

A NEW EXCITING CHAPTER.



Wellburn Care Homes have a portfolio of homes across the North East of England and Yorkshire.

We pride ourselves on providing first-class care and round-the-clock support, whatever your individual tastes and requirements are.

Offering expert, individual care in a relaxed and friendly setting. Our trained staff are always on-hand to listen and help in any way

we can. That's because we truly care about our residents and we promise never to let our standards slip below excellent. This is care without compromise. To find out more, request a brochure or to come in and visit one of our homes:

Call us on:
0191 229 3530

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Glenholme Day Centre
Sunderland

Glenholme House
Sunderland

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York

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Richmond

Riverhead Hall
Driffeld

Rosevale
York

Ryton Towers
Gateshead

St Catherine's
York

St George's
Washington

Wellburn House
Northumberland

Whorlton Grange
Newcastle upon Tyne

The WellburnPost

WELLBURN FRIENDS

Issue 1 • Autumn 2015

FREE

BACK IN THE DAY

*A nostalgic look
back at some
icons of the past*

HOW DOES YOUR GARDEN GROW?

*We unearth the
important role
our gardens play*

WHAT A LIFE

*We discover the
astonishing life
story of resident
Bernard Prince*

TEA TIME

*Cream tea. A British institution.
But we find there's more to the nations
favourite than first meets the eye.*





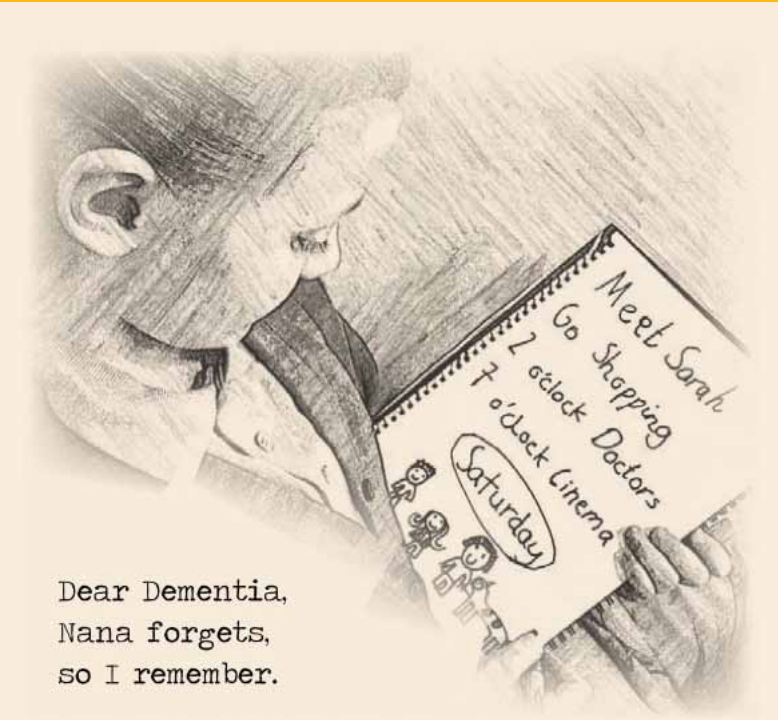
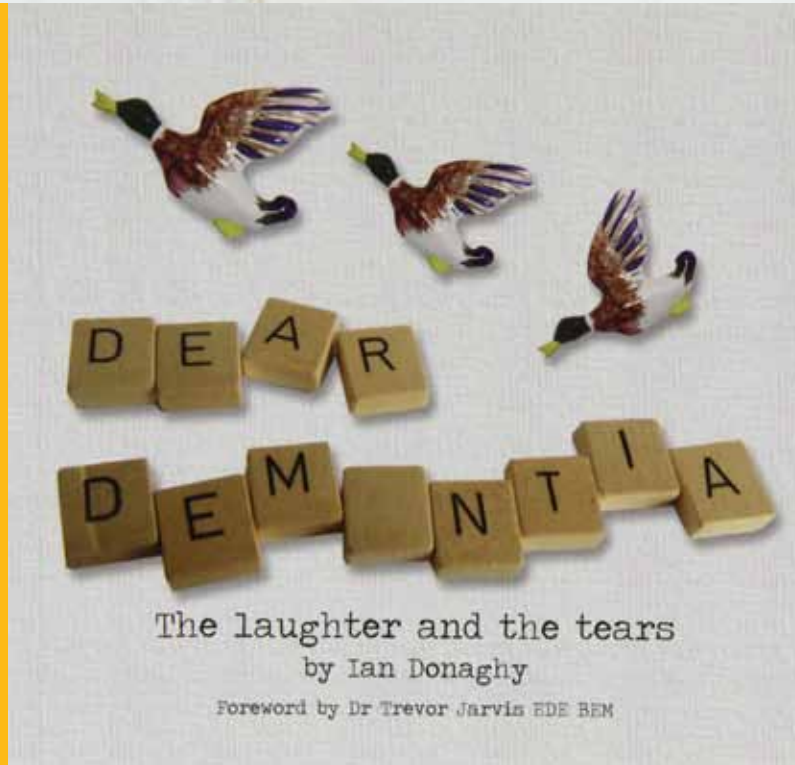
ON SALE
NOW

Hawker publications presents

DEAR DEMENTIA

by Ian Donaghy

Using over 100 illustrations and captions, Ian Donaghy captures the emotion and the reality of living with dementia. Dear dementia: the laughter and the tears has a message for all those touched by dementia - those living with dementia, their carers and all professional staff.



Dear Dementia,
Nana forgets,
so I remember.

“Your wee book on dementia is bloody brilliant. Insightful, moving and important”

Nicky Campbell.
BBC Presenter

50p

is donated to the Alzheimer's Society from each book sold

Available at all good bookshops
or online at www.amazon.co.uk

WELCOME

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EDITOR'S Letter

Firstly, we'd like to welcome you to the very first issue of our new Wellburn Post. A quarterly packed full of news, features and competitions. With contributions from our staff, residents and our local community. A big thank you to all those who have made this happen and please, please keep all of your interesting stuff coming. We'll be working on issue 2 as you read this, so we're waiting for more juicy stuff.

This summer has been truly exciting for us, launching a complete makeover of our brand. Refreshing every aspect of the company has been challenging, but so much fun. We've already had a lot of positive feedback and we're hoping this issue marks the start of many issues of the Post to come.

We hope you've had a lovely summer too and the sun is still shining when you're reading this, maybe in one of our award winning gardens? Giulia Clarke discovers that they have much more to offer our residents than just colourful flowers and scenic views on p8.

Plus, who can resist cream tea? Hopefully our cover has whetted your appetite to find out just where and how this beloved British institution started. Mikey Carr uncovers all and finds out just what makes the perfect afternoon tea and where to enjoy it locally on p13.

And is there anything better after cream tea, than settling down and getting lost in a jolly good read. Book corner uncovers three literary treasures that we think are a must read on p12.

With all of this and much more inside, we hope you enjoy. And remember, send us your contributions for future issues. Happy reading!

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▼ REMEMBERING OUR HEROES

Children from Driffield Junior School, were invited to Riverhead Hall as part of their WWII project. Residents shared their own experiences of the War and answered questions from the children. The children were enthralled during the visit, with a new found respect for our heroes. It was a case of mutual respect when the students shared their WWII projects. An emotional, but uplifting day enjoyed by all. LC



◀ MUD, SWEAT AND TEARS

Inspired by the tragic loss of her father-in-law to cancer last year, Jackie Calpin, manager of St Catherine's took part in the 5k Cancer Research muddy run to honour him. "Crossing the finish line with my daughter was emotional. We had so much fun and it seemed the perfect way to pay tribute to a wonderful man". Jackie raised just under £800 for a cause very close to her heart. LC

▶ CARE HOME OPEN DAY

All of our homes took part in National Care Home Open Day on 19th June. A UK wide initiative inviting care homes to open their doors to their local communities. It allows people to see all the good work we do for our residents and get a better idea what goes on. We had lots of fun and we've made a lot of friends doing it. For more info, visit: www.nationalcarehomeopenday.org.uk - LC



WELLBURN FRIENDS

We've been out and about with our friends this summer, working together with our local communities. Here's just the pick of what's been going on....



MINI BUS, BIG HEARTS

Lynn and Chris Stables are popular faces over at Rosevale. Running a little mini-bus service called CJS Travel, they truly are Wellburn Friends. They run our residents around the area and are heavily involved in our outbound daytrips. Lynn makes a huge effort with our residents and makes them feel loved and part of the experience. Both are on first name terms with our residents and go above and beyond what we ask of them. A lovely couple and superb service, that we hope will continue for a long time to come. For more information about CJS Travel, call Lynn or Chris on 01904 766366 or 07714695566. LC



GREEN FINGERS

Children with learning difficulties from Driffield Senior School were invited to Riverhead Hall to gain some work experience. Visiting on a weekly basis, they've been busy in our gardens. Helping to paint fences and planting herbs and vegetables for our new 'National Gardening Week' project. We've had such a wonderful time working with them and our residents have thoroughly enjoyed their company, chatting with the children over drinks and biscuits. When the vegetables are fully grown, we'll be producing our own salads and herbs. Without their help, none of this would be possible. So a big thank you to all the children. LC



BODY SHOPPING

Wellburn has a long history with The Body Shop. We like to offer our residents the opportunity to treat themselves and feel fantastic. We invite The Body Shop over to our open days and special occasions like Christmas time, to bring in their products. On the day, they'll offer discounts, gift sets and special deals to all of our residents. They set up their stall, offering make up trials and sell to residents and Wellburn Friends. With promotional offers and a kind donation of 10% of all sales going back into the residents fund, we and the residents thoroughly enjoy having them over. RB

MAKING THE GRADE

In focus

The day-to-day running of Wellburn brings many different challenges. One of the biggest is keeping our residential homes up to scratch. Our fantastic staff keep the residents happy, but who keeps the actual buildings happy? Some of our newer homes generally require little maintenance, but when it comes to refurbishing a Grade II listed building, well, that's a whole different story.



Whorlton Grange

Recently, Whorlton Grange, a Grade II listed building, underwent major development work, with the creation of a new 6 bedroom extension (above), including a new dementia friendly enclosed garden (below).

We also created a new courtyard lounge, refurbished a further fifteen existing bedrooms and installed a state of the art bathing system, complete with mood lighting to help create a relaxing bathing

experience for our residents. Work didn't stop there though. We then set about refurbishing three other communal lounges and completely overhauled and re-designed our new wellbeing gardens (see page 8 for more about our gardens).

Carrying out work of this magnitude to a Grade II listed building brings with it the usual challenges, but add a fully occupied home into the equation and things start getting interesting. Strict regulations were put in place to make sure residents felt little to no effects during the process.

Work was proudly completed early this year and the results are stunning. Residents have noticed a real difference and every difficult decision made, nail hammered and dust sheet removed has been worth it. Whorlton Grange is now the largest home in the business with forty eight bedrooms. And we could not be prouder of the old/new building. CP



OUTINGS FROM ANNE

At her request, a £5000 donation left by our late friend Anne Vale has been put towards a new mini bus. Anne loved to get out and about and her wish was that others could have the chance to go on more outings, especially those with mobility problems. So we chose carefully and our new Mini Bus has state of the art wheelchair access. Seating 16 staff/residents, it means that regular trips into the countryside and the coast have all been made that much easier thanks to Anne. A true friend of Wellburn and very much missed by all. LC

PELOTON AND ON...

Cycling for four days, covering 200 miles is no mean feat. A 160 strong peloton set out to ride and raise as much money for the Alzheimer's Society as possible. One of the riders was our very own, Martin Yeates, manager at Riverhead Hall.

"I see first-hand the effects Alzheimer's can have on individuals and their families. It inspires me to want to help support them in any way I can and this was the perfect opportunity to do so". Martin raised just under £500, which in our books makes him our king of the Maillot Jaune. Not one to rest on his laurels, Martin is already planning his next charity cycling adventure - MC

MAKING AN ENTRANCE



As always, we've been busy this year making improvements to our homes. The entrance to Nightingale Hall in Richmond had a make-over. Building a super new wheelchair ramp with handrails, making it easier for residents. Continued investment is on-going. RB

FITTING TRIBUTE

In short

We'd like to say a very special thanks to Ann and Brian Johnson for their kind donation of £500 to Glenholme Day Centre.

They gave the donation on behalf of their late Mother Ada Johnson, asking for the money to be put to good use.

She loved being in the garden, so we thought the most fitting way to honour her memory, was to invest the money in a new bench for the garden. Sitting pride of place, a fitting tribute to the much loved Ada. RB



Ooh, one last thing...

This is our first edition of The Wellburn Post, so we'd love to hear what you think of it. Tell us if there's something you'd like to see

back in the day

Our regular feature goes back in time and picks out some of the most memorable and at times pretty quirky 'back in the day' things. How many of these do you remember?



▲ Austin A40 Somerset 1950's

Proof if proof was needed, that just because a car is old, it doesn't always mean it's a classic. Not one of our greatest exports, but certainly one to remember!



▲ Thunderbirds

1960's

Amazingly, this year sees the 50th anniversary of the thunderbirds. Birthday greeting are 'GO!!'



▲ 'Housekeeping' toys 1940's

We think it's fair to say that toys and attitudes have certainly moved on a long way since the 40's. Quite remarkably, this range of toys aimed at girls was made up of housekeeping products like ironing boards and sweeping brushes...However, back in the day, these were hot property and as the slogan says, they were the 'Mostest'!

▲ Bar Six 1970's

A real blast from the past! In the 70's it seemed every Grandparent in the land had a Bar 6 in their fridge.

Have your say...

If you've got a favourite thing from the past, let us know and we'll add the best suggestions into our next issue



JUST A MINION...

Residents at Rosevale took part in the Haxby and Wigginton Scarecrow festival where they made a Despicable Me inspired 'minion' scarecrow. Putting him outside the home for all to see as they followed the scarecrow trail throughout the village. Accompanying their cheeky creation was a far less troublesome offering of homemade treats and drinks for the passing trailblazers.

A great day socialising and chatting with festival goers. We're all looking forward to next year's festival. Minus the minion. LC

IN THIS YEAR - 1941

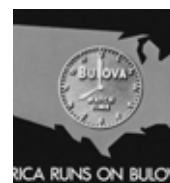


This year saw the release of Citizen Kane. The now revealed American film produced by, co-written by, directed by and starring Orson Welles.

was nominated for nine Academy Awards. It is now considered by many critics, filmmakers, and fans to be the greatest film ever made. It's hard to disagree, isn't it?



In this year on May 10, the London's Queen's Hall, venue for the Promenade Concerts, is bombed by the Luftwaffe. A new venue was sought for this once yearly festival of music. After months of deliberation, it was decided the new home of The Proms would be the Royal Albert Hall. And as they say, the rest is history.



The Brooklyn Dodgers are playing the Philadelphia Phillies on July 1, 1941, live on TV. Baseball on TV in America? What's the big deal. Just before the game starts, the world's first ever tv advertisement is shown. Now, tv ads are as much part of our culture as the shows themselves, but back in the day, it caused quite a scene.



Animals and Wellburn In focus

Here at Wellburn we are huge animal lovers. Some of our homes even have resident pets, such as Happy and Pumpkin, the resident cats at Ryton Towers.

Our residents also benefit from our continued policy to include animal home visits on to our roster of social activities. It's a lot of fun and our residents love the visits, but there's a more serious side to why we do this.

It's scientifically proven that animals can help reduce stress, lower blood pressure, increase social interaction and physical activity. They provide other wellbeing intangibles too. Living very much in the here and now, animals don't worry about tomorrow. And tomorrow can be a scary thought for some. By spending time with animals with that sense of now, it tends to rub off on our residents.

We've also found that 'Therapy animals' seem to boost the general wellbeing of people, especially in the elderly. Therapy animals offer a different kind of help. Some pay informal social visits to people to boost their spirits, while others work in a more structured environment with trained professionals like physical therapists and social workers to help patients reach clinical goals, such as increased mobility or improved memory.

Wellbeing benefits

Spending time with animals helps our residents focus on something other than possible physical problems, or negative preoccupations about time, loss or ageing.

A study commissioned for the National Geographic found that being around animals can have a calming effect. Studies showed that physiological changes occur when people are around animals: a drop in heart rate, lower blood pressure, and reduced stress. These may sound like the effects of a miracle drug, but they are actually among the benefits of spending time with animals.

So whenever you see that we've got a planned animal visit to one of our homes, come and join in. Maybe some of the wellbeing factor will rub off on you too! LC



SUMMER MAKEOVER

We've been busy this summer going through a transformation. And we're proud to introduce our new identity (Above). Part of a wider brand refresh programme, we've changed the face of Wellburn from top to bottom. Rolling out our new identity across the entire company has been challenging, but we couldn't be more pleased with how it's going.

With a brand new look and feel, we've launched a new brochure range, revamped on and offline marketing materials

and throughout our homes, with revamped menus, event posters and much more.

The Wellburn Post is part of the refresh, along with our new sister brand WellburnFriends. Introduced to sit alongside our company identity, the WellburnFriends initiative will help us build on our relationship with families of our residents, current and future and of course our local communities.

WELLBURNFRIENDS

With it's own identity (above) and marketing materials, we hope this new initiative will bring people closer together and make us even more approachable and welcoming. Let us know what you think, we'd love to hear from you. RB

THE TEAM

In short

Magdalena and Zak, part of the care team at St. Catherine's have been awarded a £2400 grant from the government, for taking part in an English course at Calderdale College.



The pair decided to embark on the course to improve their English, with the grant going into the residents funds. The pair, along with the residents will decide how the money is put to best use. A big thank you and well done to Magdalena and Zak. We're proud of you both! LC



A FAMILY AFFAIR

We love nothing more than when families visit our residents. A cheeky little face we're used to seeing around Grimston Court is Holly, great granddaughter of resident Don. On her latest visit, Holly spent time with her grandad in our gardens and even found time to pose for the camera. MC



Ooh, one last thing...

We're always looking for new exciting content for issue 2. So if you've got something going on or something to tell us, please send them via post or email and we'll run the best submissions.

How does your garden grow?

Giulia Clark is a TV director who makes gardening programmes for the BBC including the upcoming series of *Big Dreams, Small Spaces* presented by Monty Don. She looks into what makes our gardens so important to our residents.

From the most petite patio to the grandest garden, we Brits truly love our outside spaces. In fact, as a nation we spend £3.3 billion pounds on our gardens every year - that's a lot of seedlings. But, as we'll discover, taking a barefoot stroll across the lawn or stopping to smell the roses is more than just a pastime for the team of gardeners at Wellburn.

Working on gardening shows has given me first hand experience of how all sorts of gardens have the power to enrich, and in some cases really transform, our lives. And never is this more true than in the case of sensory gardens at Wellburn. Designed to be accessible and appealing to everyone from two to 102 they invite us on a journey full of colour and intrigue, scent and sound, texture and movement.

Numerous studies have shown that spending time in gardens is good for our wellbeing. Not only are they fantastic places for gentle exercise and relaxing with friends, the sensation of being in a beautiful, calm, natural setting can help reduce stress and even provide relief from pain.

One of the most important elements to consider when designing any sensory garden isn't even really a sense - it's how to conjure a feeling of flow around the space. How we move through a garden isn't accidental, laying paving stones closer together gently forces us to walk more slowly giving us time to appreciate

the plants, while placing tantalising surprises just visible around every corner encourages us to keep exploring.

Naturally, the first thing that strikes anyone about a garden is the colour. Choosing a limited palette of a few key shades can really add impact, especially when planted in dramatic blocks of colour - dahlias and tulips are firm favourites for this. Foliage can also play a big part in bringing brightness to a sensory garden, for example the striking three toned leaves of the chameleon plant.

And for those whose eyesight isn't quite what it once was colour can still be part of the sensory adventure. Introducing strong contrast can help, for example the Heuchera 'Obsidian' with its deep purple leaves and delicate white blooms, while yellow and blue flowers tend to be more visible to people with visual impairments.

But these aren't the only visual elements by any means. Willow tunnels can be used to create a look of refreshing, green shade and strategically placed trees allow the sunlight to dapple through making patterns below.

Scent is another major component of any sensory garden. The place in our brains where we process smells is very close to the area where we create memories which might explain why certain scents can take us right back to happy times in our lives. Using traditional scented plants like forget-me-nots and snap dragons can create a genuine feeling of nostalgia in the garden.

Plants also produce their scents in different ways which can become part of the experience. Creeping thyme and camomile are activated when they are crushed, so are perfect in between paving stones where they will be well trodden. Other flowers release their smell when ►

“It's scientifically proven, that spending time in a garden is good for our wellbeing”



◀ their oils are warmed by the sun - like the aroma of roses on a summer's day and some, such as honeysuckle and tobacco plants, even become scented at night to attract moths so can be enjoyed by twilight.

Although sight and smell might be the most obvious targets for a sensory garden, there's still plenty of scope to appeal to our other senses. Borders can be packed with pleasing textures from the silky lamb's ears to the cotton wool-like silver sage. Different kinds of tree barks add yet another dimension, as does the ground covering with a range of wood chips, gravels and small cobbles generating interest underfoot.

Gardens can also take on a musicality of their own which will change over the course of a day and across the seasons.

“Gardens can take on a musicality of their own”

Bamboo creates a whispering sound as the wind passes throughout the foliage while the stems knocking together produces a kind of hollow chime. Grasses rustle in the breeze and any flowers that produce seed heads, such as poppies, create a gentle rattle in the autumn. And let's not forget other visitors to the garden that can contribute to the sound - shrubs like Cotoneasters are perfect for attracting birds and their cheerful song.

And perhaps the most overlooked sense when it comes to planting is taste. You don't need a dedicated vegetable patch to introduce edible varieties into a sensory garden - placing tomatoes in amongst the borders provides a little something to nibble on all through the summer. Recent tests have shown that a variety like Gardener's Delight - a firm British



favourite - is not only one of the sweetest but also contains many compounds which are beneficial to our health.

Head of gardening Shirley Ward and her team at Wellburn take enormous pride when designing their gardens and use their expertise to ensure that these spaces are stimulating and vibrant while at the same time havens of tranquility.

The vast majority of Wellburn's homes are either Grade 2 Listed or situated in a conservation area, with significant investment made year on year.

After seeing many gardens from the smallest to the sprawling in my time making gardening tv programmes, I've been really impressed by just how much effort the team at Wellburn make to continually produce and maintain their stunning award winning gardens.

Investing not only time, but hard currency too. After reviewing their annual spend, it works out they invest almost twice as much as the national average.

Very impressive and something that should be applauded. I've seen over the numerous shows and episodes I've directed just how much impact a garden can have on peoples lives and multiplying this effect across each and every resident in all 14 of Wellburn's homes...well, that's a lot of feel good factor. They're planning to continue to add more and more to their gardens and I for one, can't wait to see the results. ■

Our resident gardening expert **Shirley Ward** shares her top tips to creating a sensory garden of your own

TIP 1

It might sound obvious but when you're watering plants it's the roots that need a soaking, not the leaves. For plants with particularly deep roots one idea is to sink a small pot next to the stem and water directly into this. It creates a mini reservoir which slowly takes the water directly down to the roots to where it's needed.



TIP 2

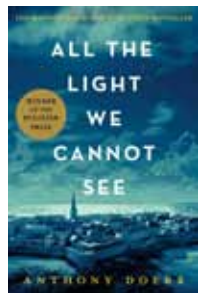
Planting hardy annuals such as sweet peas, or half-hardy annuals like cosmos, can give a burst of colour in your sensory garden and you can make this effect last for months by using a simple technique. Rather than removing the flower heads once they've died you can 'live head' them, cutting them while they're in full bloom. If you snip the stems roughly three inches from the ground and make sure there are at least a couple of leaves below the cut, within two weeks the plant will have produced a brand new flower - and you'll get regular bouquets for the home as part of the bargain.

TIP 3

There's a way to make your fruit bearing plants enliven the taste buds even more. For things such as tomatoes and strawberries it's important to water at the right time. Give the plants a good soak while they're in flower, but as soon as the fruits start to appear water them as little as possible if at all. Overwatering at this stage will cause the fruits to swell meaning they'll look big and juicy but they won't have much flavour. Better to have smaller fruits that really pack a punch.

Book corner

Sit back and enjoy a good read about, well, good reads. As we review three of our favourite literary offerings.



ALL THE LIGHT WE CANNOT SEE

by Anthony Doerr

★★★★★

A beautiful, stunningly ambitious novel about a blind French girl and a German boy whose paths collide in occupied France as both try to survive the devastation of World War II, from the highly acclaimed, multiple award-winning Anthony Doerr. Without doubt his best novel to date. Our verdict. A must read. Full of exquisite moments that will touch you and remain with you for weeks after. MC



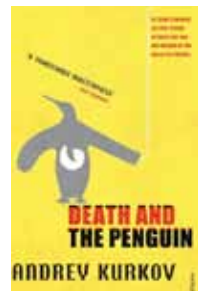
NORWEGIAN WOOD

by Haruki Murakami

★★★★★

This stunningly beautiful book by Japan's best-known novelist is a dream like tale of future, past and present love. Toru Watanabe recalls his first love Naoko, the

girlfriend of his best friend Kizuki. Immediately he is transported back almost twenty years to his student days in Tokyo, adrift in a world of uneasy friendships, passion, loss and desire - to a time when an impetuous young woman called Midori marches into his life and he has to choose between the future and the past. Our verdict. Simply unmissable. MC



DEATH AND THE PENGUIN

by Andrey Kurkov

★★★★★

Ukrainian Kurkov's modern masterpiece. A laugh out loud novel of a lonely writer, who's life is transformed by the sudden appearance of Misha, a penguin. Ensuing hilarity and tales of woe and mishap are woven together with some extraordinarily touching moments. Our verdict. Read it. Read it today! MC

Interested?

All books are available to order online at [Amazon.co.uk](https://www.amazon.co.uk). If you've read a book that you'd like to recommend for book corner, please let us know: thewellburnpost@wellburncare.co.uk



LETTER OF THE ISSUE

Dear Wellburn Post

My Mum, Nancy, first went to Ryton earlier this year, after respite elsewhere. She had been living independently in her own flat in Winlaton, but asked me at the start of the year to help her find somewhere nice to stay. We considered several places. Mum wanted to find somewhere that would give her peace of mind, comfort and be fairly close to home and her family. She is also Catholic, so we needed to find somewhere that would be sympathetic to her religion as well as others. Having struggled initially to find somewhere to fit Mum's and the family's criteria, we found Ryton Towers.

I remembered I used to take children there 25 years ago, to sing for the residents at Christmas when I was a teacher in the area. We booked a visit to have a look round and received a very warm welcome. As soon as mum arrived in the place, she thought it was like a country house, nice and clean, fresh smelling and homely. The fact that it wasn't a purpose built home appealed to her, and the beautiful grounds were really well kept. Your staff were superb. They found the perfect room for Mum, overlooking the main gardens. Mum's room is a perfect size for her needs with three lovely large panelled windows catching the sunlight all day long.

Mum is the youngest sibling of nine and we're looking forward to celebrating her 93rd birthday in Ryton. She has lots of family photographs in her room which make it so welcoming, and seeing pictures of my family and my brother's family, as well as her two great granddaughters really makes her happy.

Mum is loving her time at Ryton and she has really embraced the other residents, gaining many new friends already. She has told us many funny stories of them all laughing and competing at dominoes, quizzes and other activities. She knows how to make them all smile, and is an extremely encouraging and positive lady. I am so happy to see how content she is in her new home.

Now, instead of spending all of my time with mum, tidying up and doing jobs around her home, we can enjoy real quality time together, all thanks to Ryton and its wonderful staff. The whole family can't thank you enough.

Celia Smith, Blaydon

Have your say...

If like Celia, you have something to share with our readers, send your letters to us in the post or via email, making sure it's no more than 300 words long.

HOW VERY BRITISH

*As quintessentially British as cricket on the green or Wimbledon fortnight, cream tea is an institution. It's a cullinary event steeped in ettiquete, with claims and counter claims on it's origins, London based art director **Mikey Carr** sets the record straight on all things Cream Tea.*

HISTORY

For many of you, the simple luxury of a scone with jam and cream, accompanied by a cup of tea is something worth looking forward to. For most, it's about as British as an afternoon comes. But where did it all start?

We have to go back to the mid 19th century to mark the birth of the 'Afternoon Tea' as we know it today. More and more people were able to keep their houses cost-effectively lit until well into the late evening, which resulted in the evening meal occurring later and later.

Over time, people were realising this widening gap between lunch and dinner was causing problems. Peckish problems.

In steps our heroin of Cream Tea, Anna Russel. In the mid 19th century, Russel, the Duchess of Bedford was so tired of this long wait between lunch and dinner, she decided to find a solution. What started out as simply ordering tea and treats to her room when hungry soon evolved into a gowns-and-all social affair, inviting friends to join her in her country house, Woburn Abbey. On returning to her London residence, along with her other guests, she and others continued the practice of Afternoon Tea. It didn't take long for this increasingly fashionable ritual to become commonplace amongst the social hostesses of the upper classes.

By the late 19th century, afternoon tea was an every day occurrence; a spread of sandwiches, cakes, scones, cream and jam – the first hint of cream teas as we know them today. Quickly becoming *the* place for meeting friends and sharing gossip. They were also considered one of the few respectable places for women to meet without a chaperone, so the out-of-home afternoon tea took off like a social network.



“A scone with jam and cream is about as British as an afternoon comes”



At some stage music was added to the occasion, and fashionable young people attended afternoon 'tea dances' in the most stylish hotels. The splendored settings of country houses and Chic hotels, resulted in the tradition of Afternoon Tea being served on the best china plates and cups.

The afternoon cream tea tradition flourished in the West country following the tourism boom in the 1850s, brought on by the opening of the railway. Visitors bustled south from London, of course bringing with them the now expected pleasure of tea in the afternoon. Hotels, tearooms, farmhouses and cafés were happy to oblige – offering delicious afternoon cream teas, made with the finest local ingredients.

The jam was invariably strawberry. And the cream was always clotted. Hail the birth of the 'Cream Tea'.

So, we have Cream Tea, invented nearly 200 years ago, by a hungry Duchess, with the finishing touches added in the South West of England. Sitting down to afternoon tea remains a byword for an elegant way of carrying on. A very British affair. ■

SOME OF THE BEST AFTERNOON TEA THE REGION HAS TO OFFER...

**JESMOND DENE HOUSE**

Jesmond Dene Rd, Newcastle

Afternoon teas here are very special. Presented beautifully on traditional afternoon tea stands. When the sun is shining they can be taken on the terrace and in the cold of winter by the fires in the two lounge areas.

www.jesmonddenehouse.co.uk

**DOXFORD HALL**

Alnwick, Northumberland

Afternoon Tea enjoyed in this magnificent country house hotel, set in the heart of the beautiful Northumbrian countryside, is a treat worthy of anyone. Bit of a trek, but well worth it.

www.doxfordhall.com

THE PERFECT CREAM TEA

So, now we understand the history of our beloved Cream Tea, it's time to get to the important part. The secret to enjoying the perfect Cream Tea.

The Scone

Follow the recipe to the right. Being able to make the dough in advance is important – it's newly baked scones that make a cream tea really memorable. They should be still warm from the oven. Anything fresh is light. The scones are extraordinarily good, with a crisp, almost biscuity outside and an airy, doughy-smelling centre. The important factor is not to overmix the dough. When it comes to eating, there is ready-made jam and lashings of clotted cream.

The Jam

Traditionally, the jam should always be strawberry. Ready made is fine.

The Cream

Whipped cream just won't cut it for a cream tea. Clotted cream has a long history in the West Country, and is vital to preparing the perfect Cream Tea.

**The Tea**

The clue's in the name: Tea and plenty of it. English Tea, proper tea to be more precise.

When?

The perfect Cream Tea should be served at 4pm. If you're not in the mood to make your own Cream Tea, why not step back in history and tip your cap or hat to the Duchess and treat yourself to a right social affair. The Wellburn Post suggests a few places in the North East to indulge in the finest Cream Teas. What what! ■

MAKE YOUR OWN

INGREDIENTS

350g self-raising flour, plus more for dusting

¼ tsp salt

1 tsp baking powder

85g butter, cut into cubes

3 tbspcaster sugar

175ml milk

1 tsp vanilla extract

Squeeze lemon juice

Beaten egg, to glaze

Jam and clotted cream, to serve

METHOD

① Heat oven to 220C/fan 200C/gas 7. Tip the flour into a large bowl with the salt and baking powder, then mix. Add the butter, then rub in with your fingers until the mix looks like fine crumbs. Stir in the sugar.

② Put the milk into a jug and heat in the microwave for about 30 secs until warm, but not hot. Add the vanilla and lemon juice, then set aside for a moment. Put a baking sheet in the oven.

③ Make a well in the dry mix, then add the liquid and combine it quickly with a cutlery knife – it will seem pretty wet at first. Scatter some flour onto the work surface and tip the dough out. Dredge the dough and your hands with a little more flour, then fold the dough over 2-3 times until it's a little smoother. Pat into a round about 4cm deep.

④ Take a 5cm cutter (smooth-edged cutters tend to cut more cleanly, giving a better rise) and dip it into some flour. Plunge into the dough, then repeat until you have four scones. By this point you'll probably need to press what's left of the dough back into a round to cut out another four. Brush the tops with beaten egg, then carefully place onto the hot baking tray.

⑤ Bake for 10 mins until risen and golden on the top. Eat just warm or cold on the day of baking, generously topped with jam and clotted cream. If freezing, freeze once cool. Defrost, then put in a low oven (about 160C/fan 140C/gas 3) for a few mins to refresh.



Our Wellbeing expert **Jane Hughes-Cook** believes it's the little things that matter.

The Oxford English Dictionary's definition of Wellbeing, describes it as “A state of being comfortable, healthy, or happy”. Sounds obvious, but in the cut and thrust of modern life, it's often over looked and neglected. Not at Wellburn.

Despite the dictionary definition, wellbeing can manifest itself in so many different ways. Is it an inner peace and calm? Is it an ability to choose your daily activities? Is it contact with family and friends? Is it a warm safe living environment?

Wellbeing can mean some or all of these things to different people. With different states of wellbeing, depending on the individual, seasonal shifts and moods all playing a part.

The summer for example, brings us longer days, ice cream, memories of the seaside, salads and Pimms. The autumn brings a different set of memories, nights drawing in, crunchy golden leaves, warming home made soups and adding that extra layer of clothing.

Wellbeing is about finding out what the individual gains pleasure from and trying to support that, wellbeing is feeling warm and safe, wellbeing is being respected and consulted about areas of our own lives. Wellbeing comes from within and we offer the support with the things that the individual resident may be finding more difficult.

Developing and encouraging a focus on wellbeing for our residents, is something we take seriously at Wellburn. We've seen the results. We've seen the difference paying attention to the little details can make. Which is why, with our trained staff, we'll continue to explore Wellbeing and the benefits it brings to our residents.


 STAR
PIC

Call for competition entries

A big thank you to local photographer Leigh Rebecca for allowing us to use her stunning pic of Whitby steps, to help launch and inspire you for our photo competition. Every issue, we'll be calling for entries. The winner will appear in the next issue and receive a £50 M&S vouchers. To enter the competition, simply send your pic to: thewellburnpost@wellburncare.co.uk or tweet it [@wellburncare](https://twitter.com/wellburncare). In the meantime, enjoy Leigh's pic and more of her work at www.leighrebecca.com

Growing up on a small holding, and used to farm life, Bernard Prince worked on local farms after he left school at the age of 14 in 1932. He then went on to work as a labourer, helping to construct aerodrome buildings.

But then life for him, and everyone around him changed. World War II broke out. 1939 would end very differently to how it began for Bernard. After joining the army with his younger brother and cousin, he swapped the idyllic rural settings of North Yorkshire for the battlefields of Northern France.

Bernard's cousin was captured in 1940 and held prisoner for the entire war and Bernard was separated from his brother and sent from France to Egypt in 1941. With no discernible trade under his belt, he found himself in the cookhouse. After two weeks of peeling potatoes, a Sergeant spotted his enthusiasm and decided to recruit him to the kitchens full time. The Sergeant sent him on a cooks course in Israel, known as Palestine at that time.

He was then despatched down the Suez Canal, to a place called Cantara, where he started putting his cooking skills to good use. From there, the detachment moved into the Sinai Desert. Bernard recalls one of the most fascinating things about the journey and life in the desert, was that you wouldn't see anyone for miles around, but if you stopped for more than ten minutes, you'd be surrounded by Bedouin. Where they came from was impossible to tell, but within twenty minutes you'd be surrounded by them. Friendly and hospitable, Bernard always enjoyed their company. He remembers how generous and welcoming they were, sharing their food with the troops.

The detachment then moved through Palestine to Lebanon. Bernard ended up posted in Beirut for over a year. He recalls the capital with great fondness and included a bizarre but unforgettable chance meeting with the New Zealand rugby team, The All Blacks. He also achieved two stripes for his cooking during his stay.

In September 1943 he was moved with his detachment again, this time to Bari, off the Adriatic coast of Italy. It was here that Bernard was to experience at first hand the brutal and tragic side of life at war.

On the 2nd of December, just after dark the German's attacked the port with dive bombers. Bernard recalls seeing the

Life story

In our first edition of 'life stories', Wellburn's *Rachel Beckett* discovers the remarkable life of resident **Bernard Prince**.



skies light up. One long hour of absolute carnage commenced.

Now infamously known as the 'Disaster at Bari', it left 28 ships sunk, 1000 military and 1000 civilians dead and the harbour completely destroyed.

For Bernard it was mixed emotions, because although he'd narrowly escaped death himself that night, he lost some of his dear friends in the attack. A memory that will stay with him forever. He remembers the days after the attack, with all military and civilian hospitals overflowing with casualties. To his disbelief, men that should have recovered from their wounds, were instead dying. He recalls an American doctor carrying out a post mortem to find answers. He discovered that the men were dying because of a huge exposure to poisoned gas. It frustrates Bernard to this day, that neither American or British governments will admit that one of their ships were carrying an enormous cargo of poison gas bombs.

Bernard went on to become a full ranking Corporal, passing his Corporal cooking

course with distinction in Naples just before the end of the war on VE Day.

After many years away from home, Bernard decided it was time to return. He'd left behind a girlfriend and had planned to propose to her. When he got home however, he discovered that she had moved on and was engaged to someone else.

Heartbroken and dealing with the memories of a long, tiring and emotional war, Bernard decided he needed a new direction to take his mind off things.

In 1946, he joined the Police Force. He was stationed in Howden. He was happy in his new job, and started dating his future wife Mary. They married in 1947 at the local parish church. She was fascinated with Bernards cooking skills and they spent hours preparing and cooking together.

Happy days indeed for Bernard. Happy in love and happy in his career. From happy to exciting when he was offered the chance to become one of the first motorbike policeman in the North East. He jumped at the chance. He then went on to become an advanced patrol car officer. Driving now classics, such as SS Jaguars and his favourite, the 2.5 litre Riley. Recalling off duty trips over Penrith in style.

One incident that, like the attack in Bari, will stay with Bernard forever, was a tragic road accident. A young woman driving a MG sports car had fatally collided with a lorry. The scene of the accident is something that took him a long time to get over. After 26 and a half years distinguished service, he called time and left the Police force.

Bernard and Mary decided to move to Bridlington. Mary worked for Marks and Spencer and Bernard worked in the control room of the police station as a civilian assistant. They both still worked because Bernards pension was just short of full, but two years later, he received a letter saying it had been miscalculated. The new amount now meant that they could both afford to retire.

In the later years of married life Bernard used to cook a great deal for Mary. They continued to work well together in the kitchen and he recalls lots of happy times, before Mary sadly passed away.

Bernard now lives happily, along with his brother, sister and new friends in Riverhead Hall. And of course, with his prized haul of medals and stripes from his time at war and in the police force. Along with lots and lots of memories. ■

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AN INDEPENDENT SPIRIT

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Image: Bamburgh Castle (Gail Johnson)

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