



Jeremy Richardson
Chief Executive Officer



Lorraine McGarry-Wall
Chief Operating Officer

Hello everyone!

As the new Chief Executive Officer and Chief Operating Officer of Avery Healthcare, we're thrilled to be introducing the October edition of Avery Talk.

We're excited to be part of such a vibrant community and can't wait to connect with all of you. We've already had the pleasure of meeting some of our lovely residents and amazing staff. We are trying as hard as possible to meet as many of you as we can as quickly as we can – if anyone has a teleporter (Star Trek style) can you please let us know!

Communication is key to building a great business and we both want to make sure that we can share as much as possible with you – Avery Talk is one of the ways we can do that.

This month, our homes at Avery Healthcare really came alive with some fantastic fundraising efforts from our wonderful staff and residents. We celebrated World Gratitude Day and Brazilian Independence Day. Along the way, we also witnessed some heartwarming reunions and cheered for our residents as they hit some incredible milestones.

We hope you enjoy reading about these special moments, and be sure to check out our Photo of the Month!

Best wishes,
Jeremy Richardson,
Chief Executive
and **Lorraine McGarry-Wall,**
Chief Operating Officer

Transatlantic friendship combats elderly loneliness

Through the Adopt A Grandparent charity, an extraordinary transatlantic friendship has blossomed between Ann Lucas, 83, from Nuneaton, and Angela Martin, 47, from Ontario. Despite never meeting in person, the pair talk weekly via video calls, proving distance is no barrier to meaningful connections.

The initiative, designed to combat loneliness in care homes, helped form their relationship. Ann, a resident of Acorn Lodge Care Home in Nuneaton, has found companionship in Angela after losing her three sisters.

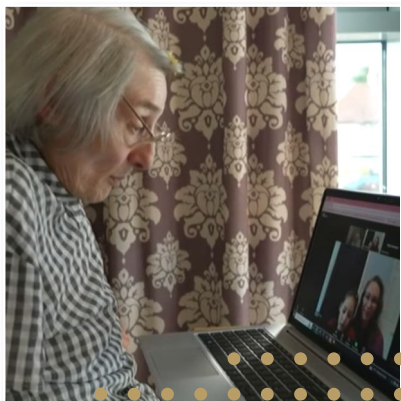
"Talking with Angela has been truly wonderful. We got on immediately, and it feels like I've known her forever," Ann shared. *"Her support has been immense, and I'm deeply grateful to her."*

Since July, Angela and her family have regularly connected with Ann, sharing stories and photos. Angela said, *"Meeting Ann has exceeded our expectations! We love hearing her stories and perspectives. Her wisdom and positivity have enriched our lives."*

Ann and her unique friendship were featured on

[BBC Midlands Today](#), as well as BBC Global News Podcast, [The Happy Pod podcast](#).

Julia Reeves, Acorn Lodge Care Home's Well-being Co-ordinator, noted, *"Angela's positive and friendly nature has encouraged Ann to share her life stories, greatly enriching her social life and rekindling joyful memories and laughter."*



Four Homes Unite for a Memorable Outing



In a moving display of collaboration, four Avery care homes - Bourn View Care Home in Birmingham, Birchmere Mews Care Home, Birchmere House Care Home and Knowle Gate Care Home, all in Solihull - all joined together for a special outing to RAF Cosford.

This event marked the first time multiple homes within Avery's portfolio have partnered together on a shared excursion, creating a unique and enjoyable experience for residents and staff.

17 residents and team members participated in the day. The outing provided an opportunity for residents to meet new friends from other homes while enjoying a day of exploration and fun.

The Well-being Teams from all four homes played a crucial role in organising the event, ensuring the day ran smoothly and everyone had a memorable time. The meet up among the homes highlighted the strength of the Avery community, bringing people together for a day that will long be remembered by residents and staff alike.

This outing stands as a testament to the care Avery delivers, creating both social engagement and meaningful experiences for our residents.

Avery In Bloom 2024 – Winners!

We are delighted to announce the winners of this year's Avery In Bloom competition! This wonderful initiative has once again shone a light on the incredible gardening efforts of our residents and staff, helping to make our homes even more vibrant, welcoming, and beautiful.

A heartfelt thank you to everyone who participated and shared their passion for gardening. Your creativity and hard work are truly what makes Avery Healthcare special. Each of the winners will receive a well-deserved prize voucher, which will be sent directly to their homes.

Now, let's take a moment to celebrate the green-fingered stars in each category:

Best First Impressions

- 1st Place: Wimbledon Common Care Home
- 2nd Place: Wandsworth Common Care Home
- 3rd Place: Droitwich Mews Care Home

Miniature Garden

- 1st Place: South Lodge Care Home
- 2nd Place: Ashurst Mews Care Home
- Joint 3rd Place: Amarna House Care Home / Squires Mews Care Home

Novelty Planter

- 1st Place: Aldridge Care Home
- 2nd Place: Eastbourne Gardens Care Home
- Joint 3rd Place: Cliveden Manor Care Home / Miramar Care Home

A special mention goes to Knowle Gate Care Home for their inspiring "Wonky Garden" project, where residents and staff worked together to transform raised beds into a flourishing garden full of homegrown fruit and vegetables. The Well-being Team were so impressed by this initiative that, although it wasn't part of the official competition, it received extra recognition for its creativity and teamwork.

Congratulations to all the winners. Your dedication is what makes our homes such wonderful places to live and work. We can't wait to see what blooms next year!



Surprise Birth at Bagshot Gardens Care Home

At less than 100 days old, newborn Louis Illsley made a memorable visit to Bagshot Gardens Care Home in Bagshot, where he was unexpectedly born just weeks earlier. On Wednesday 28th August, Louis' mother, Jess Hannam, went into intense contractions as she and her partner, Joe Illsley, headed to Frimley Hospital. With no time to spare, the couple pulled into the care home's car park, where Joe, with guidance from a 999 operator and help from staff, delivered Louis safely.

The team provided towels, blankets, and warm water to ensure both mother and baby were comfortable until paramedics arrived. To honour the care home, Louis was given the middle name "Avery."

On Wednesday 11th September, Jess and Joe returned to the care home to introduce Louis to the residents and staff. The family brought a box of goodies as a thank you, while the care home gifted a baby hamper, including a personalised baby grow.

Susan Bedford, a Care Assistant who helped with the birth, said, **"Meeting the baby was very emotional. We have residents who are nearly 100 years old, and then there's baby Louis. It really makes you realise how precious life is."**

Betty, a resident, added, **"I am lost for words, but what an amazing experience."**

The story was also featured on ITV Meridian, celebrating the special connection between the family and Bagshot Gardens Care Home. [Click here to watch.](#)



Local Care Homes Sponsor Football Teams

Waterhouse Manor Care Home has stepped up its community involvement by sponsoring the Wittering Harriers Under-14s football team, providing them with new kits for the upcoming season.

Founded by Jon Warters, Wittering Harriers FC has grown from a single team into multiple squads competing in the Peterborough and District Junior Alliance Standard League. With backing from the Wittering Parish Council and Thornhaugh Environmental Association, the club has achieved FA Charter Status for excellence in coaching.

Home Manager Natalie Maxwell stated, **"Supporting local teams builds connections within the community, and we're excited to watch the Harriers thrive this season."**

Elton House Care Home are also making strides in community engagement by sponsoring Brady FC with personalised away kits for their Sunday matches this season.

General Manager Aaron Peck remarked, **"We're incredibly excited to support our community. Building strong relationships locally is important to us."**

A spokesperson for Brady FC expressed their gratitude, stating, **"We're over the moon to have Elton House Care Home as our sponsor."**

These partnerships highlight the commitment of both care homes to enhance community ties through sport.



Celebrating Brazil's Independence Day Across Avery Care Homes!

Avery Healthcare homes embraced the vibrant spirit of Brazil's Independence Day on Saturday 7th September, with fun-filled events that brought the essence of Brazil to life!

At Birchmere House Care Home in Solihull, residents indulged in authentic Brazilian sweets and took part in a true or false quiz, topped off with a performance by the Birchmere Brazilian Samba Dancing Girls. The day was full of laughter and joy, thanks to the ever-creative Kerrie, Wendy, and Rad.

Ashurst Mews Care Home in Northampton hosted a Brazilian Bonanza. Residents got crafty, creating carnival masks, decorating, and enjoying armchair travels to Brazil's top destinations. Their creative Brazilian art session was the highlight, thanks to Creative Mojo Ltd.

At Aire View Care Home in Leeds, samba rhythms took centre stage as Thalia dazzled residents with her incredible moves, immersing everyone in the energetic spirit of Brazil.

At Wimbledon Common Care Home in Wimbledon, residents

enjoyed an authentic experience, thanks to Well-being Supervisor Katia who shared her Brazilian heritage. From traditional snacks like "Romeu e Julieta" to artefacts from the Pataxó Indigenous tribe, the day was a cultural feast!

Finally, Elstree Care Home in Elstree hosted a tropical-themed celebration, complete with Caipirinhas, vibrant decorations, and samba music that had everyone dancing the day away.



Celebrating Our Housekeeping Heroes at Chertsey Parklands Manor

Last week marked Housekeeping Week and we couldn't miss the opportunity to recognise our incredible Housekeeping Team at Chertsey Parklands Manor Care Home in Chertsey.

In appreciation of their hard work, the team were treated to a special lunch in the private dining room, served by George, their Residential Care Manager, and Ildi, their Dementia Care Manager.

This gesture was a small token to show our gratitude for the countless ways the Housekeeping Team ensure that Chertsey Parklands Manor Care Home remains beautifully maintained and welcoming for everyone.

Without their attention to detail, the home wouldn't be the inviting and well-kept space it is today. We feel incredibly fortunate to have such a fantastic team, and we are immensely grateful for everything they do.

Here's to our housekeeping heroes - thank you for making a difference every single day!



Avery Care Homes Raise Funds for Vital Charities

Avery care homes have united to support a number of charities, bringing together residents, staff, and local communities.

Esher Manor Care Home in Esher raised £827 for Princess Alice Hospice through a charity fashion show, while Eric Heather and Jill Todd, residents at Chorleywood Manor Care Home in Chorleywood, completed a 10-mile London Bridges Walk, raising over £3,000 for the Alzheimer's Society. Their efforts highlighted the importance of dementia research and care.

Barnet Grange Care Home in Greater London collected £200 for North London Hospice, and Claire Hilton from Virginia Water Care Home in Virginia Water faced her fears by completing a charity zipline, raising over £900 for Progressive Supranuclear Palsy.

Teams from Poets Mews Care Home in Clevedon and Lady Jane Court Care Home in Leicester participated in the Alzheimer's Society Memory Walk to raise funds for dementia awareness and research. Poets Mews Care Home raised £700, while Lady Jane Court Care Home raised £800.

These efforts not only raised crucial funds but also strengthened

community bonds, supporting vital causes across the UK.



Residents Relive Football Match Excitement

Residents of Barnet Grange Care Home in Greater London attended a thrilling match featuring Wingate & Finchley FC, one of England's oldest football clubs.

Residents Brian Lewis, 85, Terry Murphy, 86, and Alan Cox, 84, enjoyed the game, receiving complimentary refreshments and exclusive T-shirts from players Toby Byron, Ayo Tanimowo, and Michael O'Donoghue.

Terry Murphy was a former Arsenal scout who contributed to the careers of stars like Martin Keown and David Rocastle.

Alan Cox remarked, *"It's been a long time since I attended a football match, and I loved it. The atmosphere, the excitement, the crowd, it was wonderful."*

The event allowed the residents to reconnect with live football and engage with the local team. Corrina Nestor, Activities Assistant at Barnet Grange Care Home, highlighted the excitement: *"It was great seeing our residents cheering... especially when Wingate FC scored a last-minute equaliser. It was a fun day had by all, and our residents can't wait to watch another game."*

Founded in 1874, Wingate & Finchley FC has a rich history, achieving significant success, including playoff appearances and a strong focus on youth development. The match provided an exciting day for the residents and a reminder of the joy of live football.





Celebrating Community Spirit Through Harvest Festivals

Recently, several of our care homes embraced the spirit of community during their Harvest Festivals, with residents playing a vital role by generously donating to local food banks.

Birchmere Mews and Birchmere House Care Homes in Solihull organised a month-long food collection for Solihull Food Bank, which delighted volunteers with an overwhelming response. Hampstead Court Care Home in London hosted a festive lunch with Rev. Kate Harrison, collecting food and toiletries for Camden Food Bank.

Avalon Court Care Home in Coventry visited Charter Primary School, delivering food donations for their Harvest Festival and expressing gratitude to the teachers and students. Camberley Woods Care Home in Camberley held their Harvest Festival, led

by Father William, where they collected non-perishable foods for Farnborough Food Bank. Head Chef Sendil created a beautiful display of crops and delicious treats for residents.

At Darwin Court Care Home in Linchfield, the Harvest Festival was a lively affair. The Lichfield Lighthouse Company entertained residents with sea shanty songs, creating a joyful atmosphere. Following a Harvest Festival service from St. Michael's Church, residents enjoyed an outing to Courborough Farm, where trying on vintage hats sparked joyful memories.

These celebrations highlight the collective efforts of residents and staff, emphasising the importance of community, gratitude, and togetherness during this meaningful time of year.



Celebrating Five Years at Poets Mews

The team at Poets Mews Care Home in Clevedon extends their heartfelt gratitude to everyone who joined in celebrating their 5th anniversary. With the sun shining, staff and visitors gathered, creating a warm and joyful atmosphere for the special occasion.

The event featured fantastic entertainment. A talented performer serenaded guests while they enjoyed delicious BBQ food, inspiring some to dance. Garden games, including a sand and water table and a paddling pool, provided fun for the little ones under adult supervision.

During the festivities, exciting news about the North Somerset Inspection results were shared, alongside a celebration of five years of Poets Mews Care Home, acknowledging everyone's hard work. Special thanks were given to Maria for the entertainment and to the Bentley Road Baker for the delightful cake and cupcakes.

Appreciation was also extended to Andrei for engraving the trophies for the Lifetime Achievement Awards and to Kimberley's Florist for their beautiful arrangements.

It was lovely to see the community join together as #OneFamily, making the day unforgettable!



Piano Prodigy Reunites with Mentor

Retired opera singer Ruth Winter, 90, recently reunited with her former student, Rhys Concessao, who is now a successful pianist at just 21. The reunion took place at Chorleywood Manor Care Home in Chorleywood, where Ruth resides, with Rhys travelling from Russia to perform a special piano recital for her and the residents.

Rhys, who began singing lessons with Ruth at the age of ten, credits both Ruth and her late husband, pianist John Winter, for shaping his musical journey. ***“John and Ruth’s support was incredible,”*** Rhys shared. John, who believed in Rhys’s potential, often listened to his pieces, offering advice and suggesting new music.

Reflecting on Rhys’s success, Ruth said, ***“John would have been so proud. It’s a beautiful reminder of the impact we hoped to have on our students.”***

Rhys, now studying at Moscow’s Tchaikovsky Conservatory, plans to visit Ruth and the care home staff again soon, continuing the bond they share.



An Afternoon with the Newcastle Male Voice Choir

Rowan Court Care Home, in Newcastle-under-Lyme, recently hosted an inspiring afternoon with a performance by the Newcastle Male Voice Choir.

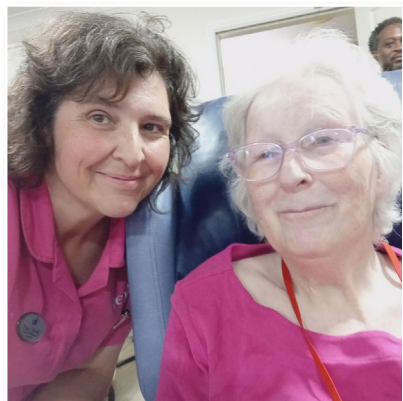
The residents, joined by their loved ones, were moved to tears by the emotional and beautifully performed songs from this wonderful group. Many familiar tunes had residents singing along, while the less familiar ones still captivated and delighted everyone.

The afternoon was made even more special as residents had the opportunity to reconnect with several choir members, reminiscing and sharing fond memories and stories from the past.

The performance was a wonderful opportunity to bring everyone together through music, filling the room with joy and nostalgia.

The home are so excited to welcome the choir back for their Christmas performance later this year!

A huge thank you to the Newcastle Male Voice Choir for an unforgettable afternoon.



LGBTQ+ Coffee Mornings Are Brewing



At Avery Healthcare, we are proud to partner with Age UK Wandsworth to support their LGBTQ+ Coffee Mornings, a vital initiative for the local LGBTQ+ community held at Wandsworth Common Care Home in Wandsworth. These monthly events provide a welcoming space for older LGBTQ+ individuals to connect, share experiences, and discuss topics that matter most to them.

During their most recent coffee morning, they were honoured to welcome James Benson, CEO of Central London Community NHS Trust. James led an insightful discussion about the support networks available to older LGBTQ+ individuals entering the healthcare system, a key concern for many within the community.

Prior to that, they were delighted to host Paul Roseby OBE, CEO of the National Youth Theatre, who engaged attendees with personal stories of growing up without LGBTQ+ role models. Paul spoke passionately about his ongoing work to promote awareness, acceptance, and diversity through his leadership role. His reflections struck a chord with attendees, highlighting the importance of community and understanding.

As spaces are already filling up quickly for the next event on Tuesday 29th October, we encourage everyone to book now to avoid missing out on this informative and empowering experience. To book, please call the home directly on **020 3751 1764**.

Wimbledon Common Resident Wins Prestigious UN-Habitat Award

We are thrilled to share the news that David Satterthwaite, a resident at Wimbledon Common Care Home in Wimbledon, has been awarded the prestigious 2024 UN-Habitat Scroll of Honour. David, a Nobel Prize Laureate and Senior Associate at the International Institute for Environment and Development (IIED), has been recognised for his 50-year contribution to sustainable urbanisation and improving living conditions for marginalised urban communities worldwide.

Satterthwaite's remarkable work has focused on tackling urban poverty, environmental health, and climate risks in the global South. Over his 47-year career at IIED, from 1974 to 2021, his advocacy efforts have profoundly impacted urban development and brought attention to the critical issues faced by urban residents globally.

In an incredibly touching gesture, David has dedicated his award to the Care Team at Wimbledon Common Care Home, where he has been a resident since 2022. He said, *"This award is a testament not just to my work but to the incredible support I've received throughout my career. The Care Team here has played a crucial role in my*

well-being, and I'm thrilled to share this honour with them."

General Manager at Wimbledon Common Care Home, Hannah Ilsley, expressed her pride, saying, *"We are deeply moved by David's achievement and his generous acknowledgment of our team. His dedication continues to inspire us all."*



Celebrating World Gratitude Day

On Saturday 21st September, many of our homes celebrated World Gratitude Day, a special occasion dedicated to expressing thanks to those who brighten our lives. Throughout the day, gratitude was central to every activity, as we showed appreciation to our residents, staff, and local communities alike.

At Acorn Lodge Care Home in Nuneaton, a tea party was held for residents and their families, while staff at Cliftonville Care Home in Northampton enjoyed cupcakes in recognition of their hard work.

Knowle Gate Care Home in Solihull and Aran Court Care Home in Birmingham took gratitude a step further by delivering personal thank you notes and treats to residents, staff, and local organisations, spreading joy throughout the community.

At Birchmere Mews Care Home in Solihull, residents created a gratitude tree filled with heartfelt messages and handmade thank you cards. They also visited the local fire station and parish church to deliver gratitude gifts.

It was a delightful day filled with

connection, community, and appreciation, reminding everyone of the importance of saying "thank you" and celebrating those who make a difference. Here's to a future filled with gratitude!



Milestones 2024 October Edition



Rita
Elton House
100th Birthday, 2nd September



Irene
Hanford Court
100th Birthday, 3rd September



Peter and Joan
Chorleywood Manor
70th Wedding Anniversary,
11th September



Peter
Brentwood Arches
101st Birthday, 17th September



Norah
Milton Court
101st Birthday, 19th September

Photo of the Month



Gillian Chalcraft
Miramar Care Home

Got a story to share?

If you want to be featured in the next edition of Avery Talk, email marketing@averyhealthcare.co.uk with your story and photos by Friday 25th October.