



## February

February comes from the Latin "februare", meaning purification, February is a month where people can leave the holidays behind and take a breath of fresh air.

We said farewell to February in the traditional Bevern View style by celebrating Shrove Tuesday. Pancake workstations were set up and our staff tossed, flipped, squeezed and sprinkled the morning away making sure our residents were immersed in the pancake experience. Of course, the start of Lent on Ash Wednesday meant we all resolved to give up pancakes for at least the next 40 days. Roll on March and the Easter bunny!



## In our Home

The residents all enjoyed taking part in an interactive telling of *The Highway Rat*, using all their senses to help them understand the story. They looked at the rhythms of the story with knee patting whilst **Claron** drummed along and also felt and smelled objects to be fully immersive. The funniest part was using the microphone to recreate one of the characters calling into the cave and the cave echoing back, which **Chloe** thought was hilarious! This was followed by a fabulous puppet show based on the book. The residents used switches to control the lights and were introduced to the puppets. Simon was the main character and really enjoyed acting and saying his lines. It is one of his favourite books, so he knew all the words!

Love was in the air on **Valentine's Day**. Each resident made a Valentine's Day card and decided who they were going to give it to.

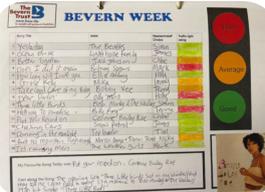
In this month's **Tuesday** each resident, along with some staff members and our volunteer Terry, chose two songs for us to study. The residents were very clear on the songs they did and did not like. Yesterday, by *The Beatles and it's Raining Men*, *Olly Murs*, *Dear Darlin'* were not so popular!

Mark and Amy loved our **Funny Games Day** where we played board games and the staff, who were on boards with wheels, collected as many balls as they could in *Giant Hungry Hippos*.

Paul stunned the **Bowling** crowd with a casual 63 points! No one could match him the entire morning until Amy rocked up and blew us all away with winning the championship by one point on the last roll of the day. All the medals were won by League 2 players, but the bronze medals from James and Mark were not enough to take them off the bottom of League 2 and Amy's victory took her into the promotion spots with Paul.

In the Super 6 League, Claron snuck to the top after Holly failed to retain her title. It is now so close with Holly, Saleem and Jonathan all on 28 points apiece, just below Claron. There is so much to play for with four months still to go. Surely James, one of the legends of the game, will not win the infamous wooden spoon!

We have some exciting bowling news to share with you all - at Easter we will be starting a new Cup Competition called **The Terry Thompssett Tournament Trophy (T5)** and then in the Autumn, we will be launching an International Bowling Cup.



## Bonny Babies

We almost had a 'bring your baby into work' day. Becky came in first with beautiful little Finlay who is only 4 weeks old. JP was first in line to have a hold and little Finlay was very content just lying in his arms for most of the morning, we didn't hear a peep out of him. Then in the afternoon we were visited by Tim's gorgeous little children, Ivy and Rupert. Amy was absolutely thrilled to be able to play with them and Rupert was delighted with all of the attention! Lots more babies please everyone, such a lovely way to spend our day.



## Dates for your Diaries!

Mark your diaries for these exciting fundraising events for The Bevern Trust, raising funds for our **2023 Minibus Appeal**. Starting with **Banks Farm Open Gardens on Sunday 23rd April**, followed by an exciting evening of murder and intrigue with **Dial Medicine for Murder on Friday 12th May**.

We'd love you to share the information with friends and family - if you would like a poster jpg which you can then email on to others, or print and put up in your local area, please email [kirsty.baker@beverntrust.org](mailto:kirsty.baker@beverntrust.org) and we can arrange this.

## HAPPY BIRTHDAY PAUL!



It was so lovely to have the lounge full of family and friends to celebrate **Paul's** 44th birthday. We played 'Pass the Bomb' with Mr Bean's face on the bomb (**Paul's** favourite TV character) which **James** won. Next, we made fish out of tissue paper and raced to walk them across the finishing line, which **Claron** won, then finished up with the classic Bevern View version of 'Hungry Hippos'.

So much fun and laughter all topped off with two birthday cakes!



Simon has been thoroughly enjoying participating in **Bloomin' Arts** every week with **Amy** and other friends from around the community.

**Bloomin' Arts** is driven by the voice of adults with disabilities to provide high quality opportunities in the creative arts. Each individual develops their artistic talents and builds valuable connections with the local community. Independence and physical, social and emotional wellbeing are the aims of this project.

Simon always arrives slightly subdued to begin with as he isn't so keen on the social chat but as soon as the vocal warm ups get going it's like a switch is turned on and **Simon's** face just lights up.

At the start of this programme **Simon** was asked to create a character, and he decided on a character called Rob, a business man. Simon was then given the chance to put his character into a performance and last week **Simon** gave his performance to all of his peers. He got up on stage (aided and accompanied by Katie) and chose to sing Lionel Ritchie's **All Night Long**.

Unfortunately, we weren't able to film that actual performance, but we are lucky enough to have a clip of his rendition at our Bev Fest day last Summer. **Simon's** finale piece for the performance was - **any dream will do** - from Joseph and the Amazing Technicolour Dreamcoat (any absolute fave of **Simon's**). Katie said everyone loved it and he had the whole room singing and dancing along.

## Calling all Swimmers!

Would you like to undertake a swim challenge and raise funds for us at the same time? We have been offered the opportunity to enter the ballot for charity places in **Swim Serpentine in Hyde Park on Saturday 16th September 2023**.

The event distances are available are Half mile, One mile, Two mile and the Super Six. There's no guarantee that we will be offered a place, but if you'd be interested in trying, and would like us to enter, please email [kirsty.baker@beverntrust.org](mailto:kirsty.baker@beverntrust.org). The ballot closes on Wednesday 8th March so please email by 5pm on that day.

For more information please visit <https://www.swimserpentine.co.uk/>



## 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 2023.

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](mailto: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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