Love - Care - Freedom - Opportunity

The Bevern Trust
more from life
for people with profound disabilities

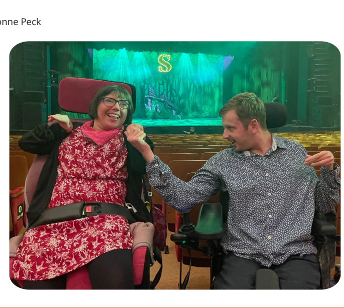
# July edition of Bevern View News

I recently went back to visit the school that I worked at before coming to Bevern View, to say goodbye to the Year 6 class that I taught. I never cared how well the children did in their SATs tests (no one has ever asked for these results on an application form) or if the children remember the internal angles of a dodecagon (1800˚, just in case you wondered). I was always more concerned that they remember the non-academic lessons that get taught through life.

Teamwork, friendship, respect, how to be tolerant of others and above all kindness.

Having been at Bevern View for only a couple of months, I realise just how much we can learn from our residents. Whether it's hearing Chloe loving the music that she is listening to, Simon shouting out the lines in his interactive story sessions or Saleem relishing a biscuit, cup of tea and foot spa, I remember to enjoy each moment and note that, particularly at Bevern View, although there is a lot of hardship in life there is also so much joy.

Dionne Peck



## This month in our home

July has seen us start a new focus on music albums, looking at the different albums that our residents know and love. We decided to begin with Westlife's 1999 album entitled, 'Westlife'. Dionne (our new Administrator/Fundraiser) probably spent more time dancing with the residents than at her desk as she is a huge fan and **Chloe** was thrilled to hear that she's off to see them in Cork in a few weeks!

We recreated the album cover with faces of the residents, scored the songs, and learnt some facts about the band and album.

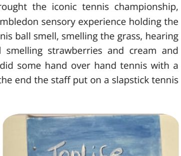
**Ciaron** once again got the home rocking with his DJ skills as we built a beach bar in the lounge with tropical sights and sounds all around as we donned our hula skirts, Hawaiian shorts, and flower garlands (Hawaiian Lei). Ciaron played beach and summer songs as everyone else created their own cocktails. Once the drinking was finished, we celebrated with a beach dance party at the end. Melodie, an operatic soprano, added to the general relaxed ambience of the day with a beautiful mixture of operatic songs as well as some of our favourite Disney classics.

**Interactive Storytelling** is a new activity that we have recently started. We read the Monkey Puzzle story together to a beat as we tapped our knees or knocked on tables. We then got to know it further by reading it faster and faster adding more drama and appeal. To involve the residents further, we added some switch sounds for them to activate. We introduced signs as we got to know the animals in the story. Eventually, we developed a personalised version of the story based on the residents, with familiar themes and names. This led to a sensory version of the story with sounds, objects to hold, pictures to look at and things to smell. The aim is to get to the point where we can act the story out like a play or even a movie with dressing up and backdrops to really feel like we are a part of the story.

**Lighthouse Club** This month we looked at all the different skills and talents that God has given us and put them into action by showing them off to our friends. Ciaron's talent list included drumming, hugging, joke telling, typing letters, cycling and romancing. Chloe showed us her painting, her talking skills, switch skills and her amazing dancing. Simon showed us his rhyming skills, his singing and piano playing, his art skills and his amazing talent for knowing song lyrics. Amy showcased her giggling skills to make us all laugh, her hugging, her switch skills and we talked about her talent for caring for babies and riding horses.

We also looked at the theme of Love and how we can show love to our friends and neighbours in lots of different ways. The staff around the home very much appreciated the love shown to them in the form of coffee, jobs done, encouraging notes, hugs, handshakes and smiles.

**Tennis** At Bevern View we try to get the residents to access what the rest of us do throughout the year. In this activity we brought the iconic tennis championship, Wimbledon, to Bevern View. We created a Wimbledon sensory experience holding the tennis balls and racket, smelling that new tennis ball smell, smelling the grass, hearing the sounds of a tennis match, tasting and smelling strawberries and cream and ultimately experiencing the game itself. We did some hand over hand tennis with a projected crowd following their every hit. At the end the staff put on a slapstick tennis match with epic diving shots.

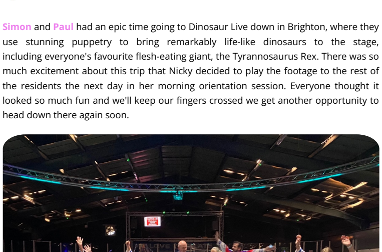


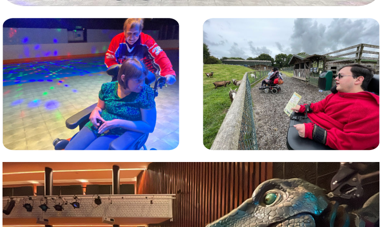
## Out and About

July saw the return of one of our favourite trips of the year - group roller skating! It's always a mission to get the whole home up and out of the door in order to get the most out of the day but with so much good will and so many hands on deck we smashed it and we were in the minibuses and on the road in record time. We hire out the entire rink for a few hours and once everyone is exhausted, we stop to enjoy a feast of a picnic before heading home. Thank you so much to all our wonderful staff who are always determined to make this trip out so incredibly special.

Knockhatch Adventure Park is just up the road from us, and **Chloe**, **Paul** and **James** set off on a thankfully cooler day to enjoy all of the adventure that it brings. By the time they'd been on all the games and rides they could, they finished off the day with a slow meander around the animal trail where we were lucky enough to catch the goats at feeding time - the noise was incredible and I'm not just talking about **Chloe**! 😂

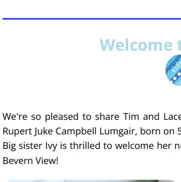
**Simon** and **Paul** had an epic time going to Dinosaur Live down in Brighton, where they use stunning puppetry to bring remarkably life-like dinosaurs to the stage, including everyone's favourite flesh-eating giant, the Tyrannosaurus Rex. There was so much excitement about this trip that Nicky decided to play the footage to the rest of the residents the next day in her morning orientation session. Everyone thought it looked so much fun and we'll keep our fingers crossed we get another opportunity to head down there again soon.





## Welcome to the World!

We're so pleased to share Tim and Lacey's exciting news of the safe arrival of baby Rupert Juke Campbell Lumgair, born on Saturday 16th July at 22:22, weighing 7lbs 3oz. Big sister Ivy is thrilled to welcome her new baby brother. Congratulations from all at Bevern View!



## Jubilee 70 Challenge News

Thank you to **Jo H** who tackled The Vanguard Way with two friends. This beautiful 66 mile walk includes the South Downs National Park, two areas of Outstanding Natural Beauty, a Heritage Coast and great views throughout! Jo smashed her £70 fundraising target and raised an amazing £202 and even got a mention in her local parish magazine, The Bugle!

And a huge CONGRATULATIONS to **James** who completed his '70 songs beginning with J' challenge on Sunday 24th July and raised an outstanding £230 for Bevern View. James loved doing this challenge and especially loved getting all the song suggestions from everyone. His favourite song is probably No 13 on his list - Jezebel by Sade, which brought a big smile to his face everytime he listened to it!

We would love to encourage anyone who is interested in fundraising for us to plan your own Challenge this summer - we're still trying to reach our **£700 target**!

Email us on info@beverntrust.org to share what you're getting up to over the summer. Happy fundraising!

Bugle

News from Chalvington, Deanland, Laughton & Ripe

The Bugle

Edition No 87 4th July 2022
Nothing to do with councils or churches
Contributions to trading.as.wdr@googlemail.com

"What sunshine is to flowers, smiles are to humanity. These are but trifles, to be sure; but scattered along life's pathway, the good they do is inconceivable." Joseph Addison

Trekking trio

Jo Homan and her friends Alison and Helen have been walking the Vanguard Way, which runs 66 miles from Croydon to Newhaven. Jo was raising funds for The Bevern Trust, which cares for profoundly disabled young people at a residential centre in Barcombe.

They nearly made it - just ten miles short after four days (Alison blames the stiles). The final bit to Newhaven will be done on 20th July, and there's still time to be a sponsor - search for Jo Homan at justgiving.com.

We're so looking forward to hosting a music festival for our residents in August. We're inviting our staff, families and neighbours, so do pop along to help create an amazing festival atmosphere even if it's just for a couple of hours.

For our local community, we do apologise in advance for the music and recognise that a music festival might not appeal to all, but we hope you can appreciate that our residents will have a wonderful time during the day.

The bands will be in the Bevern View Car Park (*If there is bad weather, we will continue with the music indoors but only for residents, staff, and parents due to necessary safeguarding for our residents.)*

## Annual Dinner & Auction with live music

We are looking forward to having a celebrity guest speaker join us for the evening and are working hard to find the right person! If you have any ideas or contacts with anyone locally who might be willing to share their time for The Bevern Trust please do get in touch on info@beverntrust.org.

## Ladies and Partners Luncheon

Ashdown Park
HOTEL AND COUNTRY CLUB
★★★★

We would like to warmly invite you to join our Patron, Natasha Kaplinsky as she kindly hosts a fundraising Ladies and Partners Luncheon at the stunning Ashdown Park Hotel on Monday 17th October at 12pm.

The event will begin at midday with an arrival welcome glass of Prosecco or freshly squeezed orange juice, followed by Natasha's talk, sharing stories from her celebrity life, which will commence at 12.30pm. A delicious seasonal three-course meal will follow, with one glass of wine per person and coffee with petit fours to finish.

Tickets are £47.50 per person and can be purchased by emailing SFloyd@elitehotels.co.uk or calling 01342 820265.

Click the link below to find out more about this special day.

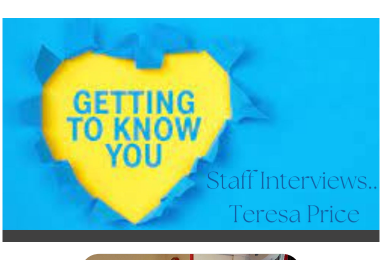
Click here

## Ringmer Bowls Club

Dionne spent a lovely sunny afternoon at Ringmer Bowls Club this month, where they held a special fundraiser in support of Bevern View. Dionne was taught how to play bowls by a lovely gentleman called Dick who was incredibly patient and by the end of it Dionne was hooked and was so pleased with her bowling prowess that she took a photo to show us all how close she got her bowl to the jack!

After a hard afternoon of bowling with Barry, Pauline, Ron, and Janet there was a lovely tea, served by Pat, and a raffle. The afternoon was very well supported, and the club and they raised over £250 which is incredible.

We are very grateful to all of the members for their generosity, kindness and hospitality.



**What is your job role and how long have you been working at Bevern View?**
My job role is as Housekeeper and Support Worker, and I have been working here for five and half years.

**Can you share what the role of a Support Worker involves?**
This role at Bevern View involves the wellbeing, care, and support of the residents both physically and mentally so that they are happy and content in their home environment.

**Can you tell us what a typical day as the Housekeeper would be?**
A typical day would be to make sure the home is cleaned to a high standard. As a Housekeeper, we perform essential tasks to keep the home clean and running smoothly. We organise resident's laundry, clean their rooms and bathrooms, make sure all aspects of the home are clean to ensure that we can safeguard the resident's good health and hygiene.

**What are some of the most rewarding things about working at Bevern View?**
I think there are three main areas which I find the most rewarding:
* working as part of a team with caring staff who are passionate about their jobs and working with the residents.
* Getting to know the individual personalities of each resident and creating an environment which makes them happy.
* Interacting with each resident, making them laugh and smile, creating an atmosphere where you feel your presence makes a difference.

**What resident's activities do you most enjoy getting involved with at Bevern View?**
The activity I especially enjoy is the 'meet and greet' in the morning. It is a really lovely way to start the day by saying hello to each resident. I also really enjoy the games and singing that are organised by our activities team.

**Can you describe the Bevern View community in three words?**
Safe, Caring and Happy.

**What did you do to celebrate the Jubilee?**
I celebrated this occasion with a family barbeque.

**Can you tell us about your family and any pets you have at home?**
I have been married to Rick for 15 years and we have four daughters - Sarah (23), Annie (23), Ellie (21) and Hannah (12) and also one grandson, Elliott who is four. We also have a cat called Tiggy.

**What do you enjoy doing in your spare time?**
I mostly enjoy spending time with family and catching up with friends.

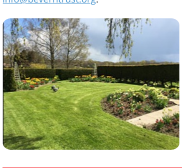
**Where would be your favourite place to go on holiday and why?**
Over the years I have travelled to quite a few places and would like to experience a cruise and a holiday to the Caribbean.

## Holford Manor Open Gardens

Save the date for another opportunity to visit the beautiful Holford Manor on Friday 16th and Saturday 17th September from 11am-4pm.

We will be providing the refreshments for both these days and closer to the time we will be putting a call out to our amazing volunteers who kindly help bake delicious cakes to help our visitors enjoy their special day out.

If you would like to join our volunteer baking team, please do get in touch on info@beverntrust.org.



## Thank you

BARCOMBE BONFIRE SOCIETY

A big **thank you** to the Barcombe Rookies, the children's section of the Barcombe Bonfire Society's who kindly donated £80. They have been working hard fundraising over the last couple of years and we really appreciate their support.

## 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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