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**Venue**

Grimston Court  
Care Home, Hull Road,  
Grimston, York YO19 5LE

**On the day**

No ticket required, with  
free entry on the day.  
£5 for all day parking

# The WellburnPost

WELLBURNFRIENDS

Issue 8 • Summer 2017

FREE

## SUMMER FESTIVALS

*We discover  
some alternative  
summer festivals*

## HAIRY BIKERS

*A socca and salsa  
recipe, from our  
favourite TV chefs*

# 30

WELLBURN  
YEARS

*We show you how to  
create the perfect English  
country garden, and how  
to maintain it*

# GOING WILD

THE MAGAZINE FROM



WELLBURN  
CARE HOMES



# ★ wanted ★

## We need your little knitted hats.

Back in 2003 we had an idea. We asked some older people, and some younger people, to knit little woolly hats. We put those hats on our smoothies, and, for each one sold, we made a donation to Age UK.

This year, we're hoping to put more hats on our bottles than ever before. Which is why we need you.



We're calling all knitters, crafters and creators to help us make this year's Big Knit the biggest Big Knit yet.

For more information on how to get involved and plenty of easy-to-follow designs, please visit [www.thebigknit.co.uk](http://www.thebigknit.co.uk)



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We've scoured the internet, and found some weird and wonderful ideas for Summer.



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As we begin a summer of events to mark our 30th Anniversary, we take a look at what else was going on in the year we launched.

### 21 HAIRY BIKERS

Our favourite TV Chefs bring us another delicious recipe. In this issue, it's socca and salsa.

## EDITOR'S LETTER



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

We discover that the North East offers some really interesting alternatives, to the more well known summer festivals (pg10).

We explore the beautiful English country garden, and offer up all kinds of advice, to help you create your own meadow garden and when and how to plant your borders (pg14).

And if all of that sounds a bit taxing, and relaxing in the garden is more your thing, then we have the perfect selection of books to keep you company, in our book corner (pg16).

As we celebrate our 30th Anniversary, we take a look at what else was going on in 1987, the year of our launch.

Also, 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



SEND YOUR CONTRIBUTIONS OR IDEAS TO: [THEWELLBURNPOST@WELLBURN.CARE.CO.UK](mailto:THEWELLBURNPOST@WELLBURN.CARE.CO.UK)







# IN SHORT



## NO BRAINER

*In the community*

Residents and staff, at our Rosevale home, took part in the famous Haxby and Wigginton's Scarecrow Festival. The annual event, held over the May Bank holiday weekend, draws in crowds of visitors, embarking on a scarecrow trail. With local residents, businesses and the community as a whole, the event aims to raise money for different local charities. Rosevale's offering was a Boxtroll Scarecrow, made out of cardboard, which looked fab. A brilliant day had by all. **HL**



## PIMP MY ZIMMER

*Wellbeing*

Our staff and residents at our Grimston Court home, in York, recently took part in the national 'Pimp My Zimmer' campaign. A fantastic National campaign, that was set up to tackle zimmer related accidents. So far, the campaign has helped reduce falls and accidents across England, by a massive 60%. Our residents pimped theirs, and they looked fab. **RB**

## MOVE ON UP

*In the community*

Back in May, three of our residents from Riverhead Hall, took part in the East Yorkshire Boccia Competition. In conjunction with East Riding of Yorkshire County Council, the competition took place at the Driffeld Sports Centre.

Competing against other local homes, Riverhead walked away with the title of champions and a magnificent trophy to show for their efforts.

As champions, our residents qualified for the Regional Final Competition. On the day of the final, the sun was shining, the temperatures were soaring and competition fever had gripped our competitors and the whole of Riverhead Hall. Residents and staff waved our competitors off and awaited news from the competition.

Competitors had come from every corner of East Yorkshire, with 24 care homes represented. This was next level stuff and our residents could feel the competitive spirit in the sport hall.

Our residents got off to the perfect start,



comfortably winning their first two games. But looking around at other matches, the competition was stiff, with some exceptional play on display.

The next two games both ended in a draw, which meant our residents had to pull something out of the bag for their remaining two games. The last two games would end in defeat and see our residents hopes of lifting another trophy, dashed. It didn't dampen the spirits of our champions, and they left with their heads high. Representing Riverhead Hall with honour and great sportsmanship. A superb experience and one of our residents put it perfectly, "We'll be back to win it next year." That's the spirit. **HL**

## TALKING DEMENTIA

*Wellbeing*

All of our homes have been holding activities and various events, to help support Dementia Awareness Week.

Staff at our Whorlton Grange home, held a Dementia Friends Information Day. The hope was to help raise awareness, and provide information on what it is like to live with Dementia, and how we as a community can improve the lives of those diagnosed with it. Whorlton Grange will be holding another event on the 20th July, with refreshments and entertainment from singer Dave Brewis. The event starts at 1.30pm, and we'd love to see you down there, to show your support. **SM**

## TEA'RIFIC DAY

*Activities*

Whether you put the tea bag in or the water first, making the perfect cuppa, has long been a point of discussion. What isn't, is that a cup of tea remains the nations favourite. So when National Tea Day came around, staff and residents at our Glenholme House home in Sunderland, couldn't help but embrace it. A day of tea tasting, from lemon green, red berry, mint green to Earl Grey. Of course, everyone had their own particular varieties, but by the end of the day, it was confirmed, no matter what the flavour, tea is everyone's favourite. **RB**

## NAUGHTY, BUT VERY NICE

*Activities*

There seems to be a National Day for just about everything now, but some are just a whole lot better than others. To celebrate one of the naughty ones, residents and staff at our Ryton Towers home, embarked on an afternoon of doughnut tasting, to help celebrate, National Doughnut Day. Thanks to our friends at Krispy Kreme in Gateshead, who donated a massive selection, there was plenty of tasting to be done. A very delicious day. To see the selection, visit: [www.krispykreme.co.uk](http://www.krispykreme.co.uk) **SM**



## HITTING THE RIGHT NOTE

*In the community*

Teams Community Centre plays an important part in the lives of residents, at our Eighton Lodge home. Its team of friendly and welcoming staff and volunteers, offer the community an invaluable social hub. One of our residents favourite days to visit, is Sundays. They enjoy a delicious Sunday Lunch, with all the trimmings at the Musical Café. As always, there's a great atmosphere, with singing and laughing par for the course. Our residents really enjoy their day out. Such good fun. **RB**



## CHARITY BEGINS AT HOMES

*Charity activities*

We're proud to announce that we've joined forces with the Care Workers Charity. A charity, that for obvious reasons, is very close to our heart.

Launched in 2013, they were set up as a non-profit charity, supporting the basic welfare of current, former and retired care workers.

There are nearly 2 million care workers in the UK, contributing to one of Britain's largest workforces, and caring for some of the most vulnerable people in our society. Early starts, long hours, mentally draining work; it's all part of the job. But add an injury, illness or other unforeseen

circumstance and all too easily things can take their toll, and push beyond financial limits.

Those of us that work in the care sector make a massive contribution to peoples everyday lives. The Care Workers Charity helps current, former and retired workers in need. Providing an essential service to the thousands that need it every year, the charity really is a rock in times of distress, hardship or struggle, for care workers across the land.

As a charity, they rely heavily on corporate and individual donations, and here at Wellburn, we fully support their cause. To find out more about The Care Workers Charity, or to make a donation, visit: [www.thecareworkerscharity.org.uk](http://www.thecareworkerscharity.org.uk) **HL**

# IN FOCUS



## THE RIGHT PEOPLE

*Staff news*

Here at Wellburn, our recruitment policy is as much to do with personality as it is about qualifications. We need our staff, no matter what level or role they are in, to fit in and be part of the team. Part of the family.

Which is why we've just launched our new recruitment campaign, aimed at attracting only the best people.

The campaign is not only designed to talk to future or potential employees, but also existing staff. A large part of the campaign is based on our new employee pack.

Setting out our principles and clearly identifying what we expect from our team. With a handbook and a brand emotion book, amongst other items, the feedback on the pack has been superb.

Staff and future employees are loving the content, and that can only be a huge positive, when it comes to what really matters. The care and compassion shown to each and every single one of our residents. **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....*

### CREATIVE MINDS THINK ALIKE

*Wellbeing*

We've recently partnered up with a fantastic project, called Creative Minds. A social enterprise and community of passionate artists, who deliver fun and therapeutic art sessions.

The sessions aim to enable people of all ages and disabilities, to explore their creativity and make beautiful art. Our Nightingale Hall home in Richmond, has been taking full advantage of the project, working closely with Lesley Grob.

Lesley has been with Creative Minds for nearly a year, and has been heading up the bi-monthly art sessions at our home. "I arrive with prepared sessions to engage and encourage, the already rich creativity in the residents at Nightingale Hall." Lesley says. "It's a wonderful opportunity for the residents, to come together to create and interact with each other. We're always amazed at the beautiful art that the home produces. Every session is individual and extremely inspiring. Not only do the artists excel but those who have never



painted before have broken through in something new and lasting. "The art sessions are two hours long, and we vary the medium each session. The residents at Nightingale Hall have already created beautiful soft pastel birds, watercolour Kandinsky Circles and acrylic cherry blossom trees.

Nightingale Hall Home Manager, Mike Campling couldn't be happier with the positive effects the classes are having on the residents. "I've noticed excitement and anticipation, before Lesley's sessions. Moreover, we've all seen the lift these sessions give, and it's just fantastic to see." For more details on the Creative Minds project, visit [www.creativemindsan.co.uk](http://www.creativemindsan.co.uk) RB



### PUTTING ON AN EXHIBITION

*Activities*

Residents from our Glenholme House home, recently exhibited their artwork, in the Creative Age Exhibition. The exhibition was held at the Washington Art Centre, and is designed to engage with people living with the early stages of dementia.

The project was in collaboration with Equal Arts and funded by Arts Council England. Creativity plays a vital part of therapy for dementia sufferers, and the exhibition was a touching way for our residents to show that dementia won't quench their talents or passions.

The exhibition was a complete success, with our Glenholme Residents doing themselves and our homes proud. Creativity at it's best. HL

### BARMOOR, NOT LESS

*Out and about*

In early February, Freda Geddes and Nancy Charlesworth, from the Barmoor Hub community centre visited us at Ryton and asked me if it was possible to put up a poster advertising their coffee morning to raise funds for the Alzheimer's Society.

Our Ryton Towers home, has been partnering up with the Barmoor Hub Community Centre. The centre is a real hub for the local community, and something that we're really proud to be involved with.

Ryton Towers recently opened it's doors, offering the use of their lounge for one of the centre's coffee mornings. It was to raise money for a charity very close to all of our hearts, the Alzheimer's Society.

The Hub has its own full activity programme, and they've invited staff, our residents and their family and loved ones to join in.

A recent event which staff and residents attended, was an Easter bonnet competition, at Ferndene Park, where they picked up first prize, for their fabulous designs.

It's developed into a truly mutually beneficial relationship, with the centre booking out our lounge for more upcoming events.

Working together continues to offers great adventures for both Ryton Towers and the Hub, and it's something we hope continues for a long time to come. SM

This year is a very special one, for all of us at Wellburn, as we're marking our 30th anniversary. We're celebrating our anniversary, with tea parties, BBQ's and other events, and we're inviting lots of friends along to mark our birthday in style.

Celebrating so many years as a bedrock of our local communities, has caused me personally, to reflect on our achievements, and to look forward to the challenges that lie ahead.

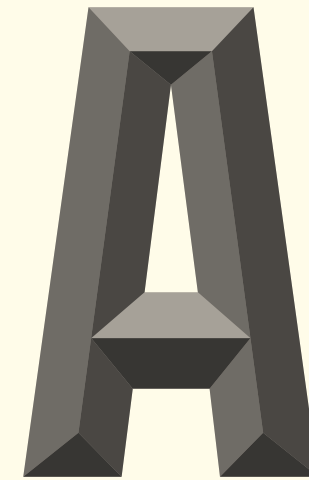
When my father opened the doors to our very first care home, Wellburn House, back in 1987, it would have been impossible for anyone to have predicted our success. In fact, my father opened Wellburn House, with no real specific aim to grow, or build up a portfolio of care homes. He'd just looked at the industry, the care on offer and thought he could do it so much better. Feeling that residents weren't getting the service they deserved, drove his every move.

The care industry is now much changed, with more awareness and focus on issues such as dementia. The habits of residents has also changed significantly since the 80's.

With far less choice of private care homes in the region on offer at the time, many potential residents, viewed their stay in care as somewhat of a temporary thing. The approach to private care homes, was also a lot more cautious, with little to no understanding of what quality of life there would be, with much longer term stays.

In short, many viewed private care homes as somewhere you could stay for a short while, enjoy a little bit of company and much needed short term support.

My father recognised the importance of changing this perception. With so much hesitancy and the short term option being preferred by residents, it was almost impossible to strike up real meaningful relationships. Carers would have to try their best, often in very short spells, to understand individual needs. Trying one's best, was never really good enough for my father, and he decided to offer a more permanent, homely feel to Wellburn House. The revolving door stopped spinning and residents were able to receive a completely different experience and level of care. More long term care was not just becoming acceptable, but a real-time choice for many. Providing a real home from home environment, was his main goal. It's a



## "CELEBRATING OUR 30 YEAR ANNIVERSARY, IS CAUSE TO REFLECT AND LOOK FORWARD."

testament to his visionary approach, that we still use this as one of our main mantras when we talk about what makes a Wellburn care home so appealing today.

It always makes me smile, when I remember back to my father having such a battle to have a licensed bar approved for Wellburn House. His argument was simple. If we're offering residents the home from home approach, then a little tipple is something the entire nation enjoys from time to time, so why not his residents. He eventually won out, and Wellburn House had the first licensed bar of any care home in the North East.

After taking over the helm from my father, much again has changed. We've updated systems and brought in new technologies where needed. But in our 30th year, it makes me proud to reflect back to the beginning, realising that my father got so much right. Even when he was trailblazing new ideas and approaches, much of his work stands up to today's rigorous standards.

Reflecting is an important part of any organisation or business. Understanding the foundations and routes it was built on, allows us to continue, sometimes in radically different directions, but always with a healthy respect of what made us so good in the first place.

Our recently retired Care Director, Norma Burns is evidence that the past, present and future, are all as relevant as each other. Norma helped my father open his first home, and almost 30 years and another 13 care homes later, even though retired, is a willing sounding board for small nougats of advice, I'd be foolish to ignore.

With such solid foundations, first laid by my father's hard work and vision, the future looks bright. So here's to the next 30 years. We'll raise a glass to that. In all of our homes.



## AGENDA

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



*As festival season gears up, the usual suspects take the headlines. Glastonbury being the main draw. But we discover, that the North East, offers plenty of alternative festival experiences.*

# ALTERNATIVE Summer • FESTIVALS •



**GREAT YORKSHIRE SHOW**  
Great Yorkshire Showground  
Harrogate  
11th to 13th July 2017

The Great Yorkshire Show features the best of British farming and is England's premier agricultural show. Held at the Great Yorkshire Showground in Harrogate it gives first-hand experience of agriculture and rural life through demonstrations and exhibitions.

Each year, the festival attracts around 130,000 visitors over the three days, and this year visitors are in for a special equine extravaganza with Main Ring



displays each day from Yorkshire-based Atkinsons Action Horses - the team behind the equine stars in the two hugely successful TV series, "Poldark" and also "Victoria".

HRH The Prince of Wales is the Society's Patron and is a frequent visitor, with stars of stage and screen often spotted amongst the crowds.

**For tickets and more information:**  
[greatyorkshireshow.co.uk](http://greatyorkshireshow.co.uk)



**CITY OF ALE BEER FESTIVAL**  
Brew York Craft Brewery  
York  
6th to 8th July 2017

As well as Brew York Beers, the festival will be joined by bars from Bad Seed, Brass Castle, Half Moon and North Brewing. Each will feature a special guest brewery and other select local ales will be available from the main bar. There'll also be a cider bar as well as great live music and amazing street food. Tickets are £3, which includes a souvenir branded glass.

**For tickets and more information:**  
[brewyork.co.uk/events](http://brewyork.co.uk/events)

**"GREAT LOCAL BEER,  
LIVE MUSIC AND  
DELICIOUS FOOD.  
WHAT MORE COULD  
YOU WANT?"**



**AMERICANA FESTIVAL**  
Sage  
Newcastle/Gateshead  
21st to 23rd July 2017

Celebrating the finest American roots music this feel-good festival brings together some legendary artists, a whole bunch of rising stars and the best of the next generation for a weekend long party and some UK only shows.

Heading up the main stage and still riding high as the UK's most popular country act, The Shires make a welcome return to Sage Gateshead with very special guests including rising star



Sarah Darling. The stunning riverside setting provides a perfect backdrop for audiences to kick back and enjoy a sizzling combination of country, blues, folk, rockabilly, bluegrass and soul.

With free and ticketed concerts inside and outside, street food, films and more, SummerTyne 2017 is a great option for music and fun lovers.

**For tickets and more information:**  
[summertyne.com](http://summertyne.com)





## FOOD AND BEER FESTIVAL

**Georgian Barracks grounds**

*Berwick*

1st to 3rd September 2017

Now in its 10th year, the Berwick Food and Beer Festival, is a must for anyone interested in great tasting food and beer.

Organised by Slow Food Berwick, and held in the magnificent surroundings of the towns 18th Century barracks, the entrance fee to the festival also grants you access to the museum.

There is something for everyone over the weekend, in addition to over 80 stalls of the finest local produce and local beers but also a selection of wine, champagne and cocktails too. There are cookery demonstrations, information stands, an animal farm, foodie films, and live music. The youngsters are not left out either, with activities such as sweet and savoury mug, cake making and fruit kebabs especially designed for them and free of charge.

Whether you want to shop for local goodies, eat the best in delicious local street food, listen to great music, drink fabulous local beers, or just be entertained, you will find it all at the Food and Beer Festival. A great way to do the festival, is to book into a local B&B, and make a weekend out of it.

**For tickets and more information:**  
[berwickfoodandbeerfestival.co.uk](http://berwickfoodandbeerfestival.co.uk)



## AIR SHOW FESTIVAL

**Sunderland sea front**

*Sunderland*

21st to 23rd July 2017

Fireworks, flying displays and fantastic music will launch this year's Airshow. The Friday evening launch for the weekend event has become increasingly popular, and large crowds are expected to gather on Cliffe Park and along the seafront again to enjoy the music and flying spectacular.

A full night's flying programme including the Red Arrows and Typhoon Display team will provide a spectacular aerial backdrop, to music from the stage and ground based displays, activities and entertainment along the seafront.



Following the opening event, the airshow continues across the weekend between 10am and 6pm with a full programme of activity in the air and on the ground.

**For more information:**  
[sunderlandinternationalairshow.co.uk](http://sunderlandinternationalairshow.co.uk)



## Q FESTIVAL

**Baltic Square**

*Newcastle/Gateshead*

14th July to 6th August 2017

A beautiful 1920s feel Spielgeltent on Baltic Square, will play host to a vibrant and eclectic cultural programme of day time activities and evening events for adults, children, businesses and families.

There'll be an indoor and outdoor bar, a lush beer garden for those long Summer days and nights, foodie pop-ups serving yummy street food and entertainment in the square.

With live music, comedians and much more, the Q Festival offers a little something for everyone.

**For tickets and more information:**  
[qfestival.co.uk](http://qfestival.co.uk)



## WINGS & WHEELS FESTIVAL

**Eshott Airfield**

*Morpeth*

18th to 20th August 2017

The Wings and Wheels Festival, is a spectacular summer in Northumberland, for the whole family to enjoy.

In the air, watch aircraft such as the Spitfire, Hurricane, DC3 Dakota, Jet Provost and Harvard performing for the crowds. With hundreds of aircraft movements all weekend, you'll feel the constant buzz of the Festival.

On the ground, things don't get any less



## RYEDALE FESTIVAL

**Various venues in York**

*York*

14th to 30th July 2017

The headlines of the festival include four unmissable orchestral concerts.

Sir Mark Elder conducts the Hallé in Elgar's The Dream of Gerontius at York Minster, reflecting a festival theme of Dreams and Visions.

The Orchestra of Opera North are at Scarborough Spa, with a thrilling programme of Rachmaninov and Berlioz. And the Orchestra of the Age of Enlightenment and Royal Northern Sinfonia bookend the festival with irresistible concerts at Hovingham Hall.

**For tickets and more information:**  
[ryedalefestival.com](http://ryedalefestival.com)

exciting, where you'll find an incredible mix of supercars, classic cars, vintage machines, static aircraft, international stunt teams, military demonstrations, live music and licensed bars.

Hear the sounds and watch the scenes of the 1940s as we transform part of our RAF Spitfire base back to World War II.

The festival also raises money for one of our favourite charities, cash for kids.

**For tickets and more information:**  
[nwwf.live](http://nwwf.live)

**“BRINGING GREAT MUSIC AND TOP-CLASS PERFORMERS TO BEAUTIFUL AND HISTORIC VENUES”**





# GOING WILD

*Gardens come in many shapes and sizes, but according to our very own Sid Batch, there's nothing more charming than a wild English country garden.*

Wellburn gardener Sid Batch, has seen it all. He's seen the fashionable garden trends come and go, but there's one garden style, that's as embedded into the nations psyche as much as fish and chips, or strawberries and cream. The English country garden, also known as the English meadow garden, is a timeless classic. It conjures up images of

thatched cottages, rural post offices and Betjemen poems. The modern appeal is that creating the perfect English garden is relatively cost effective, and once established, needs very little maintenance and upkeep.

"It's a win-win for a lot of gardeners. In this busy modern world, a lot of people just don't have the time to dedicate to their garden.", explains Sid. "The wild nature of the English country garden, means it's fairly low maintenance, but once established, there's also very few alternatives that look and smell as attractive".

So an English country garden is low maintenance, looks stunning and is highly desirable and timeless. But how do you go about creating one for yourself?

## Don't worry about rules

Unlike a lot of other garden styles, when creating the English country garden, you're not performing a botanical exercise. There are no real rules, other than it looks good and it pleases you. With other styles, there's inevitably a sense, to some degree of neatness, symmetry. Not in this case. A scatter gun approach is the order of the day. Remember, the wild look is what we're looking for, and wild doesn't respect linear rules. It should look scattered and organic. But of course, even with this unruly approach, there are things you can do to retain some control and order. Choosing what you plant is an important factor in your gardens success.

## Choosing what you plant

Variation is king, when it comes to creating the perfect English country garden. The main principal to follow when planting, is that you're essentially looking for a field of grass, sprinkled liberally with a wide selection of charming wildflowers. Some of the must have wildflowers are lupins, orchids, yellow rattle, poppies and Sid's particular favourite, a multi-coloured selection of the wonderful foxglove.

## When to start planting

June and July are the perfect months for planting and establishing your garden. Biennials and flowers in general need the hot summer months to bed in and grow in good time to withstand the colder winter months.

## Maintaining your garden

After a few years and when the garden is established, the most common mistake a gardener will make, is that they relax and think they've cracked it. To avoid the grasses taking over and the flowers dying off, cut all flowers to the quick over winter, then leave it to grow back untouched until late summer. Shortcutting, then followed by a cut to the quick in winter. And so it goes on.



**Far left:** Nothing could look more simpler, than a garden of grass, sprinkled with charming wildflowers **Top left:** A mix of heights, with a scattergun approach for best results **Left below:** The herbaceous Poppy brings vivid and striking dashes of colour **Below:** The foxglove (Digitalis) is a must have for the perfect English country garden. The more colour variations the better too.



## SOWING BIENNIALS

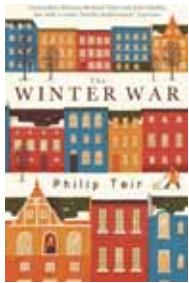
There's an art behind planting biennial flowers in your beds. Head Gardener at Wellburn's Whorlton Grange home, **Sid Batch**, offers us a step by step guide to planting the perfect bed of biennials.

- 1 Run your finger or garden cane along the surface, to create a shallow line. Water the line, before you sew your seeds into it.
- 2 Pour your seeds into your palm. Pinching small amounts of the seed with your other hand, sowing it evenly along the full length of your line.
- 3 Cover the seed with a thin layer of soil, then gently firm over with your hand or the back of your rake. Making sure the seeds have good contact with the soil. Once covered, and firmed, use a watering can to sprinkle the length with water, being careful not to over water to begin with.



# 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 WINTER WAR by Philip Teir

★★★★★

Teir's latest offering is full of understated black humour and superbly balanced between tender and acerbic. A slanted view of Scandinavian family dynamics, that will often take you down some noir avenues. Ultimately, it's an everyday tale of midlife crisis among spoilt, middle-class people. Think Wallander, with laughs. The Winter War is a triumph. Highly inventive, solidly crafted and hugely entertaining. A must read. MC

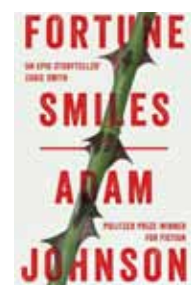


## BEAUTY IS A WOUND by Eka Kurniawan

★★★★★

Set in the mythical Indonesian town of Halimunda, this novel from Kurniawan, is an epic tale of fearsome women and weak-willed men. Throw in some communist

ghosts, vengeful spirits, chaste processes and some ruthless bandits, and you have the makings of something truly remarkable. An old-school Gothic folk tale, full of dark magic, hyperbole and gratuitous violence. In short, a complete masterpiece. MC



## FORTUNE SMILES by Adam Johnson

★★★★★

Fortune Smiles, is the latest offering from the Pulitzer prize-winning author. This tale takes you into the minds of characters you never thought you'd meet. A former Stasi prison, a refugee from North Korea and a UPS driver in hurricane-torn Louisiana looking for the mother of his son. Unputdownable is an overused word, but at their best, these stories are completely gripping. Ironic, witty and truly brilliant. MC

## Interested?

All books are available to order online at [Amazon.co.uk](http://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  
and Sudoku  
answers  
on page 4

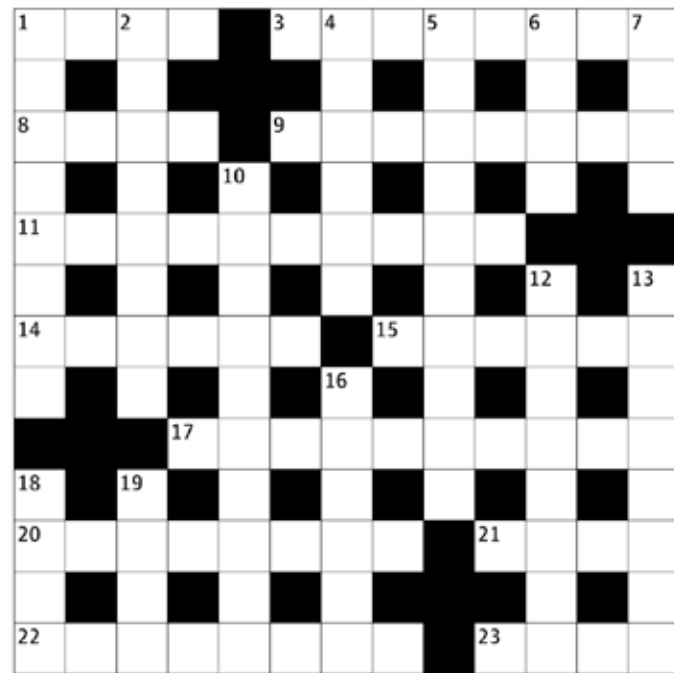
# CROSSWORD

## ACROSS

- 1 Metropolis (4)
- 3 Spherical (8)
- 8 Hangs back (4)
- 9 Game bird (8)
- 11 Risk everything in an all-out effort (2,3,5)
- 14 Association (6)
- 15 Totally unagitated (6)
- 17 A self-financed outing! (5,5)
- 20 Remaining sealed (8)
- 21 Tresses (4)
- 22 Equestrian competition (8)
- 23 Great deal (4)

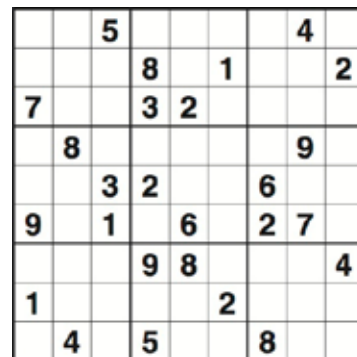
## DOWN

- 1 Notoriously cruel Roman emperor, d.AD 24 (8)
- 2 Traditional field contest (3,2,3)
- 4 Capital of Punjab (6)
- 5 Bubonic plague epidemic (5,5)
- 6 Disclosure of confidential info (4)
- 7 Cycle of duty (4)
- 10 Intended to deceive (10)
- 12 Type of brown sugar (8)
- 13 False teeth (8)
- 16 Partition (6)
- 18 Ridge of wind-blown sand (4)
- 19 Departed (4)



# SUDOKU

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



## £22.00 Boules set Ridley's

A summer afternoon favourite since its creation many moons ago. Boules is an all time classic garden game, which will provide perfect entertainment for any garden party or holiday fun!

available at: [www.johnlewis.com](http://www.johnlewis.com)



## £19.99 Plastic Round Sunglasses Urban Outfitters

We're loving these retro, quirky sunglasses from Urban Outfitters. Sporting a modern take on a classic silhouette, these round frame sunglasses are available in different of colours, but our favourite is this super cool green.

available at: [www.urbanoutfitters.co.uk](http://www.urbanoutfitters.co.uk)



## £75.00 Mojito Recipe Print Garden Deckchair More by design

We're loving this ever so slightly decadent deckchair. Mojito – white rum, soda water, fresh lime and a deckchair with the recipe printed on it. The perfect combination for a relaxing summer day.

available at: [www.notonthehighstreet.com](http://www.notonthehighstreet.com)



## £3.50 Shark fin ice tray Sharkfin

Is it safe to go in the water this summer? Is it even safe to drink water this summer? Perhaps not, when your drink is being circled by sharks. Quite literally, with these super cool shark fin ice cubes. Get your hands on these quirky ice cube trays, and your drink will be biting cold!

available at: [www.etsy.com](http://www.etsy.com)

# MY BASKET Summer special

THE BEST OF GIFTING Nº3  
Things we've seen out and about,  
that might just come in handy  
this summer



## £7.99 Jamie Oliver's BBQ Book Jamie Oliver

Goodbye sad burnt sausages, hello Bodacious Burgers and Rad Rum Ribs! Top BBQ set up advice, cooking techniques and a collection of exciting barbeque recipes, will transform your barbeque. A superbly alternative to the standard summer BBQ, and the candied pork tenderloin gets a massive thumbs up from The Wellburn Post. Yummy!

available at: [www.amazon.co.uk](http://www.amazon.co.uk)



## £7.99 USB Mini Fan Haweel

Summer is here and it can be a hot business. This clever little gadget, plugs into your iPhone and cools you off. So if you're out and about, or just sitting at home or work, and feeling the heat. Plug it in and cool off.

available at: [www.amazon.co.uk](http://www.amazon.co.uk)



30  
WELLBURN  
YEARS

# HOT SINCE 87

*We opened the doors to our first care home, Wellburn House, all the way back in 1987. To mark our 30th anniversary, we take a look back at what else was going on in our first year.*

## SHUTTER SHADES

1980's fashion, with its shoulder pads and bright colours, needs no introduction. One accessory from 1987 that has lasted however, is the shutter shade. Appearing in music videos and films of the time, the glasses became part of popular youth culture. They're still cool now, just ask Kanye



THEWELLBURNPOST.CO.UK

## IKEA

Swedish furniture company Ikea, opened its first ever UK store, in Warrington



## MICHAEL JACKSON - BAD

Bad, released in 1987, was the seventh studio album by American singer and songwriter Michael Jackson. The album cemented Jackson's status as one of the most successful artists of the 1980s. The album went on to sell over 45million copies worldwide



## WELLBURN HOUSE

Where it all started back in 1987. Wellburn House is set in the heart of Ovingham Village, in the picturesque Tyne Valley, Northumberland. For 30 years now, this stunning home has been the centrepiece of Wellburn's portfolio of luxury homes, and continues to set the standard

## INTERCITY 125

Broke the world record for the fastest diesel-powered train in 1987. Travelling at 148 mph



## NINTENDO (NES)

Released in 1987, The 'NES' was the best-selling gaming console of its time, and almost single handedly revitalized the US video game industry following the video game crash of 1983. In 2009, the Nintendo Entertainment System was named the single greatest video game console in history by IGN. With its launch, two games would go on to become icons of gaming. Super Mario Bros, and the Legend of Zelda



## LETHAL WEAPON

One of the most memorable films of the 80's. Lethal weapon starred Mel Gibson and Danny Glover. The film, following the antics of mismatched LAPD detectives, Riggs and Murtaugh, grossed over \$120 million at the box office, and spawned three sequels



## FERRARI F40

The F40 was designed to celebrate Ferrari's 40th anniversary. At the time it was Ferrari's fastest, most powerful, and most expensive car

## NIKE AIR MAX 1

It's the Air Max that started it all. Originally released in 1987, the Air Max 1 introduced the world to visible Nike Air cushioning



## INSPECTOR MORSE

The iconic detective, played by John Thaw, made his debut in this year, alongside his sidekick Lewis, played by Hexham born Kevin Whately. Spanning almost 20 years, with 33 episodes, it took almost all of that time for Morse to reveal his first name, Endeavour

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### How did you get into broadcasting?

I was about to go to university to study history, geography and geology, and saw an advert in the local paper for an assistant at the paper. I applied and got the job. I started writing stories for the Sunday and weekly newspaper, and was given a 3 year apprenticeship. Soon after, the local TV station noticed my work and snapped me up.

### You seem to thrive in a live tv environment?

I love live broadcasting. We do two live weeks of Rip Off Britain. I've covered four royal weddings and a state funeral, all live.

### You're a key figure in raising Dementia Awareness. How did you get into that?

My late mother Edna was diagnosed with dementia in 2004 and I knew nothing about it. I contacted the Alzheimer's Society, who were superb, so I offered to repay them. I became an Ambassador for them, and when David Cameron decided to set up a committee, to create Dementia Friendly communities, I was asked to get involved.

### What would you like to see happen?

That everybody is aware of dementia and not afraid of it. For us all to recognise that we can do our bit, by stimulating our brains, by learning a language, going out with friends. Also by looking after yourself, eating well and exercising.

### What's best about working in the media?

I get to go places, do things and meet people that people would give their right arm for. I love the variety. I've covered wars to hosting Come Dancing, the full range. That's the fun, new challenges and diversity, but it all comes down to one word – Communication. It's about communicating.

### Are there any down sides?

Not really. Some wouldn't enjoy the travel, but I do. I'm always on a train. Euston station and Virgin trains are my office. I've been in Glasgow, Windermere, Telford, Portsmouth, Devon and London this week alone. It's the variety my job offers, that keeps me fresh.



*We catch up with broadcaster and national treasure, Angela Rippon OBE*

**“I’M A BIG BELIEVER THAT EATING WELL, REGULAR EXERCISE AND KEEPING THE BRAIN ACTIVE, CAN HELP US ALL STAY AND FEEL YOUNG.”**

**Your programme “How to stay young” has been empowering for many older viewers. What are your tips?**

It's pretty basic and simple I think. Eating well, regular exercise and keeping the brain active. I've never been a big drinker, but I do love a glass of champagne.

### What are your links to the north-east?

My father came from Esh Winning, my grandfather from Consett, and Newcastle University gave me a doctorate.

### Have you ever been star-struck?

I met Eric & Ernie (to everybody else – Morecambe and Wise) in Plymouth during the interval of a live show. They were such big stars. It's 41 years since I came from behind the news desk to dance with them for their Christmas Special and people still mention it every day. 23 million people watched it live.

### Do you ever think about retirement?

Why would I? I have to be doing stuff. I love it and they pay me to do it.

### What hobbies fill your weekends?

I play tennis, mostly doubles, theatre, reading books and entertaining friends. I'm not a great cook but the company is always good and I've not killed anybody yet.

### What are you proudest of?

I used to do the breakfast show on LBC, when Gorbachev was overthrown. I rang the producer to get in at 4.30am. I then rang all my contacts in Washington and Moscow to get interviews. I flew by the seat of my pants- the Today Programme was way behind us. Sky TV were ringing my desk wondering how we were so ahead on this story. We just knew what to ask and how important it was. That was proper broadcasting – a lifetime of experience coming home to roost. We won awards for that morning.

### What is it like to be a National Treasure?

That's a judgement for other people to make. It's a huge compliment. When you are in people's homes every night, and you build up a rapport and level of trust with them. Perhaps my greatest achievement is I'm still here, doing what I love.

### What advice would you give a young Angela Rippon?

Be an original, and have the courage to say “No” to things that don't fit you. I've turned down the jungle and Big Brother, because it's not me. You have to have the courage to know what you are good at, and an open mind and determination to want to learn new things.



### GO VEGGIE

This delicious recipe, appears in the Hairy Bikers new book ‘The Hairy Dieters Go Veggie’.

It's available now in all good book shops. For more on the Hairy Bikers, visit [www.hairybikers.com](http://www.hairybikers.com)

## Cooking with THE HAIRY BIKERS



### INGREDIENTS

2 tbsp olive oil  
2 red onions, sliced into thin wedges  
150g chickpea (gram) flour  
1 tsp finely chopped rosemary  
low-cal oil spray or olive oil  
sea salt and black pepper

### Salsa

4 tomatoes, cored and diced  
½ small red onion, finely chopped  
1 small red chilli, finely chopped  
zest of ½ lemon  
1 tsp red wine vinegar  
1 tsp olive oil  
small bunch of basil, finely chopped

### METHOD

Heat a tablespoon of the oil in a frying pan and add the red onions. Fry them over a medium heat for at least 10 minutes until they have softened and started to caramelise. Set aside.

Put the chickpea flour in a bowl with a generous pinch of salt and whisk to remove any lumps. Gradually pour in 250ml of water and continue to whisk until you have a smooth batter with the consistency of thick double cream. Stir in the remaining olive oil and whisk to emulsify. Set the batter aside.

To make the salsa, mix all the ingredients in a bowl and season well with salt and pepper.

You can make 2 large socca in a 25cm non-stick pan, or 4 in a smaller pan. If making 2 large socca, heat the pan and spritz with oil spray or pour a few drops of oil into the pan and rub it over the base with kitchen paper. Pour half the batter into the pan and swirl to cover the base. Sprinkle over half the onions and half the rosemary, then cook over a medium heat for a few minutes until browned and crisping round the edges.

### Socca and Salsa SERVES 4

We have to warn you: these chickpea flour flatbreads – socca, also known as farinata – are addictive! You can leave them plain, just seasoned with salt and pepper, or jazz them up with lots of herbs and caramelised onions as here. Either way you're going to love them – try them with a cold beer once the diet is over! Cut them into wedges or serve whole for people to tear off pieces and enjoy with the tomato salsa.

Flip the socca over to cook the other side or put the pan under a medium grill to finish the cooking. Transfer it to a board or a large plate and repeat.

If you are cooking 4 socca, split the batter into 4 and proceed as above, using a quarter of the onions and rosemary each time. Cut the socca into wedges or serve whole with the salsa.





# MY STORY

**Joyce Cheverton**, resident at our Nightingale Hall home, shares her story and her love for creativity and painting.



In 1942 during World War II, the sound of air raid sirens was commonplace in London. Many wouldn't consider this atmosphere conducive to art, but Joyce refused to have her creativity stifled.

During the war Joyce taught art at the girls convent school in Willesden, and when the sirens sounded, Joyce took the students she was teaching, down to the air raid shelter. To distract them from the possible horrors outside, she would turn the experience into an ad hoc art class.

During these visits to the air raid shelter Joyce herself captured some of her most poignant pieces of art, depicting other people taking refuge. These beautiful works of art sit proudly in albums in her room and have been seen by countless art lovers and artists in exhibitions over the years.

Joyce captured the fear, but also the feeling of community and spirit.

As well as an effective way to pass the time, and distract the attention of her students from the sounds of war raging outside, the art classes also created an atmosphere of togetherness. The classes

also provided an opportunity for the girls to express their emotions, through their art. An opportunity for her students to focus on their imaginations and escape the stark reality outside.

Her calming influence helped others too. Imagine what people must have thought at this most frightening time to see a young teacher drawing and painting, with a group of students as if it was any other day.

The young art teacher, who saw only light, in the darkest of times, sums up Joyce's approach to life, and demonstrates the power of art, and her passion for it.

In the 75 years since the days of the air raid shelter, Joyce went on to continue inspiring others through her art.

Joyce's watercolours, landscapes and portraits, have all been exhibited, amongst many other places, the Royal Academy of Art, the Royal Society of British Artists and the Women's International Art Society Exhibition.

She never forgets her girls in the air raid shelter. The power of art is a wonderful thing. The power of a brave, inspiring artist is something altogether greater. ■



## The woman behind the story

Joyce Cheverton was born in 1920 in Harrow, North London. Even from early childhood, Joyce always had a passion for art, producing saleable oil paintings, while still at primary school. So it didn't come as much of a surprise, when her passion for art took her all the way to art school. After studying there for 5 years, she decided to stay on another year as a student art teacher.

It was during this year, in 1941, that she would teach a lot of students from the RAF, there to improve their mechanical drawing and camouflage spotting skills. Amongst them was her future husband, Architect David Cheverton. Joyce and David went on to marry in 1947 and had three children together. After both deciding to change careers, they started to run short religious conferences and retreats, allowing Joyce to use her artistic skills, as a teaching aid. Back in the 50's, Joyce was a creative pioneer and an innovator in spiritual art. They continued to run conferences and retreats all around the UK, until David sadly passed away in 1995. To this day, Joyce continues to paint.

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