All our residents also love our movement and wellbeing sessions, along with our hydrotherapy sessions. The picture below shows Chloe and James playing switch games - Chloe stretches her arm to press the button which starts the song, and James has a switch where he uses his head to activate the song.

James ended his year by winning the **Bowling Championships**, scoring a massive 125 points. If you've been following our Bowling Championships, you will know that this is James' 4th win! This has never been done before, so a huge congratulations to you James.

This year we are shaking things up! We've decided to split the home into two bowling leagues; the guys have got to earn their rights into the Super 6 league and try to get a promotion from the Fighting Five league. The pressure is on!!

To keep up to date with all our activities, follow us on [Instagram](#), or [Youtube](#) or [Facebook](#) and join in the fun!



Join us for some fundraising fun



Everyone is invited to test your wits and stretch your brain cells at our Virtual Quiz Night.

Hosted by our patron, Natasha Kaplinsky, and taking place on Zoom on **Friday 26th February 2021 at 7.30pm**, it's a wonderful opportunity for some lockdown socialising and a chance to start our 2021 fundraising.

The evening will also include an online auction of fabulous items generously donated by the local community.

Bring your own drinks and nibbles and settle down for an evening of fun and laughter.

[Book your tickets here](#)

Revamped Dining Room!



Thanks to the generous donation through the 12 days of giving fund, we were very pleased to be able to redecorate our dining room. The maintenance team removed some old cupboards which has now given us much needed space and the bright new colour has lifted the whole room. We purchased a Smart TV which our residents use for their daily educational and fun activities. New chairs have been ordered but we're still searching for what would appear to be elusive height adjustable dining tables which are so important to some of our residents in their bespoke wheelchairs - if anyone knows where to source these please get in touch!

Vaccination programme

We're very pleased to announce that by the time this newsletter reaches you, we will have completed the first stage of the vaccination programme for all residents and the majority of our staff. It is very reassuring to know that we have started the process and we look forward to completing it with the second dose in the weeks to come.

Getting to Know You ...

This month...meet Holly and Jen

Holly
Resident

Holly loves: looking up at the lights in the sensory room; the textures of sensory books; relaxing in water; movement and wellbeing sessions

Holly's Highlights: seeing her mum offer a very long time and enjoying the 1:1 time with her; lots of pampering time

Looking forward this year: being able to see her mum and brother again and seeing her friends all together

Favourite Song: Over the Rainbow by Eva Cassidy

Jen
Keyworker

Been at Bevern View for: I have worked here for 11 years!

Favourite activities at Bevern View: I love the sensory relaxing time with residents

Most rewarding part of your job: is seeing the residents happy and knowing that I have helped them with their day

What do you enjoy in your spare time: I love spending time with my family

I have all the fun activities we do together and also the hydrotherapy pool.

Favourite Food: Lasagne!

Get organised for 2021

The Lewes 2021 calendar presents some beautiful shots of Lewes life - can you recognise all the places in here? The Bevern Trust is one of three charities who will benefit from the sale of the calendars.

If you would like to purchase a copy, please click on the image below and follow the link.



Support us monthly

Thank you for all your support in so many ways - we really do appreciate it. Although our staff and residents have adapted so wonderfully to life under Covid, we're very much hoping that life will open up in 2021 and we will be able to resume our trips and outings. Your generous support will help us maintain these activities and help us maintain our ethos of giving our residents 'more from life'.

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 all that 2021 has to bring.

The Bevern Trust
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