

Love - Care - Freedom - Opportunity



Welcome to the March edition of Bevern View news



UKRAINE DAY

This month we continue to keep the people of Ukraine in our thoughts and prayers. It is in a time of crisis that as a community we must come together and in true Bevern View spirit we came up with a plan to spend the day reflecting on what was happening in Ukraine at the moment.

Staff and residents all wore something in the Ukrainian national colours whilst Tim led the Ukraine special activity. The residents rolled the dice and depending on what square they landed on meant they got an envelope with either questions and facts, or a chance to listen to Ukrainian music and dance, and we even acted out a traditional Ukrainian folk story. The favourite parts were definitely the dancing and story and we all learnt a lot about Ukraine. Tim and Megan led the way with 'The Hopak' which is a popular national dance and it thought it was hilarious when someone almost split their trousers!

JM, our care manager, put a box in the office for any donations such as blankets, socks and lined floor, which was quickly filled. Meanwhile, Anna got busy cooking up a Ukrainian feast that included a lunch of Olive Salad (not mayonnaise and potatoes) or Chicken Kyiv and then for dinner Goulish and Deruny (Goulish and fried potatoes).

We hope you enjoy reading about one of our Support Workers later in the newsletter. Maciek was born in Poland and is himself a refugee.



March at Bevern View

Gradually life at Bevern View is starting to get back to normal. We're getting back into the community regularly and the community are coming in to us!



Our St Patrick's Day bowling championship saw a record amount of winning scores. Paul set the bar high with 80 points and was challenged closely by Amy, Simon, JP and James but to no avail. It wasn't until King Saleem rocked up with a massive 80 points that the nerves could be felt in the room. Holly joined us, having had a relaxing ball, and was ready for anything. Coached meticulously by Mamba and Anna she was challenging Paul to the last roll of the ball. The spare at the end on her joker round was enough to take a shock victory with a huge 90 points. Congratulations Holly High Rollers! Amy continued to hold firm at the top of the Fighting 5 league and JP too keeps the top spot but only on game points difference. Bring on April!

Fact: Holly is the first female to win the championship since winning it herself back in May 2021. This means she is also the greatest female bowler of all time with 6 championships to her name.

Pancake day is enjoyed by all at Bevern View and even those of our residents that are not able to eat the pancakes love to get involved with making them. James was thrilled to be our head chef while Paul could not stop giggling at the fuss that was made every time he decided to sift the flour all over the floor instead of in the bowl!



Now that we're out of lockdown our wonderful hydrotherapy pool is back up to almost maximum usage. Our residents are loving Bevern View's most valuable resource and time spent here is treasured by all of our residents. This regular time in the water helps increase tolerance to exercise as muscles become more used to the physical exertions. It also helps the lungs and reduces the possibility of infection and lowers stress as our residents enjoy precious time spent out of their wheelchairs.



Your invaluable support helps us to raise the £20,000 it costs each year to provide physio and hydrotherapy sessions - thank you!

Mark and JP have enjoyed one of their favourite pastimes, painting with their feet, the activity is made so easy thanks to our brand new hoists that glide gently and smoothly anywhere in the room. Thank you again to **The Mary Harris Charitable Trust** for funding these, they really have made such a difference in our home.



So much is going on in **Wednesday Wonder Club**. This "exclusive" club offers a chance for its members to have a regular structured routine that could consist either of an art activity, picking up litter from around our local community, aerobic massage sessions and more. The club is rather bizarrely led by a Unicorn which tells our members what is going to happen that day, it's very much something our residents and staff do together as a team and one of our favourite parts of the week.



March Birthdays!

We celebrated two birthdays this month. Bevern View's Spring born babies include both James and Caron and what a beautiful month to be born in.

James had an incredible Rainbow themed party, the whole home was covered in tinsel and we had a very loud and fun packed morning in which everyone must have sung Happy Birthday at least 20 times! The morning was topped off with the arrival of Zippy which meant we all then had to sing Happy Birthday once more - as you'll see from the pictures below, James did not stop smiling at day!

Caron managed to prolong his birthday celebrations. His special day was on a Sunday and he woke up to find the home covered in balloons (thanks Jason for coming in sunny especially). He chose to spend the day with his Mum, Dad and siblings which meant we all got the opportunity to have more fun and festivities when a magician turned up and put on an amazing show.



Getting to know you: Staff interviews...

Maciek Marianski - Support Worker



How long have you been with The Trust and what is a typical day at Bevern View for you?

I have worked here for 3 years now. Every day is different: we do activities and outings and then I support the residents with daily tasks, meals and games and if the weather is nice we go out for a walk.

What part of the day do you think our residents enjoy the most?

The activities and games that we play together. They love it when it's nice and busy and they are surrounded by fun and laughter.

Where are you from originally?

Poland, the city Wroclaw, in the west

How has the war in Ukraine affected you?

As someone who comes from that part of the world and has been part of the history of the region I am very aware of what it means to be them. I am a refugee myself and although my story is not as dramatic as those who are leaving the country now I know how it feels to be displaced from your home and to start a new life elsewhere. I was 18 years old when in 1980 there was a Solidarity movement in Poland which meant we were finally free to leave and travel. I took advantage of this and travelled to Austria but while I was away things started happening in Poland and the Soviet Union put pressure on my country to get it under control. Martial law was imposed and Poland started to rule as though we were in a time of war. If I returned home I would have been conscripted which would mean enforcing the pro-Soviet government's political oppression - dispersing demonstrations and dealing with any unrest. I applied for political asylum in Austria and spent two years in a refugee camp in Vienna. I then got a visa to Australia and was accepted as a refugee and two years later I became an Australian citizen. Nine years on and Poland became free of Russian influence and I could safely travel back to see my family. I met my wife in Australia, she was from the UK, we had our son and then in 1994 we decided to come to London.

What are you doing to help Ukraine?

I am working extra overtime and donating that money to the war effort and the refugees. I am also giving a home to a refugee.

What can we do to help?

I suggested we have a Ukrainian day at Bevern View as raising awareness is key. Everyone needs to understand what is going on as we will all be affected by it in one way or another so we must show our support.

Easter Hamper Raffle



We're all incredibly excited about this year's Easter hamper draw.

Tickets are still available for the opportunity to win this amazing hamper, generously donated by our Bevern View parents.

Packed full of delicious easter treats, our luxurious hamper won't disappoint!

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.

The hamper can be collected from Bevern View after this date.

Thank you for supporting us.

[EASTER RAFFLE TICKETS](#)

Holford Manor Open Gardens



SAVE THE DATE - HOLFORD MANOR OPEN GARDENS COMING SOON

One of our most popular fundraising events is coming. Save the date to enjoy a wonderful day out in the sunshine at the beautiful Open Gardens in Holford Manor, North Chalfney on 21st May from 11am - 4pm.

Come and enjoy live music, tea or coffee, cake or an ice cream. More information to follow!

THANK YOU!

Thank you to Daniel Robertson who will be running the Brighton Marathon on Sunday 19th April to raise money for The Bevern Trust. We really appreciate his support. If you would like to support his Marathon run, you can find his JustGiving page link below.

[JustGiving](#)

SUPPORT US MONTHLY

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 now button to set up a regular monthly gift or to make a one off donation to The Bevern Trust in 2022.

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
info@beverntrust.org

[DONATE NOW](#)

We hope you've enjoyed reading our update. We'd love to hear your comments or feedback on any of the above.

Thank you,

The Bevern Trust



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