

# Abbey Together

The newsletter of Amesbury Abbey Group

JULY  
20  
23

## Welcome to summer!

We are well into summer now, and our grounds are looking glorious in the sunshine.

The roses are scrambling over the mellow brick in our fabulous walled garden at the Manor, and sitting in a shady spot by the river in the Abbey grounds is always a special way to while away a sunny afternoon.

We've enjoyed some really fantastic events, with our super fun dog show at the Abbey and our summer lunch hog roasts across the group.

I hope you enjoy catching up with all the news in our July newsletter – and meanwhile, keep enjoying the sunshine!



Naomi

## The Red Rose Rent

Every year, on or around Midsummer's Day, we are given a dozen red roses as a peppercorn rent from the wonderful Naomi House & Jack's Place, which sit in our grounds at Sutton Manor.

This year, the children even made a beautiful rose-themed card for Naomi and David.

The roses are then given back to a child or young adult visiting the hospices.

The tradition was started by our founder, Mary Cornelius-Reid, when she donated the land which enabled the hospice to be built.

The team at Naomi House and Jack's Place really are remarkable and the care and support they give life limited children and their families is incredibly special.

It's an honour to be part of their story.





## Lapping up pet therapy

We had a very special visitor recently, when pet therapy Labrador Flo popped into visit Sutton Manor with her owner, Kate.

The residents all loved this calm, lovely girl, who had the sweetest nature.

It's always fabulous when any animals come to see us across the group - and Flo really was extra special!





# A new version of an old favourite

We've all been very intrigued to follow the multi-million-pound renovation of Amesbury's 16th Century coaching inn, The George, in recent months.

When it finally opened the doors to the public for the first time, Nona was quick to arrange a visit so the residents could check out the results.

They've done a beautiful job and it's lovely to see this old building brought back to its best.

As an added bonus, they do a fabulous range of drinks, including the most amazing Malteser milkshake!



## FOUR OF THE BEST

# Sun safety tips



**We're enjoying some glorious summer sunshine, but take care not to let the heat affect your health.**

### 1. Stay hydrated

Drink plenty of water or fruit juice every day to stay hydrated, but avoid too many caffeinated drinks as they can leave you dehydrated quickly.

### 2. Stay cool

Limit your outdoor activity to early mornings and evenings, and stay in the shade where possible. Luckily, we have plenty of shady spots outside, so you can still enjoy the grounds and keep cool.

### 3. Know your medications

Some medications can cause increased sensitivity to the sun. If you are experiencing side effects, speak with Home Managers Maggie and Kamala, or any of the RGN team. If you live in independent living, do speak with your doctor or let the Mews Wardens know, who can assist you to find help. It may be an alternative can be found.

### 4. Know the signs

Signs of dehydration and heat stroke include excessive redness, disorientation, headache, lethargy, rapid pulse, confusion and nausea. If you feel any of these coming on, speak to one of our RGN team immediately.

## R&R!

It's lovely when you find a shady spot in the grounds for a spot of afternoon tea and a good read!



## Musical memories

With song sheets at the ready and a glass of sparkling elderflower to keep cool, our Sutton Manor residents were delighted to welcome Victoria McCabe for an entertaining afternoon.

Victoria is a professional actress and singer who performed numbers from the 50s, 60s and 70s.

We all had a wonderful time, singing and dancing our way down memory lane!



## Awards evening

The Sutton superstars were out in force for the Hampshire Care Association 2023 Awards at the MacDonald Botley Hotel & Spa.

We were down to the final three in the Care Home of the Year category - which we won last year!

The award may not have had our name on it this year, but just to be in the final three for the second year running is testament to the incredible hard work and dedication of all our wonderful team.

Huge applause to you, and everything you do!





## NEWS IN BRIEF



# A big round of a-paws!

The Abbey Dog Show was a howling success!

Doggies large and small, old and young, were out in force, putting their best paws forward.

It was so nice to see staff, children, relatives and residents taking part. Thanks so much to our competitors, the crowd and, of course, Nona for the monumental task of organising, Lorraine on refreshments, David our compere, and esteemed judge Sharon Hand.

See you all next year!





## OUR ANNUAL SUMMER LUNCHES



# Summer lunches go the whole hog!



**As if by magic - and there was a lot of it about - the Annual Summer Lunches were back, following three years where such special gatherings were not possible.**

**The smiles on the faces of the residents and their guests speak a thousand words.**

**Thanks so much to the countless members of staff who gave it their all to make each event so perfect.**



**Our nursing home and independent living residents at both Sutton Manor and Amesbury Abbey were thoroughly entertained by our wonderful magician, and enjoyed delicious canapes, fruity Pimm's, and those fantastic hog roasts.**

**What a way to enjoy our beautiful English summer afternoons!**





## OUR ANNUAL SUMMER LUNCHEAS





# Yvette Adair

**Head chef Yvette creates the delicious food that is so important to us at the Abbey. She tells us about her recent visit to a school in St Lucia, and how she spends her days off.**

## **Tell us a little about what you do at Amesbury Abbey**

I have been at Amesbury Abbey for a year now. Before that, I worked elsewhere in the group for seven years. My day at the Abbey is usually hectic, but at the end of the day I feel satisfied because I have made residents happy by providing a service they all look forward to.



Every year, I have to give a minimum of 19 days' service to the Armed forces.

## **What do you love about your job?**

I enjoy my job and working as a team. Getting the job done is very satisfying. I have a team of very hard working people who I know I can rely on to deliver a quality service.

## **Tell us something people do not know about you**

Many people probably won't know that I am married and have a 15-year-old daughter, because I spend so long at work! I spent nine and a half years as a soldier in the British Army and am currently a reserve soldier as part of the 167 Catering Support Regiment based in Grantham.

## **Where is the best place you have visited?**

The best place I have ever visited was a school in St Lucia a few weeks ago. My trip was with the Army, when I went out on adventure training with a group of 24 soldiers. The location of the school was breath-taking and, because I was wearing my military uniform, the children gave me such a warm welcome.

## **What do you enjoy doing on a day off?**

I do take the opportunity to rest and maintain a high level of fitness by running and going to the gym.