

# LOOKING FOR A NEW CHALLENGE?

If the answer is yes, then you  
could be just who we're looking for...

We're going through some very  
exciting changes here at Family run  
Wellburn Care Homes.

With a new direction and change  
in management, we're looking for  
candidates to join our dedicated  
team, at a very dynamic time.

We have roles to fill across the board,  
so if this sounds like the opportunity  
you've been waiting for, we'd love  
to hear from you. Email your CV,  
together with a covering letter to:  
[sharonburns@wellburncare.co.uk](mailto:sharonburns@wellburncare.co.uk)

BE A  
PART OF OUR  
TEAM

For more information, call us on:  
**0191 229 3530**

Or visit us at:  
**[www.wellburncare.co.uk](http://www.wellburncare.co.uk)**

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# The WellburnPost

WELLBURNFRIENDS

Issue 4 • Summer 2016

FREE

## Q&A WITH MARK ADDY

*We catch up  
with the Game  
of Thrones actor*

## A WALK IN THE PARK

*We discover some  
of the regions  
best walks*

## HAPPY BIRTHDAY MA'AM

*In her 90th year,  
we take a look back  
at the Queen's  
remarkable life*





## Specialist services for people with dementia

Alzheimer's Society is the UK's leading support and research charity, providing information, advice and support to people with dementia, their families and carers.

We are committed to putting you at the heart of everything that we do, and our services are continually informed by our growing understanding of dementia and what you need to live well after diagnosis.

**Get in touch with us today.**

**Northumberland** T: 01670 813255 E: northumberland@alzheimers.org.uk

**Sunderland** T: 0191 564 0890 E: sunderland@alzheimers.org.uk

**Newcastle** T: 0191 298 3989 E: newcastle@alzheimers.org.uk

**York** T: 01904 567701 E: yorkservices@alzheimers.org.uk



**Alzheimer's Society** | Leading the fight against dementia

Alzheimer's Society operates in England, Wales and Northern Ireland. Registered charity number 296645.

## CONTENTS

### 4 NEWS

As we look forward to summer, find out all the latest news and goings on.

### 6 BACK IN THE DAY

We go back in time and pick out some of the most memorable things from yesteryear.



### 8 COVER STORY

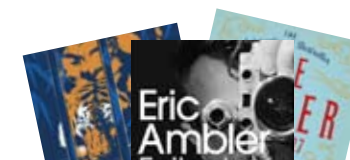
In her 90th year, we look back and celebrate the remarkable life of our Queen.



### 12

#### READERS CORNER

Book reviews and mind teasers.



### 13 GREAT WALKS

We look at some of the regions most stunning and picturesque walks.



### 16 Q&A

Wellburn catch up with Game of Thrones actor Mark Addy.



### 17 COMPETITION

After dozens of entries into our Star Pic competition, we reveal this issues winner.



### EDITOR'S

## LETTER

Summer is upon us now, and as we look forward to the sunshine and warmer weather, we've got a great new issue of the Wellburn Post for you. We've packed it full of fantastic news, features, competitions and much, much more.

We take a look back and join in the nations celebration of the Queens 90th birthday (pg8), and we see how she's helped shape our country.

As usual, we've reviewed some of our favourite literary offerings and in this issue, we've added in some brain teasers too (pg12).

With the nice weather and long sunny days approaching, we've also taken a look at some of the regions best walks. All remarkably close and some on your doorstep. We'll be taking our residents on daytrips to explore some of them and hope you get the chance to get out and about to enjoy them too.

We're also taking you down memory lane, with a look back at 1966. No prizes for guessing one of the famous moments.

And for all of you living in and around York, we have a competition winner that will be close to your heart.

Don't forget, you can also catch up with all of our latest content and past issues online at [www.thewellburnpost.co.uk](http://www.thewellburnpost.co.uk)

But for now, sit back, relax, and enjoy reading. And remember, if you like what you read, or want to contribute something to the next issue, please get in touch with us.

*Rachel x*

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### BY GEORGE, IT WAS A FEAST

Our St George's home in Washington held a medieval banquet to celebrate St George's Day in style. With a delicious three course meal prepared by our chef Lee, which also included a hog roast. Food fit for a king. The food was outstanding, and the festivities didn't stop there, with a jubilant post meal sing along, enjoyed by all. St George would have been proud of the effort. LC

### AND ALL WHO SAIL IN HER

Wellburn has recently purchased a brand new minibus to take residents out and about the North East. The maiden trip was enjoyed by residents from Eighton Lodge, Gateshead. 101 year old resident Jim, had the honour of cutting the ribbon. The maiden voyage was to Alnwick with a pub lunch first up. Then it was onto Amble harbour, Newbiggin by the Sea and the day



was finished feeding the swans at Lakeside. Many more trips have taken place since then and we are set to continue our travels as far and wide as possible. HL



### ON TRACK FOR FUN

Residents from St George's in Washington enjoyed a night at the dogs, courtesy of Sunderland Greyhound Stadium. They were kind enough to send some free tickets for our residents and staff, which included pie and peas and a pint of the good stuff. Residents Jack, Matthew, Harry and Joyce, were joined by a few members of staff, who had a few small wagers, allowing the residents to pick the dogs. Such a great night had by all. LC

## WELLBURN FRIENDS

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



### SINGING IN THE RAIN

City Screen Cinema in York recently hosted a dementia friendly showing of Singing in The Rain. Residents from Rosevale went along to enjoy the screening. The staff at the cinema were excellent, providing a relaxed and friendly atmosphere, with no pressure to be quiet. There was free tea, coffee and biscuits for all. Everyone really enjoyed being able to sing along to the songs and were chatting about the film for hours after. We'd like to pay tribute to City Screen Cinema for thinking outside of the box and for showing great compassion and understanding towards dementia. A nice touch. LC



### NATIONAL CARE HOME OPEN DAY

All of our homes participated in National Care Home Open Day. The date this year was 17th June, but our homes opened their doors for the full weekend, to allow more time for families to attend. NCHOD is a planned day where care homes encourage the public and communities to visit and get involved. The theme this year was 'celebration' and boy did we celebrate. We had so much going on, with highlights including, celebrating the Queen's birthday, BBQ's, family fun days, dog shows and afternoon cream teas. It was a great weekend and thanks to everyone who took part. For more info: [www.carehomeopenday.org.uk](http://www.carehomeopenday.org.uk). RB



### WOOL YOU LOOK AT THAT!

Many people living with dementia feel the need for tactile stimulation. Twiddlemuffs have been recognised as a useful distraction, with their colourful, stimulating and comforting qualities. Our friend Janet Stead, from Malton, North Yorkshire has taken the idea a step further, by knitting rummage bags too. "I thought that many ladies will have carried a handbag around so I created rummage bags filled with activities, stimulus and also room to carry things in, like a normal bag". Janet has already donated over a dozen of these rainbow coloured gifts to our residents with more being knitted as you read this. LC

## AD CAMPAIGN

### In focus



Over the last few months, we've embarked on a brand new advertising campaign. Probably the first of its kind here at Wellburn. Launched in March this year, the campaign will run until the end of the year.

**"We wanted to create a distinct look, that really set us apart. A look that we feels defines our outlook and brand values as one of the regions leading care homes".**

Managing director Rachel Beckett explains how the campaign was created. "The company as a whole has gone through a lot of changes over the past year. From a brand point of view, we've pretty much started from scratch. After months of developing our new identity and working on an exciting new marketing strategy, the ad campaign is just a

natural progression of where we see ourselves going. More often than not, we feel advertising in our sector can often be a little stale and a bit dull. We wanted something that really reflected the spirit and positivity you feel, when entering one of our 14 homes.

We wanted something that obviously carries a serious message, but had more of a celebratory feel about it. For many, the perception of care homes is that it's the final chapter, but here at Wellburn, we couldn't disagree more. It's just 'another' chapter in the lives of each and every one of our residents amazing stories.

How better to represent this celebration with a campaign that's full of joy, fun and optimism. So far, the reaction has been extremely positive and the ads have been extremely well received, which is so satisfying after investing so much time and effort into launching it. Long may that continue." RB



## ANYONE FOR EGGS?

### In short

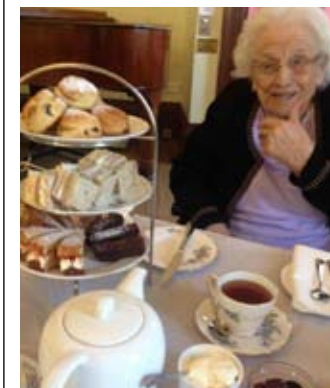
Thanks to the team at the British Hen Welfare Trust, we've had some new arrivals at Grimston Court. We've offered twelve rescued ex-battery hens a new home. A well earned retirement in their own pen and plenty of space to roam. These old girls have certainly earned it.

The goodwill isn't one way though. Recent research by Northumbria University, found that hen keeping can improve the health and well-being of older people.



Lowering blood pressure, heart rates, reducing depression and loneliness are just some of the proven benefits.

And of course, our residents can now enjoy super locally sourced eggs with their breakfast. Happy hens and happy residents. Brilliant. LC



## SPRING WATCH

Residents at St Catherine's have been helping out the local wildlife by putting together seeds and bread feeds. With a good mix of melted lard with peanuts and seeds, the tasty treats for birds, squirrels and other wildlife went down a storm. The feed was dotted about the homes garden's, which meant it was just a matter of waiting. Before long, a menagerie of birds were visiting, with lots of Blue Tits, Blackbirds and Robins enjoying their spring treats. The residents found the whole project extremely pleasing and watched the wildlife for hours. LC

## A ROYAL CELEBRATION

To celebrate the Queen's 90th Birthday, residents from Nightingale Hall who've also reached this incredible age or older were invited to Richmond Town Hall for afternoon tea. The place was decorated beautifully and tables were set with the best crockery. It was organised by the local council, with the Mayor in attendance as well as local councillors and other residents of Richmond who turned 90 this year. They enjoyed a regal afternoon tea, with scones, clotted cream and jam plus plenty of cakes, with extras to take back for the other residents. A huge thanks to Richmond council for hosting such a wonderful afternoon. HL



## Have your say...

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



## IN SHORT

# back in the day

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



## ↑ Clackers

1970's

When you describe clackers to people, it's hard to understand how they were so popular. They basically consisted of two plastic spheres suspended on string which, when swung up and down, banged against each other, making a clacking sound. Hmm. Doesn't sound too exciting, right? However, in the late 60's and much of the 70's, these simple toys took the country by storm. In the end they were taken off the market and deemed too dangerous for children. So we were left with the memories of the clacking sound and telephone wires up and down the land draped in the cast offs. Happy, simpler days.



## ↓ The prisoner

1960's

Sticking with the theme of spheres, the 1960's tv show, The prisoner, was first aired in 1967. Spy fiction meets science fiction, is a loose way to describe this often bizarre, but always enthralling series. It's not often that you can say the most memorable thing about a show, is a giant sphere. Oh and the wonderfully surreal setting of Portmeirion Village in Wales. If nothing else, memorable.

### Have your say...

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

## ↑ Ford Cortina mk2

1960's

Today, the car market is flooded with generic looking cars, which somehow all look pretty similar. When Ford launched it's now iconic Cortina MK2, it created a huge stir, and went on to become Britain's most popular new car. Even today, the model still enjoys a cult following amongst fans.



## JUST BOULED OVER

Residents of Riverhead Hall recently took part in a local residential home Boccia (boules) competition. Eileen, Mary, John and Edna competed against residents from three other local care homes at Driffeld sports centre. The competition was strong, but held in good spirits. Though there was still that competitive edge burning brightly, as all the residents eyed each other up as they arrived at the event.

Our Riverhead Hall team ended up coming second, losing out on first place by a single point. The disappointment was short lived, as the teams finished and exchanged congratulations.

Framed certificates and photos were taken with the East Yorkshire Council Health Team, who organise the competitions and without their dedication, it wouldn't happen. Our residents are already looking forward to the next tournament. LC

### IN THIS YEAR - 1966



July 30 in this year, still marks the pinnacle of English football achievements. England beat West Germany 4-2 to win the 1966 World Cup at Wembley. Geoff Hurst scores a hat-trick and Martin Peters scores the other English goal in a game which attracts an all-time record UK television audience of more than 32 million.



Time magazine first uses the phrase 'Swinging London' in their magazine on April 15. The term, was then adopted to describe the entire decade. The swinging 60's

was a golden era in British culture, with music, fashion and lifestyle breaking out from post-World War II austerity.



June 29 witnessed the launch of Britain's first ever credit card. Barclays Bank introduces the Barclaycard. Today, credit cards are a way

of life for most of us, but back then, it was a completely alien concept. Today, Barclaycard has 10.4m customers, issuing one in five UK credit cards.

## IN SHORT



## DEMENTIA

### In focus

Dementia Awareness Week 2016 ran from 15th – 21st May. The week was created by the Alzheimer's Society, to help raise awareness and encourage people who are concerned about dementia, either for themselves or a loved one to get in touch with the Alzheimer's Society, to help people get the advice and support they may need.

As part of Dementia Awareness Week a number of our homes hosted fashion shows. A show with a twist. Showcasing outfits made by residents and staff, solely created using old newspapers.

Author of 'Dear Dementia' book Ian Donaghy came up with the innovative idea. He explained 'It's about showing that dementia care is individual and bespoke and that one size will never fit all'.

Glenholme House in Sunderland took part as well as Rosevale in York. The week was finished off with a fantastic 'bridal fashion show' at Ryton Towers, Gateshead. Residents and staff made a large paper wedding dress from old copies of the Evening Chronicle.

Residents also attended from three other homes, Eighton Lodge, Wellburn House and Glenholme House to enjoy the evening. With entertainment, drinks and canapes, the evening was a huge success, with plenty of friends and families turning up to show their support.

Ian Donaghy also held Dementia talks in libraries in Sunderland, Gateshead and Newcastle, over the week which proved a great success with many members of the public attending. He spoke at length about his experiences and how to help and support someone with dementia. After spending many years working closely with people who live with dementia, he's built up an extraordinary level of understanding.

With the Alzheimer's Society reporting that currently more than 850,000 people in the UK live with Dementia, it's something that touches many people's lives. Raising awareness can only be a positive move. [www.alzheimers.org.uk](http://www.alzheimers.org.uk) HL

## STAR OF THE MONTH

### Winners

Our 'Star of the Month' award, is a monthly award designed to recognise and reward our staff, for moments those around them feel they have gone that extra mile for our residents or their fellow colleagues. Votes are cast by popping a nomination card into the comments boxes we have in every home. RB

### Star of the Month winners:

**March** Steph Greener, Glenholme House  
**April** Kieran Marritt, Rosevale  
**May** Billy Lowes, Nightingale Hall



## IN HARMONY

As part of National Care Home Open Day, the Chief Inspector of Adult Social Care at the Care Quality Commission, Andrea Sutcliffe visited one of our homes.

Rosevale, achieved a "good" rating across the board from CQC in being safe, caring, responsive, effective & well-led.

Home Manager, Charlene Wigglesworth highlights the need to be part of the community, "We're not just a care home we're your neighbours too".

Rosevale's vibrant atmosphere is due, in large part to having activity as an integral part of the home. Activities co-ordinator Sarah Fearn is always looking for the next idea to excite the residents. "We need to give people lots of reasons to get up



on a morning. Activities aren't icing, they're part of the cake."

The day featured music from Vintage singers but the stars of the day were the 40 strong Wigginton Primary School singers led by Mrs. Liversidge. "Children don't see dementia, they see people."

Andrea Sutcliffe summed the day up, "It was wonderful to see the magic that happens when the two generations sing together in one voice. What a fantastic day." ID

## 100TH BIRTHDAY

### In short

The Queen isn't the only one celebrating an important milestone birthday this year. On August 23rd, Grimston Court resident, Geoffrey Jay will be celebrating the greatest of them all. He'll be 100! We asked Geoffrey what the secret to a long life is? "Contentment - Godliness with contentment is great gain. Geoffrey is such a gentle and caring man and always considers other people's needs before his own. He is a true gentleman and we are honoured that he has chosen to live here at Grimston Court. Happy Birthday from everyone at Wellburn Geoffrey. HL



## SWING TIME

Residents at Craghall have been taking part in an exciting new golf project. Rookie Sports has developed a way to make golf accessible for all, no matter what the age or ability. Rookie Golf can be played seated or standing, with one hand or two. All the clubs are plastic and the balls are soft with velcro, which stick to targets. The residents have enjoyed playing golf so much, that we're hoping to set up a golf league across all of our home. For more info: [www.rookiesports.co.uk](http://www.rookiesports.co.uk). LC



### Ooh, one last thing...

We're always looking for new exciting content for issue 5. So if you've got something going on or something to tell us, please send them via post or email and we'll run the best submissions.



# QUEEN & COUNTRY

**T**he bunting has come down, the last scone has been devoured and as the Union Jack flags get packed away until the next celebration, it is the perfect time to relax and reflect upon the incredible life of our Queen who has celebrated another epic milestone - her 90th birthday.

Last year the country celebrated and rejoiced as it became clear that Her Majesty had officially overtaken her great-great-grandmother Queen Victoria, by becoming the longest reigning monarch. With over 63 years of rule behind her it must be incredible for her to see how the world has changed. In addition to this, she has seen changes in rule and seen 12 Prime Ministers come to power. Her latest, David Cameron, said she had been, "a rock of stability" in an era when

*As the Queen joins the country's growing group of nonagenarians, **Camilla Skuse**, takes a look at her 90 years and her deep-rooted affection for the North-East.*

so much had changed, and her reign had been the "golden thread running through three post-war generations".

It is incredulous to believe that when Her Majesty became Head of State at the age of just 25, there were those at the time who thought her too young to take the Crown. Clearly, the 27 or so million people in Britain who watched her coronation on TV and the 11 million who listened on the radio thought differently and today, wherever she goes, crowds throng out to see her, hoping to catch just a glimpse and experience the 'magic' that some have compared meeting the Queen with.

This year's big celebration was no different and as she celebrated her birthday week with a host of events with family and a few thousand members of the public, one cannot forget her affection and commitment to the rest of her realm. The Queen has travelled the length and

"INEVITABLY A LONG LIFE CAN PASS BY MANY MILESTONES - MY OWN IS NO EXCEPTION"







“SHE’S BEEN THE GOLDEN THREAD THROUGH THREE POST-WAR GENERATIONS”

● breadth of the world but does not forget about the places on her doorstep, and her warmth towards the North East and its people is evident in the regularity of her visits.

In 1977, as the Queen geared up to celebrate her first 25 years on the throne, she visited the North East as part of her Silver Jubilee celebrations. Queen Elizabeth II and Prince Philip arrived on the now decommissioned Royal Yacht Britannia at Newcastle Quay. Then, 25 years later, during her nationwide Golden Jubilee tour Her Majesty officially opened the Gateshead Millennium Bridge and the Park Lane Metro interchange. As the country geared itself to celebrate the Queen’s 60 years of rule, both Prince Philip and herself engaged in a whistle-stop tour of the region. They carried out engagements at the Tyne Tunnel, Gateshead, Sunderland as well as passing through Newcastle.

The Queen was asked to open the second Tyne Tunnel, 45 years after she opened the original link between North and South Tyneside. This time, the air of celebration was heightened as she started a showcase run of the annual Tyne Tunnel 2k race which featured many local athletes. At the time, the prestige of having the Queen there to celebrate both events certainly elevated the sense



of occasion and Councillor Eileen Leask, Mayor of South Tyneside said: “It was a great honour to welcome Her Majesty to our borough and wonderful to see so many local people providing a warm South Tyneside welcome”.

On this and her previous visits to the area, the Queen was not alone. As ever, Prince Philip, her “rock”, and the man who vowed in 1953 to be the Queen’s “liege man of life and limb” was by her side, supporting and no doubt giving glimpses of his infamous humour. If the Queen has secured the accolades of longest and oldest reigning monarch then they together have enjoyed a long and successful marriage, the longest, in fact, in royal history.

It is clear from the gusto and energy she has demonstrated in her birthday celebrations that not only does she show no signs of slowing down, but the want to relinquish her duties also appears to show no evidence in diminishing. This leaves the question of, as the Queen and her fellow nonagenarians approach the next milestone of a 100 years.... who will she receive her congratulatory card from? There may not be an answer for that now but one thing is not in question, her affection for her people and country in the North-East and beyond, has and never will, be in question. ■

#### HONOURS LIST



**The Queen’s 90th birthday honours list was peppered with the achievements of local people.**

Although predominantly famous for his legendary performances on the football field, former Newcastle and England footballer and local legend Alan Shearer, received a CBE for his unfailing services to charity.

In addition, two local ‘mams’ will be brimming with pride. Presenting duo Ant and Dec both received OBEs in recognition of their contributions to broadcasting and entertainment. The duo, full names Declan Donnelly and Anthony McPartlin, expressed their delight and surprise, “This will definitely be the proudest our mams have ever been.”



# Readers CORNER

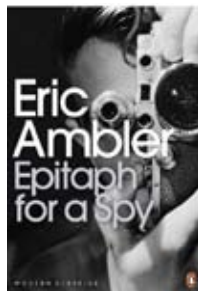
Sit back, take a quiet moment and discover what your next jolly good read could be, or why not try one of our brain teasers.



## THE NIGHT MANAGER by John le Carré

★★★★★

Many readers introduction to this book, might have come through the BBC's adaptation of this modern classic. A novel based on the shadowy recesses of Whitehall and Washington and an unholy alliance between the intelligence community and the secret arms trade. Jonathan Pine is ready to stand up and be counted in the fight. To succeed, he must outwit the worst of men, Richard Roper. And all hell breaks loose. MC

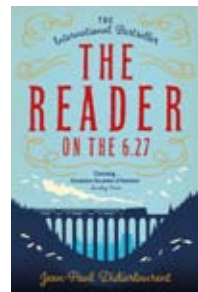


## EPITAPH FOR A SPY by Hilary Mantel

★★★★★

Josef Vadassy, a Hungarian refugee and language teacher living in France, is holidaying on the French Riviera. But when he takes his holiday pics to be developed at a

local chemist, he suddenly finds himself mistaken for a Gestapo agent and faces charges of espionage. To uncover the true spy, he must risk his job, his safety and everything he holds dear. Spellbinding. A genuine classic. MC



## THE READER ON THE 6.27 by Jean-Paul Didierlaurent

★★★★★

This hugely entertaining novel from Didierlaurent, is both enchanting and tender, with a devilishly funny streak running through the narrative. Guylain, hates his job at a book-pulping factory. The only pleasure in life is his journey on the 6.27 train every day. He recites out loud pages he has saved from the pulping machine to other passengers. Until one day, he discovers the diary of a young woman. A discovery that will change his life forever. MC

## Interested?

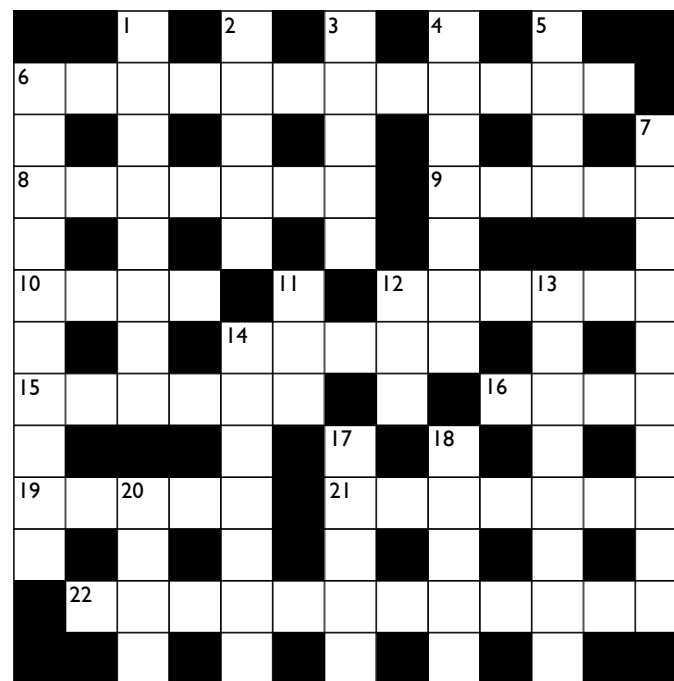
All books are available to order online at [Amazon.co.uk](https://www.amazon.co.uk). If you've read a book that you'd like to recommend for book corner, please let us know: [thewellburnpost@wellburncare.co.uk](mailto:thewellburnpost@wellburncare.co.uk)

## ACROSS

6. 'The ---', 1943 novel by Ayn Rand (12)
8. Edmond, French author of the verse drama *Cyrano de Bergerac* (7)
- 9, and 19. North Sea oil rig which suffered a disaster in 1988 (5,5)
10. Coloured muscular diaphragm that surrounds the pupil of the eye (4)
12. Group of seven singers (6)
14. Race between teams with batons.
15. Desmond, author of 1975 book *The snow Tiger* (6)
16. Second letter, Greek alphabet (4)
19. See 9
21. '--- Martin', 1956 novel by William Golding (7)
22. European bunting, *Emberiza citrinella* (12)

## DOWN

1. Vidkun, Norwegian Nazi collaborator who was executed in 1945 (8)
2. John, known as Jack, former Home Secretary (5)
3. Mark placed over a letter such as in the Spanish 'señor' (5)
4. Constituency at which Sir Marcus Fox was replaced in the 1997 general election (7)
5. Triangular plucked string instrument (4)
6. Prince of Norway in Shakespeare's *Hamlet* (10)
7. 1949 novel by Josephine Tey (4,6)
11. Michel, French marshal executed in 1815 for treason (3)
12. Solution of salts and sugars that circulates in a plant (3)
13. 1931 film for which Wallace Beery won the Best Actor Oscar (7)
14. Louis, Paris-born car manufacturer who died in 1944 (7)
17. Mass of eggs deposited by fish and molluscs (5)
18. Sam, 1951 U.S. PGA golf champion (5)
20. British songbird, *The --- Wagtail* (4)



## ANAGRAM - 70'S TV

- MY SARD \_\_\_\_\_
- HEFTED IGLOD \_\_\_\_\_
- GRID ROPE \_\_\_\_\_
- NO BEHEST US \_\_\_\_\_
- OW FLYSWATER \_\_\_\_\_
- DIMPS GARNI \_\_\_\_\_
- SHRIVELED BRIT \_\_\_\_\_

## MISSING LETTERS

Can you complete the following four 5-letter words. The missing letters, in order, spell an living creature.

- \_ \_ UTE
- C \_ \_ MEL
- ST \_ \_ G
- CAR \_ \_

Puzzle answers will appear in next issue



# A WALK IN THE PARK

*The North East is rich in beautiful countryside and the best way to appreciate it? By foot of course.*





Our resident wellbeing expert **Michael Jimmison** explains the importance of socialising

As we age it can be more difficult to build new friendships, but remaining socially active can have real health benefits. Connecting with others is one of the five evidence-based steps you can take to improve your mental wellbeing.

Building positive relationships with others can help to prevent social isolation, reduce stress levels, bring about a sense of self importance and improved self esteem. There have also been recent links suggesting that remaining socially active helps to reduce the likelihood of dementia and Alzheimer's Disease.

Going walking is a great way to get out and spend time with other people, and we'll be looking to get some dates in the diary, as part of our ongoing day trip plans.

Of course, you don't have to start hiking around the hills of the Northumberland to enjoy some good quality social time though.

#### TIP 1

##### A gentle walk

A walk around the park is an ideal opportunity to see a friendly face and have a chat, our staff love to get out and about with all of our residents. Whether it's on a one-to-one basis or as part of a larger group there are many things to look at and chat about such as wildlife or memories of childhood visits to the park.

#### TIP 2

##### A day trip

We also like to travel further afield such as a day trip to the seaside, visit to a museum or a nice pub for lunch. All of these provide a great chance to meet new people and have a chat in a different and stimulating environment.

#### TIP 3

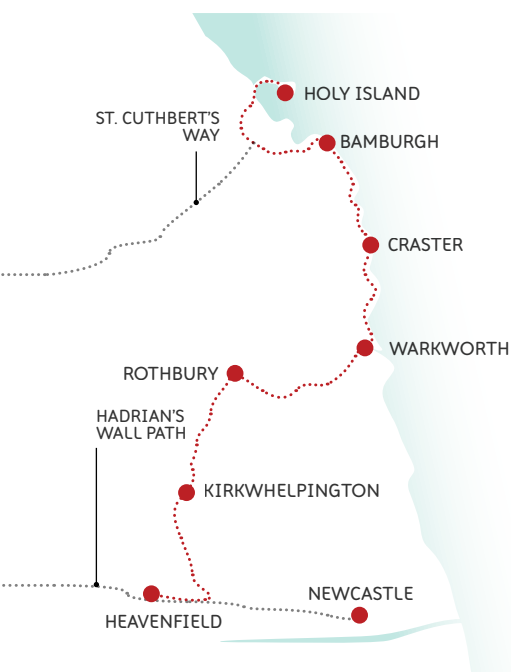
##### Switch off the TV and get involved

All of our homes have a full activities programme in place to encourage social interaction, there are a whole range of activities from flower arranging and knitting groups to exercise based activities.

1

#### ST. OSWALD'S WAY NORTHUMBERLAND

So much history on this walk. At one end Hadrian's Wall, at the other, the Holy Island of Lindisfarne and in between some of the best walking in Northumberland. Perhaps the best section and certainly the most magical is the Pilgrims' Way. The traditional path between the mainland and Lindisfarne. You'll never forget it, three miles across the sea, as you walk in the footsteps of the saints. This superb walk also leads off onto two other fantastic walks in their own right. Hadrian's Wall Path and St. Cuthbert's way.



## Stunning, breathtaking scenery, as you walk in the footsteps of the saints

#### Hadrian's Wall Path

Hadrian's Wall Path National Trail, is an unbroken 84-mile signposted trail stretching from coast-to-coast, from Wallsend in the east to Bowness-on-Solway in the west.

It passes through some of the most beautiful parts of England, from rolling fields and rugged moorland to the vibrant cities of Newcastle and Carlisle.

If you don't have time to walk the whole route, there are many circular walks available which take in some of the most scenic areas around the Wall.

#### St. Cuthbert's Way

This cross-border route links the two landmarks perhaps most associated with the iconic religious figure, Melrose Abbey in the Scottish Borders, and the Holy Island of Lindisfarne.

The route is among the most varied and exciting of its type, encompassing everything from the rugged terrain of the Cheviot Hills, to the enormous sandy beaches of the Northumberland coast.

The trail is dotted with ancient castles, churches and abbeys, as well as charming villages and an array of wildlife.

2

#### THE JAMES HERRIOT WAY YORKSHIRE DALES

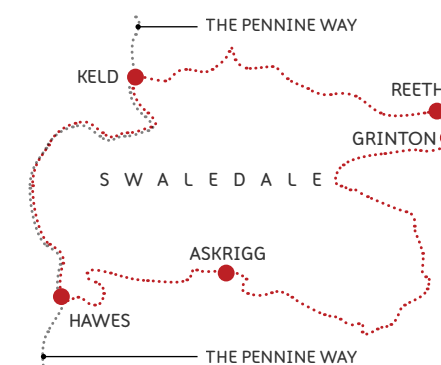
Much like St. Oswald's Way, if you don't have time to walk the whole Herriot Way, there's lot's of smaller sections to tackle individually. Covering 52 miles, this circular walk combines strolling in the valley bottoms with some energetic work on the skylines.

It takes in parts of Swaledale and Wensleydale including Aysgarth, Grinton, Keld, Askrigg and Hawes. It also boasts some of the most stunning walking features of the Dales in Hardraw Force, Aysgarth Falls and Bolton Castle, as well, of course, open moorland and the natural landscape of the dales.

With such outstanding beauty, every part of this walk will appeal, and you don't have to be a Herriot fan, to appreciate the beauty of this walk.

#### The Pennine Way

The walk also take in a small section of the Pennine Way, between Keld and Hawes. The Pennine Way is a National Trail, that runs for 267 miles, from Edale in the Derbyshire Peak District, north to just inside the Scottish Border.



You don't have to be a Herriot fan, to appreciate the beauty of this walk



3

#### DURHAM CITY CENTRE COUNTY DURHAM

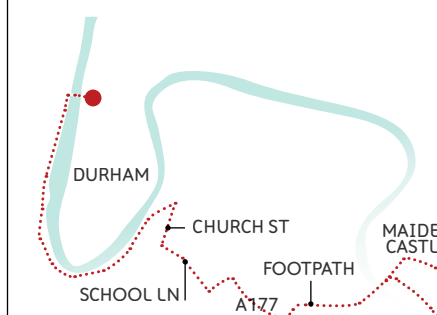
A walk? In a city centre? Before you think this is somehow a mistake, is there any other city in the country where you can escape from the hustle and bustle of the centre so easily?

You just have to take a 5 minutes walk down the cobbled streets of this World Heritage Site to the banks of the River Wear where you can take in views of the magnificent cathedral and castle, to understand just how easy it is.

This 5 mile walk takes you from the City centre, along the riverbanks and up to Maiden Castle, and back again.

From Framwellgate Bridge follow outer bank of River Wear to St Oswald's Church, the right onto Church Street. Take a left along School Lane to cross the A177.

Take the upper path through Great High Wood to Buck's Hill, then back on the lower path to re-cross A177. In 150 yards, climb steeply left for circuit of Maiden Castle and fantastic views. Simply retrace your route to head back into the city centre. A superb route, and a chance to escape the shops and crowds.







*Wellburn catch up with  
Game of Thrones actor  
**Mark Addy***

**How did a lad from York get into acting?**

When I was 14 I did a Trident work experience scheme at York Theatre Royal and absolutely loved it. At the end of my three weeks, Ian Stephenson the Master Carpenter asked if I'd be interested in joining the crew to work on the Panto that year. It was an opportunity I jumped at and began working every evening and most weekends too. It gave me the opportunity to watch actors work night after night and taught me what is involved in Theatre. Imelda Staunton gave me the address of her old Drama School RADA, I applied and was lucky enough to get in.

**What was RADA like?**

Being from York, London was a big scary place for an 18 year old away from home for the first time. I threw myself into the work, and the friends that I made back then are still my closest friends today. RADA gave us a huge amount of experience in stage acting, but in those days didn't cover camera technique for TV or film. That was something you had to discover for yourself.

**If acting hadn't come off what do you think you would have ended up doing?**

I always imagined I would become a set designer for the Theatre, but realistically I would still be on the crew.

**What was your big break?**

I would have to say that The Full Monty was my big break as until then I had been doing lots of theatre and had just started making inroads into TV when that job came along. It was such a success commercially, with such a low budget, that all of Hollywood got to see it to try and figure out why. So I had managed to audition for a lot of people in one go. A handy saving on shoe leather.

*“As strange as it may sound, the thing I really missed about England was the weather”*

**Did you think Game of Thrones would become such a global phenomenon?**

At the time we shot the pilot, all we were concerned with was “Do they realise how much this series is going to cost to do it properly?” A relatively unknown series of books in a genre that is traditionally difficult to realise? Fantasy? Who knew?

**How was living in America? What aspects of England did you miss?**

As strange as it may sound, the thing I really missed about England was the weather. When its sunny and hot every single day its hard to tell what time of year it is.

**What's the best parts about your job?**

Every job is different, and every day on every job is different too. I don't think I'm cut out for a job that involves the same thing day in, day out. Morning Joyce.

**What do you love most about York?**

I think York is one of the most beautiful cities in the world, and is a place I will always come back to. Its always great to see the Minster loom into sight on your way home from anywhere.

**You could have bought a second home anywhere in the world, why did you choose Northumberland?**

As a child, my parents took us camping and caravanning in Northumberland, and we did the same for our kids. We enjoyed it so much that when we had the opportunity to buy somewhere we did. It's stunningly beautiful, relatively unspoilt, and has amazing castles and beaches for kids and dogs to enjoy. Not to mention some of the friendliest people you could wish to find.

**Where are your favourite places to visit in Northumberland?**

Warkworth Castle, Craggside House, Bamburgh Beach, Lindisfarne Island are all good, but really every time we go up there we discover a new cove or beach to explore. And I recommend The Old Boathouse and Sea and Soil restaurants in Amble if you like good fresh food. Especially seafood.

STAR  
PIC

*and the winner is...*

Congratulations to Bill McKeen, from Hexham. His shot of York Minster is really something. “I was visiting York with my dad, and there was just something in the angle, when standing under the window. I just felt in awe of the Minster's imposing beauty. I just had to get a picture”. We couldn't agree more Bill. If you'd like to enter the competition in our next issue, simply send your pics of the North East to: [thewellburnpost@wellburncare.co.uk](mailto:thewellburnpost@wellburncare.co.uk). The winner will appear in the next issue and receive a **£50 M&S voucher**.



# MY STORY

Wellburn's *Rachel Beckett*, discovers St Catherine's resident **Bill Long's** affinity with a very special train.



**F**lying Scotsman. A name shrouded in history and awe. One of the world's most famous and iconic railway locomotives, is back on the tracks.

The culmination of a 10 year restoration project, spearheaded by the National Railway Museum in York. A project that cost £4.2m, but for one of our residents, it's worth every single penny.

For many, the Flying Scotsman will evoke some kind of memory. For St Catherine's resident Bill Long, his memory of the iconic locomotive is as personable as it comes, as he reflects.

"I joined the railway at the age of 16. Cleaning and polishing the engines. I loved it. It wasn't long before I was promoted to fire man. It was hard, hot work. Some of the shovels were 9 feet long, and I had more than my fair share of burns to show for it too. It was part of the job and you just got on with it. People often asked me if I ever fried my breakfast on the shovels. You could, and I wish I could say I did, but they just weren't clean enough". Bill recalls. "I remember the day I was promoted to driver as clear as if it

was yesterday. Back then, it was most small boys dream to drive trains. And here I was, doing it." The time came when the station master felt he'd earned the right to drive the Flying Scotsman. A smile appears on Bill's face, "I was in awe. I took her down to Kings Cross. It was such a special journey. We reached speeds in excess of 100mph.

**"That journey was very special. We reached speeds in excess of 100mph"**

She was a gorgeous engine. The best. To see her back in her full glory, is something really quite special. It brings back a lot of happy memories for me. And now she restored to her best, others will be creating new memories. And that makes me feel proud and happy." ■



## The man behind the story

William 'Bill' Long was born in March 1920 and grew up on the outskirts of York, near the village of Selby. His love of engines, which would lead him onto his love for trains, started when he secured his first job as a mechanic. Remarkably young, he started when he was just 14. It was at his local garage and through his work, he discovered a passion for engines. Growing in confidence with cars, he would often drive around, making sure that he swapped back into the passenger seat, when passing the local police station. He would go onto enjoy an illustrious career as a train driver, driving iconic locomotives the Flying Scotsman and The Mallard. Bill married his sweetheart Annie when he was 25. They would often take a drive up to the North Yorkshire Moors to experience the steam trains pass through Goatland. He would retire some 50 years later at the age of 65. He would have continued if he was allowed to. "I've had a happy life and my love of trains remains to this day". Bill says, with a cheeky grin.



unlocking memories through archive film

Memory Bank is an award-winning series of themed DVDs using archive footage to bring past events and experiences back to life, prompting stories and memories to share and enjoy.

To accompany each of the Memory Bank films on your DVD, you will find a wealth of additional information, such as a 'Life and Times' section covering the 1920s to the 1970s, photographs, Memory Box ideas and suggestions for activities to provide you with a complete interactive resource for use in reminiscence, memory and life story work.

There are six themed DVDs available: *Holidays*, *Schooldays*, *Working Life*, *Domestic Life*, *Sporting Fun*, and *Fetes, Fairs & Fireworks*. Each pack retails at £29.99, or you can buy the full set of six for £160.

For further information, visit: **www.memory-bank.org**  
or telephone Memory Bank on: **01904 876 550**



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