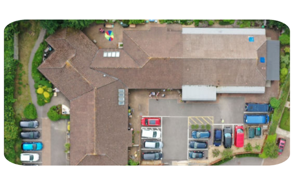
Love - Care - Freedom - Opportunity

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

Storm Eunice, by Alice Fry

My Grandmother was called Eunice. She died just over a year ago, having lived in the village for 40 years and had always been a huge supporter of Bevern View; although tiny in stature she was also a force to be reckoned with if ever you tried challenging her very strong points of view!

After Storm Eunice struck, we lost power at Bevern View on Friday around 1.30pm. Fortunately, lunch had been eaten and dinner was on the hob. UK Power networks told us that our power would be restored by the evening, so we weren't too concerned at that stage. Emergency lights were dug out, windows were shut, and curtains drawn. It was early to bed for our residents in order to keep them warm. Unfortunately, the power didn't return that night and our poor night staff were chilled to the bone by the time someone came into relieve them.

By 7am on Saturday morning we had to take fairly swift action as I couldn't think how we were going to keep everyone warm, let alone fed. The complexities of our resident's diets mean power is essential. We had one resident who was being barrier nursed due to having Covid and as we had no hot water, the laundry and sluice room were becoming dangerously full.

With the help of friends from the village, Debbie, Shift Manager, brought in some hot water for our resident's breakfast. Kate (Clinical Lead) had taken all the resident's iPads home to charge up and brought it in hot milk. Another resident of Barcombe had offered me their house to cook lunch (as I also didn't have power!) Our maintenance team got on the case with trying to source a generator. Just as I was starting to wobble with worry about the night ahead, Barcombe's very own Tim Austin turned up with his own generator and set to work fixing it up. Spirits were raised and lunch was served when power was restored!

I cannot thank our staff and community enough as well as all of our parents for being so supportive. We've pulled through Covid together but the goodwill from all just keeps on coming.

We will be raising funds for our own generator which will, at the very least, mean we can keep our residents warm next time we lose power. I think I'll name it Eunice...!

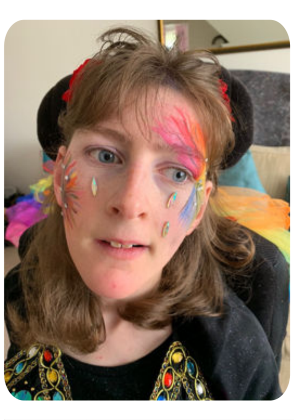
Fundraising Success

We would like to say an enormous thank you to everyone who supported our **Virtual Quiz Night & Auction**. The quiz was expertly hosted by Natasha Kaplinsky and husband Justin Bower was on fine form as our accomplished auctioneer.

We had a fabulous evening with many regular and new supporters joining in their own homes to challenge their knowledge, and many donations from those who were unable to attend. We were thrilled to see the results of Tim and Immy's creativity in producing our outstanding 'Name That Movie' rounds with our residents as leading actors. We also had the opportunity to show the latest action packed Bevern View film which you can see below.

Many congratulations to our winning team - **Frankie's Fireworks**, made up of Tracy & Matthew Powell, Sean & Sarah Hambrook and the team's lucky charm mascot was Francesca Powell. The images below show how Frankie gave the team their name!

We are delighted to announce that this evening raised a stupendous **£12,600!**



The One With All the Filming...

Easter Hamper

Our renowned Bevern Trust Easter Hamper raffle is back!

Enter our raffle at only £1 per ticket for the opportunity to win a spectacular Easter Hamper.

Packed full of delicious treats, our hamper of inviting food and drink is sure to delight your tastebuds and help prepare your Easter celebrations!

The winning ticket will be drawn on Monday 11th April 2022 with our residents and staff cheering on.

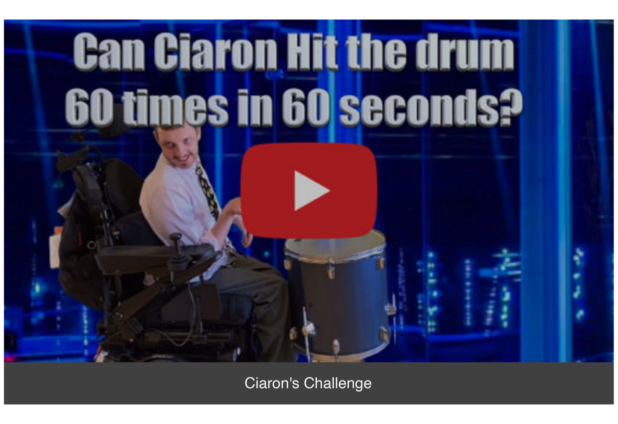
Entries close at 10am on Monday 11th April 2022.

Raffle ticket purchase

February at Bevern View

The Activities team have been busy filming this month. Those of you who attended our Quiz Night will have seen the results of Tim and Immy's 'Name That Movie' **filming sessions** with the residents. What excellent acting skills!

Chloe and Ciaron also undertook three **Challenges** this month which you can view on our YouTube channel - the first of which is below.



Ciaron's Challenge

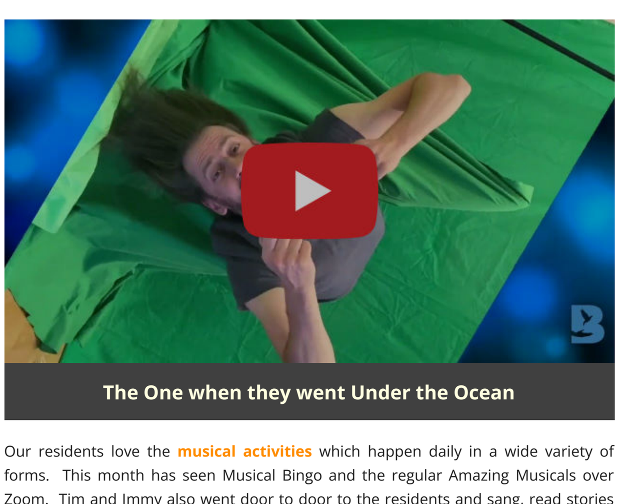
Following on from the success of Ciaron's Cafe, his next venture has been to set up **Ciaron's Cocktail Bar**!

Regular followers of our Facebook page will know that our hotly contested **Bowling Championship** was won this month by Ciaron with a huge 76 points - congratulations Ciaron on the brilliant win. 🥳🏆 Did you know the last 9 months have only been won by either JP, Ciaron or James...

Covid hit Bevern View again in February so we returned to lockdown for the residents. As you'll read in Tim's interview below, the challenges of lockdown call for greater creativity for the Activities team and support staff. Many of the activities were moved to zoom, including a 14th February **Valentine's Day Quiz** and **Mr & Mrs Quiz**, where residents chose who to pair up with to see how well they know each other and tried to match their answers.

The residents also took part in a **story writing game**. Everyone was given pictures of well known characters and staff members as well as sentence starters, and set the task of creating a fun story. After a couple of sentences, the stories were passed around the group for another resident to continue, trying to keep in the same theme. A lot of laughter was had when the final stories were read out at the end!

Our **virtual reality scenes** are well known here at Bevern View and the residents had the opportunity to travel far and wide this month. In the video below, Chloe explores the oceans and you can view our YouTube channel for more.



The One when they went Under the Ocean

Our residents love the **musical activities** which happen daily in a wide variety of forms. This month has seen Musical Bingo and the regular Amazing Musicals over Zoom. Tim and Immy also went door to door to the residents and sang, read stories using peg puppets and played the piano.

And as if all this wasn't enough, in keeping with our **living life to the full** ethos, the residents have also taken part in movement & wellbeing sessions, physiotherapy and fun in the Hydro pool, Rebound therapy on the trampoline, yoga sessions, lots of baking, Lighthouse group and some socially distanced games of Hungry Hippos and Fruit Swaggers!

Congratulations!

A huge congratulations to Janet Anthony, our Catering Manager and her team for our latest Food Hygiene Rating success. On Saturday the environmental health inspection team came in unannounced and awarded us with 5*'s!

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

As regular readers of our newsletters, you will have frequently heard about our outstanding Activities programme. This month, we're very pleased to introduce you to the man behind this creativity - **Tim Lumgair** is our Activities Manager (Activities, Education & Wellbeing), seen here with daughter, Ivy.

Tim Lumgair

What is your job role and how long have you been doing this at Bevern View?
I am the Activities Manager, which in essence means I have to make sure the residents are living their lives the way they want to, based on their desires, needs and interests. I do this in the form of group activity sessions or individual sessions. They can have different focuses such as entertainment, positive wellbeing, skill based, educational, culture/religion and new experiences. At the end of the day it's enabling the residents to have access to the same as you and I might do on an average day but it's often packaged a little differently.

Who is on your team and how does your team connect with the other teams at Bevern View?
I work with my Activities Assistant, Immy and our volunteers Sandra and Terry. The timetable the residents follow combines the 4 key areas of the home – Health (Clinical Team) & Daily Routines, Physiotherapy Team, Communication Team and Activity Team. We are in constant communication with each area as they overlap so much but we are most connected to the communications team as understanding the residents and hearing their 'voice' is foundational to what we do.

Can you describe a typical day for you at Bevern View?
I get straight into setting up the activities around the home before joining our morning welcome group with the residents. I will then lead a group activity for a couple of hours before packing the whole lot down again. After lunch I usually do one group session or 1:1 activity. The rest of the day is filled with write ups, admin, planning and researching activities. The thinking–up activities part of the planning can look as if I'm just a mad man scribbling and doodling on paper but that is where the magic happens...

What activities do the residents particularly enjoy?
Music is usually a winner as it can come in so many forms. It could be singing their favourite songs at the piano, cracking out the karaoke, them playing the piano, drum kit or guitar; it could be our live music acts coming in and performing, or our music therapy sessions. We have so many ways the residents can access or participate in music, we can always find something they can get from it.

What are some of the best things about working at Bevern View?
The freedom to be creative and to try anything here. Disability can box people in, sometimes, but at Bevern View we try to get the guys living their best life, whatever it takes and Bevern View allows us to do that effectively.

How has Covid affected the activities you can do with the residents?
It has meant a lot of problem solving to carry out activities from different rooms or separately across a room but it has also enabled us to hone in on individuals and give them more 1:1 time, getting to know them better. For me it has meant planning lots of individual activities or working out how to make Zoom accessible for our residents.

Can you tell us about your family?
I have a wife called Lacey who works with children with disabilities and a little girl called Ivy, who like me, is still enjoying Christmas songs in March and we have a baby boy on the way in the summer. Name ideas are welcome.

What do you enjoy doing in your spare time?
If I can drag myself from Netflix then I like to write and illustrate children's books, edit videos, write songs, run and play/watch football. Oh and eat a lot of chocolate.

Can you describe yourself in 5 words?
Creative, Geeky, Christian, Sporty, Musical

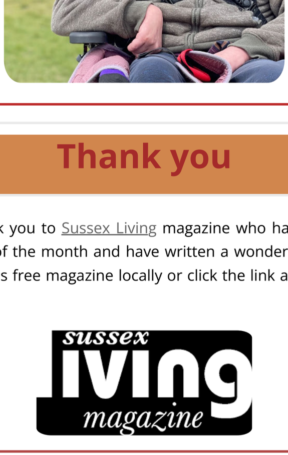
Have you ever met any celebrities? If not, who would you most like to meet and why?
Yes, but I tend to forget who've I've met... I would love to meet the Queen though, she's a proper celebrity. And Jay Kay from Jamiroquai.

And a game to to end with:
Would you Rather...

Have a relaxing beach holiday OR active sporty trip? Sporty trip
Have dinner with a few friends OR host a huge party? Dinner with friends
Go back in time to meet your ancestors OR go into the future to meet your great-grandchildren? Back in time
Have a sing-off with Ariana Grande OR a dance-off with Beyonce? Ariana Grande
Have a magical fridge which is always stocked OR a magical oven which bakes you food? Fridge.. with endless crunch corner yogurts

Birthdays @ Bevern View

This Sunday, the residents will be celebrating with Paul - Happy Birthday to Paul!



Thank you

See us in print! Thank you to Sussex Living magazine who have chosen The Bevern Trust as their charity of the month and have written a wonderful article to share our news. Look out for this free magazine locally or click the link about to read the latest edition online.

sussex living magazine

Regular Support

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 to make a one off donation to The Bevern Trust in 2022.

Donate here

Do follow us on our social media pages - all links below - for regular films, photos and updates on Bevern View life and memories from activities over the years.

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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