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# The Wellburn Post

Issue 13 / Autumn 2018

The Free quarterly  
magazine, from  
Wellburn Care Homes



## An eye on safety



# BE AMAZED, BE INSPIRED BE PART OF HISTORY

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THE LIVING MUSEUM OF THE NORTH



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## TAKING A LOOK IN THE PANTRY

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We discover how embracing new technology is making a huge difference in our homes.

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### HELLO SIR...

What happened when Professor Martin Green OBE, visited Wellburn for the day?

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### LIFE SECTION

Explore our brand new Life section, packed with news, reviews and wellbeing games.



## Editors Letter

As we say farewell to summer, we welcome in autumn with issue 13. Packed full of news, features, opinions and much more. In fact, there's 4 pages more, with this issue increased for the first time, to 28 pages.

We follow up from our previous icons feature, with a look at one of the North's most iconic cultural landmarks (page 4).

We also take a look back at our third annual Forever Young Music Festival. Held as usual in the grounds of our Grimston Court home in York, this year was the biggest so far. Explore in full on (page 6).

The end of the summer also marked the launch of our brand new dining experience, The Pantry, in our Ryton Towers home. We have the full story on (page 10).

Our second feature touches on the subject of safety monitoring systems in care homes (page 16).

We also launch our new Life section on (page 21). It's full of news, reviews and wellbeing games, and a great way to wrap up issue 13. I hope you enjoy it all and happy reading!

Rachel x

### Editor

Rachel Beckett

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[www.studiomikey.co.uk](http://www.studiomikey.co.uk)

### Contributors

David Harrison, Samantha Beckett, Prof. Martin Green OBE



In each issue, we take a look at one of our regions architectural icons. We explore its story, discovering its history and understand what makes it so iconic.

# Icons

## BALTIC CENTRE FOR CONTEMPORARY ART GATESHEAD

**T**he Baltic Centre for Contemporary Art, on the banks of the Tyne, has become an iconic landmark in the North East and beyond. Its role in the changing fortunes of both Newcastle's and Gateshead's quaysides has been pivotal. To understand why, we have to take a closer look at the Baltic's story.

The notion of the Baltic began in 1991, when Northern Arts (now Arts Council England North East) announced its ambition to achieve 'major new capital facilities for the Contemporary Visual Arts in Central Tyneside'.

The site, identified by Northern Arts, was a disused run down old flour mill. The towering Baltic Flour Mill was built by Hovis in 1950, but after four decades of use, it eventually closed its doors in 1981. The flour mill's size meant that it was already a prominent local landmark and the potential interior space available and architectural familiarity, ticked all the boxes for Northern Arts.

After years of raising capital and securing support for the venture, construction began in 1998, under the watchful eye of the newly appointed founding director, Sune Nordgren.

Nordgren, who would go on to become an influential figure in the Baltic's history, was integral in the prelaunch period.

After almost four years of construction



and many more realising the project, the Baltic opened its door to visitors, for the first time, on Saturday 13 July 2002.

The inaugural exhibition, B.OPEN featured artists from around the world and attracted over 35,000 visitors in the first week. Since then the Baltic has presented over 190 exhibitions of work by 388 artists from 53 countries and welcomed more than 6 million visitors. The Baltic continues to give local, national

### DISCOVER IT FOR YOURSELF

Situated on the Quayside in Gateshead, with pedestrian access from Newcastle, over the Millennium Bridge. It's also easy to get to using car, Metro and bus links. For more information, visit [www.baltic.art](http://www.baltic.art) Free and open seven days a week, from 10am to 6pm.

and international contemporary artists a voice, connecting them to the people of our region. As a stand alone project, the Baltic can be viewed only as a huge success.

But when you look at the Baltic's role in context to the wider landscape, you start to realize just how important an icon it now is. The Gateshead Millennium Bridge was opened in 2001, a year earlier than the Baltic, and was also part of the same Gateshead Quays arts quarter project.

2004 would also see the opening of the spectacular Sage Gateshead. All three acted as catalysts, dramatically changing the visual and cultural landscape of the Tyne. Both sides of the quayside are unrecognisable from the days before the Baltic opened. Now, they're very much recognisable. Put simply, the iconic Baltic has put Gateshead and the region, on the national and international cultural map.

In our regular Agenda column, Wellburn's Executive Chairman Rachel Beckett, offers her views and thoughts from the inside.



# Agenda

**“Recently we’ve moved away from a reliance on the tried and tested formula’s, and embraced new technology”**

Activities play a huge part in our residents wellbeing, and it's one of the things we always get asked about when we welcome enquiries about staying at one of our homes.

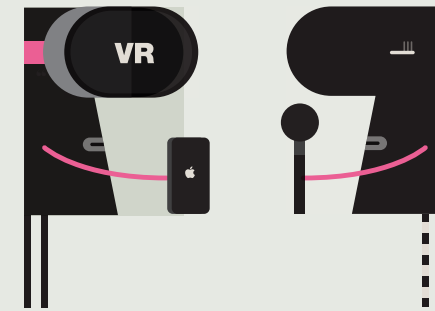
For us, it's something we take seriously and our staff are extremely passionate about it. Each of our fourteen homes, have a dedicated Activities Coordinator, who liaise with head office on a daily basis, to make sure we have the right balance on offer to our residents.

Year on year, we invest a lot of money in our activities programmes, last year alone we invested more than £350,000. On top of that we invest a lot of time in research and development. We like to stay ahead of the curve when it comes to recent studies and things like new technologies. All of which, we try and harness for the good of our residents.

Recently, we've moved away from a reliance on the tried and tested formula of some of the more traditional activities, such as bingo and pub quizzes.

Of course, there will always be a place for those, but our focus has shifted to more person centred activities, that embrace new methods and the latest technology.

We're finding that the results back up the studies. Residents responses are so much more positive, when we introduce more meaningful activities, and we focus more on the little things. The little things surprisingly can make the biggest difference.



There'll always be a time and place for bingo, a quiz or a singer entertaining our residents with live music, but we want to continue finding new ways of engaging and creating more meaningful interaction, that will have longer lasting benefits to our residents wellbeing.

There's also a balance to be struck between residents who may have different needs to others. For example, we now know that residents with dementia, often struggle to pay attention to activities for any longer than 15 minutes, so short spurts of activity are more engaging and beneficial for them.

To tackle this, we've introduced the concept of mini clubs, one of which is our extremely popular knit and knatter club. It allows residents to participate in the activity of knitting, but introducing the knatter element, allows their attention to shift in and out of both, as and when they feel like it.

Our partnership with Sensory Connexions is another great example of a more

meaningful approach. Working together, we provide a structured programme of sensory activity workshops, aiming to fully engage our residents and ignite conversations, stimulate memories and increase social interaction, which all have a positive impact on their quality of life.

Another exciting activity we're working on introducing, is the perfect example of how we're embracing cutting edge technology. Working with Newcastle University's Dr Tony Young, and the North East Youth Action Project, on their ticket to talk app. The app will allow our activities coordinators and families, to have more meaningful conversations with our residents. It helps tailor conversations and enables our activities coordinators to shape their activities to the individual needs of residents, especially helpful in situations in which a resident finds it difficult to articulate themselves through speech.

We're also working with Dr Matthew Coxon, of York St John University, exploring the use of virtual reality within our homes. We're currently developing sensory areas within our homes, allowing residents to experience things they wouldn't necessarily be able to experience on a daily basis.

For me and my team, it's all about finding the right balance, between furthering our understanding as an industry and science progress, but also appreciating that sometimes, nothing will replace a bit of live music and a good old sing along. ■



Wellburn's Grimston Court home, hosted the third Forever Young Music Festival. And what a day it was.

# FOREVER YOUNG

**F**or the third year running, our Grimston Court home hosted the Forever Young Music Festival. An annual festival that aims to raise awareness and money for two fantastic charities - Age UK York and St Leonards Hospice, and also bring together people of all ages, generations and backgrounds, for a day of celebration.

Now firmly established in the communities calendar, this year proved to be the biggest so far. Visitors turned up in their hundreds, and with the sun shining, the scene was set for an unforgettable day, raising a fantastic £6,500 for charity.

With a fantastic array of live music on offer, including performances by Jess Steel and Oliver McClaren,



**"THE FESTIVAL WAS THE MOST WONDERFUL DAY OF MY LIFE."**

**Far left:** Stamford Bridge Community Choir **Far middle:** Visitors enjoy a little time out **Middle:** Singer Beth McCarthy entertains the crowd **Left:** A busy day at the cake stall **Below:** A family enjoying the day.

Heather Findlay, Beth McCarthy and These Jaded Streets, the standard of music was incredible. The festival also welcomed for the first time, the Grand Old Uke of York, who filled the Big Top Tent, performing tracks from their new album, Without the Tassels.

This year also saw the formation of a band made up of musicians spanning an incredible ten decades, with the oldest performer Barbara, who turned 91 this year. After performing, Barbara described the festival as 'the most wonderful day of her life.'

The festival is about much more than the music though, and this year we expanded our food and drink stalls, with a huge selection on offer. Ranging from fresh stone-baked pizzas from the Big Red Pizza Oven, to halloumi ►







**“THE SPIRIT OF PEOPLE, FILLED WITH SO MUCH KINDNESS AND HAPPINESS WAS AMAZING. AND WITHOUT THEM, NONE OF THIS WOULD BE POSSIBLE.”**



Far left top: A family enjoying food from the many stalls Far left bottom: Gordon Train from these Jaded Streets Middle top: Community Choir led by Diane Beal Middle bottom: A child taking full advantage of the free face painting Left middle: Melda Sewell and Audrey Lorendson from our Glenholme House Home Left: Age UK York Team enjoying the day.

◀ and buffalo chicken tacos from Tacoporium, to spicy Apetito curry, BBQ's and cake stalls.

We also had a whole raft of fun available for the whole family, including competitions and a raffle, with some amazing prizes on offer.

The winner of our football target stall competition, walked away with a signed 1966 England World Cup Winner Sir Geoff Hurst shirt.

As with the previous two years, the raffle and tombola were hugely popular, with some seriously good prizes kindly donated by local businesses, given away.

Residents, families, staff and all those from the local communities that turned up had a day to remember.

Wellburn's Marketing Executive, Sophie Maccormack explains "The

festival isn't just about putting Wellburn Care Homes on the map, it's about bringing people together. Seeing our residents and visitors interacting and smiling and just having so much fun, makes all the hard work that goes into putting this together, worth it."

As the festival goers started heading home, the clean up operation began. Tents were dismantled and food stalls driven away. Standing in the gardens the next day to wave off the final equipment, Sophie reflects on the day before, "Standing here now, you'd never have guessed how busy it was. It's so quiet, the complete opposite to yesterday. The spirit of people, filled with so much kindness and happiness was amazing. And without them, none of this would be possible. ■



# Taking a look in The Pantry

**W**hen we started to look at how we delivered food to our residents, across all fourteen of our homes last year, unknown at the time, it would subsequently lead to a quiet interior design revolution.

The journey started, with a chance meeting between our management team and the team from *Apetito* – the leading specialist food producer for the care sector. The meeting went well, and after a highly successful trial period, *Apetito*'s menus were rolled out across all of our fourteen homes.

The delicious, nutritious and sustainable meals radically changed the way we delivered meals to our residents. Not only in the standard and consistency of the dishes, but from an operational point of view too. The new approach was less cumbersome, needing less space and in most homes, freeing up room that was previously utilised as kitchen and preparation space.

At the same time as this transition was in full swing, our Executive Chairman, Rachel Beckett was drawing on her many years of previous experience, as a

successful interior designer in London, reviewing ways in which spaces across Wellburn's homes were being used.

Rachel was beginning to understand just how big a difference, spaces and interior design could make to the lives of her residents – in particular, those living with dementia or Alzheimer's.

Rachel immediately identified that the decision to change the way food was delivered, created an opportunity to explore the spaces in which food was being served and enjoyed.

The quiet revolution had started. Rachel's aim? To take a radical step away

**"I WANTED TO CREATE A HEART OF THE HOME DINING EXPERIENCE. WE CALLED IT THE PANTRY, IT'S SUCH A PERFECT NAME."**

from the stereotypical care home dining room, and transform it into a dining 'experience'. The idea was there, and the project needed a name. Of the many suggested, 'The Pantry' was chosen.

Work started, and plans were drawn up which allowed for everything to be stripped back, ostensibly working with a blank canvas. The new experiential approach meant that research and improved understanding into dementia and Alzheimer's, could be considered and built into the project from the very first moodboard.

"I wanted to create a 'heart of the home' dining experience. We called the project The Pantry, something we hoped would evoke memories. It's such a perfect name." Rachel goes on. "Research into the elderly, especially those who live with dementia and Alzheimer's, showed time and again, that evoking memories and adding objects into the room, that are typical of such spaces, visually remind residents what the area is used for".

With clever use of the space, different areas to dine and relax were introduced, with tables for two, wheelchair accessible tables, booths, right up to larger more ►



Photos: Samantha Beckett





◀ family orientated tables.

“It was also important that we tried to reduce as many visual and physical barriers as possible. We wanted residents to be able to move around the space, freely and uninhibited.” Explains Rachel.

Another key aim was to create a space that promoted casual unplanned interaction. “We solved that by introducing a few different features. One of which is the main drop down unit, which is lowered to table height. This allows residents to sit together and

get involved with the preparation and garnishing of certain dishes and recipes. The feature is one of many around the The Pantry that’s perfect for interaction” explains Rachel.

The Pantry was completed at our Ryton Towers home in September, and the results are spectacular. Early feedback from residents, their families and staff have been overwhelmingly positive. Discussions are now in full swing on rolling The Pantry out across more of other homes. ■

**“WE WANTED RESIDENTS TO BE ABLE TO MOVE AROUND THE SPACE FREELY AND UNINHIBITED”**

Our quarterly magazine is for our residents, their families and loved ones, and for all the local communities of our homes.

# Get involved

## The Wellburn Post



**E**very issue of The Post is packed full of news, views and features, covering all sorts of different topics. From care home specific content, to our local area and communities. We work hard each issue, to bring you engaging, topical and fun content, covering a wide range of subject matter.

When the idea of creating The Wellburn Post first came about, the premise was to get the local community involved with the content as much as possible.

This issue is our 13th, and over that time, we’ve had some really amazing contributors. From The Hairy Bikers, to BBC documentary directors. We’ve also had contributions from writers, photographers and illustrators.

We’re looking to continue with this collaborative approach, firmly believing that our local communities are full of talented people, that may not have found a platform to show them off.

We’re always on the look out for new contributors and we’d love to hear from you. Your ideas for content can be as big or small as you want them to be. If you have something important to say, or perhaps you’re involved in a local project you’d love to tell people about, then we want to hear from you. Perhaps you’re a young writer, photographer or illustrator that’s just looking to get your work into print?

Whatever you have, please do share and if we can use it, or work with you, then we will. Here’s all the ways you can get in touch.

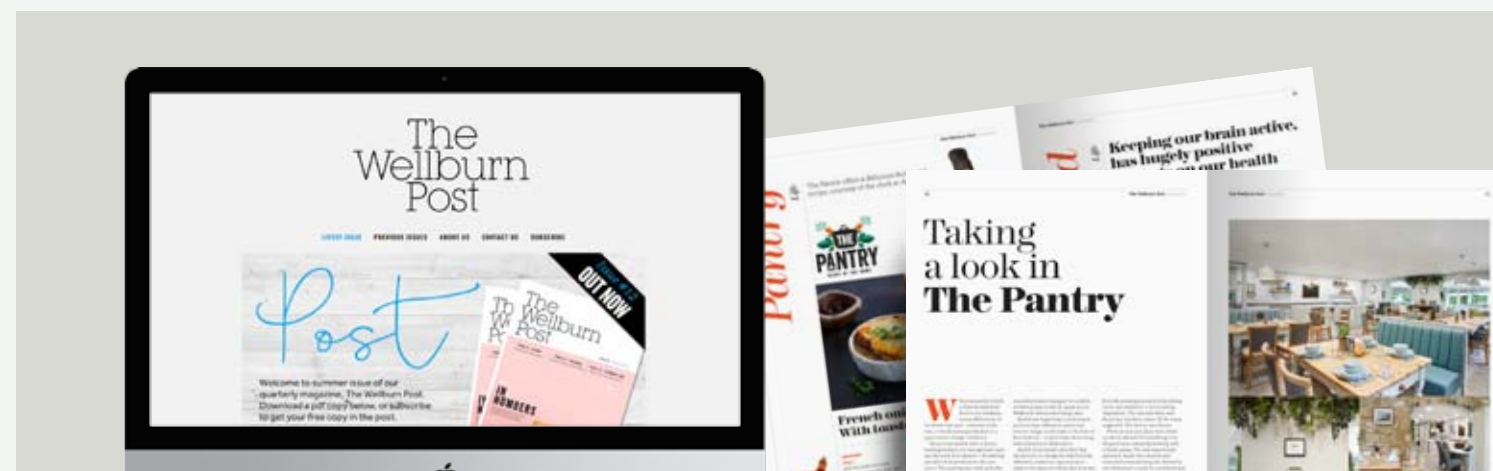
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**Here for  
everyone  
affected by  
dementia**



As the North East continues with its aim to create a truly dementia friendly society, we highlight our favourite dementia friendly places to visit.

# No.1

**"WE'RE TRYING  
TO HELP PEOPLE  
UNDERSTAND,  
RECOGNISE AND  
HELP THOSE  
LIVING WITH  
DEMENTIA."**



### **BEAMISH MUSEUM COUNTY DURHAM**

As far as local businesses and organisations go, you'll be hard pushed to find any that have done as much as Beamish Museum in recent years, to champion dementia friendly services.

Beamish has 260 Dementia Friends among staff and volunteers and hosts sessions at Orchard Cottage, at The 1940s Farm, older people, people living with dementia and their families and carers.

Michelle Kindleysides is the Health and Wellbeing Co-ordinator at the museum, and says, "We're trying to bring the community together, to help people understand, recognise and help those living with dementia. It's also about including people with dementia and helping them to continue to enjoy their lives."

Our staff and residents who pay regular visits to Beamish and have taken part in the sessions, have been hugely impressed. They really are champions of dementia friendly services and are setting the benchmark for all.



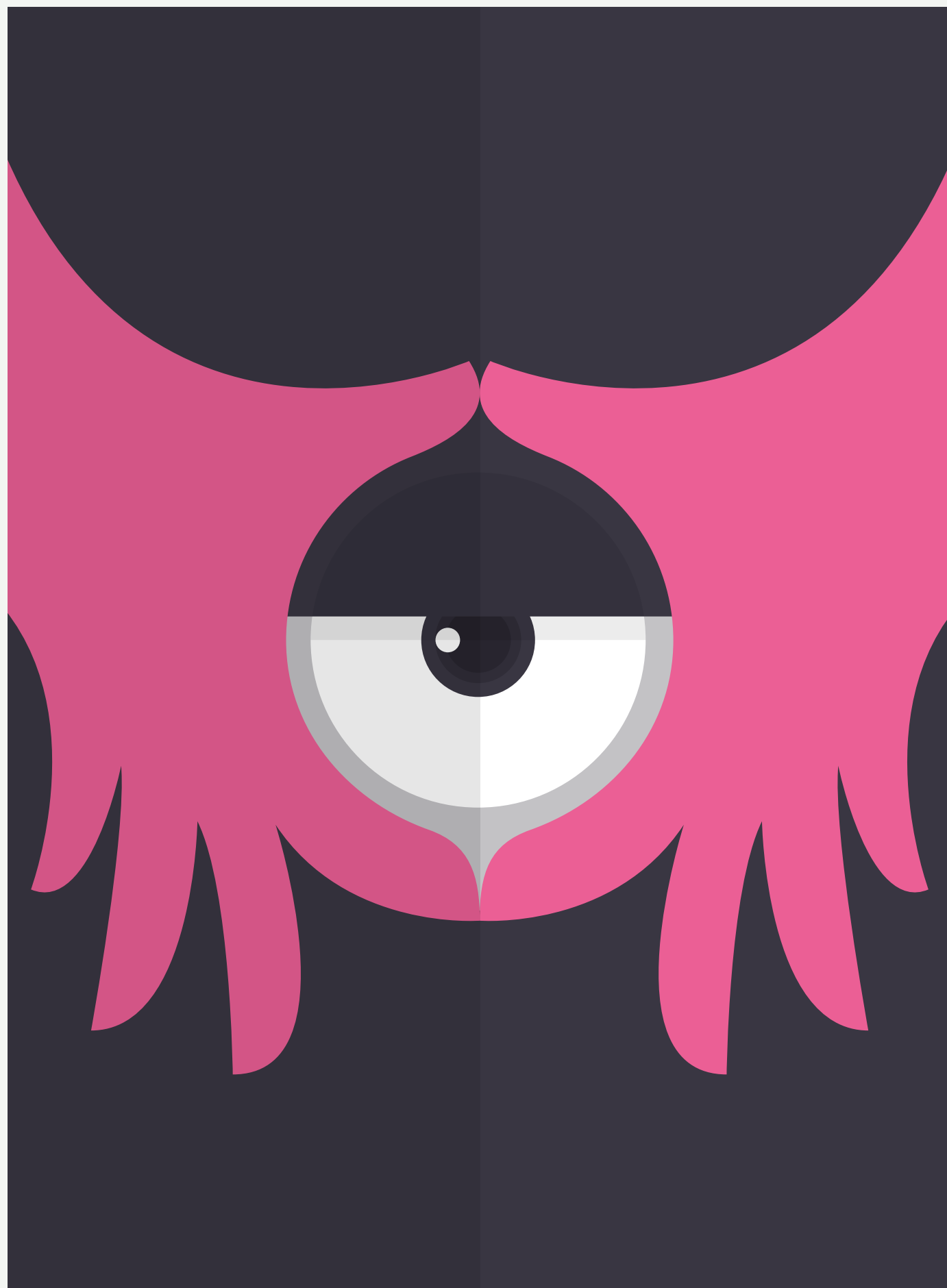


Illustration: www.studiomike.co.uk

# An eye on safety

We discover how embracing new technology is benefitting our homes, by helping residents feel safer and offering staff real time assistance and support.



**W**e're always looking for ways to improve the way we do things, here at Wellburn. Resting on our laurels is never an option.

As with our full activities programme, we're increasingly looking into how new technologies can help our company as a whole.

Our latest initiative has taken us into the world of safety monitoring systems, (more commonly known as CCTV). After embarking on a thorough consultation process, which included residents and their families, we've installed a safety monitoring system in one of our homes, Glenholme House, in Sunderland.

The consultation also involved all members of staff at Glenholme House, who along with our residents, unanimously gave their consent. The benefits were clear to us from the get go, but post installation, the effects have superseded even our most optimistic hopes.

Installing safety monitoring systems in care homes is in itself, highly topical. Recent campaigns to push for the technology to be made compulsory in all care homes is ongoing. A campaign that we continue to support, and at some point we feel is perhaps inevitable.

But we wanted to take the lead, with Glenholme House being one of the first care homes in the North East to embrace and install a system.

Our Executive Chairman, Rachel Beckett explains, "The subject of safety monitoring systems is on the table for a number of reasons. Of course anything that can help safeguard those who are no longer able to safeguard themselves, can only be a good thing. But from our own perspective, the fundamental reasons behind our decision to install was more than us just saying we have nothing to hide. That in itself wasn't enough

for me. I wanted to make sure our system not only offered improved safeguarding measures, but real tangible benefits to our residents and staff on a daily basis."

The proof was always going to be in the pudding, and since installation, the benefits have been there for all to see. Early indications are that the initiative has been an overwhelming success. Feedback from residents and their families has been extremely positive, reporting that the system provides a much welcomed extra layer of comfort to them. Which in turn has made them feel even more safe and secure.

Although it's too early to draw conclusions specific to Glenholme House, all the research has shown us that it also offers real tangible benefits too. For example, it can improve residents sleep patterns, due to the reduction of previously necessary night checks, with staff now able to monitor through the system, rather than waking residents. It's also proven that better sleeping patterns result in residents feeling more alert during the day, which in turn leads to a reduction in the risk of falls, and encourages better eating habits. Which when all combined, studies show that this leads to the significantly improved general health and wellbeing of residents.

Staff are also feeling the benefits too. The system doesn't replace care, but rather offers staff members real time assistance and support. Offering faster response time to any incidents, and helps staff check to establish exactly how they might have happened, allowing if needed, any preventative measure being put in place.

The signs are good though. So much so, we're looking into rolling the initiative out across more of our homes. Our hope now, is that more care homes follow our lead. For the benefit of all.

**"I WANTED TO MAKE SURE OUR SYSTEM OFFERED REAL TANGIBLE BENEFITS TO OUR RESIDENTS AND STAFF ON A DAILY BASIS."**



All of our homes have a full and varied activities programme, and getting our residents out and about is a key part of it. Here we have a selection of some of the most recent day trips.

# Out & about



You can learn more about our activities on our activities page on our website at: [wellburncare.co.uk/activities](http://wellburncare.co.uk/activities)

# Team works



Our wOw awards recognise members of our staff, that go that extra mile when doing their job. We catch up with some of our latest winners, for a little Q&A.



## NICOLA FARQUHAR CRAGHALL

*Activities Coordinator*

**Q. What is it like to work at Craghall?**

**A.** It's great to be a part of a team again, with new challenges. I was previously self-employed which was very different.

**Q. What is it like to work in the care industry?**

**A.** I've mostly worked with children in the past. There are some similarities though and I really enjoy the challenge.

**Q. You were awarded a wOw?**

**A.** It's very flattering and fantastic to be recognised, but embarrassing because everyone at Craghall is amazing, and they all deserve wOw awards.

**Q. What's your favourite thing about your role?**

**A.** The residents. I love being able to focus on them and plan things I know they will enjoy.



## JAMES GUY WELLBURN HOUSE

*Kitchen Technician*

**Q. What is it like to work for Wellburn?**

**A.** It's a great company. I genuinely love working here. You're looked after very well, and I really feel part of a family here.

**Q. What is it like to work in the care industry?**

**A.** For me it's the variation I like. It just seems like no two days are the same, which is something that's really important to me.

**Q. You were awarded a wOw?**

**A.** I was genuinely surprised, but in a good way. It was totally unexpected, and I have to say, it made me feel appreciated.

**Q. What's your favourite thing about your role?**

**A.** Being part of a team. My role is just one of many cogs that makes the whole machine work.



## DEBBIE BROOKS RYTON TOWERS

*Team Leader*

**Q. What is it like to work at Ryton Towers?**

**A.** I've learnt so much over the years I've been here, and our recent refurbishment has transformed our home. It's a great environment to work in.

**Q. What is it like to work in the care industry?**

**A.** I love it. Looking after people, listening to them, and just being there to give reassurance when needed is really rewarding.

**Q. You were awarded a wOw?**

**A.** It's so nice to feel appreciated. It makes me feel that I'm doing a good job. That bit of appreciation goes a long way.

**Q. What's your favourite thing about your role?**

**A.** Seeing our residents feeling happy, safe and comfortable, is so rewarding.



## MICHELLE WHATLEY ADMINISTRATOR

*Whorlton Grange*

**Q. What is it like to work for Wellburn?**

**A.** I feel incredibly proud to work for Wellburn, especially when you receive positive feedback from residents and their families.

**Q. What is it like to work in the care industry?**

**A.** It's very rewarding, and every day is different. Knowing that simple things like having a little chat or a friendly smile can make all the difference, is nice.

**Q. You were awarded a wOw?**

**A.** It makes me feel appreciated, and it was so lovely to know I'm making a real difference.

**Q. What's your favourite thing about your role?**

**A.** The variety means there's no time to get bored, there is always something to do. I love that.



Care England's Chief Executive Professor, Martin Green OBE, pays us a visit and our very own Rachel Beckett was his tour guide for the day.

## HELLO SIR...

**"WITH SUCH A DISTINGUISHED HISTORY, I'M SO DELIGHTED TO SEE THAT WELLBURN HAS SUCH A BRIGHT FUTURE."**



Care England's Chief Executive, Professor, Martin Green OBE, recently spent the day visiting three of our care homes. Martin explains his history with us and the reason for his visit, "My association with Wellburn, goes back over 10 years, and I've always been impressed with the organisation, and its commitment to delivering the best possible care. Wellburn has a well-deserved reputation for delivering some of the best care in the North of England, so I wanted to see how things were going under the steerage of new Executive Chairman, Rachel Beckett, after taking over from her father, Simon".

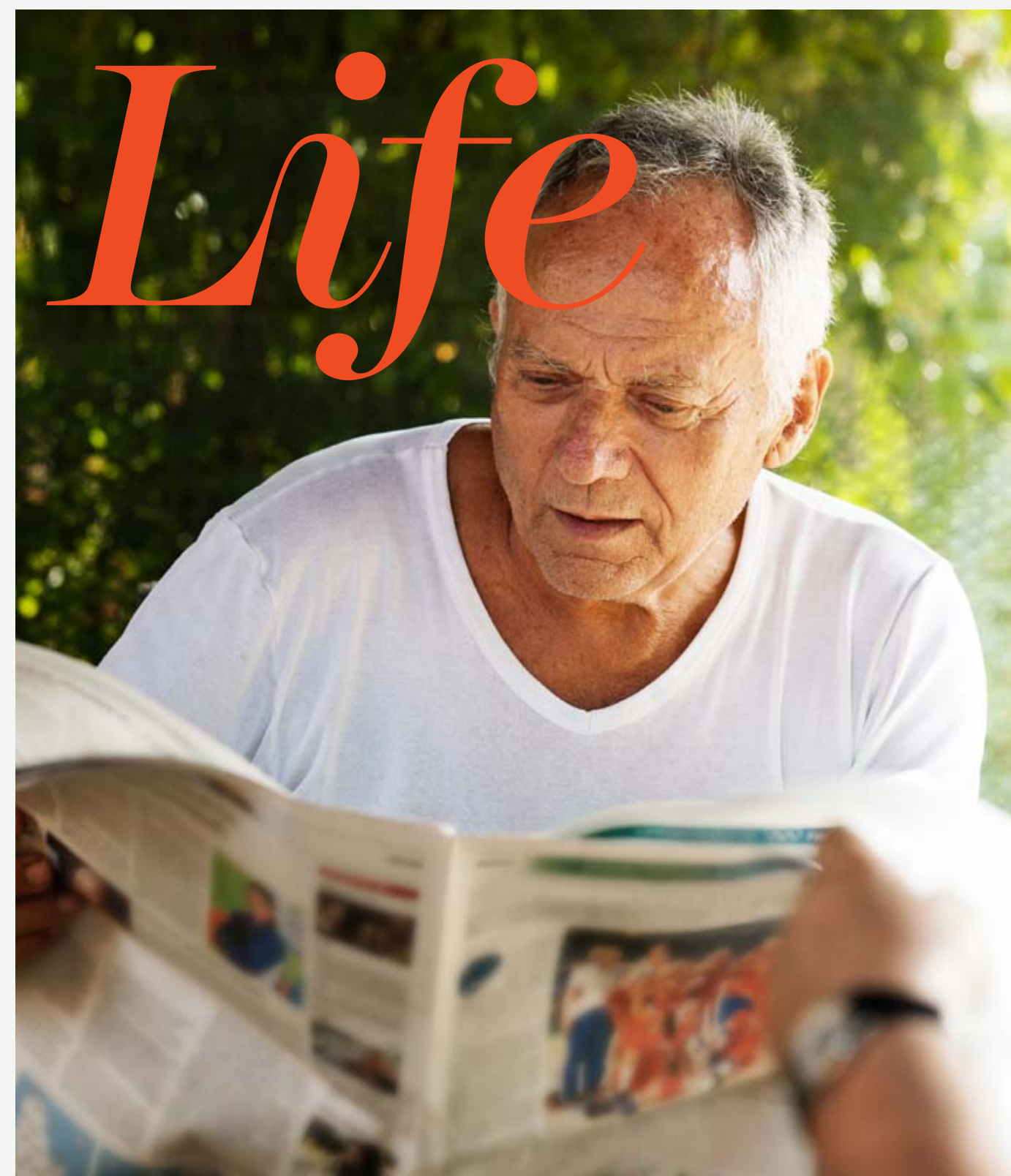
The first stop of the day, was to our Nightingale Hall home in Richmond, where Martin experienced our activities and sensory projects first hand. "I was so impressed by the buzz that was evident as soon as I walked through the door. I spoke to several residents, and every one of them told me of the plethora of things that they were doing. The levels of activity and engagement by the residents was fantastic."

It was then on to our Ryton Towers home, in the heart of Ryton village, to show off our new refurbishment project. Martin was extremely complimentary and was especially liking our new exciting plans for our upcoming dining room Pantry project (Read more about that on page 10).



The final stop of the day was to visit our Glenholme House home in Sunderland. Martin was particularly interested in seeing first hand the development of our new safety monitoring system (you can read more about that on page 16). Martin explains "The system is hugely impressive. It not only ensures the residents are protected, but at the same time have their privacy and dignity respected. It's great to see that Wellburn have embraced this new initiative, and is in the vanguard of services using technology to support people to live safely and securely, with peace of mind."

At the end of the visit, Martin left us with some very kind words, "I'm so pleased to see that you haven't rested on your laurels, and are committed to continuous improvement. I've just been incredibly impressed by everything that I've seen. Wellburn has such a distinguished history, and I'm so delighted to see that it has such a bright future."



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### NEWS

We catch up on all the latest news and goings on from all fourteen of our care homes.

# 24

### THE PANTRY

Looking for some cosy food this Autumn? We bring you a delicious recipe from Apetito.

# 25

### THE MIND

Keeping your brain active, is great for your wellbeing, as we give it a work out, in the mind.

# 26

### BOOKS

We review four of the hottest books to hit the shelves this Autumn.





A BLANK CANVAS

In the community

Residents from our St George's home are the stars of an art project, in conjunction with the Sunderland Museum and Winter Gardens and the Royal Collection Trust at Windsor Castle. Captured by famous portrait artist, Andrew Tift (above), the Royal Collection Trust have chosen the museum to be one of twelve nationwide venues to exhibit twelve

drawings from Leonardo da Vinci. Our resident's portraits will accompany the famous work. The project solely focuses on the Washington area of Sunderland, and Andrew especially wanted to capture a generation of people who have lived in and defined the region. You can catch the portraits of our residents created by Andrew, as well as the twelve da Vinci drawings in the museums exhibition, which opens to the public in February 2019. SM



PROUD AS A PEACOCK

Activities

We recently commissioned Tina, from Creative Minds, to create a beautiful sensory mural for our residents at our Grimston Court home in York. Our resident's art work, which they create with Tina at their regular Creative Minds sessions, will go into the frames to accompany the peacock. We think it looks amazing. Thank you Tina. RB

In Short

A FOND FAREWELL

Staff news

It's always sad to see any members of staff leave us here at Wellburn, and of course there's always many different reasons for it happening. But there's one recent departure that really brought a tear to our eye, and marked the end of a Wellburn era. Leaving us to enjoy his well deserved retirement, Billy Lowes (pictured below with our Executive Chairman, Rachel Beckett) started working at our Nightingale Hall home nearly 30 years ago, and quickly became a resident and staff favourite. His passion and energy has never wavered in all the years he's been with us. Billy's hard work and dedication really has been a true benchmark and his time with us has been truly appreciated. He'll not just be sorely missed as a member of staff, but as a friend too. RB



100 NOT OUT

Resident news

We'd like to say a very special happy birthday to our Ryton Towers home resident, Violet Bucha. Violet celebrated her 100th birthday in style, with a party held at the the home for all of her family and friends, with flowers and presents everywhere. And of course the cherry on the cake was a telegram from the Queen. SM

SAFE AND SOUND

Wellbeing

A team of us from Wellburn, recently met up with Dr Matthew Coxon. Dr Coxon is the Senior Psychology Lecturer at York St John University. We're always looking to embrace new methods and technologies to enhance our residents experiences, and our meeting was specifically to discuss how we could use virtual reality to benefit our residents and build the new technology into our activities programmes across all of our homes. Dr Coxon has been heavily involved in virtual reality research, and the meeting was fascinating. Just seeing what's currently possible, and what will be possible in only a few years really excited us. We'll be working with Dr Coxon moving forward on some very exciting projects. SM

ON YOUR MARKS

In the community

Residents and staff from our Wellburn House home, were joined by their local community and residents from our Glenholme House home, at their summer sports day in August. It was great to see everyone unleash their competitive sides whilst fundraising for local junior football club, the Prudhoe Lightning. Such a fun day. RB



SWEET GESTURE

Wellbeing

One of our very talented team members, Davey Harrison has been working hard on a secret project recently. Davey, who enjoys woodworking as a hobby, came up with the idea of doing something novel and unique for our residents at our Ryton Towers home. After weeks of planning, sketching and hours of building and painting, it was time to unveil

Davey's spectacular secret project. The fantastic sweetie cart was revealed to the residents with much fanfair, and they absolutely loved it. Of course, we're sure they were equally happy with what it was offering too. The amount of thought and effort Davey invested absolutely blew us and our residents away. A huge thank you to Davey, our more sweet toothed residents have been enjoying the fruits of his labour. SM



BLOOMIN MARVELOUS

In the community

We'd like to say a huge thank you to the Ruby Gems, who have completely renovated an area of unused land outside of Riverhead Hall, as part of their National Citizen Service, Social Action Project. The students fund-raised over £1000 in order to buy materials and equipment to make a sensory garden for our residents to enjoy. Raising

money by bag packing, running a stall at a vegan festival, to cake sales and online fundraising, the students went above and beyond with their fundraising efforts. Not only did they do all the fundraising, but after completely clearing the area, got down to work themselves, to achieve our sensory garden vision. The finished project is amazing, and the students did us and themselves proud. A huge thank you to them all. SM

JUST THE JOB

Careers

Over the summer, we've been working extremely hard improving our website offering. One of the major changes is our new careers page. Catching up with members of the team, to produce a series of testimonial videos, they talk about what it's like to work for Wellburn and in the care industry in general. There's some really engaging stuff and all of our staff who took part were fantastically articulate. We've also added lots of content, aimed at people who may be considering a career in care. Including tips on improving cv's, preparing for interviews and explaining a little about what it's like to work for Wellburn and the kind of things we're looking for. Take a look for yourself at: [wellburncare.co.uk/careers](http://wellburncare.co.uk/careers). SM

In Focus

WHAT A GOAL

Wellbeing

Our goal cards continue to be a big hit with our residents. We regularly ask our residents to complete 'goals' cards, which allows us to get a little more insight into things they feel they'd still like to achieve in their life. The diverse range of answers shows us just how unique our residents are. We then use the goal cards to help us plan activities to accommodate as much of these as we can. Recent wishes we've helped realise include Pat, who lives at Craghall, visiting Whitby Abbey, Maud from our Nightingale Hall Home visiting the Yorkshire Show, and Molly from our Whorlton Grange Home, going back to where she was christened as a baby. A wingsuit dive, swimming with sharks or a date with George Clooney, might be a bridge too far, but if we feel the wish is achievable, we'll always aim to make it happen. RB

|   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|
| 2 | 7 | 4 | 2 | 6 | 3 | 8 | 9 |
| 5 | 1 | 8 | 9 | 7 | 6 | 4 | 2 |
| 3 | 6 | 4 | 9 | 8 | 5 | 1 | 7 |
| 5 | 9 | 3 | 2 | 7 | 1 | 6 | 8 |
| 8 | 2 | 6 | 4 | 5 | 7 | 1 | 3 |
| 7 | 6 | 8 | 3 | 4 | 1 | 5 | 2 |
| 4 | 7 | 5 | 1 | 8 | 6 | 3 | 2 |
| 9 | 3 | 2 | 7 | 6 | 4 | 8 | 5 |
| 8 | 3 | 5 | 6 | 2 | 4 | 1 | 7 |

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| N | I | V | A | S | E | S | A | I |
| O | E | P | N | O | S | S | E | O |
| E | R | D | I | G | N | O | R | D |
| A | V | A | L | O | N | A | V | A |
| L | R | E | K | E | R | G | B | I |
| N | S | S | O | I | O | A | C | P |
| O | M | A | S | O | I | O | A | C |
| L | I | F | E | D | I | E | R | R |
| L | E | E | A | P | T | C | R | A |
| D | E | L | A | T | I | O | I | A |
| A | V | A | L | O | N | A | V | A |
| E | O | S | T | I | E | T | A | O |
| D | S | D | N | S | E | S | E | C |



# Pantry

Life

The Pantry offers a delicious Autumnal recipe, courtesy of the chefs at Apetito



**SERVES**  
*4-6 People*

- INGREDIENTS**
- 50g Butter
  - 8 Onions - peeled and finely sliced
  - 1tbs Fresh Thyme leaves
  - 1 Litre Beef stock
  - 1/2 Pint Dry Cider
  - Salt and Pepper
  - 100g Gruyere Cheese
  - 1/2 Baguette

## French onion soup With toasted baguette

**METHOD**

**Step 1**

Melt the butter in a thick bottomed sauce pan, then add the onions, gently cook the onions for around 45 minutes, stirring frequently with a wooden spoon, making sure to scrape all the caramelised brown bits off the bottom of the pan (this bit is essential for the colour and flavour of the soup).

**Step 2**

Once the onions are completely softened and are nicely browned, add the cider and the thyme, turn up the heat and reduce the cider by 3/4, then add the stock and simmer for 30 minutes.

**Step 3**

Season with salt and pepper.

**Step 4**

Slice the baguette into thick slices and toast on either side,

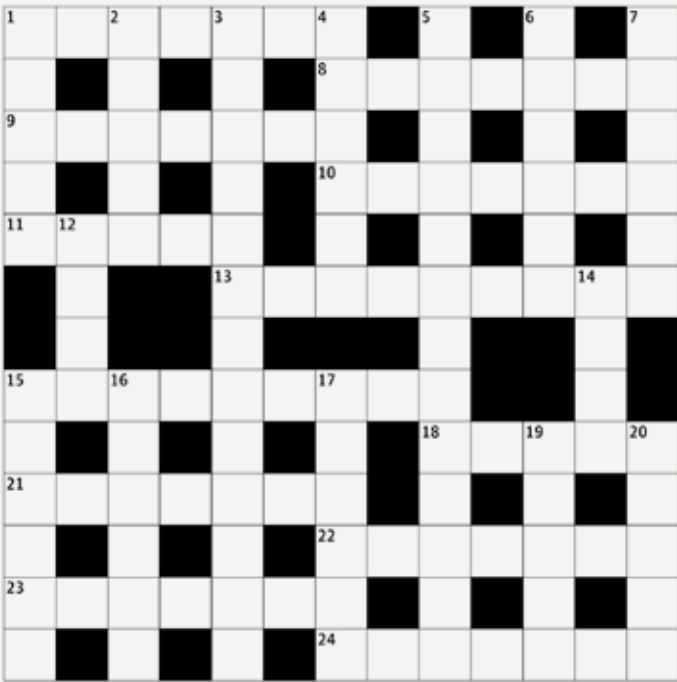
ladle out the soup into bowls, place a toasted slice onto the soup and sprinkle with the gruyere cheese, then carefully place under a grill until the cheese is bubbling and melted. If you prefer not to do this stage, melt the cheese on the toast as you would for cheese on toast, then place on top of the soup.

To read more about our brand new dining experience, The Pantry, turn to page 10

# Mind

Life

Keeping our brain active, has hugely positive impacts on our health and wellbeing.  
*All answers on page 19.*



**ACROSS**

- 1 Categories (7)
- 8 One of Christ's 12 original disciples (7)
- 9 Engine holding the world speed record for a steam locomotive, set at 126mph in 1938 (7)
- 10 Widened (7)
- 11 Vault beneath a church (5)
- 13 In haste (9)
- 15 Roomy (9)
- 18 Motorcyclist (5)
- 21 Out of the ordinary (7)
- 22 Disregarded (7)
- 23 Relative by marriage (7)
- 24 Important energy distributor — lan's mag (anag) (3,4)

**DOWN**

- 1 Humorous (5)
- 2 Eg brass or bronze (5)
- 3 Endure to the end (4,3,6)
- 4 Unhappier (6)
- 5 Insurance premium reduction (2-6,5)
- 6 Declared (6)
- 7 Lethal (6)
- 12 Flightless bird — satellite of Saturn (4)
- 14 Solitary (4)
- 15 Maladroit (6)
- 16 Dried plums (6)
- 17 Looking lecherously (6)
- 19 Fate — destiny (5)
- 20 Radioactive gas (5)



**SUDOKU**  
*Puzzle*

Fill the grid so that every row, every column and every 3x3 box contains the numbers 1 to 9. You'll find the solution to this on page 19.

**ANAGRAMS**

- |                  |                   |
|------------------|-------------------|
| <b>RIVERS</b>    | <b>COUNTRIES</b>  |
| True shape (9)   | Ultra asia (9)    |
| Polo imp (7)     | Big mule (7)      |
| Is grit (6)      | Cold ants (8)     |
| Line (4)         | Near gym (7)      |
| Get zany (7)     | Nice lad (7)      |
| Tribe (5)        | Slender than (11) |
| Has met (6)      | Any row (6)       |
| A ubend (6)      | A snip (5)        |
| Sumo iris (8)    | Near giant (9)    |
| Dragon ire (3,6) | Lizards went (11) |

**Rivers:** Euphrates, Limpopo, Tigris, Nile, Yangze, Tiber, Thames, Danube, Missouri, Rio Grande  
**Countries:** Australia, Belgium, Scotland, Germany, Iceland, Netherlands, Norway, Spain, Argentina, Switzerland



# Books

Life

**Sit back, relax and enjoy our latest book corner offering. We take a look at four of the best.**

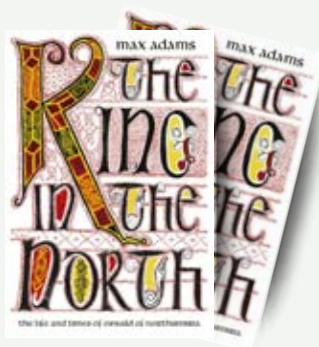
All books are available to order online at [amazon.co.uk](http://amazon.co.uk). Also, if you've read a book that you'd like to recommend for the next issue, please let us know. All ways to contact us here at The Post can be found on the page 13.



## HEATHER, THE TOTALITY

by Matthew Weiner

Matthew Weiner is probably better known, as the creator of American period drama, *Mad Men*. But his debut into the world of fiction is a superb piece of writing. As you'd expect if you've seen *Mad Men*, the style is lean and sharp. A short novel full of pace and intrigue, the story is based around the central character of Heather, the daughter of affluent Manhattan parents. At the core is an observation of upper class anomie and probes the sickness inherent in American inequality and class divide. A book that's easily read in one thrilling, gasping breath. *MC*



## THE KING IN THE NORTH

by Max Adams

Northumbria is steeped in history, and Adams' *King of the North* takes us back to the birth of Northumbria's golden age. Oswald I, king of the royal house of Bernicia, known as 'Whiteblade' returns to the region in blood and glory to reclaim his birthright of King in the North. A hugely engaging, gripping and evocative read. *MC*

## THE PRESIDENT'S GARDENS

by Muhsin Al-Ramli

Al-Ramli's novel tackles hugely profound subjects, but his light touch and consistent humour, make this a hugely pleasurable read. *The President's Gardens* is set in Iraq, on the battlefields of the Gulf War and delivers profoundly moving affirmation of the importance of dignity, friendship and meaning set against the backdrop of stifling oppression. *MC*



## SILENCE

by Shusaku Endo

It's little surprise that Endo's *Silence* has been adapted for the big screen. Set in Japan in the 17th century, the novel explores religion and faith. We follow the main character Father Rodrigues, as he embarks on a mission of truth, which leads him into a journey of personal discovery. One of the finest historical novels ever written. *MC*

Northumberland  
ageUK



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