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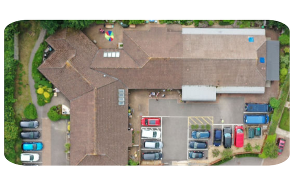
The Bevern Trust
more from life
for people with profound disabilities



Welcome to
Bevern View News

All the latest news and updates from residents and staff

Welcome to the latest edition of Bevern View News, giving us the opportunity to share more about life at Bevern View with our loyal supporters. As you read on, you'll see that September was a month full of fun, educational and therapeutic activities for the residents and we hope you enjoy hearing more from our invaluable catering staff and how their work impacts life at Bevern View.

We also have lots of events planned for the residents during the next few months and we're really looking forward to seeing so many of you at our ***Dinner & Auction*** on Friday 15th October. This promises to be a wonderful night, celebrating our residents and staff at Bevern View, and showing you more video footage from 'behind the scenes'.

During this fundraising evening, hosted by our Patron, Natasha Kaplinsky, guests will enjoy a delicious three course meal, hear stories from Natasha's celebrity life and take part in our thrilling Auction, hosted by Justin Bower.

Tickets are available to purchase on our website at www.beverntrust.org or by calling 01273 400752.

Please be reassured that we will do our utmost to ensure that this event will be Covid-secure. Masks will be optional for guests but mandatory for waiting and bar staff, hand sanitiser will be readily available, the table and seating plan will be given as much space as we can and we will ensure ventilation is kept at a maximum.

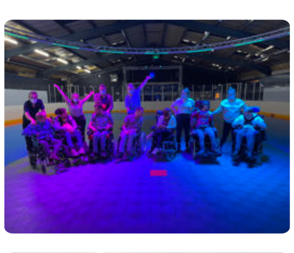
Wedding Congratulations!

A huge congratulations from us all to our wonderful HR Manager, Becky Embleton-Archard and her husband Tim on their wedding day. The bride looked stunning as they celebrated this special day in style and the rain held back at all the right moments!

Congratulations and best wishes to Becky and Tim!

This month at Bevern View

With the music pumping and the skates on, the place to be this month was the **Roller Skating Disco**! Having hired the venue for the morning, our seven skating residents had the place to themselves to enjoy speeding around the rink. Ciaron really enjoyed pulling the staff along and said that he wanted to go back with everyone!



Our artistic residents enjoyed using their independent skills to create some abstract **painted masterpieces**. They each chose their colours, shapes and objects to create a wide variety of textures, lines and shapes. This was followed by some 'hand over hand' support and some more independent painting before arriving at their finished look. James loves his abstract masterpiece!

James and Chloe really enjoy playing games using their **switches**. One game they especially like to play is hide and seek! Turning the lights off to make the room dark, James and Chloe each use the lights in front of them to find the other person by pressing the switch to turn the light on. Mark and Amy have also been enjoying Shadow play games.

We're all enjoying the opportunities to have more **outings** and this month, Amy and Jonathan both enjoyed having lunch with Amy's parents.

All our residents have been enjoying our **musical activities**. This month we have again welcomed Stuart to play his guitar and sing with the residents, as well as Full Beam productions getting everyone going with songs and dancing.

Movement and a wide variety of **physical therapies** are essential for our residents. Some of our residents have been enjoying the recently restarted yoga sessions with Amber. Others have been having fun with Rebound on the trampoline and as we heard last month from Maria, our hydro sessions play a vital part in maintaining healthy bodies and minds.

And in our regular **Bowling Championships** update, we're pleased to announce that this month was won by JP for the fourth time, along with volunteer and coach, Terry! Is there a chance that JP might win his first back to back title, or will James defend his spot at the top?

Our Kitchen is at the Heart of Bevern View

Proper nutrition and weight management are crucial in maintaining good health. It is so important that our menus are as person centred as possible which is a hard task when you're cooking for our residents and trying to manage the individual's textures, tastes and nutritional needs.

There is a lot of communication around eating so our cooks, Janet Anthony and Anna Carr, work alongside the communications team making sure that we have considered the obvious things such as likes and dislikes but also what the environment is like i.e., too noisy, too bright, too many distractions or not enough distractions! Then all these considerations need to be managed by our tireless shift managers and carried out by our support workers.

The clinical team, community speech and language therapists and dieticians are also very involved as there are issues related to body weight (both overweight and underweight), swallowing difficulties, gastro-oesophageal reflux disorder, diabetes, bowel disorders and oral health.

We want our residents to be as involved in their own home as possible especially when it comes to what they eat. Some of our residents can very clearly communicate their likes and dislikes so Janet works hard at her menus always making sure she has a choice of freshly made meals in the freezer in case the meal of the day proves unpopular. Last summer, we fundraised to purchase a portable oven which means our residents are able to enjoy cooking for themselves during an activity.

Of course, some of our residents have significant difficulties with eating and drinking and in this instance, they are offered some form of nutrition support. This can be in a liquid form if they have difficulties swallowing, or it can be through a tube, where liquid food passes straight into the stomach via Gastrostomy. For these residents it is important though that they are still involved in our mealtimes as much as possible as we often find that's the best time for chatting and laughing together and getting to share all the gossip from the week before!

Getting to know you...Staff interviews...

This month, we meet **Janet Anthony, Cook** at Bevern View, who works alongside Anna Carr to create delicious meals for the residents.

Read on to find out how Janet's vital role at Bevern View helps deliver joy, health and fellowship around the dining table for the residents.

Janet Anthony

What is your job role and how long have you been doing this at Bevern View?
I have been working at Bevern View for just over a year as cook on 3 days a week and I plan the menus and order the shopping for the whole week.

The kitchen is the heart of any home, and this is so true of Bevern View. Can you tell us some more about the team who work in the Bevern View kitchen?
Anna Carr cooks on a Monday and Wednesday and I cook on a Tuesday, Thursday, and Friday. The support staff help with clearing up after meals and the housekeeping team are a great support with deep cleaning on a regular basis. We work as a team supporting each other.

Can you describe a typical day for you at Bevern View?
Busy! I arrive at 10am and clear up the breakfast things and receive orders. I am then busy preparing lunch which is often soup or quiche and a selection of salads. I also prepare and cook the evening meal whilst preparing lunch so that any meat is cooked slowly to develop the flavour and make it super tender for the residents.
The afternoon is spent preparing and freezing the weekend meals and completing shopping orders. We have regular meetings to discuss the food and nutritional needs of the residents and my menu planning is based around the outcomes of these meetings.

Why is providing healthy food so crucial for residents?
Providing nutrition rich foods is crucial for anyone and our residents in particular need high quality nutritional meals in order to maintain a healthy lifestyle. The pleasure of eating is important for anyone and equally so for the Bevern View residents. I come from a background of nutritional knowledge as I used to teach food and nutrition so I'm passionate about ensuring that we provide the best for our residents.

Do the residents have any favourite recipes?
Ciaron loves his curries and Saleem always enjoys everything, whatever the meal. Cottage pie and chilli are always popular along with a weekly roast dinner.

Do the residents enjoy cooking?
The residents get involved with cooking as a part of their activities programme with Tim and Immy.

What are some of the challenges of your role?
Ingredients not arriving can be a challenge and one that is not going to go away in a hurry.

When are you happiest at work?
When I see the residents enjoying their food.

Tell us about your perfect weekend?
My perfect weekend is a mix of spending time with family and friends (usually involving food), listening to live music, gardening and then a sea swim would round it off perfectly.

Can you describe yourself in 3 words?
Mum, wife, friend.

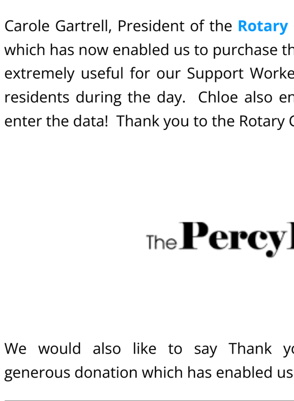
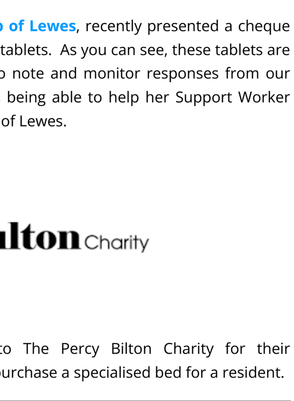
If you could visit anywhere in the world, where would it be and why?
I am lucky to have travelled a lot but still have Thailand on my list of places to visit.

And to end with, a game of either/or:
Chocolate bar or fruit salad? Chocolate bar
Night owl or Early bird? – both!
Books or movies? Books
Hot day on the beach or cold day on a walk? Hot day on beach
Be invisible or be able to fly? Be invisible
Christmas or your birthday? Christmas – well, Lewes Bonfire actually

Birthdays at Bevern View

We haven't had any birthdays this month so we'd love to take the opportunity again to suggest that this year you might like to '**Donate your Birthday**' and make a difference. Just ask your friends and family to make a donation to the Bevern Trust instead of receiving presents - simply direct them to the Donate button on our website or set up your own JustGiving page.

Thank you

Carole Gartrell, President of the **Rotary Club of Lewes**, recently presented a cheque which has now enabled us to purchase three tablets. As you can see, these tablets are extremely useful for our Support Workers to note and monitor responses from our residents during the day. Chloe also enjoys being able to help her Support Worker enter the data! Thank you to the Rotary Club of Lewes.

The Percy Bilton Charity

We would also like to say Thank you to The Percy Bilton Charity for their generous donation which has enabled us to purchase a specialised bed for a resident.

Support us monthly

We do so hope you enjoy hearing all about life at Bevern View - our residents have such full and busy lives throughout the month and it is wonderful that we can share this with you.

We would love to hear from you if you would like to become involved in supporting our dynamic and life-changing work on a **regular basis** through monthly giving. We really appreciate all your support, and this monthly giving helps us to make plans for the care we provide. Click on the **Support us monthly** button above for further information.

Please do let us know if there is anything else you would ever like to hear more of - we're always open to suggestions!

The Bevern Trust
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