

THE ABBEYFIELD ANGEL



LIFE AT THE ABBEYFIELD WEY VALLEY SOCIETY

Farnham | Guildford | Reading | Dorking | Oxted

www.awvs.org.uk





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*Welcome from Louise Arnold, our
Operations Manager*



The summer months have been a great opportunity for our community to get out and about, meet new people, see new things and share experiences.

Ensuring our residents have the opportunity to live life to the full and retain a sense of independence and adventure has always been an integral element of our care. Over the summer we have enjoyed trips to RHS Wisley Gardens, Southsea, Beales Wildlife Park, Denbies Vineyard, Birdworld, Brooklands Museum and many more with residents, volunteers and staff sharing many a laugh.

Being able to enjoy all this shows what can be achieved when teamwork is involved.

Sometimes the task of taking an elderly friend or relative on a day out can just seem too daunting for an individual and when people first come into our homes they have often lived quite an isolated life in their recent past.



I would like to thank everyone involved in making this happen – the boundless energy of our dedicated activity teams, the compassion and support offered by our volunteers and the skill and dedication of our carers on a daily basis ensuring our residents are in the best possible position, both physically and emotionally to get the most out of their life.

As I travel around each of the homes in the coming weeks, I can't wait to see how our communities continue to embrace life as we head through the changing seasons and build up to another festive period.

Louise x



Speaking with the teams at all the homes, I'm told one of the most enjoyable parts of the job is seeing residents begin to flourish as they enjoy the stimulating day-to-day life within each AWVS community.



Getting out and about together, creating new memories



Party time at Nower House.



Trip to Berkshire Herb Farm.



Day out at Denbies Vineyards.



Enjoying the sun in our gardens.



Livingstone the tortoise.



Beautiful sounds at Ridgway.



Gemini fashion shop comes to David Gresham House.



Garden party at Hatch Mill.

LETS GET PHYSICAL

Being physically active is one of the very best things we can do for our physical and mental health. It helps to prevent heart disease, strokes, diabetes, and a number of cancers; it plays an important part in helping us reduce falls and maintain a healthy weight and reduces the risk of developing depression.

More good news – even small increases in activity can benefit our health.

All the AWVS family of homes work with partners to provide specialist programmes and activities to help our community become more active and lead healthier lives.



HAPPY BIRTHDAY PAM

Pam Packham, our Registered Manager at David Gresham House recently celebrated her sixty-fifth Birthday with residents and staff at the home.



The Chefs at the home, who are renowned for baking lovely cakes for residents' special occasions, certainly did not disappoint and made a delicious victoria sponge for all to enjoy.

ALWAYS LEARNING

The team at Nower House recently took part in Dementia training and had the chance to go on the Virtual Dementia Tour bus to experience how it feels to actually live with the disease.



It was quite an eye opener and prompted plenty of discussion on how we can go above and beyond to support residents with Dementia.

The bus will be doing the rounds of all the AWVS homes as we strive to empower our Abbeyfield Angels with the knowledge and skills to help improve the lives of all our residents.

WELL DONE DAPHNE

Huge congratulations to our Abbeyfield Angel Daphne, the Home Manager at Roundhay. Her amazing display of beautiful pots and hanging baskets has been awarded a Silver Gilt award in Guildford in Bloom.

Every year the gardens look spectacular for the residents and their visitors to enjoy and it is great to see the judges were suitably impressed too!

Well done Daphne, we are very proud of you and thank you for all your hard work, they look stunning.



HAPPY BIRTHDAY GRACE

What better way to celebrate your Birthday than with a glass of white wine and some gorgeous home made cake.

Grace Gates, from Hatch Mill did just that celebrating with her family and friends at the home. It was Grace's 102nd Birthday no less, so she certainly deserved to celebrate in style.



SENSORY GARDEN PROGRESS

Thank you to everyone who has donated plants to our sensory garden project at Hatch Mill.

Despite the inclement weather, we have the basis of the garden together and as you can see by the photograph, we are well under way with our planting programme so next spring the garden should come to life for all to enjoy.

If you are a keen gardener and could help in any way, either by way of donating some plants or volunteering some time to help with the planting do give Tammie a call at the home, she would be really pleased to hear from you.

tammie.baker@awvs.org.uk or call 01252 979101.



TOTAL TEAMWORK

Everyone at David Gresham House got together to help create a fun packed day at the Hurst Green Fair.

The residents decorated the magic themed "Pick a Date" stall and the day itself was run by the wonderful team of staff and volunteers.

Plenty of money for the Charity was raised, and lots of smiles were had.



HAPPY 50TH MANDY!

Another one of our Abbeyfield Angels recently reached a milestone.

Mandy Berry, our Senior Carer at David Gresham House recently turned 50 and celebrated with residents and fellow "angels" at the home in Oxted before departing for a well deserved holiday.

Congratulations Mandy, and thank you for your continued hard work and dedication to help improve the lives of our residents.



LONG SERVICE AWARDS

Abbeyfield Wey Valley Society has always been proud of its Abbeyfield Angels and their dedication to help improve the lives of the older people they look after.

This incredible loyalty and dedication is celebrated each year with the presentation of the AWVS Long Service Awards.

This year our Trustees presented over eighty of our Abbeyfield Angels with awards to mark the achievement of continued service to the Society from between five and thirty-five years.



The residents and fellow staff at each home congratulated all involved while everyone

enjoyed tea and freshly baked cakes prepared by the chefs at each home.



“The dedication our care teams show on a daily basis is inspirational. Their passion is what makes the Society what it is today and on behalf of everyone at AWVS, we would like to thank each

and every one of you for all that you do”, says Sally Tidy, CEO of the Society.



LIBRARY DIRECT

A really useful resource provided by Surrey County Council is the Library Direct Scheme.

Surrey’s libraries do have excellent selections of books in standard and large print stock as well as a wide variety of audio books.

Library Direct offers our residents the opportunity to browse various books and choose the ones they would like in the comfort of their own home.

Our Activities teams chat to the residents beforehand and gauge an overall view on what books we might like and then the local library offers a general selection for us to take away and choose from.



The great scheme really does prove popular and our residents love browsing the books whilst sharing a cup of tea and cake in their own home. The amount of large print and audio books available now is particularly useful so everyone can enjoy the experience together regardless of any individual disabilities.



Some AWVS family milestones...



SIXTY-SIX YEARS OF MARRIAGE !

Jonathan Veira, a resident at our Maitland House care home in Reading has recently celebrated his sixty-sixth wedding Anniversary with his wife Elaine.

Both Jonathan and Elaine were born in St Vincent in the Caribbean. Jonathan moved to the UK in 1955 and started work at Smith's industries. Elaine followed him over in 1957 when she arranged a transfer from her job at Barclays Bank St Vincent, to Barclays Bank in London.



They got married on 27th July 1957 at Shrewsbury Gospel Hall in Harlesden, north west London. All the locals made every effort to support the newlyweds and be a family to them as their own families were five thousand miles away back in the Caribbean.

The couple stayed in that area happily, had three children and continued to attend Shrewsbury Gospel Hall until they both retired and moved to Lower Earley twenty-six years ago.

Once settled, they then attended the Carey Baptist Church and have made so many friends along the way as well as helping countless people through life's ups and downs.

Their family, three children, five grandchildren, and four great grandchildren, are all so proud of the couple and everyone at Abbeyfield Wey Valley Society sends Jonathan and Elaine every congratulations on achieving your remarkable milestone together.



GOOD LUCK LEAH

September saw Leah's last day before she goes on maternity leave. Leah has put in lots of hard work into the kitchen at Wey Valley House, preparing delicious meals for the residents on a daily basis and we will certainly miss her while she is off.

All the very best wishes for this special time Leah. We look forward to staying in touch and welcoming you back along with the little addition to your family.

