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The WellburnPost

WELLBURNFRIENDS

Issue 7 • Spring 2017

FREE

HAIRY BIKERS

*A delicious soup
recipe, from our
favourite TV chefs*

LOCAL TALENT

*A partnership
with global artist,
Mackenzie Thorpe*

THE THIRD AGE ECONOMY

*We take a look
at how the UK's ageing
population, is changing
the social landscape.*



THE MAGAZINE FROM

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WELLBURN
CARE HOMES

2017 FACES

HANDS UP WHO WANTS TO BE PART OF SOMETHING ENORMOUS

Sign up to raise £100 in 2017 to support local disabled and disadvantaged children.

metroradio.co.uk/faces
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EDITOR'S LETTER



Welcome to our Spring edition of The Post. Our seventh issue is packed with lots of interesting stuff, including news from around our homes, our communities and our region.

We bring you news of our exciting new partnership with world renowned artist, Mackenzie Thorpe (pg18).

We have more alternative gifting ideas, from around the internet, in 'My Basket' (pg17).

As usual, we've reviewed some of our favourite literary offerings, and have three brilliant books for you to discover and enjoy. And of course, some brain teasers to keep the cogs turning (pg16).

We also explore the changing social landscape of the UK, in our cover feature. 'The Third Age Economy', examining the impact an ageing population is having on our society. And it makes for fascinating reading (pg10).

Our favourite TV chefs, The Hairy Bikers, bring us their latest delicious recipe. (pg21).

So 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

Since 2012, we've invested more than £4 million in building work and refurbishment, throughout

our 14 homes. Investment in this area is something we pride ourselves on and is pivotal to our continued success.

The Wellburn Post

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STREET TALKING

In the Community

Part of the fight against dementia, is raising awareness. So when Wellburn approached Forrester Outdoor Media, to see if they'd be interested in a collaborative advertising campaign, their Managing Director, Marc Keenan was more than happy to get involved.

Working with the ad company, we developed a series of large scale billboard ads, with thought provoking messages and striking images.

The ads were specifically designed, to be simple but powerful, and the goal was to grab the public's attention, inviting them to share what they were seeing on social media. Location was also key, with the first ad taking advantage of one of the top prime ad locations in the North East, just outside the Centre for Life.

Wellburn's Rachel Beckett explains the approach, "Our aim with our interactive #deardementia campaign, is to help remove the stigma surrounding dementia, raise awareness



and to start a conversation off. Without Forrester Media's invaluable support, and prime placements of the ads, we'd have struggled to generate the same impact the campaign has already had."

Marc Keenan added, "We're learning more and more about this condition, which is affecting so many, and we were only too happy to lend our support to such an important cause."

The aim, is to reach hundreds of thousands of people in the coming year, with ads appearing in prime high footfall locations in Manchester, Glasgow and Edinburgh.

Keep your eye out for our ads and please, get involved and interact. RB

**APP'Y DAYS**

Activities

Technology has been at the forefront in one of our care homes. Proving there's more to our activities, than wall to wall Vera Lynn or shouting "House" when Bingo is in full swing.

Sarah Fearn, Activities Co-ordinator at our Rosevale care home in Wigginton, stumbled on something over the Christmas holidays, that has revolutionised how our residents interact with new technology.

After watching how her 6 year old son, interacted with his new virtual reality headset, exploring virtual environments, such as

rollercoasters and diving amongst tropical fish with ease, it got her thinking. Could this technology be transferred across to our residents? And how would they respond?

Some residents were concerned about strapping an unfamiliar device to their heads, but after a little gentle support and persuasion, Sarah soon realised the results, would exceed her expectations.

The principle of fostering technology to benefit our residents, was a remarkable experiment. Watching how they interacted, responding in the same joyful way her son did, was exhilarating for Sarah and her colleagues. Plans are in place to further it's use, across all of our homes. LC

We're proud of our dedicated team and recognise the importance of job satisfaction.

We constantly invest in specialist training, to make sure our staff are happy and able to provide care that's second to none.

**OPEN DAY AT EIGHTON**

Refurbishment

We've been investing a lot of money and love into our Eighton Lodge home. Working hard to transform the living spaces with a complete refurbishment and naturally, we wanted to show it off.

We recently held an open day event, with a day of fun and celebration. Guests were greeted with canapes and drinks. It was a fantastic day and the atmosphere was superb.

Guests included members of the Teams Community Centre, who have a great working relationship with our staff and residents from Eighton. Residents from our Glenholme House and Wellburn House homes also attended, along with family members and visitors from the local area. There was plenty of singing and dancing, with performances from the fabulously talented singer, Sam Holden, with all the residents and guests joining in. For lunch, a delicious hand made buffet, was served with fresh pastries,



quiche, salmon, sandwiches and the most beautiful cream cakes. The cooks did a fantastic job, with some seriously satisfied guests.

All in all, a fantastic day and a huge thanks to everyone involved, from staff who helped put on the event, to our wonderful residents and guests, who made the day so special. We're extremely proud of the refurbishment work we've done, and our residents and staff deserve no less. LC

THE HARD WORK IS PAYING OFF

CQC Inspections results

Our Garden House Care home in Berwick, and our Heatherdale Care home in Morpeth, were both recently visited by the Care Quality Commission.

As standard practice, the visits were unannounced. Both homes received a 'Good' rating, and were highly praised by the CQC and their inspectors.

We continue to strive for 'Outstanding' ratings in all of our homes, so the hard work we've been doing since the new management team took over, will continue. The Care Quality Commission's Chief Inspector, Andrea Sutcliffe, takes part in our Q&A session on page 20. RB

TIME FOR A CUPPA

Charity activities

Staff and residents at our Eighton Lodge Care home, recently took part in a fundraising afternoon, for a cause very close to our hearts.

"Time for a Cuppa 2017" is a brilliant campaign, by Dementia UK. A cause that amongst other things, aims to help provide more Admiral Nurses, for people facing dementia. The afternoon was a total success. With many cups of tea and even more valuable pounds raised in the process. A fantastic and successful afternoon. For more information, visit: www.dementiauk.org LC

IN FOCUS**STAR OF THE YEAR**

Staff initiative

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. All monthly winners and runners-up are automatically entered into our 'Star of the Year' award.

We're thrilled to announce, this year's winner is Natasha Peebles, Team Leader at Glenholme House. Natasha picked up the winner's trophy and £250.

Throughout the year, Natasha has faced a number of challenges, but dealt with them, with incredible professionalism, kindness and selflessness. Natasha's response to saving a residents life, sums up her attitude, "I just did what I've been trained to do. Anyone would have done the same. It's just part of my job and my working day."

Like all heroes, Natasha played down her miraculous effort, with such humble and honest reflection. We couldn't have wished for a more deserved winner. Well done Natasha. RB





ACTIVITIES AND EVENTS

We invest over £200,000 a year on social activities and events, across all of our homes. Ranging

from bingo nights to summer fairs. We actively encourage family members and the local community to get involved too.

IN SHORT



RADIO WAVES

Out and about

Once again, we took part in Metro Radio's fantastic 'cash for kids Mission Christmas' campaign. They do a brilliant job, raising hundreds of thousands of pounds, for our regions most vulnerable and needy children. We were honoured, when Metro Radio, invited us to a thank you breakfast and guided tour at the radio station. A superb cause and a great team of people. We're already looking forward to raising more money for them. LC



PADDY SHACK

Entertainment

Our homes celebrated St Patrick's day in style this year. With a whole host of parties, quizzes, Irish music and of course, lashings of Guinness too. After all, it would be rude not to. Family and friends joined in the fun and the atmosphere across our homes, was superb. Just another 11 months to wait for the next one. Not that we're counting of course. LC

EAT, DRINK AND BE HEALTHY

Activities

Here at Wellburn, we understand more than most about the importance of nutrition and hydration. In later life it becomes even more important, which is why we threw our full support behind this years Nutrition and Hydration Week. Running a range of different events in our homes from worldwide tea tasting, fruit kebab and lemonade making, to food demonstrations. To find out more about Nutrition and Hydration Week visit: www.nutritionandhydrationweek.co.uk RB



A TEAM EFFORT

In the community

We love nothing better, than getting ourselves out and about, in our community. And often, when it's a good fit, we like to get a little more involved. This season, we've sponsored Stocksfield under 9's Football Club. A recent opposition manager told us, "They've got a brilliant attitude, faultless manners and great amount of talent and commitment. They're a credit to you and our League." An excellent partnership, and we're proud to have our name on their shirts. Well done team. RB



MIND OVER MATTER

Active Minds

For the last couple of months, our Ryton Towers Care Home, have been trialling out a range of products from the company Active Minds.

Since 2010, Active Minds have been researching, designing and developing activities to improve the quality of life for people living with dementia. They primarily create positive, mindfully designed, human-centred activity products and games to help people lead active lives.

Ryton Towers Activity Co-ordinator Joanne Stewart, had used Active Minds products in her previous job, and couldn't wait to use them

again with our residents. The box we're trialling, includes aqua paints, chatterbox cards, magnetic jigsaws and giant jigsaws.

These activities are specifically designed, to help and encourage group interaction as well as improving coordination, memory and confidence.

Active Minds has recently supplied another box to trial, named the scentscapes box. Designed for people with mid to late stage dementia, it involves listening to the soundscapes, whilst smelling the scents. Used to evoke memories it is a brilliant activity for people with dementia.

So far, the trial has been a huge success with residents and staff. To find out more about Active Minds, visit: www.active-minds.org LC



RESIDENTS FUND

We have many initiatives throughout the year, to raise money for our resident's

fund. Our not for profit tote bags, for example, are available to purchase from all our Homes. Every penny raised is used to enrich the lives of our residents.

MOVE ON UP

Staff news

As an employer of hundreds of staff, nothing gives us greater joy, than a good old fashioned success story. We work hard to provide all of our staff the opportunity to grow, develop and fulfil their potential.

Charlene Wrigglesworth is a perfect example. She joined our Rosevale Care home, back in 2005 as a Domestic. It didn't take her long to realise, she wanted a more hands on role with the residents.

With our help and training, and her unquenchable positivity, Charlene worked her way up, from Care Assistant, to Team Leader, gaining all the relevant qualifications along the way.

From her Team Leader role Charlene was promoted to Deputy Manager and then finally promoted to Home Manager in December 2014.

Working in the home at every level, has given Charlene an invaluable perspective and she is now a leading light in our company. An example to all of us, and we couldn't feel more proud of her. LC



IN FOCUS



PICTURE THAT

Contributors

Launching our first issue, we started off with minimal content and pretty much generated every bit of it ourselves. But since those small beginnings, we're now onto issue 7 and we've had some fantastic contributors.

From BBC TV Directors, to Match Of The Day commentators. And in our last issue, we welcomed our favourite tv chefs, The Hairy Bikers on board as regular contributors.

In this issue, we couldn't be happier, to welcome Mackenzie Thorpe on board. The North East born, world renowned artist, is giving up some of his valuable time to work with us and our residents, holding a number of creative workshops.

Mackenzie has brought his energy and passion to our homes, in his own inimitable way. You can read more on the project on page 18. MC



TALKING DEMENTIA

Wellbeing

In partnership with Equal Arts, and organised through the Tyne and Wear Care Alliance, our Ryton Towers Care Home, has been hosting drop in Dementia sessions.

The aim for the drop in sessions, was to provide the local community, with an environment to discuss and talk openly about dementia. It was also a great opportunity, to gain access to professionals in the industry, to find out ways to better understand and live with dementia.

The invitation was open to all, and the turnout was extremely encouraging. Sharing stories and experiences, really does have huge benefits. LC



SHARING THE LOVE

Seasonal activities

Valentine's Day. The day of love, but for some, it's a day without hearts and flowers. For many, it's a day of being reminded of our single status or love lost.

So, to make up for it and show that love, in the form of compassion, is all around us, our Eighton Lodge care home, sent out special invitations this year. Via cupid's arrow, they invited their friends from Callendar Court in Gateshead, and spread the word of love.

With a special afternoon, involving a three course lunch, singalong and most importantly, great company. Laughter and stories were shared as the wine flowed, beneath heart shaped balloons.

Eighton Lodge and its wonderful team, once again showing just how important community spirit is. If passion wasn't flowing, the compassion shown, more than made up for it, as our resident's and guests shared an unforgettable day. LC

DECK THE HALLS WINNER

Seasonal activities

Last year we introduced our very first 'Deck the Halls' competition, across all of our homes. With each home being asked to festively decorate their home. This year, we're pleased to announce our winning home was Heatherdale. They pick up the now coveted 'Deck the Halls' trophy and £250, to go into their residents' fund. Runners up Ryton Towers in Gateshead and St George's in Washington, both received £50 to go into their residents' fund. Massive well done to all our homes for their efforts once again. Until next year... RB



MAKING FRIENDS

– In our community

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....

ARTS AND MINDS

Wellbeing

Recently, we've struck up a great friendship, with Gateshead charity Equal Arts.

Providing creative activities for older people, Equal Arts aim is to share good practice, throughout the care sector and beyond.

One of the ways they do this, is by offering support and training, to Activity Co-ordinators and other key care staff. Ensuring staff understand the importance of and arm them with, the ability to provide creative activity in everyday life in care homes. We've been working with Equal Arts, to help build confidence, skills and creative approaches, within our staff. With training sessions exploring creative approaches, involving music, dance, storytelling and multi-sensory visual arts.

They also encourage our team, to look at ways to get other local cultural organisations involved. To promote and support good practice including intergenerational work. Wellburn's Group Co-ordinator, Joanne Stewart, is overseeing the



staff training sessions, and she's already seeing the benefits of the relationship, "After securing places for my team, with Equal Arts, I'm already noticing the difference it's making. It's been a real eye opener for myself and my team. We've discovered many new ways in which to harness creativity, in ways that bring real tangible benefits to our residents." Joanne goes on to say, "A lot of what we're learning and taking back to the homes, is proving very useful in areas such as wellbeing and especially for those with early dementia. Our partnership with Equal Arts has been brilliant, and extremely valuable." For more information, about the charity visit: www.equalarts.org.uk LC



THE BIG SCREEN

Out and about

We're really proud and excited, to be part of something special, that's happening at York City Screen, the cinema house in York.

When they approached us to help out with their latest community initiative, it was so close to our hearts, we jumped at the chance. The Dementia friendly screenings initiative, was the brainchild of York City Screen's, Associate Manager Cath Sharp.

The screenings have been a huge success. Bringing the dementia care community together, the screenings not only offer the opportunity to

take in a movie, but a space for families, friends, clubs and care staff to meet, share common ground and openly discuss, dementia related issues and topics.

All of our care homes in York, Grimston Court, Rosevale and St.Catherine's, have been involved from the start. Not only by helping to bring the dementia care community together, but getting stuck in on the day, serving biscuits and drinks.

These afternoons are about so much more than the featured film-they're about sharing the experience of dementia, together. The audience get's to pick exactly when the film starts, what films they show. Proof that living with dementia or not, our residents' opinions matter. LC

There's no doubt about it, our sector currently finds itself planted firmly under the spotlight. The Care Home industry, is in many ways at a crossroads.

As with a lot of industries and sectors going through change, there isn't a quick fix and the waters ahead won't always run calm. Some of the problems were identified and flagged up years ago. Some of course, are to a certain extent, self inflicted too. Poor standards and neglect of duty, from a proportionately small minority of Care Home companies, haven't helped the public's perception of our industry.

Funding though, or lack of it, is without doubt the biggest issue our industry is facing. Even as I sit at my desk, writing this Agenda, the morning papers and news channels are awash, with a new wave of negative or positive press, (depending on whether or not, the issues raised cause a positive and pro-active reaction from all concerned). Local Government Associations blaming 'historic under-funding' and an ageing population. Government countering, with the argument that they're ploughing billions into local care year on year. £9.25bn in the last year alone. Is this enough? Is it being used properly? Is it finding it's way to the right people?

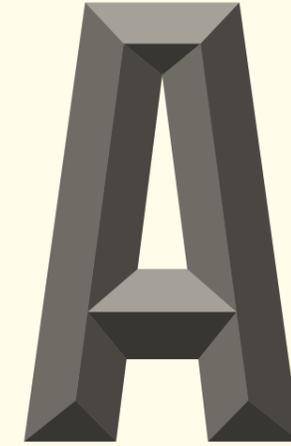
One thing is for sure though, the figures show the enormous strain us care providers are under, and emphasise the urgent need for a long-term, sustainable solution to the social care funding crisis.

The Centre for Workforce Intelligence estimates at least two million more carers will be needed by 2025 in England alone, in both in home care and care homes, to cope with growing demand. Interestingly, we've covered the subject of an ageing population in our cover feature (page 10). And it makes for provocative and interesting reading.

As Managing Director, one thing is glaringly obvious to me. Things need to change and we have a collective responsibility to help make it happen.

Questions about funding are not exactly new news, but there's only so many times that particular drum can be beaten.

Stack this up against drums being beaten



"THINGS NEED TO CHANGE AND WE HAVE A COLLECTIVE RESPONSIBILITY TO HELP MAKE IT HAPPEN."

from the education sector, the National Health service and many other sectors at an equal crossroads, and the sound is becoming deafening.

The temptation for us, as care home providers, is to simply switch emphasis away from local authority funded residents, and concentrate on the privately funded.

A troubling thought. Ever since my father and founder of Wellburn Care Homes, opened up the doors to his first care home, we've built up a deep rooted sense of community, and a responsibility to serve those communities our homes are in. Many of which are made up of both private and local authority funded residents. Current and future. We have an inclusive policy, that goes beyond just words. We believe everyone, no matter what their circumstances and backgrounds, deserves the right to be cared for when they need it.

We're for one, working hard to promote positive, action led conversations on the subject. It's an extremely difficult conversation, an emotive subject, but burying our head in the sand is not an option. The clock is ticking.

Internally, as a company, we're looking at innovative ways to help too. Working with families of existing residents, for example. Offering impartial financial advice about their future, encouraging their own financial planning is just one of the ways in which we feel we can make a difference.

So while we wait for the powers that be, to get a grip of the situation at large, we'll quietly and effectively continue thinking, innovating and caring about our futures and our communities.



AGENDA

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



THE THIRD AGE ECONOMY

Falling birthrates and lengthening lives is beginning to radically change the landscape of the UK. The Third Age Economy is here. But what does this mean for our society?

According to Age UK, there are over 15 million over-60s, almost 25% of the population, in the UK. Some have plenty of money to spend, others are anchored in poverty, but all share needs, interests and challenges that culturally and commercially are already changing the shape of society – often without us even being aware.

In numbers

Before we discuss the effects this changing demographic is already having on our society, it's important to take a look at the numbers. Some of which, may prove surprising.

On current trends, from now until 2037, while the numbers of those aged 15 to 64 in the UK will grow on average by 29,000 a year, the numbers of people aged 65 and over will rise by 278,800 a year, according to the thinktank International Longevity Centre. That includes an expanding slice of the 'oldest old', those aged 85-plus.

The World Health Organisation estimates that globally, for the first time in history, the number of people aged 65 and over will, by 2050, outnumber

children aged five and under. And in developed countries, such as the UK, the numbers will be higher.

The silver economy

Two major factors have aligned to create the perfect storm. An ageing population, combined with the axing of compulsory annuities, with would-be retirees able to withdraw their entire pension pot in one go, if they so choose.

The result is being coined as the "silver economy." Currently, over-65s account for less than £1 in every £5 spent, but within two decades that could rise to £1 in every £4. All of which points to the ageing population having a significant growing influence on consumer spending. And the marketplace is gearing itself up for them. With big brands slowly, but surely, making moves to align themselves to the demographic shift.

Brand appeal

Some have seized on recent pension freedoms to set up new businesses or become buy-to-let landlords. Others are using their good fortune to offer a leg-up to the hard-pressed younger generation,



Previous page: Spend on holidays is on the rise for the over 65's **Top left:** Seniors enjoy a lunch out with friends **Middle:** The means and opportunity to splash the cash **Top right:** Oxo's arthritic friendly kitchen range www.oxo.com **Bottom right:** Amazon's older age friendly packaging

helping children or grandchildren through university and on to the property ladder, passing on a "living inheritance."

But the part that is beginning to cause all the major brands and the marketplace in general, to lick their lips, is that some are finding that they finally have the means and opportunity to splash some cash on themselves. Whether that means cruising the world's oceans on a luxury liner, riding around country lanes on a new motorbike or bungee-jumping off a bridge in a far-flung land is, of course, a matter of individual choice – but the economic power of those who were once considered "past it" can now be felt everywhere. New industries are springing up and existing ones expanding to meet demand from these wealthy and discerning older consumers.

Industries such as travel and tourism are a major beneficiary of the Third Age Economy. The hotel and travel sector benefitted from the silver pound to the tune of £37bn last year. But according to a study by Barclays Corporate Banking, it missed out on a further £16bn by failing to properly target older consumers.

Three-quarters of the sector had no

plans to offer products and services targeting the over-65s, with too many prioritising the 34-44 bracket instead.

This looks short-sighted, given that older people have seen their spending power surge, leaving the young trailing in their wake. The amount the under-30s spent on consumer activities fell dramatically in the first 10 years of this century, while the over-65s spent significantly more, according to the IF (Intergenerational Foundation).

The under-35s now spend £922m a year less on overseas travel than a decade earlier, for example, while the over-65s spend £1.3bn more.

There is a similar pattern across cinema and theatre trips, eating out, car buying and luxury spending. All major brands are beginning to feel the seismic shift.

Leading by design

It seems that the marketplace isn't the only place adapting to the ageing population. Design trends are also evolving and adapting.

Products and services are already being covertly adapted to suit an older population. Amazon has spent heavily



“THE AGEING POPULATION IS A SEISMIC SHIFT, AND IT'S GOT MARKET PLACES AND MAJOR BRANDS LICKING THEIR LIPS”

on redesigning it's packaging to be more age friendly. Google increased the size of its entry box. Oxo created tools for the arthritic, that were aesthetically pleasing enough to appeal to all. Ueshima, a chain of coffee shops in Tokyo, has sturdier chairs, wider aisles, lower tables and bigger print on the menus.

The landscape is changing, with common sense ideas to aid an ageing population, being considered more readily and questions are being tackled. For example, bath rails reduce falls, yet aren't standard fit in new build homes. Plugs are being developed, that change colour when the water is too hot and empties the bath to avoid flooding.

Marketing on issues we've previously

shied away from, such as ageing and vulnerability, is now a thing of the past. The silver pound and the Third Age Economy has forced the issue.

A changing social environment

As we age, perception, cognition and control of movement are all affected. Our sense of taste and smell diminishes, factors that could influence the design of a restaurant, for instance. The solution is not an exclusive ghetto, such as the "senior" gated villages of the past, but a design for life for those growing older that also includes the young.

Accessible cars that drive themselves, for those with failing eyesight, the seat that stops the engine if the passenger is



having a heart attack and the self-parking car, are all in real-time development.

Another example in real-time development, is responsive street furniture, with bollards that "talk" to guide older people on their way.

The days of an increasingly ageing population are here. It's a reality we'll face together as a society. Brands will spend more time and money changing their market appeal, product and social design will begin to take new shapes. Things will change. The generational gap may become more interlinked, sympathetic and understanding.

One thing is for sure, the landscape is changing. And it's turning a brilliant shade of silver. ■



NOW & THEN

Castle Keep is a permanent reminder of Newcastle's history and heritage, but thanks to local photographer Pete Robinson's 'Time Travel' collection, we get to see and experience yesteryear memories, like never before. Showing life how it was and how it is today, in a series of unique images.

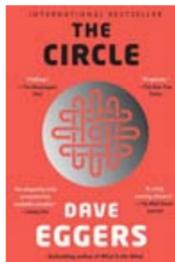
To see more of his 'time travel' collection, or to buy limited edition prints, visit his website:

www.eyeofthetynephotography.co.uk

SEND YOUR CONTRIBUTIONS OR IDEAS TO: THEWELLBURNPOST@WELLBURNPOST.CO.UK

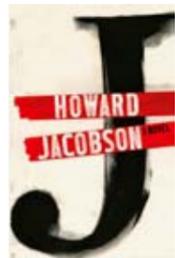
Readers CORNER

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



THE CIRCLE

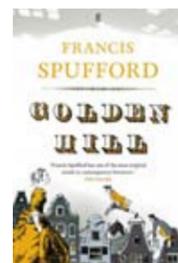
by Dave Eggers
★★★★★
Dave Eggers ingenious thriller, is the most on-the-money satirical commentary on the early internet age. It's both plausible and unnerving. The novel is set around The Circle. A business that runs everyone's internet activity on one easy, safe and visible place. When Mae Holland lands a job there, she quickly discovers the sinister truth at the heart of an organisation, seeking to remake the world in its image. Addictive reading. MC



J: A NOVEL

by Howard Jacobson
★★★★★
You'll be hard pushed to find a piece of contemporary fiction, that's a subtle, topical, thought-provoking and painfully uncomfortable as Howard

Jacobson's offering, J: A novel. Set in the future, in a world where the past is a dangerous country, not to be talked about or visited. A love story of incomparable strangeness, that's both tender and terrifying. Devastatingly brilliant and a must read. MC



GOLDEN HILL

by Francis Spufford
★★★★★
From the painfully uncomfortable, to a novel of such joy, it will leave you beaming from ear to ear. Set in New York, in the middle of the 18th century, a charming and handsome man arrives fresh off the boat from England. A young man with a fast tongue, who is looking to reinvent himself, find love, but ends up finding a world of trouble. Follow him through every tantalising twist and turn, for an intoxicating literary journey. MC

Interested?

All books are available to order online at Amazon.co.uk
If you've read a book that you'd like to recommend for book corner, please let us know: thewellburnpost@wellburncare.co.uk

Crossword and Sudoku answers on page 4

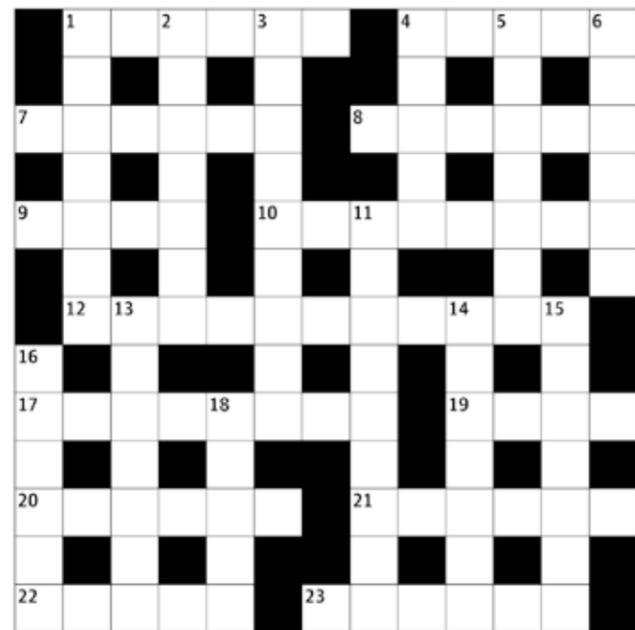
CROSSWORD

ACROSS

- 1 Game played in a court (6)
- 4 Renowned (5)
- 7 Winner (6)
- 8 Altercation (4-2)
- 9 Two-masted square-rigger (4)
- 10 Components of a computer (8)
- 12 Plants painted often by Monet (5,6)
- 17 Move forward (8)
- 19 Following proper procedure (4)
- 20 Difficult — annoying (6)
- 21 Home help from abroad? (2,4)
- 22 Sister's daughter (5)
- 23 Soft breeze (6)

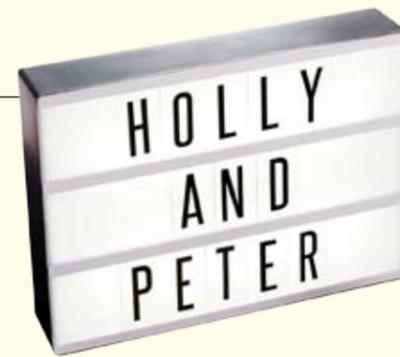
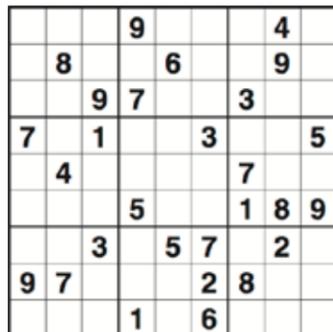
DOWN

- 1 Run-down part of a US city (4,3)
- 2 Tensely repressed (7)
- 3 Additional cost (9)
- 4 Discovered (5)
- 5 Flammable gas, CH4 (7)
- 6 Spruce (6)
- 11 Restore to a former condition (9)
- 13 Follower (7)
- 14 Comprehensive and thorough (2-5)
- 15 Tommy Atkins or GI Joe? (7)
- 16 Exactly right (4,2)
- 18 Series of mountains (5)



SUDOKU

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



£14.95
Customisable Cinematic Lightbox
Idyll Home

Fantastic fun A4 size cinematic light box. These battery operated light boxes come packed with lots of letters and some symbols so you can change your message as often as you want to suit your mood. Awesome!
available at: www.notonthehighstreet.com



£8.95
Blue Baltic Mug
The Baltic

Ahhh, put the kettle on, and make a nice brew. And if you're feeling all nostalgic about our lovely region, then what better way to do it in style, than with this fabulous mug. Drinking tea is fantastic. Baltic building is fantastic. Drinking out of a mug emblazoned with Baltic is a matter of North East pride.
available at: www.shop.balticmill.com



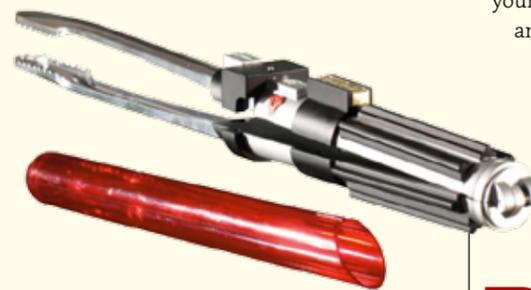
£6.99
Take a Break Emergency Food Tin
IWOOT

The perfect place for your secret stash of biscuits, the Take a Break Emergency Food Tin, makes for a brilliantly quirky lunch or food storage box.
available at: www.iwantoneofthose.com



£2.99
Bingo cushion cover
FoxyFoxy

For all those bingo fans out there. Relax and get comfortable with a cushion, covered in your favourite pastime. A good addition to any home. Or should that be HOUSE!
available at: www.etsy.com



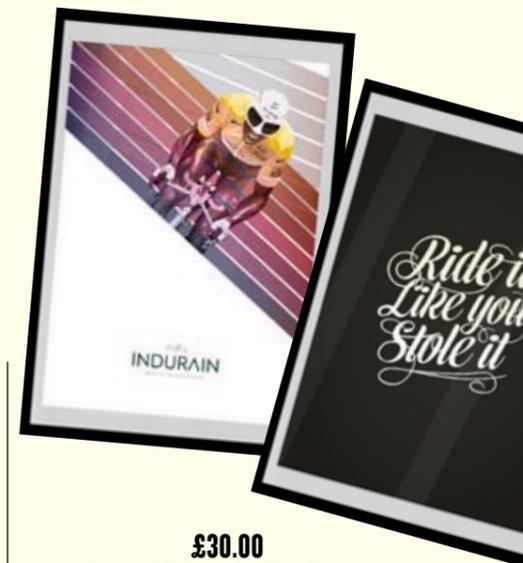
£12.99
Star Wars lightsaber BBQ tongs
Menkind

For all you Star Wars fans out there, these BBQ tongs, shaped like Darth Vader's very own lightsaber, is just for you. With heat-proof plastic handle and realistic lightsaber sound effects. BBQ's will never be the same again! May the sauce be with you.
<http://www.menkind.co.uk/>

MY BASKET

THE BEST OF GIFTING Nº2

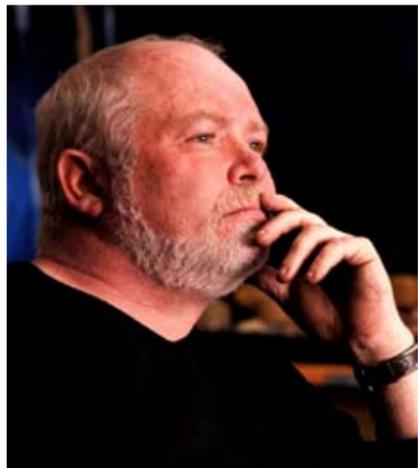
We've put together a collection, of things we've seen online. From the luxurious, to the quirky. Whether it's for yourself or a present, this lot will get you thinking!



£30.00
Limited Edition Cycling Prints
Hitting The Wall

These limited edition, hand numbered, cycling prints are the perfect gift for fans of cycling. With a whole collection of different prints to choose from, there's something for everyone.
available at: www.hittingthewall.co.uk

- The collection:
- 01 Mackenzie Thorpe
 - 02 Family
 - 03 Home time
 - 04 Morning snow
 - 05 Back on the job
 - 06 Roseberry Topping



01 02



LOCAL TALENT

Mackenzie Thorpe

Artist

Preface

Middlesbrough born Mackenzie Thorpe is an award-winning artist. His unique style and subject matter, has gained him global recognition. Along the way, he's picked up notable commissions from the likes of HRH Queen Elizabeth II, and was also awarded an Honorary Doctor of Arts degree, from Teeside University in 2010.

Mackenzie Thorpe is an artist whose unique and distinctive work is exhibited and collected in galleries across the world.

His journey towards becoming an international artist, exhibiting worldwide is by anyone's standards compelling. With roots in the North East of England, Mackenzie has pushed through circumstance and social barriers to achieve an impressive and accomplished artistic career.

Suffering from severe dyslexia, school did not provide a thriving environment for the young Mackenzie. However, the industrial environment and people of his upbringing remain a feature and inspiration within much of his work.

Following study at his local college of art, Mackenzie moved to London to study at art school. After qualifying, he returned to Richmond, North Yorkshire, opening an art supply shop, with his wife Susan, from which he began selling his own work. His

challenging and different depictions of square sheep surrounded by vast panoramic skies, giraffes, screaming heads, Northern industrial scenes, challenged many.

Yet, despite initial reservations, the response, regard and considerable interest in his work grew, gaining more and more attention not only in the U.K. but America.

Since then, he's never looked back. And if he does, it's only to make sure he doesn't forget his roots. His beloved North East. Even as an international artist now working from his studio in Brighton, Mackenzie has always kept his ties with the North and stayed true to his roots, which is reflected in the work he creates.

So when the opportunity, for Wellburn to strike up a relationship with Mackenzie and his team came about, we understandably jumped at the chance.

Our Nightingale Hall care home in Richmond, has been leading the way, working hard with the Mackenzie Thorpe



03

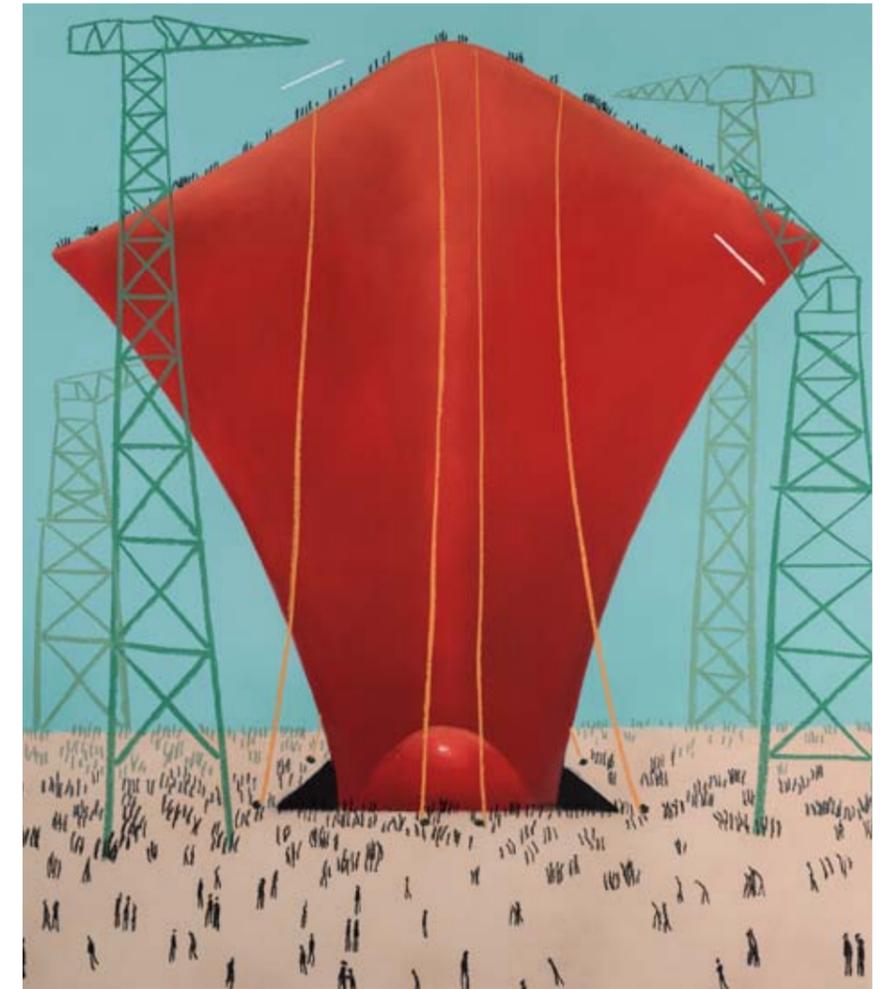


04

team at the Arthaus Gallery in Richmond, to formulate a partnership, that would bring significant benefits to our activities programme.

Staff from Nightingale Hall recently visited the Arthaus gallery, with some of our residents. Meeting the team to discuss how we could work together, experiment, try new activities and create events based around the medium of art. The meetings have been inspirational, with so many exciting ideas, that in time, will hopefully be realised. To our immense delight, what has been agreed already, is that every month, the Mackenzie team are going to be supporting Nightingale Hall to host a different interactive event.

First up, will be a play, entitled 'The D Day Dodgers'. A play that was the inspiration behind Mackenzie's new collection, of the same title. For more about the play, the art and the Nightingale Hall project, visit: www.mackenziethorpe.net/the-d-day-dodgers



05



06

What did you want to be when you “grew up”?

I had no real plan, I knew I wanted to do something that would make a positive difference in people’s lives, I just didn’t know how. I’m very lucky to have the perfect job for me, though some might question whether I have truly grown up, even now.

How did you become Chief Inspector for the CQC?

I’ve had a 30 year career in health and social care, worked at an operational local level and at a strategic national level, managed services, helped set national standards, been a Chief Executive of two organisations and thought this role was an ideal opportunity to bring all of those skills together to make a difference in social care.

What is the best part of the job?

The opportunity to visit some of the services we have rated as Outstanding - they are truly special.

What are the biggest challenges you face?

One of the biggest challenges, is that people rarely love a regulator. Some think we do too much, while others think we do too little. We need to understand all these perspectives, while remaining true to our purpose of ensuring high-quality, effective and compassionate care. We know that at its best social care can transform people’s lives, but in CQC’s State of Care report last year we said we felt it was ‘approaching a tipping point’. A result of variable quality, increasing levels of unmet need, rising demands, reductions in funding and challenges recruiting and retaining staff. However, despite these challenges, I am absolutely clear that we will not compromise on the standards we have set.

What does an average day for you entail?

No day or week is ever the same. This week I have been in London, Leeds and Sheffield. There’s the normal round of meetings internally with the CQC Board for example and my own team. One-to-one sessions with staff and dealing with issues being raised by



*We catch up with The Care Quality Commission’s Chief Inspector, **Andrea Sutcliffe***

“PEOPLE RARELY LOVE A REGULATOR. SOME THINK WE DO TOO MUCH, WHILE OTHERS THINK WE DO TOO LITTLE.”

the public and the press. I also regularly get invited to speak at conferences to explain what CQC does and on top of all of this there’s the never ending torment of my inbox. So my days start early and usually end quite late - thankfully my husband is very understanding and supportive.

What do you feel are the biggest challenges to the care sector in 2017?

Making sure that despite all the problems we continue to focus on good quality care. I worry this can get lost in all the debates about costs and funding. Critically we have to address the difficulties in recruiting and

retaining capable, competent and caring staff - we need to value them, recognise their skills and support their training and development. We also need to continue raising the profile, so that the public, politicians and the press realise what a critical service adult social care is and that the sector and the people who use services deserve their support.

Where did you grow up?

I was born in Bradford but grew up in Darlington. I was two when we moved there and left for university at 18.

What are your favourite places to visit in the North East and Yorkshire?

Durham Cathedral, Whitby, High Force and the surrounding hills in Teesdale. I love the North Yorkshire Moors and the Northumbrian coast and Lindisfarne.

What do you do to unwind after a tough week at work?

I spend time with my husband, sometimes just chilling with him and our cat. I’m lucky to have a great set of friends too, so socialising with them is great. We love the culture of London - So we often take in a play or music gig when we’re there.

What advice would you give a young person just starting out working in care?

Always focus on doing the right thing for the people you support - if you do, you won’t go far wrong. There are some wonderful opportunities for a great career in social care. And finally, just enjoy it.

What changes would you like to see in the care sector in the coming years?

I’d like to see the potential of new technologies explored more. We’ve already seen some wonderful examples of innovative, creative care and it would be great if this could be shared more widely. It enables people to be more independent, safe and just have more fun. That’s just one way we can make care more person-centred, and responsive to people’s needs, which is what I really want to see more of.



CHICKEN & EGG

This delicious recipe, appears in the Hairy Bikers TV Series cookbook, Chicken & Egg.

It’s available now in all good book shops. If you’d like to know more about the Hairy Bikers visit www.hairybikers.com

Cooking with
THE HAIRY BIKERS



INGREDIENTS

- 1.5 litres chicken stock
- 4 chicken thighs or
- 2 chicken breasts, skin on, bone in
- 2 tbsp olive oil
- 1 onion, thinly sliced
- 2 celery sticks, thinly sliced
- 1 red pepper, deseeded and sliced
- 100g quinoa, rinsed & soaked for 5mins
- 2 garlic cloves, crushed
- 1 tbsp Amarillo chilli sauce or similar
- 1 bay leaf
- 1 sprig of fresh oregano
- 1 large sweet potato, diced
- Large bunch of coriander, chopped
- Lime wedges, to serve
- Sea salt and freshly ground black pepper

METHOD

Pour the chicken stock into a large saucepan and bring it to the boil, then add the chicken. Turn the heat down low and simmer gently for about 10 minutes, until the chicken is cooked through. Skim off any foam that collects on the surface, then remove the chicken and set it aside. Strain the chicken broth through a sieve lined with a double layer of muslin or cheesecloth into a bowl, then pour it back into the saucepan.

Heat the olive oil in the same pan and add the onion, celery and red pepper. Cook them over a medium heat for about 5 minutes, just to start the softening process, then add the quinoa. Continue to toast the quinoa until it starts to smell nutty, then add the garlic and chilli sauce. Cook for another minute or so.

Pour the chicken stock back into the saucepan, then add the herbs and season with salt and pepper. Bring the soup to the boil, then turn the heat down and simmer for 15 minutes. Add the sweet potato and simmer for a further 5 minutes.

PERUVIAN CHICKEN SOUP WITH QUINOA SERVES 4-6

Peruvian food is on trend at the moment and super delicious. Even Paddington would have given up his marmalade sandwiches for this tasty soup. When poaching the chicken it’s well worth straining the broth as we suggest. This gets rid of the starchy gunk and gives you a fresher-tasting soup.

Remove the skin and bone from the chicken and cut the flesh into slices. Add them to the soup and simmer for a few minutes to warm through. Taste for seasoning and add more if necessary. Remove the bay leaf and oregano, then stir in the chopped coriander. Serve in bowls with lime wedges on the side.



MY STORY

Albert 'Ernie' Jordan, resident at Whorlton Grange, discovered that you really never quite know, what's around the corner.



If you aren't a true believer in the old saying, 'you never know what's around the corner', then perhaps Ernie's story, will change your mind.

Whilst holidaying in Lagos Portugal, aged 80, Ernie found something he wasn't looking for, love. It was the day he met Margaret Banks. A widow, like Ernie, they were given another bite at the cherry of happiness. They fell in love. After spending some time together on their return home, when others around them, were looking back on their lives, Margaret and Ernie set off on a whole new adventure taking in Sweden, Denmark, Spain and Portugal. Like a pair of young lovers, they were skipping around Europe together.

During a romantic break in Paris, Ernie stood up as the music started.

"What are you doing?" asked Margaret.

"Dancing!"

"You can dance?"

"Watch me."

Unknown to Margaret, back in the 30s, Ernie would regularly venture to the Rivoli Ballroom, in Catford. "That Len Goodman off Strictly Come Dancing was a good

dancer in his younger days. Dancing kept me fit and young- I never bothered with beer." Ernie says with a cheeky smile.

"You'd always turn up a bit late, not wanting to look too keen, and make an entrance. There was some great dancers, far better than I was, but for me, it was always about how it made me feel, not what others thought."

Ernie would take his dance pumps in a bag and change into them. "You could leave your shoes anywhere, safe in the knowledge that nobody would steal them. I loved to dance. It didn't matter who you danced with. There was no jealousy, it was always just about the dancing." Ernie explains.

Ernie still loves to get up and dance. Even at the sprightly age of 96, "I still love to get up. I don't feel 96 years old, but then I don't really know what 96 is meant to feel like. All I know, is that when the music starts, my feet still feel like they're back on that dancefloor in Catford. Rhythm is ageless, and if you feel it, it doesn't matter how old or young you are, it grabs you and makes you feel alive." And who can argue with that? ■



The man behind the story

Albert Ernest Jordan, or Ernie as he likes to be called, was born in 1920 in Brockley, South London. The youngest, with two older brothers and a sister, Ernie had a settled, happy childhood. After leaving school, he went on to join the Army, where he would go on to spend three gruelling years fighting in Burma, and is a veteran of what is now recognised as one of the bloodiest battles in modern times – The Battle of Kohima. TV's history channel Yesteryear, featured him in a documentary called "Narrow Escapes". On returning from the war in 1946, Ernie found solace, after so much brutality, in his new job as a florist. A much welcomed contrast. In 1948, he switched careers again and joined telecoms company, Cable and Wireless. His experience serving in the Royal Engineers regiment, proved invaluable. Ernie loved his time at the company, and climbed up to the highly sought after position of Chief Superintendent. During the war, Ernie witnessed things no person should ever have to, but through sheer determination and a love of life, he went on to live it. To the full.

CITYscreen

Built on the riverside site of The Yorkshire Evening Herald Press buildings, City Screen has three cinema screens, a cafe bar with river views and a live events venue.

There is an eclectic mix of classic, foreign language, independent and new film releases, as well as screenings of live opera, ballet, theatre and Exhibition Screenings.

All public areas of the building are accessible to customers with limited mobility. Headsets and a portable hearing loop are available from Box Office for Audio Description and enhanced soundtrack in the auditoria, and we aim to show films with HOH subtitles twice a week.

Silver Screen

Free membership for customers aged over 60 which applies to all standard films starting before 5pm on a Thursday; tickets cost £6 and include a complimentary tea or filter coffee and of course a biscuit at Box Office.

Dementia Friendly Screenings

Take place on the last Monday of every month at 1.15 with free tea, coffee, biscuits and reminiscence from 12.45 in the upstairs lounge before the film.

These shows enable people living with dementia and their carers to attend the cinema in a safe and comfortable environment, giving them the chance to get out and socialise.

Screenings are open to everyone, but are enhanced to suit the needs of people living with Dementia.

Our staff have become Dementia Friends to help provide support before, during and after the screenings, as well as making our venue generally more Dementia Friendly. Email cath.s@picturehouses.co.uk for info.

Booking & Information

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