Love - Care - Freedom - Opportunity

The Bevern Trust
more from life
for people with profound disabilities

Connecting Voices

At Bevern View communication doesn't always take the conventional forms we're accustomed to. Our resident's voices might be expressed through subtle gestures, eye movements, or assistive technologies, but the basic forms of expression are no less valid. It is so important to us that we recognise our responsibility and facilitate these unique modes of communication, ensuring that every individual, regardless of their abilities, has the chance to be heard and understood.

At the start of the year Nicky Ashdown, our Communications Co-ordinator has been delivering her person-centred communication training with the involvement of our parents. Together we explore the challenges their sons and daughters have in articulating their thoughts. We discuss the innovative techniques that empower them to engage with the world, and the remarkable stories of those who have found their voice against all odds.

Staff have been so grateful to our parents for giving us their time in order that we gain insights into their back stories such as the battles they have faced in society. The training has been emotional and has ultimately bought us all closer together.

By continuing with this incredibly unique training, we drive change and encourage empathy as we champion the rights of our co-residents. Together, we amplify their voices, bridge communication gaps, and continue to give everyone the opportunity to share their thoughts and dreams.

August Activities

Our residents have enjoyed many different activities this month and it's been a typically busy time at Bevern View. Tuesday was filled with a wide variety of music as we looked at what record was at number one on the staff and residents birthdays. Some residents have been told the year, the residents then listened to each of the songs before guessing which birthday it related to. The tunes ranged from Bohemian Rhapsody by Queen, Mr Blue Sky by ELO, Ob-La-Di-Ob-La-Da by Marmalade and the Medics for Amy (1982) by Everyone by Will Young for Megan (2002).

With the Women's World Cup in full swing this month the residents have enjoyed lots of football themed activities as well as some exciting games cheering the women's team on. The residents took part in a penalty shoot-out with a blindfolded goalie. Mark used his walking sling to kick the ball whilst Chloe and Joanne had a game of football with a beach ball. Everyone was cheering for the goal that towards the goal.

Saleem, Mark, James, Amy, Holly and Chloe enjoyed a trip to the theatre as they watched Dick Whittington and His Cotton Socks at The Chalcot. The residents joined Rainbow Ken's team and by finding the cunning clues and solving the fiendish puzzles, helped defeat Wizard Whack and rescue the seven magic stones that create all the colour in the world. Well done gang!

The residents were definitely the stars of the show in our photoshoot earlier this month. Here are a couple of the highlights from the session.

India's Independence Day was celebrated on 15th August. Anna wowed us all with her amazing samosa, Bombay potatoes and chicken curry and Holly got involved in the Bollywood dancing.

Every other Thursday some of the residents at Bevern View have an interactive story session, enabling them to learn more about a well-known story and have a movie of it as a memento. Check out our latest story, I've Lost My Mum, Based on Julia Donaldson's Monkey Puzzle book.

Chailey Games

The Chailey Games have been a highlight in our sporting calendar this month. Caron and Simon each enjoyed great success and had a lot of fun.

Caron spent a fair amount of time getting ready for the big event and had Nicky and Jenny running around after him with hairbrush, razor and aftershave! Using his Bevern bowling expertise, Caron decided to choose the Boccia event and smashed it! He exclaimed "I'm so proud! I'm a Paralympic target ball sport which tests both concentration and skill. I was very nervous before competing but I was able to control the pick on a specially reserved court. Not only did Caron have the joy of taking part in the event, but HE WON! You can see how happy he is in the photo below!

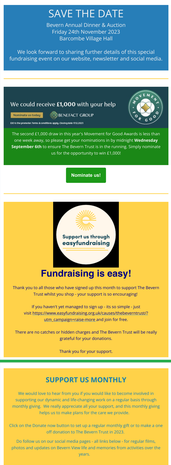
Throwback to 2022...

Remember the amazing music extravaganza that was Beefest? Take a look at the video to remind yourself of how much fun the residents had at their very own festival.

Happy Birthday Mark!

Mark is our oldest resident, although you wouldn't believe it by looking at him, he has incredible genes!

Mark's celebrations his birthday with some special time with his family and friends, Mark was whisked off with his pals to the Brighton Marina for a delicious birthday lunch, a spot of light seeing and a bit of shopping.



Challenge Update

September will be a busy month for our amazing Personal Challenge supporters. Here's a quick reminder of what's happening in September - they would love your support and encouragement with any donation using the links below:

Shelley, Mirek & Vicky's exciting skydive! They would love to invite you to their fundraising Quiz Night, details below:
www.justgiving.com/page/shelley-griffon-1695018645405

Maggie has been training hard with some practice cold water swims for her Serpentine Swim:
https://www.justgiving.com/page/maggie-bedford-1654983527274

Katie is still out and about on Prilly for their #back1000miles challenge:
www.justgiving.com/page/katie-richards-1682156859218

If you've been inspired and would like to undertake your own challenge, email fundraising@bevern.org.uk to discuss this further or share your ideas.

We currently have two exciting opportunities for any supporters who enjoy running or cycling, with more planned for 2024. Places are available on a first-come-first-served basis so email fundraising@bevern.org.uk asap to request your charity place!

- Brighton Marathon: If you would like a charity place to run the Brighton Marathon on Sunday 7th April 2024, please get in touch. Deadline for us to book a place is Thursday 7th September.
- Fund Raising Valley Event: We have small Thursday 21st September if you would like a place for the 60 mile ride on Sunday 26th May 2024.

Quiz Night

Minibus Appeal Update

SAVE THE DATE

Bevern Annual Dinner & Auction
Friday 24th November 2023
Barcombe Village Hall

We look forward to sharing further details of this special fundraising event on our website, newsletter and social media.

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@bevern.org.uk

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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