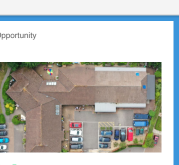
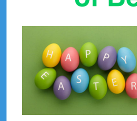
Love - Care - Freedom - Opportunity

The Bevern Trust
more from life
for people with profound disabilities



April edition of Bevern View news



Happy belated Easter! We hope you all had a very special time with friends and family just as we all did at Bevern View. It's a time of reflection and celebration for us in the home and we always manage to fill it with fun activities which tend to be helped along by the warmer weather.

There has been so much happening not only for our residents but also our staff. Now that the covid cases seem to have settled in our area we've been able to put some time into properly thanking our staff for all their hard work and devotion to our residents. We really are like a family and following on from some successful recruitment of new support workers (more on this next month) the one comment that comes up time and time again from everyone that comes to visit us for the first time is 'what a lovely feel there is in when you're being shown around Bevern View'. We couldn't agree more and are just thrilled that others can also experience what we get to experience every day, truly making a difference to our resident's lives.

APRIL FUN

April started off well when **Ciaron's cocktail bar** had everyone queuing up around the home in anticipation of his mini egg martini mocktails. Those residents who weren't able to taste them got to join in and enjoyed helping Ciaron make them. Ciaron loved going round the home independently taking everyone's orders, although even if you weren't in the mood for a mocktail, Ciaron rarely took no for an answer!

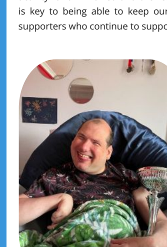
Easter weekend took us all up to the beautiful 'Wild about Barcombe' just off the recreation ground where the residents could join in with the rest of the community hunting for clues as well as solving them with prizes for all at the end. Our thanks go to the **Barcombe Bonfire Society** who always put on such a fun event. James and Atlanta then put together a special Easter egg hunt for everyone in the home and James chose some spectacular hiding places for the eggs. They were still being discovered a few days after the hunt!

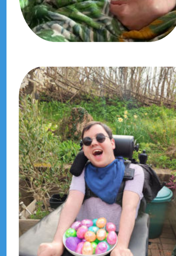
Mark and Simon worked hard at creating a beautiful Spring woodland scene in one of our art therapy sessions. Mark started in his standing sling painting with his feet but then both he and Simon used some specially extended paint brushes which meant that they could get involved from all different angles and levels.
James and Simon had a fabulous time using their switches to play Bevern Monopoly. The switches meant they had the independence to roll their dice themselves. Chloe and Holly also made use of switches in one of our group music sessions where they were both able to control when the bass or drums came in or out of the song. Meanwhile, James and JP had switches which would control whether the music was played faster or slower. It was a noisy and fun activity to be part of and we all enjoyed watching how much each of our residents got out of it and the sense of achievement it gave them to be in control.

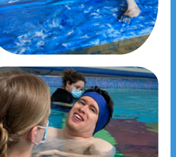
As you'll probably have seen on social media, our **bowling champion** was Paul 🤪 who stormed ahead with little competition and was so pleased to be awarded the trophy he even takes it to bed with him! Well done to runner up Saleem, who although didn't get to take the trophy away with him this time did, instead, get to enjoy one of his favourite past times afterwards- a foot spa session !

We have a **special celebrity** joining us for bowling next month so watch this space for all the news on how that goes!

Everyone is enjoying the use of the hydro pool and we're at last starting to see increased sessions as strict covid rules have started to relax. This really is a favourite activity for all involved and the residents get numerous physical benefits. Fundraising is key to being able to keep our pool running and we're so grateful to all of our supporters who continue to support us.



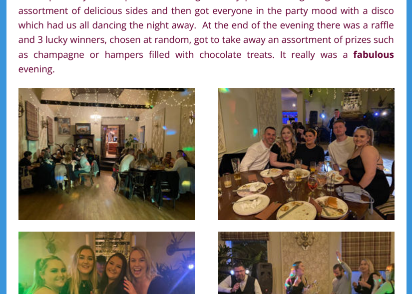




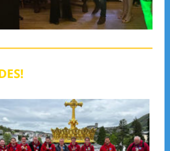
Mid season staff thank you party 🎉

Sadly, Covid meant we had to cancel our annual Christmas party last year so instead we decided to celebrate in Spring. Not only were we keen to make up for the lack of the Christmas celebration, but we also really wanted to treat our staff to a fantastic party as a way of saying **thank you** to all their hard work throughout the pandemic. As you'll probably remember from our February newsletter Covid swept through our home from 1st January. The next couple of months then meant we had an incredibly difficult time not only looking after our own residents, who had contracted Covid, but also trying to have enough staff on shift who didn't have Covid. There were so many members of the team who worked tirelessly throughout this time. We are so **grateful** to them for all the overtime they put in in order to keep our residents safe.

The Roebuck in Laughton was going to be our Christmas venue and we all agreed it would probably be the perfect venue again. They put on a huge hog roast with an assortment of delicious sides and then got everyone in the party mood with a disco which had us all dancing the night away. At the end of the evening there was a raffle and 3 lucky winners, chosen at random, got to take away an assortment of prizes such as champagne or hampers filled with chocolate treats. It really was a **fabulous** evening.

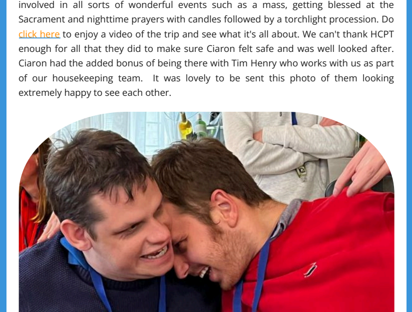


A TRIP TO LOURDES!



Every Easter, around 1,000 disabled and disadvantaged children and young people enjoy a fun and safe week in Lourdes, staying in hotels with their volunteer helpers. Ciaron has attended these trips in the past and was lucky enough to have the opportunity to go again.

Ciaron set off with 'Group 24' which consisted of friends such as George and Katie who he had been with previously. Ciaron got involved in all sorts of wonderful events such as a mass, getting blessed at the Sacrament and nighttime prayers with candles followed by a torchlight procession. Do click here to enjoy a video of the trip and see what it's all about. We can't thank HCPT enough for all that they did to make sure Ciaron felt safe and was well looked after. Ciaron had the added bonus of being there with Tim Henry who works with us as part of our housekeeping team. It was lovely to be sent this photo of them looking extremely happy to see each other.

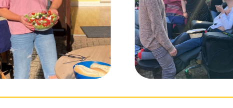


BBQ TIME!

The first of the really warm April weather gave Debbie, shift manager, the perfect excuse to dust off the BBQ and get everyone outside for an al fresco lunch.

Giles was given the task of getting the BBQ ready and immediately discovered a family of rather large nesting slow worms! Once over the initial shock he quickly found a safe place to deposit them before turning it on. Colourful salads were rustled up, bread buns were cut, and the sausages were soon sizzling. Later on in the afternoon, the instruments came out and everyone gathered round for singing, stories, jokes, and a lot of laughter. JP was particularly in his element surrounded by the ladies.

We look forward to many more relaxed weekends enjoying the sunshine.

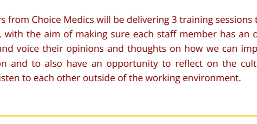


Equality & Diversity

Diversity, Equality and Inclusion have been the focus of Bevern View's training sessions this month. The Bevern Trust values diversity and we make sure we recruit people with a variety of different backgrounds and perspectives. We truly value equality and work hard at making sure our staff are given a voice and the opportunity to be heard. At Bevern View our management team have an open-door policy and the office is always a hive of activity filled with staff from all different departments popping in to discuss our residents' daily activities, arrange healthcare appointments or to find out how many visitors we'll be having throughout the day.

It is important that everyone at Bevern View feels included and therefore valued and welcomed. The managers work hard at gathering feedback that might be obtained via questionnaires, compliments, complaints, or just daily departmental meetings.

Our trainers from Choice Medics will be delivering 3 training sessions throughout the month, with the aim of making sure each staff member has an opportunity to attend and voice their opinions and thoughts on how we can improve as an organisation and to also have an opportunity to reflect on the culture of The Trust and listen to each other outside of the working environment.

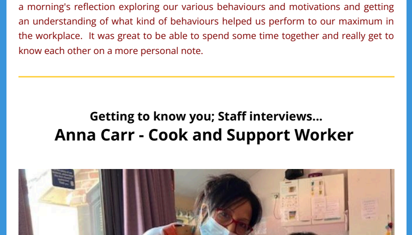


TEAM BONDING

On 12th April, all our shift managers and Jim and Alice were invited to join a team bonding session held in the peaceful environment of the Conker room, down at St Mary's church. We were joined by a consultant from Team Dynamics who took us through an exercise in brain mapping. First, we all had to complete an online behavioural tool which applies neuroscience to identify behaviours, skills, and motivations, then we had an hour 1:1 session with a trained specialist. We were given, in advance of the session our individualised 'brain map' and then we spent a morning's reflection exploring our various behaviours and motivations and getting an understanding of what kind of behaviours helped us perform to our maximum in the workplace. It was great to be able to spend some time together and really get to know each other on a more personal note.

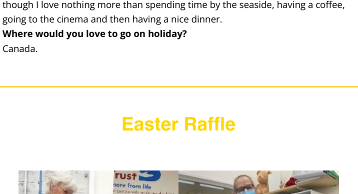
Getting to know you; Staff interviews...

Anna Carr - Cook and Support Worker



When did you start at Bevern View?
I joined Bevern View in 2003
What do you like about working at Bevern View?
It's like a big family, it doesn't feel like going to work. We get to have so much fun, taking the residents out, baking together, having parties outside and also having relaxing sessions together inside such as movement and wellbeing, massage therapy and sensory afternoons.
Where did you learn to cook?
I've picked things up along the way. Jason (shift manager) was the first person who showed me how to make a white sauce!
Where did you grow up?
In India, in Calcutta
What was on the menu in Calcutta?
We eat a lot more fish than in the UK and there are also so many types of vegetables that you just can't get over here.
Tell us about your family
My Mother met my Father in an Australian Missionary in Bangladesh, they were both devout Christians. I had 8 siblings but have only 2 brothers and a sister left. They are based all over the place; Bangladesh, America and Birmingham. My sister was the first to marry and she then moved to the UK which is when I followed her. We all had a very tough upbringing with very little money, my parents had to rely on my eldest brother to bring in an income.
What's your favourite way to spend the weekend?
In Calcutta, life is so busy you constantly have people coming or going and we're always preparing food for each other to enjoy together. Since living in the UK though I love nothing more than spending time by the seaside, having a coffee, going to the cinema and then having a nice dinner.
Where would you love to go on holiday?
Canada.

Easter Raffle



On Monday 11th April it was time for the prize draw and Simon bravely accepted the challenge of pulling out one name from a hat. We are delighted to announce that the hamper was won by Pat Pioli. Pat and her husband have been long term supporters of The Bevern Trust and Pat was delighted when she received the phone call with the good news.

Chailey School had very kindly donated a beautifully decorated Easter gingerbread house. We asked Simon if he would mind pulling out another name from the hat to find out who would be our lucky runner up. Huge congratulations to our night manager, Sally Pollard who was thrilled to be the winner of this unexpected prize and thank you Chailey School!

Holford Manor Open Gardens

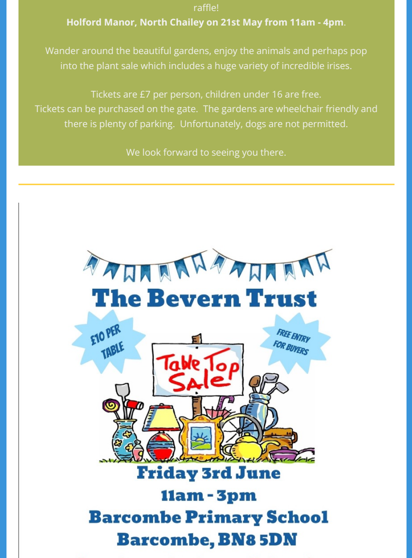
HOLFORD MANOR OPEN GARDENS SATURDAY 21ST MAY - PLEASE COME AND JOIN US FOR A WONDERFUL DAY!

Enjoy homemade cakes, tea or coffee or an ice cream in these beautiful Open Gardens. We also have live music and our ever popular Bevern Trust Hamper raffle!
Holford Manor, North Chailey on 21st May from 11am - 4pm.

Wander around the beautiful gardens, enjoy the animals and perhaps pop into the plant sale which includes a huge variety of incredible irises.

Tickets are £7 per person, children under 16 are free.
Tickets can be purchased on the gate. The gardens are wheelchair friendly and there is plenty of parking. Unfortunately, dogs are not permitted.

We look forward to seeing you there.



THANK YOU!

Thank you to Daniel Robertson who ran the Brighton Marathon on Sunday 19th April to raise money for The Bevern Trust. He raised an amazing £546! If you would still 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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