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Or discover our care homes us at:

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The Wellburn Post

Issue 11 / Spring 2018

PAGE 8 / ICONS

The story of how an Angel was born

PAGE 10 / THE NEW KID

An app to bridge the generational gap

PAGE 12 / Q&A

We catch up with a Sunderland legend



PAGE 16 /

TINSEL TOON

From the hedonistic backdrop of Tinsel Town, the Hollywood juggernaut rolls into our region with surprising regularity. But why?



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Contents

4

UNCAPED HEROES

Three stories that prove that not all heroes wear capes

8

ICONS

The story behind an Angel that almost never was

13

MY TOTE

Things we've spotted out and about, that would make the perfect gift

16

COVER STORY

From Tinsel Town, to the North East

22

BOOK CORNER

We review a selection of some of the best contemporary fiction novels out now



THE NEW KID

We discover an app that's bridging the generational gap

10

12

Q&A

We catch up with Sunderland legend Marco Gabbiadini



EDITOR'S LETTER

Welcome to our new look issue 11. We've worked hard over the Winter to bring you some fresh content ideas, and a new creative approach.

Inside our Spring issue, we catch up with three members of our team to find out what motivated them to move into a career in care (page 3). Three different stories, with the same outcome - a passion for care and their roles.

In our new Icons feature (page 8), we throw the spotlight on the nation's favourite piece of public art. In its 20th birthday year, we discover how the Angel of the North almost didn't happen.

We have a fascinating chat with Dr Tony Young from Newcastle University (page 10), about an app that's been developed to help bridge the generational gap. Other content includes Sunderland goalscoring legend Marco Gabbiadini taking part in our Q&A (page 12), and we explore Tinsel Town's relationship with the North East (page 16).

I hope you like our new, fresh look as much as we do, and enjoy the read.

Rachel x

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NOT ALL HEROES WEAR CAPES

A career in care can be as hugely rewarding as it is challenging. Here at Wellburn, we take pride in our recruitment policies. In our employee handbook, we remind new staff of their responsibilities, not just to our residents, but to their colleagues and themselves.

Time and time again, it gives us immense satisfaction to see entry level staff, showing the desire and ambition to further their careers inside the company. Many of whom have worked their way up to senior positions. As a company, we have responsibilities too, and although this is first and foremost always with the

residents, our responsibility we have to our staff is something we take very seriously. Always looking to help those who want to progress their careers, and making sure the opportunities are there, for when they're ready to take them.

We caught up with three of our brightest stars, all with different paths into our company and into the care home industry. Their stories are different, but the example they set is consistent. If you're ambitious, keen to learn, a team player with oodles of love and care to give, then anything is possible. And all three are proof that, not all heroes wear capes. ►

ASHLEIGH WOOD HOME MANAGER Eighton Lodge

Starting as a care assistant in 2014, at our St George's home, the move into care represented a complete career change for Ashleigh. Before that, she working in a call centre and puts the career move down to a desire to feel more fulfilled and to do something that made a real difference to people's lives.

It wasn't long before Ashleigh started to show real ambition. "It all started after I helped out in the office with some administration", she says. "I started to become more curious about my career, and the path I wanted to take became very clear, very quickly".

Her Home Manager at the time, Michael Jimmison, who is now our Deputy Operations Manager, spotted Ashleigh's potentially straight away.

He promoted her to Team Leader a year into the job. "You could just see the ambition in her eyes. Her approach and attitude was first class, and it was clear that she was going places", says Michael.

Ashleigh discussed with Michael the aim to become Deputy Manager. Ashleigh was then sent on various training courses to achieve the qualifications needed for the role, as well as spending time at our other homes to gain a wider knoweldge.

Soon after that, the post for Deputy Manager came up and Ashleigh successfully applied. Thriving in the role, Ashleigh built up positive working

relationships with professionals and within the home. But Ashleigh was on the march and had soon accrued the ability, skills and knowledge to run a home.

When the role of Home Manager at our Eighton Lodge home became available, it was just formalities and she took the helm.

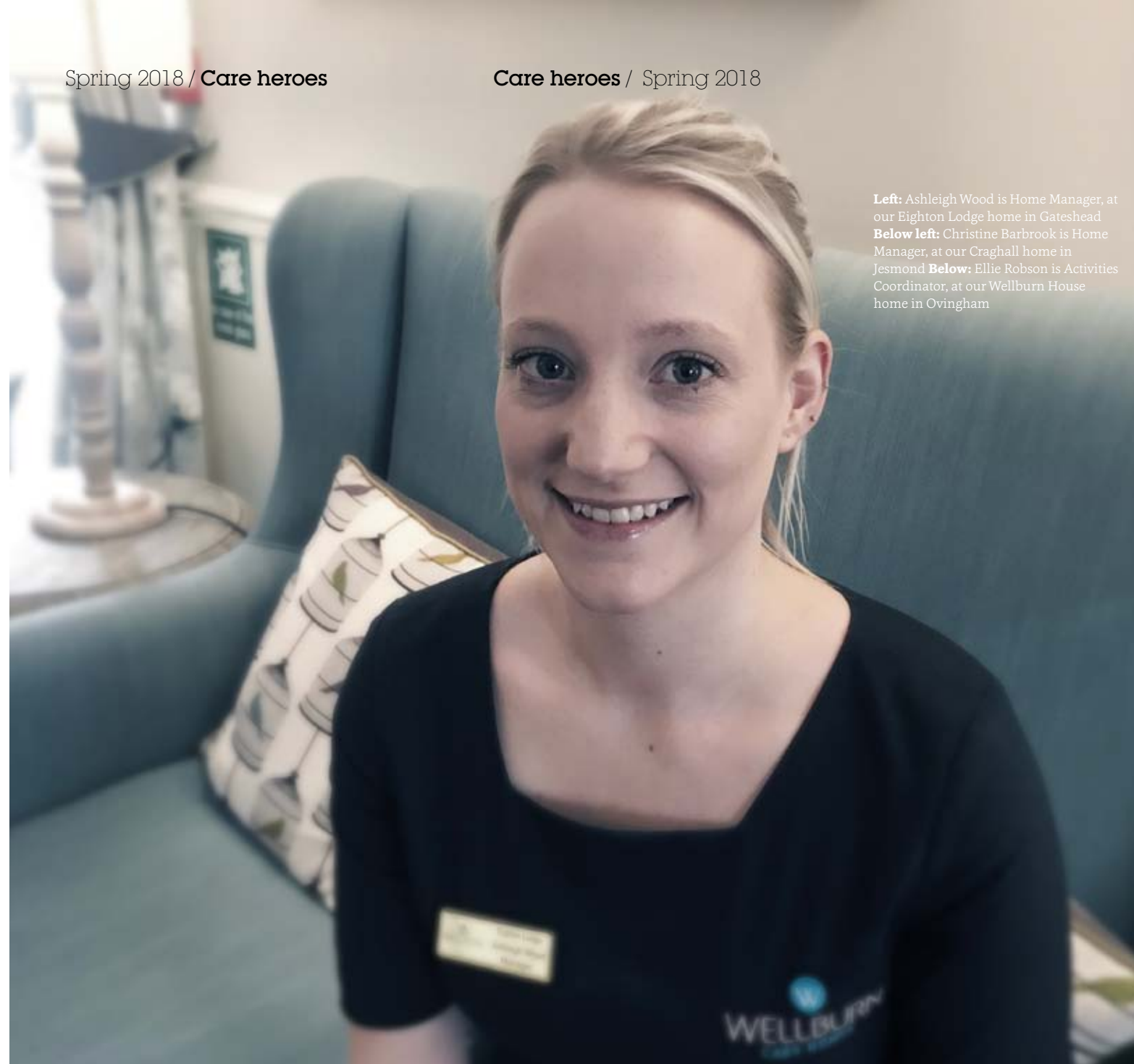
"When I look back at just how much my life and career has changed, since joining Wellburn, it's just amazing. My ambition and dedication has been matched perfectly to the way Wellburn recognise potential. I'd recommend a career in care, in Wellburn to anyone. And I often do", Ashleigh says, with a hint of fullfilment in her eyes.

CHRISTINE BARBROOK HOME MANAGER Craghall

Christine is in her 20th year in the care industry, starting back in 1998, as a domestic assistant. Although she enjoyed her role, she soon realised her passion was in delivering hands on care.

After making the switch to being a care assistant, Christine spent the next four years, gaining the skills and experience that would see her promoted to Deputy Manager.

Christine joined Wellburn a year later in 2003, as part of the team at our Craghall home. "I'd just heard so many good things about Wellburn, the offer was too good to turn down", Christine



Left: Ashleigh Wood is Home Manager, at our Eighton Lodge home in Gateshead
Below left: Christine Barbrook is Home Manager, at our Craghall home in Jesmond
Below: Ellie Robson is Activities Coordinator, at our Wellburn House home in Ovingham

says, "And it was the best move I've ever made. From the very first day, I just felt at home".

For Christine, the family run aspect of Wellburn is a real draw. She's been at Craghall ever since, working her way up to Home Manager within the first two years. Thirteen years later and she's as content as ever.

"Being able to make a real difference to our residents and their families, on a daily basis will never get tiresome, it's just so rewarding."

No two days are ever the same for Christine, citing this as part of her job satisfaction. "There's not too many jobs or careers out there, that could give you as much satisfaction and self pride. Working in care gives you that, and much more."

"MY ADVICE TO ANYONE CONSIDERING A CAREER WITHIN CARE, IS SIMPLE. DO IT. I DID AND I'VE NEVER LOOKED BACK".

Ellie Robson,
Activities Coordinator - Wellburn House

If you or someone you know, might be interested in a career in care, simply call us now on 0191 229 3530 or visit: www.wellburncare.co.uk/careers

ELLIE ROBSON ACTIVITIES COORDINATOR Wellburn House

Ellie is our newly appointed Activities Coordinator at our Wellburn House home. It's her first role in the care industry and her first impressions couldn't be more positive.

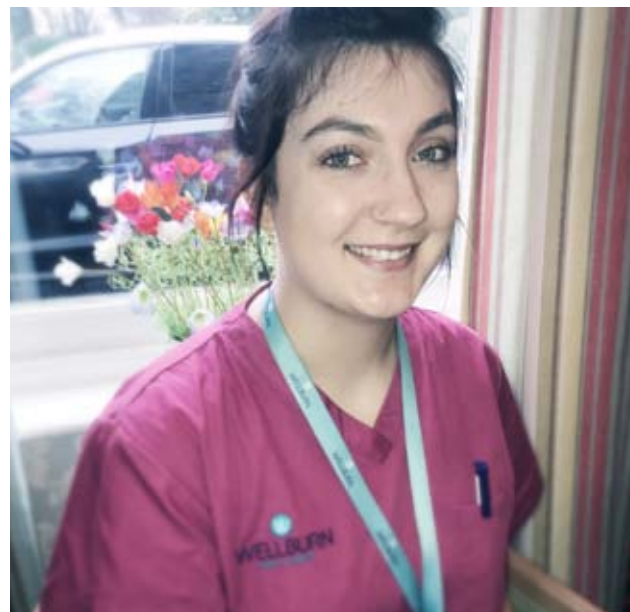
"I just got to the point where I wanted more. More satisfaction in my career, but also somewhere that I could feel part of something bigger, with a greater purpose", Ellie says.

So far so good for Ellie, and she's thriving in her role. Fitting straight in with her colleagues and residents has made the transition over into care so much smoother than she'd hoped for.

"I just love the team at Wellburn House, it sounds a little cheesy, but honestly, I feel like the staff and residents are like family". Building such close bonds and relationships is something new to Ellie, and something she didn't expect at all.

Although new to the care industry, Ellie feels as though her role and the experience she is gaining, is going to give her the opportunity to open many doors in the future. Responsible for planning an extensive activities schedule for our residents, Ellie finds it hard to imagine another career that could give her as much satisfaction.

Ellie finishes off, "My advice to anyone considering a career within care, is simple. Do it. I did and I've never looked back". ■



ICONS

Angel of the North
Gateshead

Now regarded as Britain's most famous piece of modern public art, the Angel stands proudly, majestically welcoming all who pass, into the North. But it's an Angel that almost never was, if it wasn't for the determination of a few and some huge slices of luck along the way.

Angel of the North, the artwork that helped put Gateshead on the global map is celebrating its 20th anniversary this year. Yet, it very nearly could have been nothing more than an idea on a sketch pad, had it not been for the actions of one councillor - Labour councillor Sid Henderson, then chairman of Gateshead Council's libraries and arts committee.

At the time, Gateshead Council had been pursuing a plan to bring art to the people. Their attention fixed on a site in Low Eighton, next to the A1, which they viewed as the entrance to Gateshead and the North.

A shortlist was narrowed down to two artists, and the appointed councillors on the Art in Public Places panel, had to choose between them. Antony Gormley or Sir Anthony Caro. On the day of their meeting in 1994 only three of the six panel members turned up to vote. One picked Gormley and the other Caro, meaning the deciding vote fell to Henderson. Almost immediately after the deciding vote in favour of Gormley



had been cast, Henderson faced fierce criticism from other councillors and members of the public, who claimed the proposed Angel, which would stand at 20 metres tall, with a huge 54-metre wingspan, would be nothing more than a flagrant waste of money and would spoil the views at the Low Eighton site.

Henderson, now in his late 80's, says he now looks back on the decision with

immense pride, and credits the Angel for kickstarting regeneration across the entire region. He's also convinced the Angel was a catalyst for starting much of the regeneration of Gateshead and Newcastle. Pointing to follow on projects such as the Baltic and the Sage.

Had all six councillors turned up to vote, it's now widely regarded that the vote would have leant the way of Caro. An artist known for smaller scale, more modernistic pieces. It seems that lady luck was looking down on an entire region on the day of voting.

Some art critics still dismiss the Angel as a mere totem and a fetish - anything but art. For Gormley, Henderson and the region, it's theirs and they're proud of it.

According to received wisdom, the man and woman on the street doesn't know about art, but they know what they like.



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

Agenda

We've been very fortunate in the past when it comes to recruitment. When you take the UK's current climate as a whole, statistics all point to nursing and qualified care workers being in huge shortage, with staff retention proving problematic and unfilled vacancies causing some within the care home sectors real operational problems.

All factors that we as a company have certainly felt, albeit it as slight ripples, or tremors, when others have reported more seismic effects. Is this luck or by design? I'd like to think the latter. But it's clear when it comes to the issue of recruitment, our

industry is reaching crisis point. But why? Some of the problems can be attributed to staff retention. We as a company make it a priority to be salary competitive and look after our staff, but it's clear that some in the industry are hugely underpaying and undervaluing staff, which not only leads to high staff turnover but, damaged morale, which spreads out into the entire sector.

A snowball effect occurs, with some care workers citing these factors as reasons for them leaving the sector for good. Attracting bad press and creating negative headlines, inevitably leads others who might be considering a career in care, to think twice.

But underpay and undervalue is only one contributing factor. On any given day, the official statistics show us that there are more than 100,000 care jobs available and unfilled. That's a lot.

I personally see recruitment in the care home sector as a twofold issue. At local level, I'm extremely happy with the way we do things here at Wellburn. Having 14 homes covering all four corners of the North East helps. It means we have a larger local spread of talent pools to dip into.

But the more problematic issue is at national level. Take football as an analogy. As we're seeing this season, what our local teams do can fluctuate with performance, marketing and fanbase, all contributing factors to a teams success or struggle. But the way football is viewed nationally, as a whole, is to a lesser degree in the hands of the clubs.

“WE’LL CONTINUE BEATING THE DRUM, AND FINDING THE NEEDLE, NO MATTER HOW BIG THE HAYSTACK GETS.”

In a similar way, the care home industry is often portrayed in a negative light in the media, with bad news stories providing much more sensational headlines. It's also a sector that is repeatedly used as sparring tools for the political parties with tit for tat battles on underfunding, an aging population and an industry in crisis, all used as mud to sling - with a positive outcome to most issues an uphill battle.

All of which has a hugely detrimental effect, on the overall perception of a career within the sector.

We're inundated with CV's for the positions we advertise, but a recent trend is that we get an awful lot that seem to be last resort options.

Our family run business has been built on the foundations of the quality of our staff. So whilst this is having a negative impact on the quality and continuity of essential care and support for residents nationwide, our robust recruitment policies and high retention rate, safeguards us to a certain extent. For now, it just makes finding the needle in the haystack that much more challenging.

When that CV lands and our eyes light up, it's often not until that person is in the role, that they truly realise how rewarding a career in care really is. Which is both a little sad and alarmist. Somewhere, the message isn't getting through. Until bigger, national solutions are found, we'll continue beating the drum, and finding the needle, no matter how big the haystack gets. ■

T

icket to Talk app is the new kid on the block. And it promises to bridge the generational gap. Quite a bold statement, so we caught up with the app's developers at

Newcastle University to get the inside track. Dr Tony Young, a Reader in Applied Linguistics and Communications at Newcastle University is friendly, engaging and extremely passionate about the app, which is understandable as Ticket to Talk is Dr Young's baby. He was the lead researcher on the project, overseeing the project from conception to completion.

The idea was born, after a series of six workshops held as part of the DemYouth project, which sat under the umbrella of the over arching DemTalk initiative. "DemTalk is a free, web-based toolkit to help improve communication with people with dementia, produced in a project facilitated by the Alzheimer's Society UK." Dr Young explains.

The DemYouth project involved researchers at Newcastle University working with young people with personal experiences of dementia. The fourteen young people aged

between 16 and 24 who took part, had a range of experiences, from care responsibilities for relatives, to volunteering in care homes. "Two of our participants even had to withdraw from education to care for older family members", Dr Young says with intensity.

The study identified common concerns and looked at ways in which new digital tools, or services might be of support. Communication breakdown, frustration and lack of confidence were the main

issues reported. Most participants wanted to do more to care for their relatives, but said that 'young person friendly' information was hard to come by.

It was becoming obvious to Dr Young and his team, that some mechanism, that could bridge this generational gap, was essential. The seed for Ticket to Talk was planted. After the workshops, Dr Young and his team went away and started playing around with the idea of an app based solution. After months of trialling, testing and development, Ticket to Talk was ready to take to market.

"The app is designed to help collect and curate digital media, or tickets as we call them, to be used to prompt and stimulate talk, conversation and reminiscence between younger people and those they are close to with dementia." Dr Young explains

The hope is that the app will encourage conversation between younger people and grandparents, friends or people they care for who are experiencing dementia.

Dr Young goes on to say, "We just want people to take a look at, and try out, both the DemTalk website and the Ticket to Talk app. Both help to make conversation happen, and make it rewarding for everyone. Conversation is caring, particularly for people living with dementia in care homes, and we hope these tools will help everyone to get and stay connected"

It's estimated that over 80,000 people have Dementia in the UK alone, and here at Wellburn we know more than most, that it's not always easy for younger family members especially, to communicate effectively with those loved ones.

After talking to Dr Young, it seems the bold claim is backed up with intelligence, commitment and a real desire to make a difference. We'll be supporting their app and encouraging residents and their families and loved ones to download it. ■

For more information on the Ticket to Talk app, visit:
www.tickettotalk.openlab.ncl.ac.uk



**"TWO OF OUR PARTICIPANTS
EVEN HAD TO WITHDRAW FROM
EDUCATION TO CARE FOR OLDER
FAMILY MEMBERS."**

Q&A

We catch up with Sunderland and Derby goal scoring legend **Marco Gabbiadini**

Born in York, Marco Gabbiadini is regarded as a true Sunderland legend, blessed with lightning pace and a natural eye for goal. And as the old saying goes, he hasn't had to pay for a beer in many years on Wearside. We caught up with him just before his 50th birthday.

Did you always want to be a footballer?

The Careers officer asked "what would you like to be?"

"I'd like to be a footballer."

"Well that'll never happen lad..."

I was at Grammar School, quite clever and started my A Levels then started playing for York City. I wasn't obsessed with football like some, but opportunity knocked and I took it.

Were you the best footballer in York at the time?

I had some talent, had the commitment and worked hard. I think also having an Italian name helped me stand out and sound like a footballer. I went to Sunderland at 19.

How did Sunderland and Derby compare?

Sunderland and Derby were very similar. Fantastic fans, both had tasted fairly recent success, both hard-working people both one club towns. I loved playing at both and have fond memories.

Were you hard to live with after a defeat on a Saturday night?

I was surprisingly OK, because I always knew I had thrown everything into every game and left it all on the pitch.

How has football changed over the years?

There was no such thing as warm down or recovery in my early days. If you played



well under Dennis Smith, the reward was you got a few more days off. We never had people like sports psychologists and masseuses around us, and there was no academy system either. The journalists used to travel on the bus with us to games, and now, there's barely enough room for all the support staff.

Who were your footballing heroes?

There wasn't as much football on TV as there is today. There were some guys at York I looked up to, but I really admired Bryan Robson, known as Captain Marvel. For me he was the complete player. I was lucky enough to play against him towards the end of his career, and I wanted to do well. I guess there isn't much sentiment in football, you inherently just want to win and beat your opponent no matter how much you like or admire them.

Do you have any regrets?

I never reached a Cup Final and if I was playing three years later, I probably wouldn't be working three jobs today, but I don't do regret. It serves no purpose, and I've been very fortunate in life.

"NO MATTER WHERE YOU GO IN THE WORLD, SOMEONE KNOWS YOU IF YOU'VE BEEN A FOOTBALLER."

How did you handle retirement?

I was told on my 36th birthday that my knee had no cartilage, and that I had to stop. I'd done well, avoided big injuries with 20 seasons under my belt. When I retired I had the 38th highest league appearances since 1885. I'll take that.

Did a goal at St. James Park mean more?

Yes. Those games were different. It was like there was sparks in the air. It was a pretty intimidating place to play, and at times I was frightened for my family, as it was so hostile back then. It had a very tribal atmosphere.

What do you do now?

We have a beautiful bed and breakfast in York called Bishops, I do the BBC Newcastle phone in four nights a week at 5.30pm, and also work as a sports agent for players.

What has football done for you?

Nowadays it's all about supercars and big houses. In my day it gave us a good life, and a great way to make friends. It also means that no matter where you go in the world, someone knows you if you've been a footballer. Which is pretty cool.



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Geordie Gifts

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available at: [geordiegifts.co.uk](https://www.geordiegifts.co.uk)

What's in our
TOTE

Looking for gifting options? Here's a selection of the weird and wonderful, we've spotted to give you some ideas.



£14.70
Guinness Pint Oven Glove
Guinness

A novelty way to keep your hands out of trouble, when serving up the hot food at your St Patrick's Day party. Just remember, that good things come to those that wait.
available at: [guinnesswebstore.co.uk](https://www.guinnesswebstore.co.uk)



£10.95
Angel of the North Print
Jack's Posters

In it's 20th Birthday year, celebrate Britain's most famous piece of modern public art, with this fabulous contemporary print of the Angel of the North.
available at: [notonthehighstreet.com](https://www.notonthehighstreet.com)



£9.99
The Iron Throne Egg Cup
Nuku

We just love this novelty egg cup. A perfect gift for the Game of Thrones fans in your life. As John Snow would say, 'breakfast is coming'.
available at: [nuku.co.uk](https://www.nuku.co.uk)



£17.99
I'm Not Old I'm A Classic T
ChummyTees

We hear a lot of our residents say this, so we thought this would make them smile. Proving that age is in the mind, this T-shirt is the perfect gift, for the 'classic' in your life.
available at: [etsy.com/uk](https://www.etsy.com/uk)

IT'S A NEW DAWN, IT'S A NEW DAY

As our residents begin to wake for breakfast, the corridors, lounges and dining rooms start to buzz with activity. The early morning conversation soon turns to the day ahead.

Activities play a vital role in our homes, with dedicated activity coordinators in each. They ensure that our residents have a full roster of events and activities, that will both stimulate their minds and bodies.

On any given week, across all fourteen of our homes, we could be ferrying residents for days out to the seaside, taking them to the local pub for lunch, or holding state of the art sensory classes. The rosters are carefully designed by the coordinators, under the guidance of the management

team, making sure they're both diverse, exciting and inclusive.

This inclusive approach isn't just reserved for the residents themselves. Striking up partnerships with local schools, groups and community clubs, is something we're extremely proactive with. Including the wider community as much as we can, not only stimulates our residents, but also builds special, lasting relationships.

Most of our activities are open to family and friends of residents too, and we actively encourage their participation.

It's a real social affair, with every day of the week offering something different. And the feedback from our residents, is that they wouldn't have it any other way.

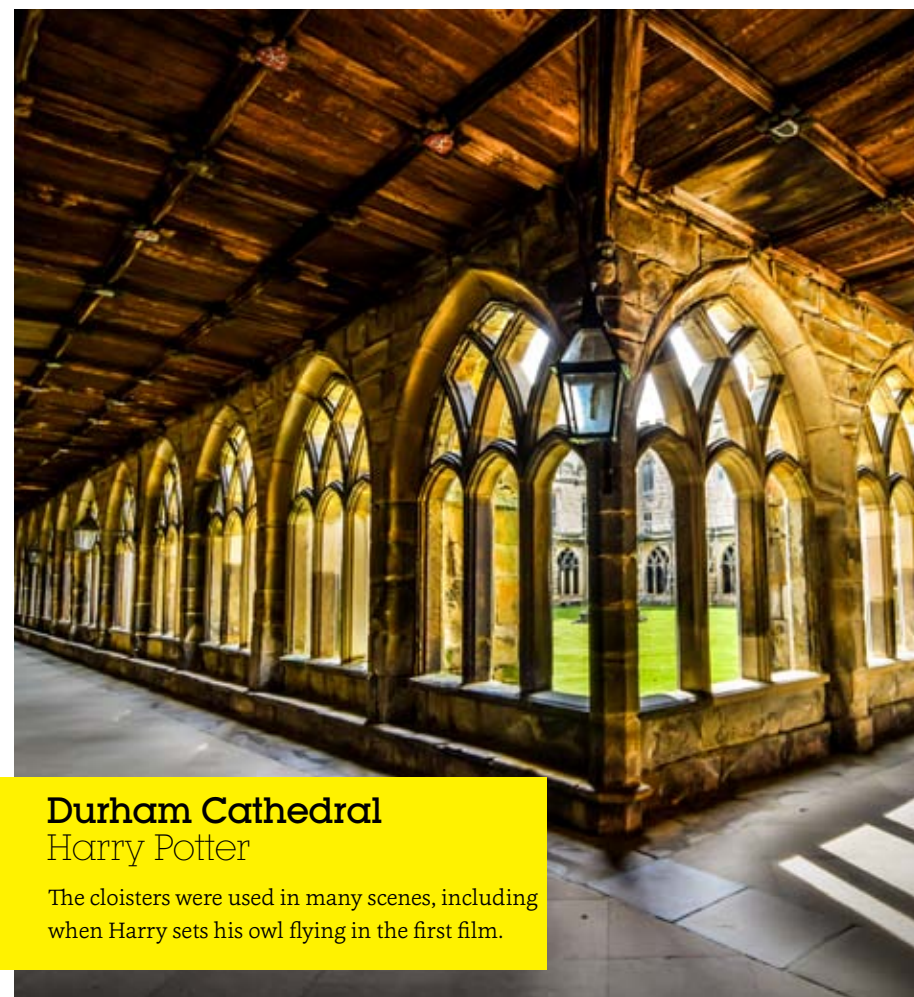


**“ACTIVITIES ARE
HUGELY IMPORTANT.
THEY NOT ONLY KEEP
OUR RESIDENTS
ACTIVE IN BODY AND
MIND, BUT THEY ALSO
PLAY A VITAL ROLE
IN HELPING TO BUILD
RELATIONSHIPS.”**

Sarah Fearn,
Activities Coordinator - Rosevale

If you're interested in finding out more about our activities programmes, or you'd like to join in, simply call us now on:

0191 229 3530 or visit:
www.wellburncare.co.uk/activities



Durham Cathedral

Harry Potter

The cloisters were used in many scenes, including when Harry sets his owl flying in the first film.

Location: Hadrian's Wall

Film: Robin Hood

Sycamore gap was made famous when used in a scene starring Kevin Costner.



Tinsel Toon



Bamburgh Castle

Macbeth

The 2015 adaptation of Shakespeare's Macbeth, was filmed at Bamburgh Castle.



Raby Castle

Elizabeth

A cast, including Cate Blanchett, filmed scenes here for the Tudor drama Elizabeth.

The uniformed Georgian streets of Newcastle, steeped in shipbuilding history, might seem a million miles from the hedonistic backdrop of Tinseltown. But the Hollywood juggernaut rolls into our region with surprising regularity.

More recently, the latest instalment of Michael Bay's Transformer's franchise 'The Last Knight', turned the streets of Newcastle into a battle zone, and broke the sleepy idyllic silence of Alnwick Castle and Kielder water with multi million pound stunt scenes and explosions.

And more recent still, at the back end of last summer, the Marvel franchise rolled into the region, filming their latest instalment of the Avengers. Infinity War featuring a star-studded cast was on

location at Durham Cathedral.

It seems the film industry, home and abroad, has pinpointed the North East as a prime location for major location shoots.

Historically, the region has featured in many films, but often it was to capture the Northern grit, using the working class, rough around the edges backdrop, to help convey the story. Immediately thoughts turn to Michael Caine's Get Carter, which made one particular multi story car park in Gateshead, famous across the world. It became such an iconic film location, that when it was eventually demolished in 2010, Gateshead Council were selling commemorative chunks of the rubble for £5 each.

Stormy Monday, starring Sting and Hollywood legend Tommy Lee Jones ►

“GAINING WORLDWIDE EXPOSURE FOR EVERYTHING OUR FASCINATING AND BEAUTIFUL REGION HAS TO OFFER, IS MUCH MORE VALUABLE.”

◀ was another iconic film to use the gritty backdrop of the North East. With the most pivotal scene in the film, shot on the high level bridge in Newcastle.

Others have followed, with Billy Elliot using Easington Colliery to tell the story of working class struggles with money, class and stereotype. More recently, Ken Loache's 'I, Daniel Blake', was filmed on location, almost entirely in the centre of Newcastle. Another narrative involving struggle, following the story of a 59-year-old carpenter, fighting the bureaucratic forces of the system in order to receive Employment and Support Allowance.

Some might say that all three films, promote a popular misconception of our region. Others might say that using the less glossy aspects of our region, highlight the long held belief that our outer regions are second thoughts within the centric political backdrop of Westminster.

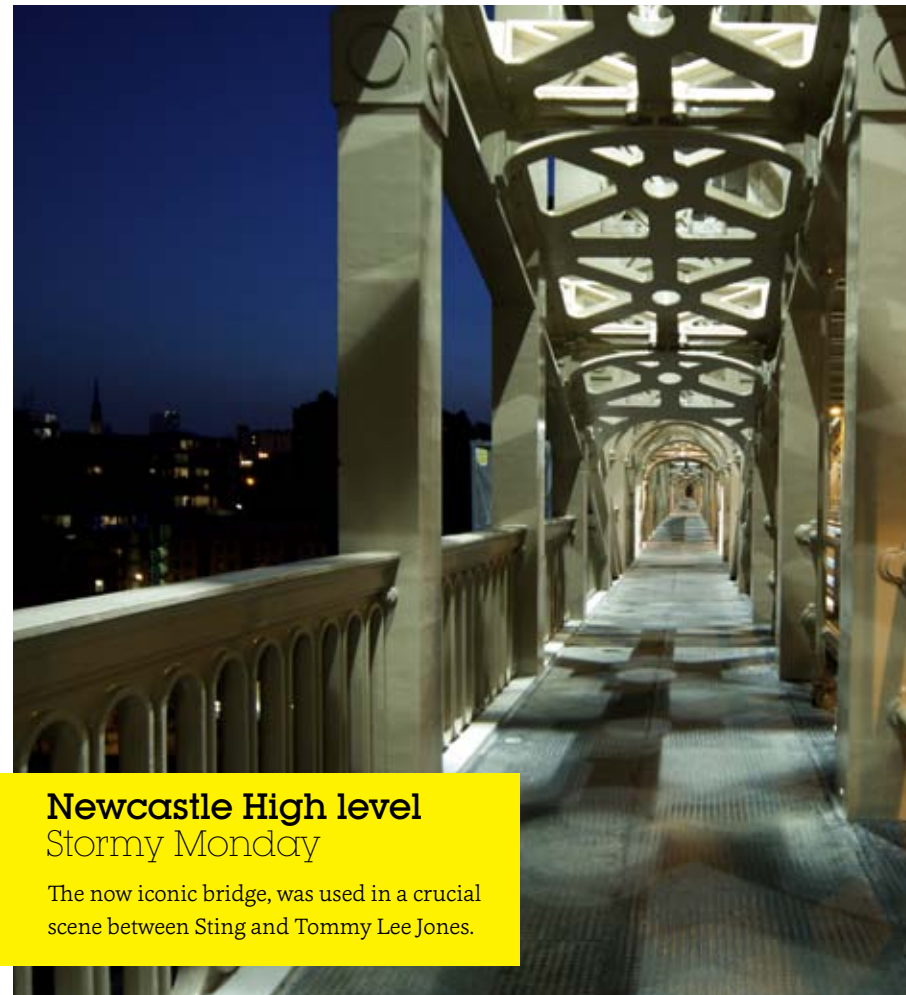
But what all these films show, is that our region has its struggles and successes, but it's sheer diversity is breathtaking and unrivalled.

It's this diversity of location, in relatively close proximity, that makes the region so appealing to film makers.

A region steeped in long history, with its world famous Cathedrals, Minsters, Roman Wall and rugged coastline's, all within touching distance of our sprawling metropolis.

It seems whatever story you have to tell, the North East has the backdrop for it. And the regularity of filming proves that movie makers, directors and writers agree. When Hollywood came to shoot the 2015 adaptation of Shakespeare's Macbeth at Bamburgh Castle, the Castle's Director, Chris Calvert summed it up perfectly. "The castle will be on big screens across the world and that is great for us and the region."

Our region picks up millions of pounds each year in film location revenue, but gaining world wide exposure for everything our fascinating and beautiful region has to offer, is much more valuable. And Tinseltown will always be welcome to town. ■



Newcastle High level Stormy Monday

The now iconic bridge, was used in a crucial scene between Sting and Tommy Lee Jones.



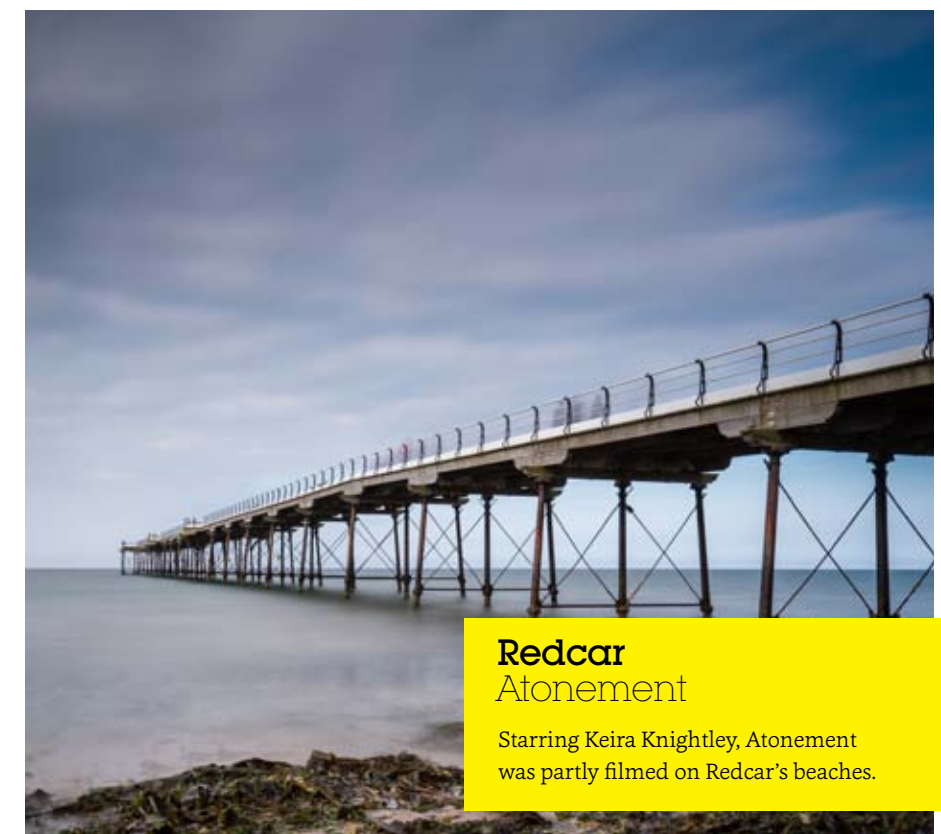
Kielder Water Transformers: Last Knight

Kielder and Alnwick were recently used as locations for the new Transformers film.



Alnwick Castle Harry Potter

Alnwick Castle was used for Madame Hooch's flying lesson in the first film.



Redcar Atonement

Starring Keira Knightley, Atonement was partly filmed on Redcar's beaches.



Top 20 Car Home Award

We're extremely proud to have been recently recognised by carehome.co.uk. Picking up their Top 20 Recommended Care Home Group 2018 Award. Managing Director, Rachel Beckett

reflected on the award - "We're extremely proud to pick up this this award. Our teams work so hard and their dedication and commitment to our residents is second to none. This one is for them."

IN SHORT

MISSING PIECE
Staff news

Ian Donaghy, who is currently working with us on a number of projects, has recently published his second book, "The Missing Piece". The book is a collection of emotional stories and experiences of dealing with bereavement. Ian hopes that by sharing these stories, it will help people make sense of their own feelings and emotions. The Missing Peace is now available on Amazon or you can get your copy at Browns department store in York. RB



TURNING TABLES
Activities

Our residents have been enjoying a dynamic new session, brought to us from Tovertafel. The innovative workshop is based around interactive light projections onto a table, allowing our residents to get fully involved in all different games and activities, and our residents are loving it. For more info, visit: www.tovertafel.com. SM

MAKING CONNEXIONS

Activities

Our Nightingale Hall home in Richmond, recently unveiled their latest project. Working on a pioneering project, in collaboration with a brand new organisation called Sensory Connexions.

Sensory Connexions organise activity workshops, for care home residents, and Nightingale Hall is their first community link workshop in Richmond. The project aims to bring preschool children, together with residents through art and the senses.

Children from Ridgeway Private Day Nursery came along to the home for the morning, and the workshop proved a huge success. The benefits of the sensory work, especially for residents with dementia, was evident from the get go. Staff



reported a vast increase in the interaction from residents. Home manager, Mike Campling said "Our residents enjoyed every minute of the experience, and together with the little ones. There was much enjoyment and excitement." Plans for regular workshops at Nightingale and across all of our care homes are now in full swing. SM



SOME VERY 'GOOD' NEWS

Staff news

We're extremely proud of our team at our Eighton Lodge Home, who recently received a huge thumbs up from The Care Quality Commission (CQC). Rated 'good' in all five categories, Eighton Lodge was hailed to be "homely and well maintained" with "lovely" staff within their assessment. Our Managing Director, Rachel Beckett said, "We recently invested in an extensive refurbishment programme at the home, and also made some pivotal operational changes, so to get such positive feedback from CQC on the back of all that, is just the icing on the cake." Well done all. SM

HITTING THE WALL

Wellbeing

Our Nightingale Hall home in Richmond, has been working on a new sensory experience for our residents. Their sensory wall was created to bring some life to the corridors for our residents.

Nightingale Hall commissioned a fantastic mural complete with LED lights. Residents and staff all got involved, to help paint sculpted clay fish, in our Creative Mind Art Therapy sessions.

We've also introduced some new sensory equipment to compliment the mural, making a tailored sensory experience for each resident. Residents have had a lot of fun with the project. SM

A global conversation

We're currently arranging with other care homes across the globe, to partner up and link residents from around the world, together on Skype. More info on our exciting twinning programme to follow.

IT'S ALWAYS BETTER TOGETHER

Activities

We're always looking to get involved with the local communities surrounding our homes, so when the opportunity arose to get involved with the brilliant Gateshead Older Peoples Assembly, our Eighton Lodge home jumped at the chance. Established in 2007, Gateshead Older People's Assembly charity, works to improve the health and wellbeing of all Gateshead residents aged 50 plus. With a focus on reducing levels of loneliness and social isolation.

The Assembly amongst other things, holds weekly tea dances, offers a full suite of exercise classes, and coordinates the delivery of a number of short courses designed to enrich the lives of Gateshead's older people. We've also started

wOw Awards

This spring will see the launch of our new wOw Awards. The wOw's (Wellburn Outstanding Work) have been created to recognise outstanding team members. Once launched, we'll share all the info.



working in partnership with Age UK Gateshead, at our Eighton Lodge home, setting up a friendship and an arts and crafts group. Both groups are going to be running every two weeks, and are open to anyone over the age of 50. For more information on how to get involved, please contact Eighton Lodge on 0191 410 3665. SM

20 UP FOR THE ANGEL

Activities

Residents and staff at our Eighton Lodge home in Gateshead are thrilled to be sharing in a little birthday celebration this year.

The Angel of the North is celebrating it's 20th anniversary this year, and with the home being just a stone's throw away, we're planning on joining in the celebrations for the country's most famous piece of public art.

We're waiting for the weather to warm up a little, before we start planning the activities, and the residents can't wait. Read more about the story of the Angel in our Icons feature on page 8. RB



A REAL SUPERSTAR

Staff news

Every month we ask staff to nominate someone in each of our homes, who they feel deserve to be our Star Employee of the Month. A monthly winner is then chosen by our operations team, before all winners and runners up are entered into our grand 'Star of the Year' award.

We were delighted and honoured to present the 2017 -award to Laura Simpson, deputy manager at our Wellburn House home. Laura was an extremely deserving winner and we couldn't be more proud of her. Thank you for all of your hard work and dedication Laura- you're a superstar. SM

'TIME FOR TEA' AND MEMORIES

In the community

Back in 1970, Josie Robson and Olwen Holmes used to work at the site of our Wellburn House home, when it was then Wellburn Nursery. When they heard about the home being involved with Age UK Northumberland's 'There's Always Time for Tea' campaign, they came along to support the cause. The campaign aims to build friendships one cup at a time, and reach out to thousands of older people in Northumberland. Josie and Olwen came along to our afternoon tea, and entertained residents with their stories about Wellburn Nursery and how much the home had changed. SM



IN FOCUS

HELP SHAPE US
In the community

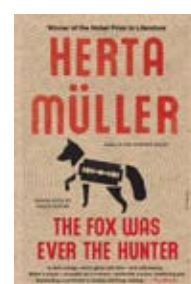
When it comes to marketing, we do things a little differently at Wellburn. We like to involve people who know better than most about what works and what doesn't. Which is why we're currently developing official focus groups, made up of residents and their families. The aim is to listen to their opinions and ideas, and act on them where possible. And we'd love for you to take part and help shape our future. To get involved, email sophiemaccormack@wellburncare.co.uk for more information. RB

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3	5	1	6	2	7	9	8	4
6	4	7	5	3	8	1	9	6
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S	G	R	A	V	A	L	P	A	N	R	A	V	A	L	P

Readers CORNER

As the tail end of Winter bites, put the kettle on, sit back and relax over a good book. We have three recommendations to help you out.



THE FOX WAS EVER THE HUNTER

by Herta Müller

Müller's seminal masterpiece, charts the final days of the Ceausescu regime in Romania. After years of brutal dictatorship, the country was thrown into a revolution, which ultimately lead to Ceausescu's death. A profoundly unsettling novel, which poetically and at times bluntly, paints vividly the cruelty of life under the regime. A haunting narrative that demands attention, constantly permeated by fear and mistrust. A true masterpiece. MC

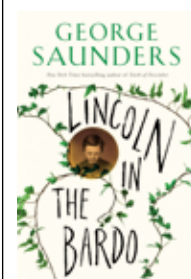


HOW TO STOP TIME

by Matt Haig

Matt Haig's novel is in many ways, like no other book you're likely to or have read. It's originality will stir things previously unstirred as the pages race by. On the surface Tom Hazard is a fairly unremarkable

41 year old teacher, but he's been alive for centuries. Living through Elizabethan England to Jazz-Age Paris, he's seen it all. We follow Hazard through his remarkable journey and constant identity changes. A fascinating, outlandish, tear-jerking of a rollercoaster. MC



LINCOLN IN THE BAIRD

by George Saunders

Saunders' American Civil War novel, picked up the Man Booker Prize in 2017, and it's hard to argue a case against. This extraordinary novel will stand the test of time and become a go to masterpiece of modern fiction. A brilliant, exhausting, emotionally involving attempt to get up again and again, to fight for kindness, self sacrifice, and to resist. If there's one book you haven't read, make sure it's not this one. Rich and strange is equal measure. 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

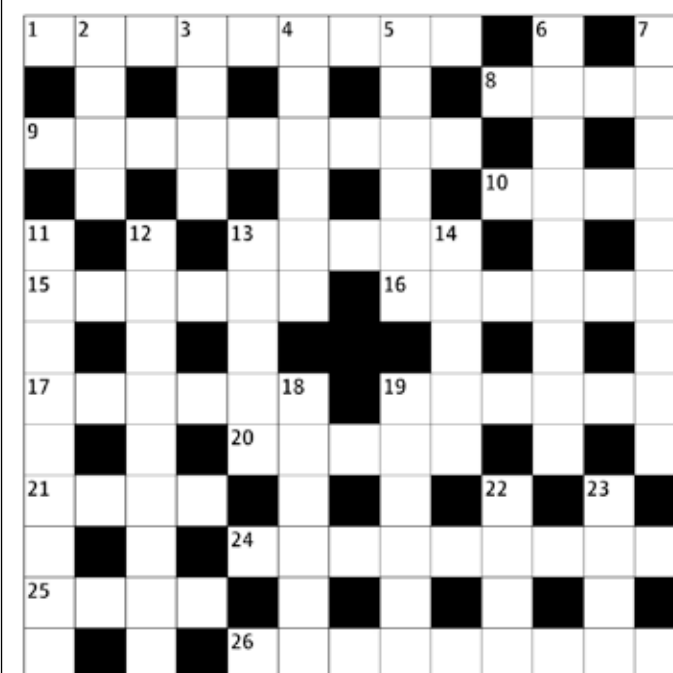
CROSSWORD

ACROSS

- 1 Tend towards (9)
- 8 Blocking vote (4)
- 9 Journey plan (9)
- 10 Miserable - cerulean (4)
- 13 Leader - line-drawing aid (5)
- 15 BBC - relative (6)
- 16 Fight between rival gangs of
- 17 Antidepressant (6)
- 19 Night-time pest (6)
- 20 French river (5)
- 21 Adjust for better performance (4)
- 24 French riviera (4,5)
- 25 A very long time (4)
- 26 Musicians playing oil drums (5,4)

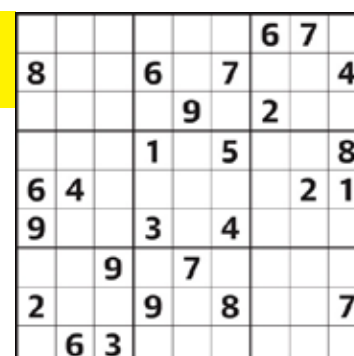
DOWN

- 2 Speed - value (4)
- 3 Fin attached to tail of an arrow (4)
- 4 Force causing rotation (6)
- 5 Artist - wheel? (6)
- 6 (Infant?) sweet (5,4)
- 7 13 across - coin (9)
- 11 Presumptuously seek success in a new locality - eg tap crab (anag) (9)
- 12 Radio or television reader (9)
- 13 Someone you hope to defeat (5)
- 14 Indian coin (5)
- 18 Failure to face difficulty squarely (3-3)
- 19 Light wind (6)
- 22 Coat with plaster (4)
- 23 Incinerate (4)



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 21.



Crossword
and Sudoku
answers
on page 21

Tealicious

VINTAGE TEAROOMS

Step back in time when you enter Tealicious Vintage Tea Room in the heart of Haxby, York. Decorated in authentic 1940s style from the dainty china tea sets and vintage tables and chairs to the old gramophone and television complete with wartime posters and 1940s music playing in the background. It offers a blissful retreat from the hustle and bustle of this popular historic city.

On offer are an array of delightful home made cakes, scones and pastries as well as home made soups, quiche, sandwiches, paninis and jacket potatoes. The three-tiered traditional afternoon tea is a feast for the eyes and the leaf tea is of the finest quality as is the range of speciality coffees on offer.

A children's menu is also available.

