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# The WellburnPost

Issue 10 • Winter 2017/18

FREE

Festive  
special

## FESTIVE PLANS?

*Whether you're staying in or going out, we've got lots of ideas to fill your time over the festive period*

### 30 DAY ROADTRIP

*We look back at our 30th Anniversary '30 Day Roadtrip'*

### FIGHTING LONELINESS

*As the festive season gets into full swing, for some, Christmas is just another day*

THE MAGAZINE FROM

  
WELLBURN  
CARE HOMES

Merry  
CHRISTMAS



# Jack & the Beanstalk

Written by Berwick Kaler



with  
**Martin Barrass**



**Suzy Cooper**



**AJ Powell**

plus  
**Luke Adamson**

Ensemble  
Danielle Mullan  
Jake Lindsay  
Charleigh Webb  
Scott Wallace  
Jocelyn Zackon  
Nathan Colman



and  
**David Leonard**

STARRING  
**Berwick Kaler**

Co-Directors  
**Berwick Kaler and  
Damian Cruden**

Designer  
**Mark Walters**

Lighting Designer  
**Richard G Jones**

Musical Director  
**Elliot Styche**

Movement Director/Choreographer  
**Grace Harrington**



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DEC  
**14** | FEB  
**03**

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### SIMON HICKS

The Head Chef at the Lord Crewe Arms, offers up a Christmas pudding alternative.

## EDITOR'S LETTER



Merry Christmas to all of our readers. From me and all of my staff at Wellburn, we hope you have a wonderful festive period. In our landmark 10th issue, we've got lots to offer you.

We take a look back at our 30th Anniversary '30 Day Roadtrip', which was the culmination of a year long celebration. We met so many interesting and inspirational people along the way, and we've picked out some of the highlights (pg 10).

We also turn our attention to the subject of loneliness, which is a real problem amongst the elderly. But as we discover, there's hope and plenty we could all be doing to help tackle the problem (pg 14).

We've got some great ideas for things to do over the festive period, whether you're staying in or heading outdoors (pg 18).

We catch up with the Head Chef at the Lord Crewe Arms, who offers up a recipe for an alternative to the Christmas Pudding (pg 21).

So as Christmas approaches, put the kettle on, get comfy and enjoy reading, and as always we'd love to hear from you with ideas about future issues of The Post.

*Rachel x*







# IN SHORT



## FOREVER GRATEFUL

*In the community*

Residents Cynthia Richardson and Gwen Mooring from our Grimston Court home, together with Home Manager Emma Richardson and Forever Young host Big Ian Donaghy, joined Helen Rook from St Leonards Hospice and Sally Hutchinson from Age UK York to present their cheques from our Forever Young Music Festival.

We raised a phenomenal amount of money and we're already looking forward to next years festival. *SM*



## FANCY THAT!

*Activities*

Over the past couple of months, our Eighton Lodge home have hosted a number of different fancy dress themed parties, for their residents and the local community. Ranging from a 1920's theme, to a mad hatters tea party, staff and residents have loved dressing up and joining in with the fun. We can't wait to see what they're planning for the Christmas season. *SM*

## A SING-ALONG CHRISTMAS

*Activities*

Following the success of last year, Big Ian and Kieran White return this Christmas to bring their interactive singalongs to our homes.

Playing a selection of carols and Christmas favourites, the residents are given large print easy to read songbooks, for those who struggle to read. Differentiated, simplified versions of the songs are also played, to feature the popular, familiar verses and avoid some of the less well known ones.

Families, friends, staff and residents are also invited to grab the radio mic and do a solo if they crave the spotlight in the lead up to Christmas.

Pianist Kieran also takes requests, so that everyone has the opportunity to hear their particular festive favourite.

"The atmosphere in the homes in the lead up to Christmas was beautiful. It was standing room only when we went to Garden House it was that popular. We can't wait." said Kieran. Our residents are equally excited too. Festive fun for everyone. *SM*



## HAVE YOUR CAKE, AND EAT IT

*Staff news*

Activities coordinator Jade Robertson, from our Nightingale Hall home, has been doing something special for our residents. Jade has been creating the most beautiful personalised cakes, for our residents birthdays all year round. Baking cakes is a passion for Jade, and she's been making them since the age of 7, learning from her Nan. Jade graduated with a BA(Hons) degree in 3D Design and you can tell when you see her cakes. We'd like to say a huge thank you to Jade! Our baking hero. *RB*



## BREAKING DOWN BARRIERS

*In the community*

Our newly appointment senior home manager, Joanne Othen, is a proud dementia champion, and is vastly experienced on the subject. But ever since working in our Whorlton Grange home, Joanne noticed that there was little awareness of Alzheimer's in the local community.

Joanne and the team at Whorlton Grange, are committed to ensuring our residents are able to go out into the community, and be included in local events without prejudice. And unfortunately when a lack of awareness is there, it can sometimes lead to prejudice. That is why Joanne and the

team are now on a mission, to make Westerhope a Dementia Friendly community.

The Alzheimer's Society's Dementia Friendly Communities programme, focuses on improving inclusion and quality of life for people with dementia, by becoming dementia friendly organisations.

The first step in Joanne's mission to make Westerhope a dementia friendly community, is to hold a dementia friends session at Whorlton Grange, for the local community. If your business would like to join Whorlton Grange on their Dementia friendly mission, please get in touch with the home direct on *0191 214 0120* or email *whorltongrange@wellburncare.co.uk* *RB*

## THERE'S ALWAYS TIME FOR TEA

*In the community*

This January, build friendships one cup at a time and reach out to thousands of older people in Northumberland. Get involved with Age UK Northumberland's new campaign, 'There's Always Time for Tea' and invite a neighbour for tea, hold a fundraising Tea Party or host a Tea Dance. Every £5 that you raise will fund a befriending call - this could be the only communication that an older person receives each week.

Here at Wellburn, we are the first company to sign up to the month long campaign, which has been created by Age UK Northumberland to tackle loneliness. Our Garden House, Heatherdale and Wellburn House homes will be holding tea related events in January, to raise funds for the charity and to encourage older people from the community to visit us.

Research suggests that there are over 5000 lonely older people in Northumberland alone. And the statistics aren't much more comforting, with more



than 10% of older people saying they feel very or always lonely, and a worrying 6% only leave their house once a week or less. More damning still, many said that their only source of company is the television.

All of the funds raised from the 'There's Always Time For Tea' campaign, will go towards the development of a new Friendship Line for the county. There's so much all of us, as businesses or individuals can do, that would make such a big difference to others. If you're interested in finding out how to join the fight against loneliness, please contact call Age UK on *01670784 800* or email: *rachel.todd@ageuk-northumberland.org.uk*. *SM*



## AN ADDITION TO THE FAMILY

*Wellbeing*

Residents at our Wellburn House home have recently welcomed a new edition to the family. Jess the puppy is the home's new live in dog.

Jess is a cross breed between a labrador and a grey hound, and she's had quite an impact on the residents, who've already taken her to their hearts.

The residents and staff have done a fantastic job in helping to settle Jess into her new home. And of course, it's not a one way street. As discussed in previous issues of The Post, the presence of animals and in particular, dogs, not only offers immediate happiness, but can offer more significant long term benefits. The Alzheimer Society has previously highlighted the positive implications of pet therapy on those with dementia, stating that they can dramatically improve quality of life, reduce agitation and loneliness. Thanks to Wellburn House being a dog friendly home, Jess is doing just that now. *RB*

## A LITTLE EXTRA SUPPORT

*Wellbeing*

As part of our ongoing relationship with the Alzheimer's Society Newcastle, we've arranged for the society to come into our Craghall home, on a bi-monthly basis, starting in the New Year.

Alzheimer's Society's John Buttery said "The Alzheimer's Society is really pleased to be working with Craghall Care Home, supporting the residents and carers living with dementia. Care homes are a key part of the valuable services that support people with dementia, when they need that extra help that they otherwise couldn't get in their own homes. The society is very much looking forward to working with all of the staff, residents and carers at the home."

We're extremely excited to see how this works out in the New Year, and if all goes well, we'll certainly be looking into the possibility of rolling it out across more of our homes. *SM*



# IN FOCUS



## SPREAD THE WORD

*In the community*

With care homes covering all four corners of the North East, we often need to spread the word that we're here.

In November, for the first time in our company's history, we launched a combined bus and radio advertising campaign.

The bus ads appeared over 22 busses, during the whole month of November, with the radio ad running across Metro Radio 2 at the same time. The whole process was so much fun, from working through initial ideas with creative teams, to seeing and hearing the ads for the first time on the radio.

Early feedback is showing that the campaign has been really successful, and that it seems to have resonated with the local communities. It's certainly been a hot topic for all of us here at Wellburn. With family and friends sharing in our excitement, when spotting one of our busses or hearing our ad.

It'll take time to see just how much impact the ads have had, but we've been so happy with the results so far, we're already planning our next campaign. *RB*





This year, in partnership with Apetito, local farmers and suppliers, we've introduced a whole new way of serving up delicious new dishes.

#### About Apetito

Apetito are committed to supplying tasty, nutritious meals, so that everybody can look forward to a delicious meal that supports their health and well-being.

They're also committed to using only the best quality ingredients in all of their meals, which are prepared from scratch by a team of talented chefs and nutritionists, in their Wiltshire kitchens.

With a range of over 200 delicious dishes, there's something to suit every taste and dietary need. And here at Wellburn, our residents are loving the menu's and our new dining experience.

**W**hen we decided to revamp and restructure the way we served food across all of our homes, we spent a lot of time researching and sourcing new approaches.

When we discovered Wiltshire based Apetito, we were instantly attracted to their offering. Everything they said completely resonated with our core principals and was exactly what we'd been looking for. Delicious dishes, with lots of choice, made with locally sourced produce, culminating in an outstanding dining experience for our residents.

Over the next few issues, we'll be meeting some of the local farmers who supply Apetito. In this issue, we travelled to rural Yorkshire to visit Hartley's. A family run farm who supply Apetito with root vegetables.

#### Meet the Hartley's

Just like us, Hartley's is a family run business with strong family values. Based in the heart of rural Yorkshire, they have over 30 UK farmers working to supply

high quality British produce.

We met up with Paul Saxon, who manages the farm, and it's clear he loves it like his own. Paul explains, "Working hard with my team, we provide a range of root vegetables. Currently carrots, broccoli, swede and peas."

On our visit to the farm, with Apetito account managers, Charlotte and Mark (pictured below), it was great to see first-hand the work that goes into producing Hartley's high-quality produce. And we rolled our sleeves up and had a go at picking carrots fresh from the field.

Hartley's are also passionate about ensuring food safety, as Paul explains, "We're globally recognised as one of the safest farm and manufacturing sites. In fact, for every 1 million tonnes of produce we sell, we receive only 1 complaint. Which is pretty unheard of."

Seeing and understanding these farm to plate stories, is important for us, to know we're dealing with the right companies and people. And Hartley's are most certainly our kind of people.



## DOWN ON THE FARM

### With Hartley's



I'd like to start this issue of my agenda, by wishing all of our residents, staff and of course you the reader, a very Merry Christmas and a prosperous New Year.

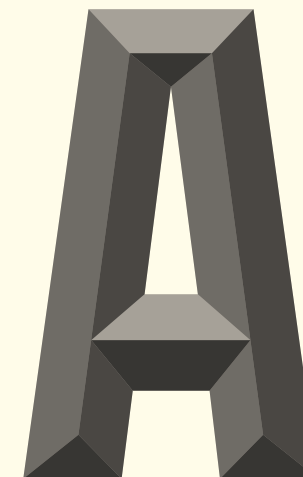
It's scarcely believable that we're now into December. This year has flown and looking back, it's not surprising. It's been such an eventful and important year for our business in many different ways.

I usually write this agenda, from the peace and quiet of my desk, but as part of our 30th Anniversary year, we're three quarters of the way through our 30 Day Roadtrip, so I'm writing this as we travel down the A1 towards York. A journey that started at the beginning of November, and one that has taken my team and I across all four corners of the North East. A journey that's allowed us meet a lot of special people along the way. From soup kitchen helpers, to local shopkeepers, the journey has been a real adventure.

For me, as Managing Director, it's also been the single most enlightening and important experience I've had, since I took on the role. My usual day to day is filled with meetings, budgetary and investment decisions, staff management and all the other trappings that come with the role. But in making sure the ledger is balanced, I often have to rely upon my staff on the ground, to get a sense of how we're doing on a personal level. From staff relationships to our wider relationship in the local communities.

The roadtrip has given me the opportunity to see things with my own eyes, over a sustained period. The fleeting interaction I get month on month is one thing, but to do it day in day out, has given me a whole new perspective. Seeing just how embedded our family run business is in the local communities our homes are based in, has been really heartwarming and extremely satisfying from a personal point of view.

When we came up with the idea of the Roadtrip, we hoped that we'd have the opportunity to say thank you to all of those who have been there for us over the years, and help make us who we are today. And it's in part down to those local communities, charities, organisations and groups that have embraced us, that we are where we are. Not only have we had that opportunity to do that, but the amount of goodwill towards



**"IT'S BEEN THE SINGLE MOST ENLIGHTENING EXPERIENCE I'VE HAD, SINCE I TOOK ON THE ROLE."**

us, has been really humbling. Not only have we been able to thank those close to us, the Roadtrip has also enabled us to develop new relationships that will hopefully take us into our next 30 years with new exciting opportunities (Read more about the Roadtrip on page 10).

Closer to home, we've seen a lot of refurbishment work. With major overhauls completed at our Eighton Lodge and Wellburn House homes, work in our other homes is continuing into 2018. Our new look and feel is really taking shape, with the focus on a 'home from home' approach.

This year we also launched our first ever radio and bus advertising campaign. Having predominantly relied on word of mouth in the past, we took the decision to expand our reach into areas we haven't previously explored. With more than 20 busses in the Gateshead and Newcastle area, combined with Metro Radio 2, running our campaign, the early results have been very positive. The net result is that we've already seen an increase in enquiries and received a lot of positive comments. Which is of course thrilling and I'm extremely proud of my marketing team and all those who worked on the campaign.

Another area we've focussed heavily on this year is recruitment. Over the years, filling vacancies has never been the problem. Finding reliable pools of talent has been though. Exploring new relationships and looking into new ways of appealing to the right people has been a challenge, but one worth undertaking. Already we've seen our new strategy pay dividends for us, with some really exciting and talented people, filling pivotal roles across the length and breadth of the company.

A busy year by any benchmark. And one we hope will be chalked as a significant one in our family run businesses history. And it gives plenty of cause for optimism and I for one can't wait to see what 2018 brings us.



## AGENDA

*Wellburn's Managing Director Rachel Beckett, offers her views, from the inside.*



Garden House  
Berwick Upon TweedHeatherdale  
NorthumberlandWellburn House  
NorthumberlandWhorlton Grange  
Newcastle Upon TyneCraghall  
JesmondRyton Towers  
GatesheadSt George's  
WashingtonEighton Lodge  
GatesheadGlenholme House  
SunderlandNightingale Hall  
RichmondRiverhead Hall  
DriffieldGrimston Court  
YorkRosevale  
YorkSt Catherine's  
York

# THE 30 DAY ROADTRIP

## A JOURNEY OF CELEBRATION

3RD NOV  
-4TH DEC

*To celebrate our 30th birthday this year, we wanted to take time to thank properly those who have helped get us here. Our '30 Day Road Trip' travelled around the region, spreading the love and giving something back to our local communities along the way.*

To kick the 30 Day Roadtrip off in style, we held a fantastic Firework Party at our Eighton Lodge home, which attracted a crowd of over 400, to help raise funds for St Oswalds Hospice.

St Oswalds Hospice was our official charity partner for the entire Roadtrip and all money raised along the way, was for their very worthy cause.

The display was a huge success, with staff and residents from all of our North East homes travelling to Eighton Lodge for the party. All in all, we couldn't have made a better start to the Roadtrip.

## DAY 1

**Eighton Lodge**  
Launch night, with fireworks and entertainment

# Eighton Lodge FIREWORK PARTY

FRI 3RD NOV



### Day 1

#### Fireworks Party at Eighton Lodge

We held a fireworks party at our Eighton Lodge home to help raise funds for St Oswalds Hospice.

### Day 2

#### Sponsored Walk from Newburn to Wylam

Staff and residents from our Ryton Towers home took part in the walk to raise funds for BBC's Children in Need.

### Day 3

#### Ryton Litter Pick

Staff from our Ryton Towers home joined Ryton's Litter Action Group to help tackle the communities litter problem.

### Day 4

#### Ovingham Middle School

Children from Ovingham Middle School visited our Wellburn House home to meet some of our residents.

### Day 5

#### Age UK Northumberland

#### Afternoon Tea at Wellburn House

Age UK Northumberland visited our Wellburn House home, where they enjoyed a prosecco afternoon tea, and offer free, impartial advice where wanted.

### Day 6

#### West End Food Bank

Staff from Whorlton Grange volunteered for the day at the West End Food Bank in Benwell.

### Day 7

#### St Oswalds West Denton

#### Shop Take Over

Staff from Whorlton Grange helped out at St Oswald's Hospice's West Denton Store for the day, to raise money.

### Day 8

#### Age UK Ball at Newton Hall

We attended Age UK's Tartan Ball at

Newton Hall, to help raise money for a new befriending service.

### Day 9

#### Age UK 'There's Always Time for Tea' at Heatherdale

Age UK attended our Heatherdale home to raise awareness for their 'There's Always Time for Tea' campaign.

### Day 10

#### Spittal War Memorial

Staff and residents from our Garden House home took part in the Spittals Remembrance Day Memorial.

### Day 11

#### St Oswalds Volunteering in Berwick

Staff from our Garden House home helped the hospice spread the word about their Light up a Life campaign.

### Day 12

#### Festive Fundraiser at Craghall

St Oswalds Hospice came to our ►





**A HUGE THANK  
YOU TO EVERYONE  
THAT HELPED US.  
WITHOUT YOUR HELP  
AND KINDNESS THE  
ROADTRIP WOULDN'T  
HAVE BEEN POSSIBLE**

St George's  
WashingtonNightingale Hall  
RichmondRiverhead Hall  
Drifffield

Grimston

Rosevale  
YorkSt Catherine's  
York

◀ Craghall home for a festive fundraiser, including entertainment, a bake off and more.

**Day 13**

**Alzheimer's Society at Craghall**

The Alzheimer's Society visited our Craghall home, offering advice and answering questions.

**Day 14**

**St Oswalds Sunderland Store Shop Take Over**

Staff from our Glenholme House home, took over the Sunderland store for the day to help raise money.

**Day 15**

**Raich Carter Exercise Session**

Residents from our Glenholme House home visited the Raich Carter Centre in Sunderland, to try some pilates.

**Day 16**

**Oomph! Wellness at St George's**

Oomph! paid a visit to our St George's home for an 80's Oomph! session.

**Day 17**

**Washington Food Bank Donations**

Staff and residents from our St George's

home handed in all the food bank donations collected by staff and visitors.

**Day 18**

**Helping Carecent in York**

The team spent the day in the Carecent warehouse, helping to sort food, which goes on to feed the homeless in York.

**Day 19**

**Lincoln Court Day Centre**

Staff from our St. Catherine's home joined us, to host some reminiscence work, followed by serving meals.

**Day 20**

**Acomb Methodist Church Age UK York Day Centre**

The team joined in with a Dementia group, for some art activities and some focussed one on one work.

**Day 21**

**St Lawrence's Church**

**Age UK York Day Centre**

Staff and residents from our Rosevale and Grimston Court homes, spent the day joining in with chats and sing alongs.

**Day 22**

**Brunswick Organic Nursery**

Volunteering at Brunswick Organic Nursery - A work place designed for adults with learning difficulties.

**Day 23**

**Carecent Breakfast for the Homeless**

Helping out Carecent again, this time helping them serve breakfast to the homeless community in York.

**Day 24**

**Riverhead Hall 80's Quiz and Movie Afternoon**

An afternoon of fun at our Riverhead Hall home, with an 80s film and Dad's Army quiz afternoon.

**Day 25**

**Bridlington Beach Comb**

Staff and residents from Riverhead Hall braved the blustery icy winds of Bridlington to go beachcombing acting as eco-warriors to make it safer for dog walkers.

**Day 26**

**Pyjama Party**

At our Nightingale Hall home, raising money for #GivingTuesday

**Day 27**

**Age UK North Yorkshire and Darlington Party**

Age UK North Yorkshire and Darlington, visited our Nightingale Hall home, with their 22 piece ukulele band for a party.

**Day 28**

**Collecting for St Oswalds Hospice**

200 miles covered collecting money raised from all of our homes for the big final day tally.

**Day 29**

**Gateshead/Low Fell St Oswalds Hospice Shop Take Overs**

Staff and residents helped out across both shops, to raise money.

**Day 30**

**Road trip Finale at St Oswalds Hospice**

The big Christmas finale took place at the hospice. Where the final total raised was handed over to their staff.

The 30 Day Roadtrip was without doubt the highlight of our year, and we'd just like to thank everyone that took part, helped out and donated. Thank you all.



# IT'LL BE LONELY THIS CHRISTMAS

Christmas time can mean many different things for many different people, but for most of us, it's that time of the year for parties, socialising, shopping and spending time with friends and loved ones. But for others less fortunate, it just compounds the feeling of loneliness.

Loneliness is a real problem and is no more prevalent than with the elderly. Recent research carried out by Age UK, found that over a million older people in the UK feel chronically lonely. Reporting that most of these wake up every day with nothing to look forward to, and that they feel lonely every day, every week, year after year with no one to talk to.

More damning still, many said that their only source of company is the television. When you dig deeper into the research, the statistics aren't much more comforting. For example, older people with a high degree of loneliness are twice as likely to develop Alzheimer's than older people with a low degree of loneliness. The research also found that almost 2% of older people hadn't had a single conversation with friends or family for over a month. The net result is that incredibly, over 12% of older people in the UK are persistently or chronically lonely. To put that into perspective, the figure equates to more than 1.2 million older people.

## Help is at hand

Without charities and organisations highlighting and offering real time solutions, the issue of loneliness would arguably go predominantly unnoticed. The leading light in the fight against loneliness in our region is Age UK.

With a number of initiatives, they

*As the festive season gets into full swing, for some, Christmas is just another day. Loneliness amongst the elderly is a real problem, but as we discover, there's plenty we could all do to help.*

tackle the issue head on. A good example is their 'Good Day' callers initiative.

The initiative aims to call up those most at need and simply chat, offering friendship and reassurance. For hundreds of older people it's the single most important event in their day. As with all of the initiatives and services Age UK run, it takes money and goodwill from the British public to keep them running.

But Age UK's determination to make a difference drives them forward. We as a company work in partnership with Age UK to help bring as much awareness to their cause as possible, and across the year we run fundraising events to raise as much money and awareness as possible.

Another charity that specifically targets the Christmas period, is Community Christmas. Their vision, is that no older person in the UK is alone on Christmas day, unless they want to be. They have a number of different ways in which they help.

One is that they enable and help people to set up new events on Christmas Day and other times, by providing Guidance Notes and telephone support. The events are then



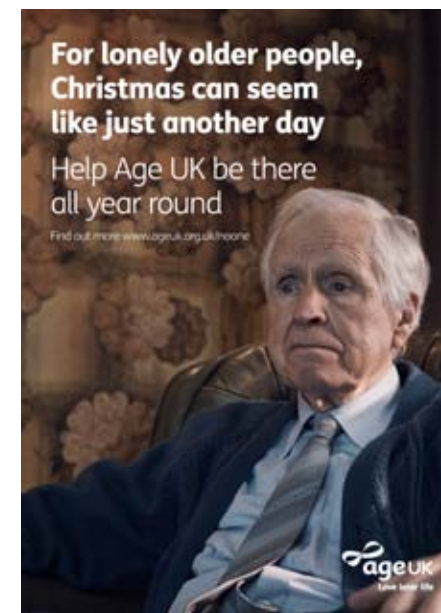
published on their website, which allows older people and those that care about them to do a post code search to find out what is going on in their area. They also offer a 'match making service' for older people. They contact local organisations such as the Volunteer Centres and Salvation Army to find out if they are doing anything, or know of anything going on that would help those in need of company. Last year alone, over 500 activities on Christmas day were organised or match made, which Community Christmas estimate benefited approximately 15,500 older people.

Both Age UK and Community Christmas offer their services year round with community events and public engagement to raise money and awareness.

## What we can do to help

Charities and local organisations are without a doubt, the leading players in combatting loneliness amongst the elderly, but leaving everything to them is both unjust and neglecting our duties as human beings. We all need to act and encourage older people to freely talk about their loneliness. We can all play a part in ending loneliness among older people in our communities. It can often be something as simple as starting a conversation with those around us. Asking ourselves whether or not we individually do enough for the older people around us.

How we care and act for those around us, could mean the difference between an



**"8% OF ALL ELDERLY, SAY THEY FEEL LONELY MOST OR ALL DAYS, MORE DAMNING STILL, MANY ELDERLY SAID THAT THEIR ONLY SOURCE OF COMPANY IS THE TELEVISION".**

**Far left:** More than 1.2 million older people in the UK feel persistently or chronically lonely **Top left:** Age UK's Christmas campaign **Left:** Spending time with some in need can mean the difference between a person just coping, to them loving and enjoying life.

older person just coping, to them loving and enjoying their life.

Here at Wellburn, we actively dedicate our time and money, to try and make a difference. This year for example, we'll be running Christmas day lunches across all of our homes, inviting those who are on their own or feeling lonely to join us.

We encourage staff to listen and identify older people in their lives and local communities, who may be suffering from loneliness, and we try wherever and whenever possible to include them in our monthly activities and special events.

We also work closely with regional branches of Age UK throughout the year, to raise both money and awareness for them. As a company we feel proud of

the work we do, but as always more can be done. Whether it's as in our case as a company or all of us as individuals.

So when the festivities start and Christmas is in full swing, let's all pay a thought to those less fortunate, and ask whether or not we're doing enough. The hope for charities such as Age UK is that we all ask ourselves, "What can I do to make a difference?". And they'll answer straight back, "A great deal".

If you know someone who could benefit from help, or for more information, or simply make a donation to either or both charities, please visit:

[www.ageuk.org.uk/noone](http://www.ageuk.org.uk/noone)  
[www.communitychristmas.org.uk](http://www.communitychristmas.org.uk)



# Readers CORNER

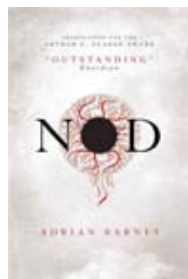
Sit back, take a quiet moment and discover what your next jolly good read could be, or why not try one of our brain teasers.



## IMAGINE ME GONE

by Adam Haslett

★★★★★  
Haslett's *Imagine Me Gone*, is one of those rare novels that successfully fuses the heartbreakingly sad, with the hilariously funny. A father's death affects his children more than they first realise, and causes them to reevaluate how they see their own existences and examine what life means to them. A rollercoaster of emotions will you as you turn every page and will stay with you, long after you've finished. Dazzling. MC



## NOD

by Adrian Barnes

★★★★★  
Nod takes us on a journey into the world of science fiction. But there's more to this novel to attract fans from outside the genre. Set in Vancouver, Canada, the story is

told though Paul, a writer, who continues to sleep while his partner Tanya disintegrates before his eyes. A new world is swallowing the old one whole and as sleep deprivation attacks, a bizarre new world arises. Nod is utterly original and a must read. MC



## NEVERMIND

by Edward St Aubyn

★★★★★  
St Aubyn is without doubt, one of the most brilliant English novelists of our generation. Representing one of the major achievements of contemporary British fiction. *Nevermind* is exhilaratingly hilarious and extraordinarily well-written. Set in rural Southern France, the story follows five-year-old Patrick Melrose, and how a visit from guests tears his world in two. From the first line, you'll be hooked. Superb read. MC

## Interested?

All books are available to order online at [Amazon.co.uk](http://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](mailto:thewellburnpost@wellburncare.co.uk)

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Crossword  
and Sudoku  
answers  
on page 4

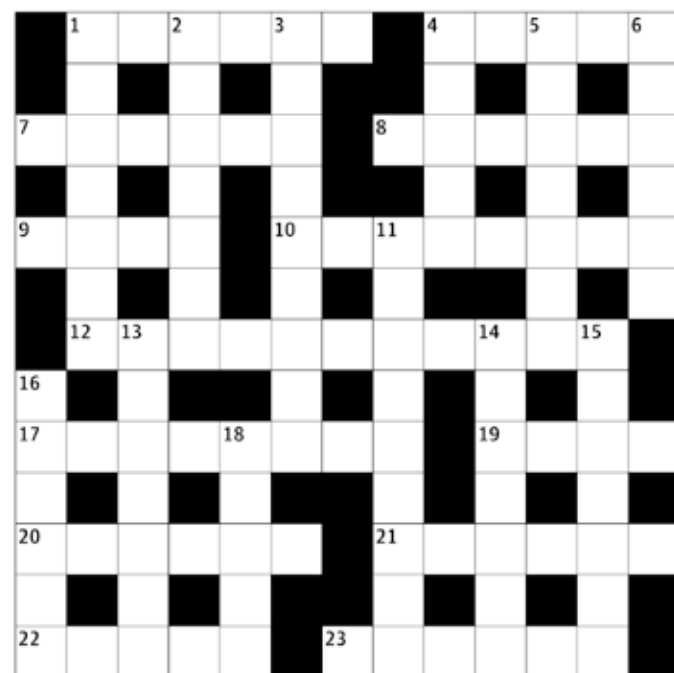
## CROSSWORD

### ACROSS

- 1 Buccaneer (6)
- 4 Thin crisp biscuit (5)
- 7 Tool — trounce (6)
- 8 Material (6)
- 9 North Wales resort (4)
- 10 Spine (8)
- 12 Related to breathing (11)
- 17 Methane (5,3)
- 19 Open space for recreational use (4)
- 20 Derived from milk (6)
- 21 Lying face upwards (6)
- 22 Fragrance (5)
- 23 Overbearing presumption (6)

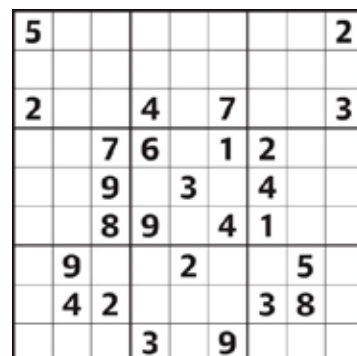
### DOWN

- 1 Gamekeeper's foe (7)
- 2 One of the legendary founders of Rome (7)
- 3 Pulsating (9)
- 4 Resounding blow (5)
- 5 Zeal (7)
- 6 Fraudulent scheme (6)
- 11 Communist president deposed and shot in 1989 (9)
- 13 Otalgia (7)
- 14 In writing (2,5)
- 15 Underpants (1-6)
- 16 Saunters (6)
- 18 Raise aloft (5)

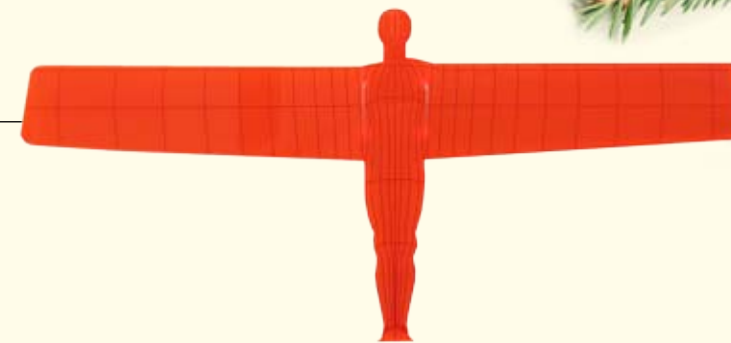


## SUDOKU

Keeping your brain active, has all sorts of positive impact on your health and wellbeing. Try our crossword or why not give our Sudoku puzzle a try. Answers to both puzzles on page 4



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## £16.95 Angel Of The North Tree Topper Baltic Mill

I think we can all agree, there's nothing more Christmassy than an angel. Give your Christmas tree a contemporary twist this year with an Angel of the North inspired tree top decoration. We love this!  
*available at: [shop.balticmill.com](http://shop.balticmill.com)*



## £10.00 Box Of Biscuit Shaped Chocolates Choc on Choc

If you're loving the chocolate this festive period, but sensing others are judging? Fear not, these stunning chocolates, disguised to look like your favourite biscuits will do the trick. The incredible detail on each chocolate, makes them look like the real deal and will help you sneak a little more chocolate past preying eyes.

*available at: [notonthehighstreet.com](http://notonthehighstreet.com)*



## £11.95 Bird Food Christmas Pudding The Bird Bakery

With food sparse and temperatures plummeting, life can be tough over the winter months for our wildlife. This fantastic Bird Food Christmas pudding, will not only keep birds and wildlife in food, it'll all bring a little festive cheer to the garden.  
*available at: [notonthehighstreet.com](http://notonthehighstreet.com)*



## £12.50 Salmon Maki Socks DIY

If the thought of endless Brussels Sprouts and cold evenings are giving you the blues, then we may just have the answer for both. These colourful novelty socks, shaped and designed to look like sushi, won't just keep your feet warm, but will allow your culinary mind to wonder about something other than roast turkey and trimmings.  
*available at: [vam.ac.uk](http://vam.ac.uk)*



## £9.99 A Geordie Is For Life Mug Geordie Gifts

What could be more apt this festive period, than settling down to a nice hot cup of tea, poured into this Geordie mug? A Geordie is for life, not just for Christmas.

You've been warned!

*available at: [geordiegifts.co.uk](http://geordiegifts.co.uk)*



## £12.50 Robin Crochet Kit LittleConkers

With this DIY crochet kit you can make a fabulous crocheted robin decoration this Christmas, perfect for hanging on the tree or as a general festive ornament. Get creative!  
*available at: [etsy.com](http://etsy.com)*

# MY BASKET

Festive special

THE BEST OF GIFTING Nº5  
*Things we've seen out and about,  
that might give you some festive  
shopping ideas*





### Ice skating at the Centre For Life

Newcastle Upon Tyne

The perfect place for a spot of wintery fun with friends and family. If you're out and about, skating at Life is a must on your check list. For more information or to book tickets, visit: [life.org.uk/events/skating](http://life.org.uk/events/skating)



### Christmas Bazaar at Beamish Museum

Beamish, County Durham

Discover the amazing festive sights, sounds and delicious tastes of Christmas past at Beamish. Their Christmas Bazaar is running right through until Christmas Eve. For more info, visit: [beamish.org.uk](http://beamish.org.uk)

### Fireside Stories with Father Christmas at Raby Castle

Staindrop, Darlington

Gather around the fire, as Father Christmas tells stories and sings songs, before handing out a present to each child as part of this magical experience. For tickets visit: [rabycastle.com](http://rabycastle.com)

### The Snowman Christmas at the Sage

Gateshead

A great Sage Gateshead family Christmas tradition. A Festive singalong, followed by Howard Blake's The Snowman on the big screen, with live performance of the score by Royal Northern Sinfonia. For more info, visit: [sagegateshead.com](http://sagegateshead.com)

### Christmas at York Museum

York

Christmas at York Museum Gardens, is a brand new attraction this year. Created by the team behind the award-winning Yorkshire's Winter Wonderland, it promises much. For more info: [christmasatYorkMuseumGardens.co.uk](http://christmasatYorkMuseumGardens.co.uk)

### St Nicholas Christmas Fair

York

York's favourite festive market is back and more spectacular than ever before. Meander through the magical market stalls and traditional chalets. The mulled wine is particularly good. For more info, visit: [visityork.org](http://visityork.org)



## GOING OUT

*If you're heading out for some fresh air, or looking for things to do with the kids or family, we've got some ideas to make the most of a festive North East..*



### Kielder Winter Wonderland

Kielder, Northumberland

For a unique day out in the fresh air, look no further than Kielder Forest, as it turns into a festive wonderland filled full of magical surprises for all of the family. For more info and tickets, visit: [kielderwinterwonderland.com](http://kielderwinterwonderland.com)



### Hadrian's Tipi Christmas pop-up retreat

Newcastle Upon Tyne

Inside Hadrian's Tipi, you'll find a warm log fire, cosy snug seating areas that welcome families and larger groups. Located in the heart of Newcastle, the Tipi is a must see experience. For opening times, visit: [hadrianstipi.com](http://hadrianstipi.com)



### Victoria Christmas Special

Showing on ITV

This Christmas we see the return of the nation's favourite, Jenna Coleman as Victoria. Seeing as the Victorians basically invented Christmas, surely we're in store for a rather delightful festive treat. And we can't wait for it.

## STAYING IN

*...or if you're looking to just put your feet up and have a cosy night in front of the TV, here's some unmissable TV on offer, over the festive period.*



### The Miniaturist Period Drama

Showing on the BBC

The Miniaturist is being presented as this year's big BBC festive drama, adapted from Jessie Burton's bestselling novel. The lavish two-parter is set to be a massive hit with viewers and critics are agreeing. Don't miss it.



### Snow Bears Nature Programme

Showing on the BBC

Following on from the BBC's adorable 2015 documentary Snow Chicks, Kate Winslet returns to narrate Snow Bears. Christmas? Polar Bears? What more could you want. Guaranteed to have us all awww'ing once again.

### McMafia 8 part Thriller

Showing on the BBC

A new eight-part thriller kicks off this Christmas, with Granchester's James Norton playing the lead role. McMafia has already been described as glamorous and gritty by critics. Primed to be the Beeb's next Night Manager.

### The Queens Christmas Message

24th December - 3pm ITV

Christmas Day wouldn't be the same without the Queen's Christmas message. At 3pm, since 1952, millions of us around the country, take a moment to listen to the Queen's message. A tradition that we all love.



### Little Women Period Drama

Showing on the BBC

Another one of the BBC's lavish period drama's for the festive season. Big names star in this 3 part tale of the March family, set against the backdrop of the American Civil War. Must watch.



### Doctor Who Christmas Special

Showing on the BBC

Peter Capaldi bids farewell to the Tardis, in what is sure to be an emotional finale for the Thirteenth Doctor, as he regenerates into Jodie Whittaker – the first ever female Doctor. TV history and unthinkable to miss it.



### The Crown Season 2

Showing on Netflix

Netflix's drama The Crown returns this Christmas for its second season. The hugely popular drama, charts the early days of Queen Elizabeth II's tenure as British monarch. Superb cast and unmissable drama.



Berwick Kaler is possibly the most well-known man in York but he's from the North East. He has sold more theatre tickets than anyone and has, at times, single handedly kept the Theatre Royal open (the oldest theatre in England outside of London). Actors such as Sir Ian McKellen have cited his work as unique and outstanding, so we asked him a few question before embarking on 2 months in Jack and the Beanstalk.

Where are you originally from?

I was born Raymond Berwick Kaler and brought up in Hendon, Sunderland. My Mother was a cleaner. I couldn't have a fancy name like Berwick in Hendon, so I was Raymond. I had six siblings. I didn't have the same father as the rest, I was the baby of the family, 19 years younger than the eldest.

What did you do after school?

I left school at 15 and became an apprentice painter and decorator- but that only lasted six months. I still can't allow anyone else to decorate. I went down to London to be near my sister. It was only when I was in London that I started to get an inkling that I wanted to be an actor. Growing up, it just wasn't in my mind.

Was there acting in your family?

Not at all. I actually saw very little theatre in Sunderland. I do remember once performing on a table, pretending it was a piano doing Jerry Lewis impressions. So I guess the entertainer was in me.

Who were your acting heroes?

I once saw Alec Guinness do a quarter of the show with his back to the audience. The way he walked was mesmerising. Everything I have ever learnt is by watching people. Listening and watching is everything.

What other work have you enjoyed?

I played a Geordie Bottom in Midsummer Night's Dream in Regent's Park that received rave reviews despite the director protesting "I can't understand a single line!"



We catch up with actor, pantomime dame and York legend **Berwick Kaler**

**“ON OPENING NIGHT I WAS TEE-TOTAL BY THE END OF THE RUN I HAD VODKAS AND MARTINI’S EVERY NIGHT.”**

What’s so exciting about live theatre?

It is different every performance. It evolves especially in pantomime. If you come to the first and last performance, it's often a totally different show.

Why panto?

I am passionate about pantomime. Inside me, somewhere, I think it's an art form, but I can't take myself too seriously. I'm 71 years old, in a frock and getting laughs after all. But humour is my medicine. I've always thought it's better to use humour at your own expense, rather than at others.

Long runs in the West End, must be tiring? How have you survived them?

I once did 15 months in a show called "Pyjama Tops". On opening night I was teetotal by the end of the run I had vodkas and martini's every night, such was the boredom of a long run.

Why did you venture to York?

In 1978 it was just another gig. I thought I was going to play the villain, but ended up in a frock playing the ugly sister. One of my friends read tea leaves and told me I would end up in a place with large gates. As I drove up I saw the large Bootham and Micklegate Bars –wall gates- perhaps she was right.

Who makes you laugh?

I loved Tommy Cooper and Eric Morecambe. They just had funny bones. It's like in panto, the best laughs come between the lines and you have to work for them with every fibre.

What’s your favourite play you’ve been in?

I was in The Pope and the Witch with Frances de la Tour. It was my funniest time ever in theatre. She was brilliant.

*Berwick Kaler wrote and stars in York's Theatre Royal's Jack and the Beanstalk, from December 15th. For more information, turn to the inside front cover advert.*

Cooking with  
**SIMON HICKS**  
HEAD CHEF AT  
THE LORD CREWE ARMS  
BLANCHLAND

INGREDIENTS

- 475g of plain flour
- 10g of bi carb soda
- 10g of ground cinnamon
- 10g of ground ginger
- 175g of caster sugar
- 175g of soft dark sugar
- 240g of suet (available from supermarkets or your local butcher)
- 200g of sultanas
- 150g of currants
- 250g of chopped dates (you could use a dried fruit mix to cover the above)
- 2 grated apples
- 80 g of black treacle
- 2 eggs
- 350g of buttermilk



NOTES FROM THE KITCHEN

What's better than walking into the kitchen with the bubble and clatter, and the warming smell of a sweet spiced pudding steaming away on the stove. This recipe for this relic of a pudding, was first published in 1747, but still remains 'slightly' unchanged to this day. The Cloutie pudding or dumpling is a pudding which many a young Scot would have fond memories of - watching with anticipation - whilst Grandmother prepared it for Christmas time. The pudding gets its name from the cloth or clout the fruit pudding is steamed in. The recipe we have adapted from the original is removing the bread crumbs to lighten the dish up a little, we also steam in plastic pudding moulds sometime which I guess we could call the pudding cloutless?

METHOD

Warm together the treacle and buttermilk then whisk in the egg then mix all the other ingredients.

It's now ready to place in your steaming cloth (the clout) or pudding basin (cloutless) and steam for an hour.

The Sunday telegraph describes it as one of the 50 most romantic hotels in Europe. For more info, visit: [www.lordcrewearmsblanchland.co.uk](http://www.lordcrewearmsblanchland.co.uk)



CLOOTIE PUDDING  
MAKES 1 PUDDING  
OR 4 MINI PUDDINGS

This delicious pudding is perfect for this time of the year. It has all the hallmarks of a Christmas pudding, but a slightly lighter option. Not as rich to eat, and much simpler to prepare and bake, with it's 'pop it all in a bowl' method. If you're looking for a way of doing things a little different this Christmas, try this.

If using a cloth we dip the cloth in water then wring the excess water out a little knob of butter and a sprinkle of sugar to stop- from sticking.

When tying leave room for the expansion of the pudding.



# MY STORY

**May Bradford**, resident at our Eighton Lodge home, shares her story and how she spent a lot of her youth hanging out with her family. Literally.



Whilst others little girls were playing with dolls, May was playing to packed houses, up and down the country's theatres.

Where other fathers were down the pits or working on the shipyards, May's Dad was on the stage as part of the Valmer Trio May joined by May's two sisters. They worked as a speciality act with Druffies Circus but mainly played to packed theatres all over the country especially by the seaside.

"Mother never bothered as she was at home with my brother, but we went off for weeks on end, staying in digs with our 'graceful motion' act – not as rough as acrobatics-this was refined," says May.

She goes on to tell us, "Dad was so strong. He would lay on his back and gracefully balance my sisters in beautiful poses, as the crowds applauded. Then the music would start 'Here we go gathering nuts in May', which was my cue, and I'd come skipping through the audience – this tiny little girl, and Dad would pass me up to my sisters. I would balance on the very top, as the crowd cheered and laughed."

It's easy to see how this played out as May

talks with a cheeky glint in her eye. You can see that she hasn't forgot a single thing and when talking about it, the memories are flooding back.

May goes on, "Looking back now, I was far too young to be a proper performer but we did it anyway. I can't imagine anything like that happening nowadays."

Possibly the most remarkable part of May's story, is that she really didn't like heights. Even to this day at 92 years young. So how on earth did she manage to do what she did? May explains, "Simple really. Dad was there, he was my hero, and I knew no matter what happened I would be safe."

Seeing May's eyes light up and her big beaming smile appear, as we sang "here we go gathering nuts in May", it's clear she adored her childhood. Totally unconventional and such an adventure most children could only have imagined, it's obvious as we finish up, that May wouldn't have had it any other way.

Staff at Eighton Lodge will have to keep a close eye on May, the next time the circus is in town, because you get the impression she'd still fancy a little bit of the spotlight.



## The woman behind the story

May Bradford was born in Gateshead in 1925. She grew up with her parents and her three siblings. After her somewhat daredevil and unorthodox childhood, she married her husband Peter, when she was 21. A talented artist, drawing was and has always been one of her passions. May was also a fast typist and worked as a PA in a busy office. But what she loved more than anything was enjoying the great outdoors, with Peter. Spending a lot of time sailing in the Norfolk Broads and the Lake District. On these holidays they also enjoyed hiking, with one of their many Doberman Pinschers- Nicky. May would also spend a lot of time on her other passion, gardening. Spending many happy days tending her impressive garden, and becoming at one with nature as she would entertain and feed varied wildlife every day. She even had a squirrel, that would come inside the house every day, that allowed her to feed it by hand. May's stories are full of adventure and it seems that's just the way she's lived her life. Unpredictable, unorthodox at times, but always fun and so many memories.

# For lonely older people, Christmas can seem like just another day

## Help Age UK be there all year round

Find out more [www.ageuk.org.uk/noone](http://www.ageuk.org.uk/noone)



  
Love later life