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**Our Homes:**

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**Eighton Lodge**  
Gateshead

**Garden House**  
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**Glenholme Day Centre**  
Sunderland

**Glenholme House**  
Sunderland

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**St Catherine's**  
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Washington

**Wellburn House**  
Northumberland

**Whorlton Grange**  
Newcastle upon Tyne

# The WellburnPost

WELLBURNFRIENDS

Issue 5 • Autumn 2016

FREE

## Q&A WITH GUY MOWBRAY

*We catch up with the  
BBC'S Match of the  
Day commentator*

## LOST CONNECTION

*We explore social  
media, and ask, is  
it really that social?*

## THE TURNING TIDE

*The seaside is dead,  
long live the seaside.  
The re-birth of tourism.*





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## EDITOR'S

# LETTER

As we move into Autumn, we can reflect on what has been a brilliant summer. Not only has the country and region enjoyed record temperatures, a lot of exciting things have happened at Wellburn too. The Forever Young Music Festival was certainly one, if not the highlight of the summer.

We take a look back at the festival (pg17), and share some of the best bits with you. As usual, we've reviewed some of our favourite literary offerings, and some brain teasers too (pg12).

We also explore the changing social landscape of social interaction in our feature 'Lost connection' (pg8). We're also taking you for a trip down recent memory lane in this issue, with a look back at 1990, which seemed to be the year for public tears. I'm sure we can all remember the famous one... (pg6).

We also explore life by the coast, in our feature about living in a coastal town. Once popular holiday destinations for the working class, we look at how tourism and life has changed with the advent of cheap package deals to the continent (pg 13).

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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WHEN IT COMES TO THEIR HEALTH, TOO MANY MEN DON'T TALK, DON'T TAKE ACTION AND DIE TOO YOUNG. WE'RE FIGHTING SO MEN CAN LIVE HAPPIER, HEALTHIER, LONGER LIVES.

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## NEWS



### ALL'S FAYRE IN LOVE & RAIN

Ryton Towers hosted their annual Summer Fayre, Saturday August 20. The day was not to be beaten by the weather, and the heavy rain couldn't dampen the enthusiasm of everyone involved. With stalls, fairground games, bouncy castles, pony rides and food and drink on offer, the great turnout had so much fun. A superb £589 was raised for the resident's fund. Amazing LC

### BUTTERFLY VALLEY

Activities not only help to keep our residents mentally stimulated, but also offer a great opportunity to express individuality, whilst working together as a group. At our Ryton Towers home, residents have been taking part in a project they've called Butterfly Valley. Creating butterflies from all sorts of various craft materials. Once finished, they hung them in the conservatory. They also



recycled old furniture by repainting them to fit them in with the theme and colours of the room. The end result is amazing and the room now has a real sense of calm. LC



### ALL ABOARD

Residents from our Glenholme House enjoyed a fantastic trip to the railway museum, in Shildon, Durham. Once inside they explored all exhibits, learning about the history of transport in Sunderland. They also enjoyed a trip down memory lane, with video's showing old footage of Roker and Seaburn in its heyday! All residents had a fantastic time and are already looking forward to returning later in the year. 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....*



### ELDERBERRIES PROJECT

Our good friends at Alnwick Garden, invited residents from our Craghall home, to one of their Elderberries afternoon events. The main event was a two course meal in the function suite. The room was decorated superbly, with grass as table runners and potted plants on all the tables. So unusual, but looked fantastic. Before that, our residents took a relaxing stroll through the rose gardens, which helped build up an appetite for the delicious food to come. Post meal entertainment included singers, who even managed to get our residents joining in with the dancing. A really great day! LC



### PICK OF THE DAY

Residents from Rosevale home enjoyed an afternoon of strawberry and raspberry picking at Balloon Tree Farm in York. With the sun beating down, it was perfect weather for it. After picking the perfect punnets, they took time out to visit some of the farms very own residents, with the pigs providing the most entertainment. The farm was also full of other cheeky creatures, none so more than a visiting group of children, visiting with staff from Minster FM. The residents let the kids do all the running around, whilst they sat back, with a well earned ice cream. Such a lovely day and a big thank you to all the farm staff. LC



### WALK THIS WAY

August 19 saw residents and staff from our Eighton Lodge home, head into Newcastle, to take part in a sponsored walk. Organised to raise money for the Cardiothoracic Centre, in the City's Freeman Hospital. The walk started at the Haymarket and finished at the Millennium Bridge on the Quayside. BBC Newcastle Radio broadcast the walk in order to help raise awareness of the event. The walk proved a huge success with hundreds taking part. A massive well done to our residents Jim, Ada and Sarah for taking part and raising an impressive £900 in the process. Absolutely superb and we're all proud of you all. RB

## NEWS

## REFURBISHMENT

### In focus



As part of ongoing commitment to maintaining our homes, we're in the process of a major refurbishment programme. Wellburn House is the most recent home to enjoy the benefits, with a complete

a first class job in realising Rachel's vision. Next on the list, will be the lounge and café, both due for completion by the end of September.

Work is also underway at Eighton Lodge and work has

**"Our new approach has proved a huge success. The new look schemes offer comfortable and relaxing spaces, and give a real home from home sense to our residents".**

overhaul of the main lobby and dining room, extending out to exterior work to the main conservatory too.

Rachel Beckett, Managing Director of Wellburn, personally designed the spaces, with years of experience, previously running her own interior design practice in London.

Wellburn's new in-house construction team has done



just been completed on a new lounge area at Grimston Court. Plans are already in place to roll this new look out across all 14 homes.

Rachel stresses that the work is driven by a continued desire, to offer not only the best possible living spaces for residents to enjoy, but also to be mindful that the new schemes have been specifically designed to feel more homely and relaxing.

Once this phase is completed, work will start on Craghall, Ryton Towers and Glenholme, with the remaining homes following suit soon after. LC

## BEAMISH ANYONE?

### In short

Over the last year, we've made some very good friends at Beamish Museum. We'd like to take this opportunity to thank all of their staff continually making our residents feel welcome. Residents have enjoyed everything from tea dances, to taking a lesson in the schoolroom. One of the most recent highlights, involved residents visiting Orchard Cottage, near Home Farm. With everyone sat around a large table, there was a feast



of drinks and toast heated on the real fire, with lashings of delicious homemade jam. Taking a look through a memory box was also a highlight for our residents. It really was an authentic look back in time. Our time there is always filled with laughter, singing and story sharing. And long may that continue. RB

## SAFARI, SO GOOD

Recently, one of our homes, Riverhead Hall had a visit from some very special guests. Sam's Safari specialise in taking all sorts of animals and creatures out and about into the community. Ranging from tortoises to snakes, the visits cause quite a stir. Some residents are more keen than others to engage and touch the creatures. Some of the less attractive creepy crawlies certainly split opinion. What doesn't however, is the amount of fun our residents had. Even the more reluctant, couldn't help but get involved. Quite an experience for all involved. LC



## BLOOMING BRILLIANT

Nightingale Hall's head gardener Graham is the toast of Wellburn. Tirelessly working hard throughout the year maintaining our gardens can be a hard and often thankless task in all weathers. But some days make it all worthwhile. After beating off stiff competition, Graham and Nightingale Hall scooped first prize at this years Richmondshire in Bloom. The competition was judged in the summer by a panel of independent experts, with the award due to be presented to Graham in late September. Well done Graham and everyone at Nightingale Hall. Blooming brilliant. LC



## Have your say...

This is our fifth edition of The Wellburn Post, and 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

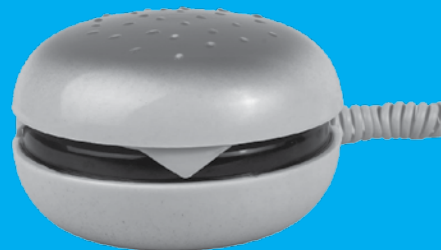
Our regular feature goes back in time, to pick out some of the most memorable and at times pretty quirky 'back in the day' things. How many of these do you remember or indeed own?



### ↑ Nokia 3310

2000's

There was plenty of mobile phones before it, and a huge amount since, but the Nokia 3310 repeatedly comes out top of all time favourite mobile phone votes. Of course, products and brands don't enter our memories and affections on sales or technical specifications alone. The utterly addictive game 'Snake' came as standard. In a day before apps and wifi, this little handset harks back to an age of simplicity and for that, we should always look fondly on this little piece of mobile phone history.



### ↓ The hamburger phone

1980's

From the sublime to the ridiculous. Although at one point in the mid 80's, it seemed every friend had one. Ridiculous, yes, but modern retro websites are selling these again by the thousands. It just goes to show, that even the silly and quirky things from our past, can find a way into our hearts. As can the desire for nostalgia. And that's never a bad thing.

### 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

### ↑ Rubik's Cube

1980's

The Rubik's cube, named after it's inventor Ernő Rubik, was created in the 1970's. However, it didn't make its way into mainstream culture until the 1980's. Today, with worldwide sales of more than 500 million, it's the world's best-selling toy. How many of us have actually completed one though?

### REALITY GOOD FUN

Recently, things went a little futuristic for our residents at Glenholme House. We invited a company called ReminScience in for the second time, to show off their technology and give our residents a virtual reality experience.

They brought their virtual reality headsets with them, which enables users to go to places they may no longer be able to visit.

The headsets were showing various experiences, with customisable content, that can be tailored for specific purposes, and in this case, for individual residents.

A virtual walk down memory lane or footage of places no longer there, it's a great tool for reminiscence sessions. The visit proved a huge success for all involved, with residents already looking forward to ReminScience's next visit. **LC**  
For more info on ReminScience, visit [www.reminiscence.co.uk](http://www.reminiscence.co.uk)

### IN THIS YEAR - 1990



November 2 and the launch of BskyB (Sky). Arguably, Sky has become as equally intrinsic to British life as the BBC. Credited for the re-invention of English

football, and more recently becoming synonymous with the rise of British cycling. Like or loathe Sky, the impact it has made on our TV landscape in unquestionable.



July 4 and Paul Gascoigne's 'Tears in Turin' during England's World Cup semi-final against West Germany, at Italia 90. Picking up a booking meant that

Gascoigne would miss the final, if England won. A moment of pure emotion, and we all know what happened next.



November 28 witnessed more emotional tears. This time from the woman dubbed as the Iron Lady, Margaret Thatcher, made her last tearful speech as the leader of the country from the doorstep of Number 10. The premiership of Britain's first female leader - and the longest since 1827 - was at an end.

## IN SHORT



### FESTIVAL

## In focus

The Forever Young music festival took place Saturday September 3 at Wellburn Care Home's, Grimston Court, in York. Attracting over 1500 visitors of all ages and backgrounds, the festival was organised to raise money and awareness for two very special charities, Age UK York and St Leonard's Hospice.

Dozens of live music acts performed throughout the day in the main tent. With food and drink stalls and activities for all the family too, even the rain couldn't dampen the spirits of everyone who took part in making the day a huge success, with over £3000 raised.

Wellburn's Ian Donaghy organised the event and said, "The weather had us a little worried, but the spirit shown by everyone on the day,

from visitors to helpers was unbelievable. The performers did us proud, and in turn, the amount of people who turned up was amazing. The car park was full and the whole day was brilliant. With so many happy people going home in the evening, it's something we'll be doing again next year, for sure".

The festival featured performers from Sam Holden, Heather Findlay, Beth McCarthy, York Orchard Theatre Group, Steve Cassidy and Jess Morgan-Steel, was joined by Chrissie Hynde's, with Guitarist Oliver McLaren, travelling all the way from London to take part in the Festival.

Wellburn Care Home's Managing Director, Rachel Beckett said, "I'm truly proud of everyone who pulled together to create Forever Young. I'd like to thank Ian for organising the festival and all the incredible performers. Our own team of helpers were amazing throughout with their dedication in some pretty tricky weather conditions. For me, it was wonderful to see our residents embrace the festival and join in the fun. I'm already looking forward to next year's festival." **LC**

For more pics and news from the festival, turn to page 17 ➡

## 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:

**Jun** Natalie Sleightholm, Rosevale  
**July** Jan Birdsey, Craghall  
**August** Joanna Burns and Sharon Haley, Glenholme House



### THE GREAT ESCAPE

Staff and five residents from our Glenholme House home, spent the day at Eden Camp on July 4. Situated in Malton, North Yorkshire, Eden Camp is a modern history themed museum, covering British Military and social history from 1914 onwards.

The day started off with lunch in the Officers' Mess with 1940's style steak pie and chips. The pastry was a suet pastry and the chips cooked in dripping, bringing back memories for the residents. With many able to recall memories of eating the same thing all those years ago.

Following on from lunch, the residents and staff explored the museum which consists of individual huts, each one with a different theme.



Two of the favourites were the blitz and U-boat huts. The most popular though, was the dig for victory garden, which celebrates the government initiative to get people growing more vegetables in their allotments, to help feed the nation whilst rationing was in full swing. A fascinating visit for so many reasons, with the residents having a brilliant day. A visit is highly recommended for people of all ages. **RB**  
For more info on Eden Camp, visit [www.edencamp.co.uk](http://www.edencamp.co.uk).

### GOOD SPORTS

## In short

Staff at our Eighton Lodge home recently held a staff sports day, with two teams competing against each other. The team captains were Janet and Christine. Both teams went head to head in an egg and spoon race, goal shoot out, wheelbarrow race, skittle pick up, water in bucket race, three legged and relay race. Cream teas, ice cream, burgers, hotdogs and refreshments were available for all those watching the competition. A bit of fun and the day was conducted in high spirits. The residents had a lot of fun. Mainly at the expense of the exhausted staff. But well worth it. **RB**



### ON SITE

Throughout the second half of last year, and into this year, we've been going through a brand transformation. As part of the roll out, work has commenced on revamping our website. We're restructuring it to become a lot more user friendly. With new, exciting content planned, we're looking forward to launching at the beginning of October. Once launched, we'll be letting you all know and will be keen to hear what you all think of it. We'll keep you posted. [www.wellburncare.co.uk](http://www.wellburncare.co.uk). **RB**



## Ooh, one last thing...

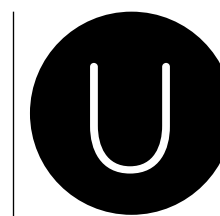
We're always looking for new exciting content for issue 6. So if you've got something going on or something to tell us, please send them via post or email and we'll run the best submissions.



# LOST CONNECTION

“A CHANCE MEETING WITH A PUB SIGN, CHANGED THE WAY I STARTED VIEWING SOCIAL MEDIA.”

*London based Art Director **Mikey Carr**, takes a look at the effect social media is having on our society. And some of his findings don't seem very sociable at all.*



in an electronic environment also have its downsides?

Ten years ago, social media was in its infancy. Bebo was the most popular social network in 2007 with 10.7 million UK users. Today's front-runner, Facebook, has 30 million active users in the UK, as it and other social media sites become an everyday part of our life.

But as social networks become more sophisticated, and can better simulate real-life, are we mistaking the convenience of social media for something more profound?

A recent chance meeting with a pub sign in the depths of the Surrey countryside, caused me to raise this and other questions regarding what impact social media was having on us, our social

sing social media can undoubtedly make you feel connected to a larger community, but can such easy, casual connections

interactions and our personal wellbeing.

Whilst out cycling with my friend, heading up to Box Hill. 20 miles into our ride, we passed an old fashioned countryside pub in the middle of nowhere. A sign outside made us stop and read. “No WiFi, talk to each other, call your mum, pretend it's 1993. Live.” My initial thought was that it was possibly one of the best things I'd seen all summer.

But as we started cycling again, I couldn't get that message out of my head. Are we approaching a point, when landlords or managers of other social gathering places, feel driven to intervene? Do we really need signs and prompts to remind us how to interact and communicate? Maybe. The more I looked into it, the more it seems I'm not alone in thinking this.

For all the positives on offer, the side effects shouldn't and can't be ignored. We explore the more worrying aspects of social media, and our Wellbeing expert offers some handy tips on how to strike a healthy balance when using it. ➔





I'M NOT ANTI-TECHNOLOGY,  
ANTI-SOCIAL MEDIA. I'M JUST  
PRO-CONVERSATION. AND I'M  
NOT SURE SOCIAL MEDIA IS

🔗 A recent piece written by Cornell University's Steven Strogatz, suggests that social media sites could be making it more difficult for us to distinguish between the meaningful relationships we foster in the real world, and the numerous casual relationships formed through social media. Strogatz goes on to suggest, that focusing so much of our time and psychic energy on these less meaningful relationships, our most important connections, will weaken.

A worrying thought, but the wider picture is far from comforting.

Many clinical and social experts support Strogatz's theory. Believing we need to somehow redress the balance and find a happy medium. The sign outside the countryside pub, in their opinion is just another call to arms to arrest what they see as the damaging consequences of never being too far from email, text, Twitter, Facebook, Instagram, Snapchat etc. In particular, many are highlighting the impact it has on family life, on education, on romance and on the possibilities of solitude. That undervalued bit of 'me time'. A moment to yourself.

Our resident wellbeing expert **Michael Jimmison** offers some top tips, on how to manage the social media balance.

We all know the benefits of social media. For some of our residents, it's a great way to look at pics, follow their families away from Wellburn going on. A theme of my column, over the last few issues, seems to have been moderation. Finding a good balance. Whether that's exercise, eating or drinking. And it's no different for social media. It can be quietly addictive. But from our feature, we've learnt from experts and social commentators that there's a balance that can and should be struck, and things we can do to find it. I've suggested three tips of my own to help:

#### TIP 1

##### Take a time-out

This one is so simple, but it may prove the hardest. Simply take a break from your phone. Leave it in the hallway, instead of taking it to bed with you. If you're heading to the shops, leave it at home. It's not the end of the world if you spend an hour away from the world of social media. And the benefits are that you'll get some real 'me time'.

#### TIP 2

##### A good conversation

We have a whole social programme here at Wellburn, and very little of it involves social media. We have real world interaction and that's where the magic is. Hearing other people's stories. Residents love to chat about the past and enjoy a really good conversation. And they don't need social media for that. They might be onto something.

#### TIP 3

##### Set a good example

Like everything in life, we learn behavioural patterns from a young age. You could start introducing a few simple no phone/tablet times at home. Get everyone involved. Make it fun. Sit down for a family meal and leave the phones in the next room. Take the dog for a walk with the family, without the phones. Engage in conversations and enjoy the freedom. Try to let your nearest and dearest know you'll be unreachable during this time. Who knows, it could even inspire them to try it for themselves.

offenders. And when negative feedback isn't so covert? The statistics on cyber-bullying alone, show a menacingly steady growth pattern.

Our infatuation with life on screens rather than life in the real world, means we're never wholly in one or the other. And it isn't solely effecting our personal lives. One area this is causing a major headache for, is industry productivity.

Recent figures show an alarming trend, suggesting that perhaps we as a nation are paying slightly less attention to our work, than what our friends are posting. Wired.com recently posted a study, which demonstrated damage to productivity caused by social networking. Reporting that British companies were losing at least £2.2 billion a year to the social phenomenon.

Social media is still relatively new to us and society as a whole. But what is already clear, is the effect it's having on every aspect of our lives, in our workplace and private. Long term, nobody really knows to what degree it's shaping us. Many experts forecast doom and gloom. But they're also puzzlingly optimistic too. Perhaps the pub sign is the start. Real people saying, let's put our phones down and start engaging again. Let's chat and communicate, and find a healthy balance. And surely that's the answer. Social media has too many benefits to demonise, but after writing this piece, I've decided that I'm not anti-technology, anti social-media, I'm just pro-conversation. And I'm not sure social media is.

As psychologist Sherry Turkle says, "I think the stakes are very high. But the good thing is we don't have to invent anything to turn it around. We already have each other to talk to." ■

Psychologists like Sherry Turkle also think spending lots of time on social media can make you miss out on important things in the "real" world. "Digital connections and the 'sociable robot', which is what many experts are now calling social media, may offer the illusion of companionship without the demands of real friendship. Social media, however, may not be a reliable enough forum for proper friendship and support", says Turkle.

It is also a landscape that offers space for hugely negative things such as bullying, trolling and negative feedback.

A culture of instant gratification has been born, predominantly through social channels. The invention of the 'selfie', is a good example of this desire to receive gratification and acceptance.

The lighter side of the criticism 'selfie' taking receives, is that selfie-takers are often so pre-occupied with taking pictures of themselves at concerts, sporting events, and restaurants that they are no longer immersed in the there and then.

Recalling these moments through personal memories in the future, the fear



for many experts is that memories will be recalled through pictures on a phone, rather than pictures in your head.

The darker side of the criticism, is far worse still. The desire for approval, from friends, peers and social connections, leaves the door open for the reverse to happen. What if approval isn't forthcoming, and negative feedback is received?

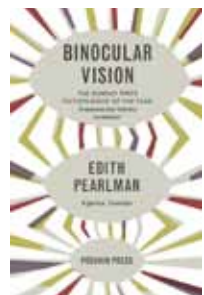
A recent study by two German universities, for example, found that "passive following" on Facebook triggers feelings of envy and resentment in many users, with holiday snaps being the worst





# 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.



## BINOCULAR VISION by Edith Pearlman

★★★★★

At 76, Pearlman has spent the last four decades publishing short stories. At least 250 of them. Why it's taken her this long to step back into the realms of full novel is a mystery, but it's been worth the wait. In the novel, Pearlman tackles the predicaments – odd, wry, funny and painful – of being human and in doing so, takes us on an unforgettable journey. In short, Binocular vision is nothing short of a work of genius. A must read. MC



## THE MALTESE FALCON by Dashiell Hammett

★★★★★

On the big screen, Bogard played the lead character Sam Spade. If the film is considered arguably one of the best ever made, then the novel it was based on goes

one better. We follow Spade, a private detective, as he takes on a case that involves three eccentric criminals, a gorgeous liar, and their quest for a priceless statuette. Spade himself would be hard pushed to find a better book in it's genre. Truly superb. MC



## FEREL by George Monbiot

★★★★★

This hugely ambitious book by Monbait, will simply change the way you think about the natural world, and your place in it. The book tackles big, fundamental questions about why we lead the lives we do and why we've shaped it in the way we have. Monbiot's passion is for a wilder world, a world less driven by fear and greed. It's hard to disagree after reading this book. Every page is a discovery. Utterly gripping. 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)

# CROSSWORD

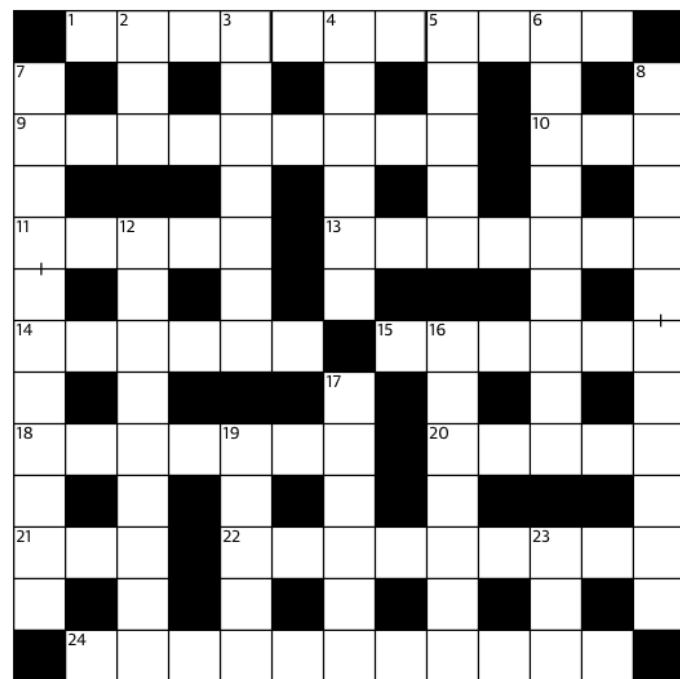
Crossword answers available on The Posts website

## ACROSS

- 1 Shift responsibility to someone else (4,3,4)
- 9 Device for removing air from a space (9)
- 10 Toilet (informal) (3)
- 11 English philosopher; d. 1704 (5)
- 13 Levelling out (7)
- 14 Eat — gin set (anag) (6)
- 15 Be very economical (6)
- 18 Refuse — tripe (7)
- 20 Endow (anag) (5)
- 21 After deductions (3)
- 22 Not morally correct (9)
- 24 Festivity to mark a happy event (11)

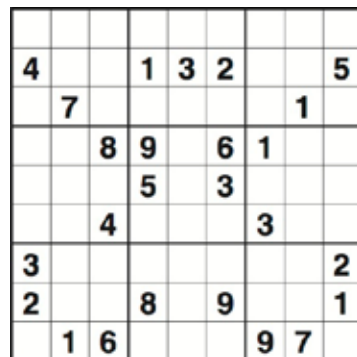
## DOWN

- 2 Fitting (3)
- 3 Those with power and influence? (7)
- 4 Loathing (6)
- 5 Push into (5)
- 6 Impact (9)
- 7 Campanology (4-7)
- 8 Elementary swimming stroke (5-6)
- 12 Gasper (9)
- 16 Type of needlework (7)
- 17 Specious outward appearance of good quality (6)
- 19 Entertain (5)
- 23 Sound made by doves (3)



# SUDOKU

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# THE TURNING TIDE

For years now, our British seaside towns have been in steady decline. Our once booming destinations by the sea, have suffered from a lack of investment and the birth of the cheap package holidays abroad. But the tide seems to be turning, we look at how and why.





n May 5 1962, the first fare-paying flight of new British airline Euravia took off from Manchester's Ringway Airport.

It was full of working-class families on an all-inclusive tours, taking them far from traditional seaside holiday destinations like Blackpool, Cleethorpes and Skegness. Their destination, the hot climates of Spain's Palma de Mallorca.

Before that moment, the British coast had been the ultimate summer destination for most working-class families. In 1949, five million holidaymakers crowded Britain's seaside resorts. For those unable to afford a whole week, there were cheap day return trips to the coast, courtesy of British Railways.

Once the allure of these cheap package holidays captured the nations imagination, Britain's seaside towns slid into a breathtakingly fast decline.

The collective desire for something aside from grim seaside guesthouses with limited hot water, crowded roads, stuffy trains, uncertain weather, cold seas and chilblains, saw the inevitable. The package holiday business boomed. After all, how could holidaymakers jetting to Corfu or the Costas turn again to Margate, Skegness or Whitby?

Partly as a result of this new form of holidaymaking, express trains that had long taken working-class holidaymakers from Northern industrial cities to the coast vanished in a puff of smoke.

At the same time, the infamous 'Beeching Axe' – a blunt, cost-cutting instrument shaped by the 1963 report written by British Railways' business-minded new chairman, Richard Beeching – hacked apart Britain's railways. It caused the end of the line for 'holiday trains' and was the catalyst for wholesale closure of the lines themselves. Once thriving seaside resorts were suddenly cut off from the national railway network.

Their economies were hard hit. Across the land, almost every stretch of coastline was effected. A litany of once grand seafront hotels disappeared, piers, once monuments of Victorian splendour left to decay.

#### Turning the tide

Years later, something is happening that appears to be a culmination of factors.

The seaside resorts are seeing a return of visitors. Not a trickle, but numbers that provide real optimism.

The last three summers, crowds of kids crabbing off Whitby's harbour wall, while their parents walk off lunch by climbing the famous 199 steps to the Abbey. "No vacancies" signs all over Southend and Skegness. From Essex to Yorkshire, Somerset to Cornwall, bookings are up, sometimes by more than 500% over the past few years. In 2015, Brits made 19.4 million trips to the English coast, a 10% increase on the year before. Forecasts for 2016 are even more promising – a recent

survey suggests that more than half of all Britons will have planned a seaside break this summer.

To understand this seemingly remarkable turn of fortune, we have to look at the bigger global picture. The global landscape is in a state of massive flux. Firstly, the EU referendum has pushed, not only the pound down against most markets, but arguable a sense of renewed nationalism.

Wider from our shores, the possibility of a Trump presidency, a slowing Chinese economy and Europe on alert after a series of terrorist attacks. The Tunisian beach resort of Sousse and the French Riviera are particularly geographically relevant in this case.

All of the above, create a situation that will of course, make the thought of a perceived safer and more economical staycation seem appealing. And add to this, that the seaside towns are finally getting their act together.

Perhaps, also, we as a nation have arrived at a greater appreciation of the pleasures of the classic British seaside break. A blend of familiarity, simplicity and beauty, the smell of candy floss and the taste of fish and chips in the salty air, are once again, making our coastal resorts seem comforting and exciting.

The thrill of revisiting and experiencing towns reinventing themselves for the 21st century, can also be attributed to the recent popularity.

Reinvention often means hard cash, and recent investment in Britain's coastline and seaside resorts is clearly having an influence. In 2020, The England Coast Path will open for the first time, with the route going all the way round the English coast. Before the scheme was dreamt up and now almost realised, the idea of claiming one of the longest footpaths in the world sounded a little ambitious. But with its countless inlets, estuaries and jagged bits, the projected total length of 2,795 miles is not as outlandish as it sounds.

Many other initiatives are sprouting up across the land to attract us back to the seaside. A pioneering generation of entrepreneurs, investors, cultural institutions and local politicians are finding fresh relevance for these once forgotten towns, harnessing their natural and architectural beauty in novel and



imaginative ways. Just as entrepreneurs built seaside towns, it's possible the invention and drive of entrepreneurs will again revive them.

As we've seen, there's not one individual factor responsible for the rise in popularity and figures. But a host of different reasons. The recovery of many

British seaside towns is still paddling rather than swimming along.

Even so, the future looks brighter and the seaside towns are back on the map. For now, at least we can say the tide might just have turned. And it seems the nation is willing to do it. And they're voting with their feet.





**You are now MOTD top commentator?  
Was this a long term plan?**

I can't think of anything that I've done that could be considered a 'plan'! Ever since I started on local radio, I've just done what I do, the best that I can, and the road has just taken me. Contrary to popular belief, it does involve a lot of hard work though.

**What is the toughest part of the job?**

The toughest part for me is the instant 'feedback' that comes via social media these days. Everyone is entitled to their opinion, but I don't understand why some people are so keen to tell you that you annoy them so much. It's not something I'm setting out to do! The plain abusive ones I can dismiss quite easily, but the ones that dismantle my personality or claim to know better without any knowledge of what the job involves or how television works really infuriate. My over-curious mind wants to meet every one of them and discover what it is that's making them so angry. The simple answer would be to avoid social media-I need to somehow stop caring quite so much about what complete strangers think, and live by the mantra that "you can't please all of the people, all of the time".

**If you hadn't become a commentator  
what would you have been?**

I have no idea at all. When I started out it was only part-time and I had office jobs Monday-Friday – but the thought of doing anything clerical in the same place every day fills me with horror now. I'd like to think that I'd still be involved in football in some way. It's been an obsession since I could walk and I've never had quite the same interest in anything else. I really wanted to play but was never going to be good enough.

**What do you love about living in York?**

It's home, and will always be home. I've lived in a couple of other places in the country but have always ended up back here – and pretty quickly too. In my line of work it's well positioned to get to the key stadiums by road or rail, and has just the right balance I think - not boring, but not 'edgy' enough to be crime-ridden either. Most Yorkies will say that we don't appreciate the beauty and history of our city enough, but we must deep down because not many of us leave and those who come from elsewhere end up staying too.



*Wellburn catch up with  
BBC's Match of the Day chief  
commentator **Guy Mowbray***

**You have worked and lived in the north  
east. Where are your favourite places?**

The coast springs to mind immediately. From Craster and Bamburgh in Northumberland down to Bridlington in East Yorkshire I don't think there's a stretch of coastline that I haven't visited and enjoyed, and whenever there's time for a family day out we're almost always drawn to the sea.

**Have you ever been starstruck by any  
sportsman you have met?**

The most star-struck I've ever been at a game would have been the 1998 World Cup final, which I somehow got chosen to do for Eurosport aged just 26. About 40 minutes before kick off I turned to see Pele sitting

**“My wife still  
thinks it's funny  
that I converse  
often and easily  
with the likes of  
Gary Lineker.”**

behind me, ready to commentate on the game for Brazilian TV. My wife still thinks it's funny that I converse often and easily with the likes of Gary Lineker.

**Who do you love interviewing?**

Anybody who treats you with a bit of professional recognition and who actually doesn't mind talking themselves. For most sportspeople it's a side of their profession that seems to be a bit of a chore. If we're going to do names, I never mind a pre or post match chat with the likes of Tony Pulis, Alan Pardew and Rafa Benitez.

**What have been your worst ever  
interviewees & why?**

The sore losers – of which there are many. I had an interview with a particularly difficult Louis van Gaal after Man Utd lost at Chelsea a couple of seasons ago which drew a fair bit of attention, but I actually didn't mind old Louis that much! It's never easy interviewing the non-English speakers through an interpreter either. They're probably the most testing ones.

**Which ground do you get the best  
welcome?**

For obvious reasons it has to be Sunderland. I always see a lot of friends and familiar faces and it feels more like a day out than work there more than anywhere else. I have to mention Newcastle United too though.

**What has been the proudest moment  
of your career so far?**

Keeping going. That's it really. It's so non-stop that I've never really paused to think about it. I suppose I should say the 3 World Cup finals that I've covered – or FA Cup finals for the BBC. I actually think that it might be getting the chance to play at the likes of Wembley, the Etihad, the Stadium of Light and of course Bootham Crescent. In my early days covering Sunderland, I played in a match under lights at Roker Park, and was complemented on my midfield performance by Peter Reid. That was like closure on the frustrations of my boyhood dream!

**What ambitions have you left to achieve?**

Simply to stay happy and healthy. That will mean all is well in work and at home. Nobody can wish for more than that. Who knows what's around the corner?



**— SINGING  
IN THE RAIN —**

A selection of pics from The Forever Young Music festival, held at Grimston Court in September. The rain came down, but even that couldn't dampen the spirits. We had a huge turnout and we'd just like to thank everyone who made the effort, including special mentions to all the performers, on the day helpers and companies who provided their help and services.  
What a brilliant day!



# MY STORY

**Liz White**, one of Grimston Court's youngest residents, recalls her two very special night's at the York Barbican



Whether at home, in the car, or training to be a nurse, the radio would always be on in the background. Liz always thought radio was better than anything on television.

Growing up, she listened to David Bowie and Carole King, but her favourite was Roxy Music's stylish frontman, Bryan Ferry. It wasn't until after she was diagnosed with dementia, that she unexpectedly ended up spending some time in his company.

When Liz's daughter Emma, saw that Bryan Ferry was coming to perform in York, she knew straight away, that she had found her mum's perfect Christmas present.

A sell out crowd filled the Barbican, as Liz enjoyed front row seats, dancing and singing along to every song. Dementia may have taken numbers, names and song titles away from Liz's memory, but when Jealous Guy and Let's Stick Together played, she remembered every single word. But it was after the show, when Liz had the opportunity to meet her hero, for a chat and a photo, that completed a dream evening.

A year later, the same venue would provide Liz, with another dream evening.

Liz had always enjoyed singing around the house, but never had the opportunity to perform in front of a crowd. That was about to change.

Liz had joined a new exciting initiative called, 'Here and Now Dementia' in York. She joined their choir, called Vocal Flourish, who's ethos is that the choir, is made up of people who 'live with dementia but sing without it'. Liz couldn't believe her ears, when she was told they'd be performing at the Barbican, for a charity concert. A Night To Remember with dementia choir Vocal Flourish.

On the night, the crowd were spellbound and silent as the choir, who's oldest singer is 90 years old, anxiously looked out onto a sea of faces. An uncomfortable pause seemed to last forever, before they started together as one, under the expert guidance of their conductor Ruth McCartney.

As they sang the final line 'if I can just believe in me', a wave of joy and celebration washed over the auditorium, as tears of joy and pride rolled down the faces of both performers and audience. It's nights like these, we hope, are unforgettable. ■



## The woman behind the story

Elizabeth White was born in March 1953, and grew up in the Linthorpe area of Middlesbrough. As a child, Liz was always naturally caring with people, so it was no surprise to her family, when she decided to study to become a nurse. After qualifying, Liz went on to work in care homes. After marrying and having two children, the family moved to York in 1980, and she went back to work. Liz was the very first nurse to work at St. Leonard's Hospice, when it opened its doors 31 years ago. Later she would move to Woodlands, to help people living with multiple sclerosis. Her final posting, before retirement, was in a role that enabled her to help young students, with learning disabilities, access the curriculum at York College. Throughout Liz's life, her main goal has been to give people the care and support they deserved. Five years ago, Liz was sadly diagnosed with young onset dementia, which meant after a lifetime of caring for others, it was now Liz that needed some of that care and support. And there's no more deserving of it, than our Liz.

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