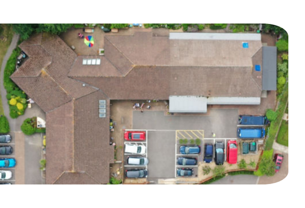
Love - Care - Freedom - Opportunity

The Bevern Trust
more from life
for people with profound disabilities



Welcome to Bevern View News

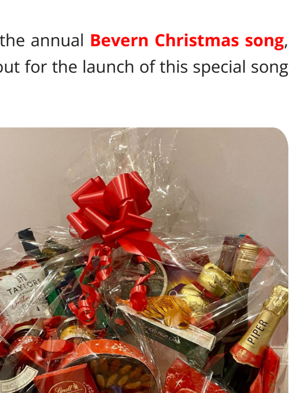
All the latest news and updates from residents and staff

Christmas fun at Bevern View

As Advent starts, we're all getting exciting for the approach to Christmas and all that we have planned at Bevern View over the next few weeks. We'd love you to join in with our fun and fundraising:

* **Christmas Jumper Day:** Choose a day to suit yourself, dress in your favourite Christmas jumper and donate £5. Click the image below for further details.
* **Christmas Hamper Raffle:** Tickets available for purchase online or in Bevern View reception until 5pm Friday 17th December. Click the image below for further details.
* **12 Days of Giving:** Nominate The Bevern Trust in the Ecclesiastical Insurance draw to be awarded a £1000 donation. Each weekday from 6 - 21 December they will draw 10 winners at random and nominations remain open until midnight the day before each draw. Click the image below to nominate the Bevern Trust.

Residents and staff have also enjoyed recording the annual **Bevern Christmas song**, featuring 30 members of staff in the choir! Look out for the launch of this special song on our social media in the coming weeks.



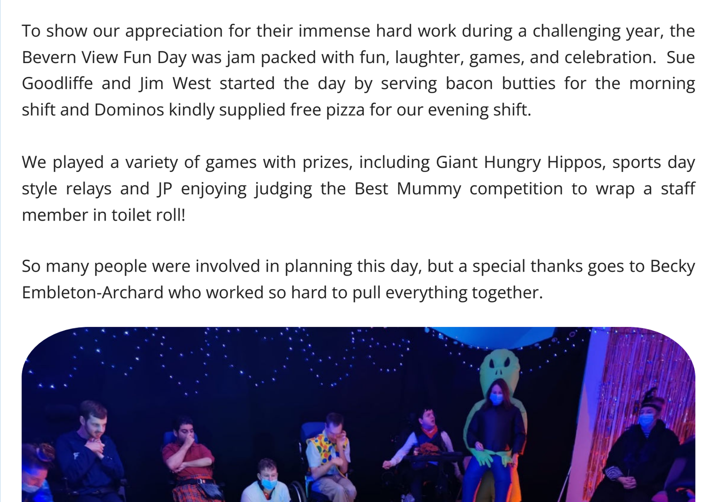
Bevern View Fun Day

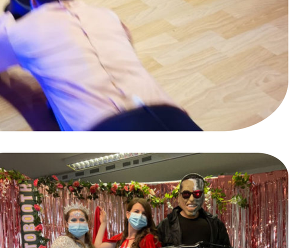
The last week in November culminated in a super day of fun and fancy dress at Bevern View as we took the opportunity to thank our wonderful staff for their incredible hard work. The theme for our fancy dress was to dress as something or someone with the same first letter of your name. All our staff and residents were involved and there was a staggering array of fancy dress outfits - see who you can spot below!

To show our appreciation for their immense hard work during a challenging year, the Bevern View Fun Day was jam packed with fun, laughter, games, and celebration. Sue Goodliffe and Jim West started the day by serving bacon butties for the morning shift and Dominos kindly supplied free pizza for our evening shift.

We played a variety of games with prizes, including Giant Hungry Hippos, sports day style relays and JP enjoying judging the Best Mummy competition to wrap a staff member in toilet roll!

So many people were involved in planning this day, but a special thanks goes to Becky Embleton-Archard who worked so hard to pull everything together.

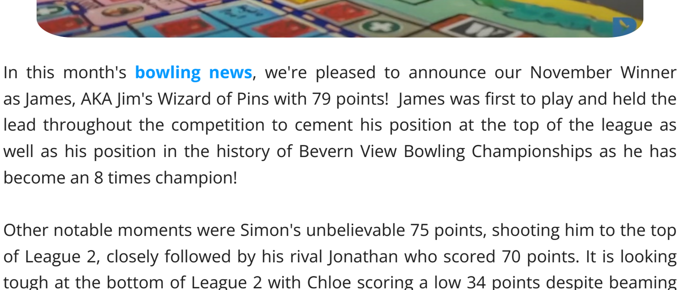




This month at Bevern View

There is always a lot of excitement and laughter coming from the lounge when residents and staff gather for **games sessions** together. Competitive spirit is always high as the games begin!

This month, residents have been enjoying games of Scattergories and Pictionary. These games were adapted to suit each of the residents; for example, we might use a switch to spin the wheel to choose a letter for Scattergories or by drawing hand over hand in Pictionary or by using switches to select drawing categories. JP also loved playing his own board game, 'Zombito', based on his movie of the same name.

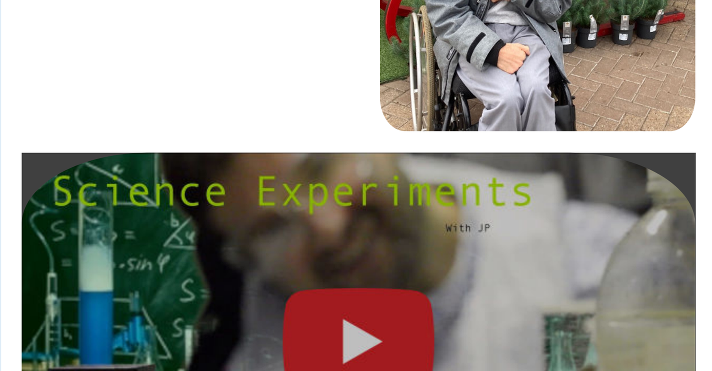


In this month's **bowling news**, we're pleased to announce our November Winner as James, AKA Jim's Wizard of Pins with 79 points! James was first to play and held the lead throughout the competition to cement his position at the top of the league as well as his position in the history of Bevern View Bowling Championships as he has become an 8 times champion!

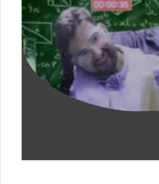
Other notable moments were Simon's unbelievable 75 points, shooting him to the top of League 2, closely followed by his rival Jonathan who scored 70 points. It is looking tough at the bottom of League 2 with Chloe scoring a low 34 points despite beaming the whole time. Who will win next month? Who will gain promotion and who will be relegated?

We celebrated Bonfire Night this year with a sensory **Twelve Days of Bonfire Night**. We adapted the 12 Days of Christmas song to Bonfire related words and sensory steps.

Mark and Saleem also enjoyed a trip to the **garden centre** to see the Christmas displays, while JP tried his hand at some **science experiments**!



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



This month, we're delighted to introduce you to our Trustee, **Benetta Adamson**.

At the Bevern Trust we are extremely fortunate to have an experienced, committed team of trustees who bring so much to help the trust run smoothly. These volunteers give a huge amount of time and expertise, and we are very grateful to all that they give to The Bevern Trust.
The vital role of a trustee is to oversee everything a charity does, from setting its strategy to being responsible for its work and finances.
Trustees are advocates for the residents and the staff of Bevern View. They can argue for better funding from the state and can help to generate funds from the general public. Their responsibility is to ensure that Bevern View is sustainable for the future, and plan for the best possible provision of facilities so that our residents will always receive the very best possible care.

The two films mentioned below by Benetta can be viewed online by clicking the links below:
Thalidomide: Life at 40 and Kirsty's Millions

Benetta Adamson

How long have you been involved and what initially drew you to The Bevern Trust?
I first made contact with the trust in early 2016 and was confirmed as a Trustee in June that year. I moved to Lewes in 2009, which marked the end of a long career working in TV making documentaries. As a director, a lot of my work explored the lives of individuals who were in some way or another excluded from mainstream life, so disability featured often.

As a Trustee, do you have a specific area of interest?
I don't think I do, beyond a concern for social justice and a strong sense that every individual has potential which is often not explored. Most of my Trustee colleagues have family members who are resident at Bevern View, so I hope I can bring a very objective perspective to my role. Most of all, it's about enabling every resident to live life to their very best potential.

How does your working life relate to the work of Bevern?
I'd single out two films of mine which relate directly to the Trust's work. The first was a film exploring the lives of people affected by Thalidomide. Called "Thalidomide: Life at 40" it evolved into a history of attitudes in the UK to disability from the early 60s until the new millennium. When the Thalidomiders were born, the expectation was that their lives would be both short and wretched. Disabled people were kept in institutions far from public view – in fact, Chailey Heritage cared for quite a large cohort of Thalidomide affected children.

The drive then was to "normalise" them, fitting them with artificial limbs which did nothing for their mobility or ability to function, but made them look "normal". It was very striking that as a defined and noisy group (first led by militant parents and then by the Thalidomiders themselves) they were able to demand changes, both in attitudes and in social provision. They wanted to be – indeed insisted on being – visible. Instead of being further disabled by society, they were in the vanguard of demanding that society must adapt to their presence. Our film celebrated a group whose determination not to be hidden away had led to profound and lasting changes in attitudes: they are the very personification of the social model of disability.

The second film, and one which probably has closest echoes to my involvement with the Trust, was about a Children's Hospice in Manchester. Called "Kirsty's Millions" this was an immersive observational documentary which challenged assumptions about young lives shortened by illness or disability. It was probably the happiest experience of my working life: Francis House was full of joy and laughter and the determination to make every moment worth living to its fullest. I recognised instantly the same philosophy in Bevern View: life is for living and every individual must be allowed to explore their full potential.

What do you think are some of the highlights of what goes on at Bevern View?
I would say that excellent care goes hand in hand with amazing creativity so that every day is full of opportunity. Every resident is an individual whose personality is acknowledged and whose care-needs are met at all times. It's an amazing balancing act and the results are stunning.

What would be your perfect first day on holiday and where would you be?
In a Venetian gondolier piloted by a young Placido Domingo singing the Ingemisco from the Verdi Requiem!

Do you have any pets?
I have Ursa, an eight year old Labradoodle and Ottolie, the warrior kitten.

And to end with, a game of Either/Or:

European city break or British seaside holiday?
City break – see above!
Rich chocolate cake or large bar of chocolate?
Can I have some really mature Gouda with Sauternes instead?
Too cold or too hot?
Cold probably: I can always light a fire
Evening in front of the TV watching sport or a romcom?
I've just taken up squash: much more fun than watching anything!
Evening at the theatre or night at the ballet?
I've been an amateur choral singer all my life, so it would be Mahler 8 at the Albert Hall.

Birthdays at Bevern View

We haven't celebrated any birthdays in November so we would like to take this opportunity to encourage you to link your birthday and Christmas shopping to The Bevern Trust when you are making purchases.

Give as you Live is an organisation which helps raise funds for charities when you link through to a partner company such as Sainsburys, John Lewis, M&S and hundreds more through the Give as you Live website. Simply shop as normal and your purchase will raise free funds for The Bevern Trust. Click the link to register and start shopping!

AmazonSmile: when you shop using the AmazonSmile link (which is the same Amazon site), AmazonSmile will donate 0.5% of the net purchase price (excluding VAT, returns and shipping fees) of eligible purchases to the charitable organisation selected by customers. If you register The Bevern Trust as your chosen charity, then we will benefit every time you shop!

Give as you Live®

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You shop. Amazon gives.

Thank you

We are so grateful for the regular support of so many trusts and organisations which make such a difference, enabling us to purchase essential equipment and maintain our therapy programmes. This month we would like to say a HUGE thank you to two wonderful organisations:

No Fear Bridge provide annual support for our music programme which brings so much joy and beneficial music therapy for our residents. With their funding, we have purchased musical instruments, are able to bring musicians and singers to lead sessions, run regular group and individual music therapy sessions, have developed our Amazing Musicals programme and will be able to access relevant music related outings when this is safe for us to do so.

The Mary Alice Harris Trust have generously provided a grant to enable us to replace the essential ceiling hoists in bedrooms and in our lounge which gives greater flexibility and ease for our residents to move around without putting additional strain on themselves or their support workers.

Wishing you all a very Merry Christmas from us all at Bevern View.
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 **Donate here** button to set up a regular monthly or a one off donation to The Bevern Trust in 2022.

Donate here

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
info@beverntrust.org

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