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Issue 9 • Autumn 2017

FOREVER YOUNG

We look back at a successful Forever Young Festival

HAIRY BIKERS

The TV chefs, serve us up some delicious spiced apple muffins

SUNDAY BEST

We set out to discover where to find the best Sunday Roast on offer in the North East

THE MAGAZINE FROM


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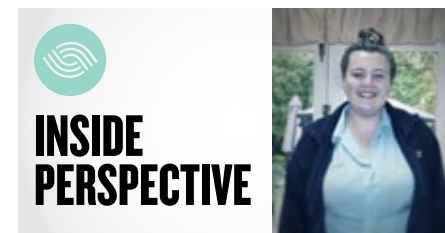
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18 SUNDAY BEST

We set out to discover where to find the best Sunday Roast on offer in the North East. But did your favourite place make it onto our list?

21 HAIRY BIKERS

Our favourite Chefs bring us another delicious recipe. This issue, it's spiced apple muffin.

EDITOR'S LETTER



As we bid farewell to an eventful summer, we embrace Autumn with our ninth issue. And what an issue we have for you. Full of news, features and much more.

We take a look back at our amazing Forever Young Festival, held on the grounds of our Grimston Court home, which attracted hundreds and raised thousands for two superb charities (pg10).

We interview a member of our staff and a resident, for our new Inside Perspective feature. In this issue, we're contrasting pre-conceptions, with their current views of care homes. (pg 14).

We also set off in search to find the North East's best Sunday Roast. See if your favourite made our shortlist (pg18).

On the subject of food, we also serve up another delicious recipe, from our favourite TV chefs, The Hairy Bikers (pg21).

So as the dark nights draw in, put the kettle on, get comfy and enjoy reading. And remember, if you'd like to get involved, we'd love for you to contribute something to future issues. Simply drop us a line and we'll try our very best.

Rachel x



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

IN SHORT



CREATIVE ANGELS

In the community

We're planning to have an 'Angel of the North' themed arts exhibition at Eighton Lodge in the coming months. Many of our residents across our homes are fantastic artists, so we can't wait to get everyone involved. We'll also be inviting local schools, colleges and artists to get involved. We'll be putting together a judging panel, including someone famous, with prizes up for grabs. We'll be launching the project soon, with more details to follow. **SM**



BURNING BBQ LOVE

Activities

For their summer BBQ this year, our Rosevale home went full on Elvis. Incorporating a Hawaiian theme into their food and drinks, even the King of Rock 'n' Roll would have been proud. The Elvis themed day, wouldn't have been the same, without an appearance from the man himself, aka Elvis impersonator Mike. Which of course, had us all shook up! **RB**

AHOY THERE MATEY'S

Staff news

To say thanks to all of our staff, past and present, we threw an 80's themed boat staff party, on the River Tyne, to celebrate our 30th anniversary. Such a fun evening, and the perfect way to say thanks to everyone, for all of their hard-work and commitment to our residents, their families, and our homes. Businesses don't make it to their 30th, without a dedicated and talented team, and luckily, we have that in abundance. A glass or two on the evening was also raised to the next 30 years. **SM**



ROOM FOR A TEA OR TWO

In the community

Grimston Court's newly refurbished outdoor Orchard View Tea Room, was revealed this summer - aptly named as it sits within Grimston's orchard. The outdoor tea room is proving to be a huge success with residents and their families, giving them an outdoor space to enjoy their tea and cake in tranquil surroundings. Grimston Court's Manager, Emma Richardson, is delighted with the refurbishment, and has already invited local community groups to use the tea room. **RB**



YOU'VE BEEN FRAMED

Wellbeing

Over the past few months, we've been piloting our new 'You've Been Framed' project, with a view to it being rolled out across all of our homes. The concept behind the project, is to use old picture frames to create life story collages, acting as conversation starters for visitors and staff. Wellburn's Ian Donaghy believes the project will help "reinforce who we are, when we are having difficulties with our memories."

The project involves collating photographs, and then spending time, identifying each person within it, and adding key information, such as

their name, who they are, along with significant jobs they might have had or places our residents love, places they have lived and what really matters to them.

So far, the project has been a huge success, and has been met with excitement from residents, family and staff, with some wonderful results. Staff have also found it a helpful way of learning more about each resident, and seeing a visual picture of what someone has been through in their life, creates conversation starting points far easier.

Anything that creates more togetherness across staff, families, friends and our residents is welcomed with open arms. Plans are now in place to roll the project out, in all of our homes. **RB**

A LITTLE BIT OF OOMPH!

In the community

Oomph!'s story is close to our heart, as we were the first care home to pioneer their services at our Rosevale home. Oomph! offer services to enhance the mental, physical and emotional wellbeing of older adults, through training key staff members to better understand their needs.

We're currently trialling their latest offering in three of our homes - Eighton Lodge, Wellburn House and Grimston Court. Year on year, we invest a lot of time and money into our activity programmes within our homes, and the work we've collaborated on with Oomph! has been integral to some of this investment.

Working with providers such as Oomph!, ensures that we continue to provide our residents with the best possible quality of life. Introducing long term transformations in behaviours that leave people with more confidence, independence, and dignity – enabling them to live a life in full colour, is just one way of doing this.



Oomph! have now trained over 1500 staff, with 84% of those trained, noticing significant improvements in the mental stimulation and social interaction of their residents.

The principal behind their success, is to train as many members of staff as possible in each home, and then provide ongoing support, inspiration and education through their private online community and monthly support packs.

Each pack contains resources, templates, original activities and best practice examples to keep building on the skills developed in their courses. We're already looking forward to seeing the results from this latest collaboration. **SM**



HOT SINCE 80

Competition

As part of our ongoing 30th anniversary celebrations, we commissioned London based, North East born illustrator Mikey, to give us his take on the 1980's, the decade it all started for us.

Mikey created an awesome alphabet of things that ruled the 80's, including Atari, Back to the future and a Ghetto-blasters, and we ran a competition across our Facebook pages. Giving our followers the opportunity to win a signed limited edition print of the work.

After the month long competition closed, we had hundreds of entries, and 30 lucky winners were chosen at random. Such a successful competition and it seemed Mikey's artwork was much sought after. The prints are currently being sent out to all of our lucky winners. Thank you to everyone that entered and if you missed out this time around, don't forget to follow us on Facebook and Twitter for future competitions. **RB**

WALKING THE WALK

Charity activities

'Memory Walk' is a sponsored walk, for all ages and abilities. The walks, which take place across the entire UK, are organised by the fantastic Alzheimer's Society. The aim? To raise as much money as possible, to fund vital research and unite against dementia. Here at Wellburn, our staff will be showing their support, by taking part in the South Shields Memory Walk, on Saturday 7th October 2017. The 7km walk starts at 11am, setting off from the Bents Exhibition Park in South Shields. If you're taking part in the walk, come and say hello, or show your support by donating us: justgiving.com/companyteams/MW45943. **SM**

A LEGION OF MEMORIES

Activities

The Royal British Legion recently sent some Passchendaele poppy cards, to our Glenholme House and Rosevale homes. Our residents then wrote personal messages of their memories onto their cards, to honour those who bravely fought in the war. The messages were then sent back to the Royal British Legion, who then printed each message onto individual poppies. Along with many others, the poppies will be planted at the Tyne Cot Memorial Museum, and are on display until the 10th of November 2017. **SM**

IN FOCUS



TALENT SPOTTING

Staff news

After our hugely successful debut at the Jobs Fair in Newcastle, we're taking the hunt for the best and most talented people, back on the road. This time, we're heading to the Jobs Fair at the York Railway Institute on 28th September, to showcase the fantastic and wide ranging opportunities we have within our company.

During the event in York, our 'putting the smile into Monday' campaign will be back. Aiming to show how a career in the care industry can be hard work, but extremely rewarding and a lot of fun.

One of the other competitions we regularly run, is our M&M competition. We ask people to guess how many Wellburn branded M&M's are in a jar, with the closest winning a cash prize of £100.

Amongst all the fun, we take recruitment extremely seriously, and taking part in events like this, the hope is that we find some ambitious, like minded people, perfect for our team. Fingers crossed and we'll see you all there, talented people of York. **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....



HADSTON OF THIS

In the community

The Co-Op in Hadston recently visited our Heatherdale home, with some very unexpected gifts. In their store, they ask customers to nominate local community charities, care homes and other community based ventures, that they feel deserve gifting.

And we were honoured to learn that Heatherdale had been nominated, for all the good work our home does in the local community.

They very kindly presented our residents and staff with gifts and afternoon tea, which was completely unexpected but thoroughly appreciated. We'd just like to say a huge thank you to all of the staff and customers at the Hadston Co-Op for such a kind gesture. *SM*

KEEPING IT SOCIAL

In the community

Over the past few months we've been holding a number of meetings with Age UK Northumberland, to see how we can work together in partnership going forward.

Age UK Northumberland are a fantastic organisation, that not only offer advocacy advice and home care, but also want to get involved with bringing the local community into our homes.

We're currently in the process of setting up some social Friday's at our Northumberland homes, where members of the local community who may be lonely at home, can come, grab a cup of tea, and just have a good old natter.

We're also going to start hosting their lunch clubs at our Wellburn House home. Our new coffee shop experience at Wellburn House means groups such as Age UK can come and use our facilities and join in with any entertainment we may have on. The benefit to our residents and staff, is they get to meet new faces and it allows them to

A VINTAGE AFTERNOON

Out and about

All of our North East homes were recently invited to a Tea Dance at the NE6 Suite in Newcastle. However, this was no ordinary tea dance. They put on a fantastic High Tea, with a selection of sandwiches, cakes, with unlimited tea's and coffees. With the centre piece being a Summer Shenanigans pantomime.

The dance was organised by our friends at Vintage Scene, who entertain in residential care homes throughout the country.

The pantomime consisted of a medley of songs from musicals such as the Wizard of Oz, High Society and Mary Poppins. Residents from all of our homes attended, including residents from our further afield homes, Heatherdale and Garden House. This provided a rare opportunity for residents from across all of our North East homes, to meet and socialise.

Not only was it a great way for Wellburn's residents to mingle, but it was lovely to see residents and staff from other care homes across the North East. It was also an excellent opportunity for our staff to meet other care home workers from other homes, allowing them to swap stories, experiences and form new bonds and listen to new ideas and approaches.

All in all, both staff and residents thoroughly enjoyed the afternoon, and are already looking forward to the next event. *SM*



really feel part of the wider community, which is vital. Developing partnerships like this, helps us to ensure that our residents remain motivated and engaged with their community. It is also beneficial however, for the local community.

We're always looking for ways to break possible misconceptions of what a stereotypical care home is like, and show that there is more to life in care than people may first believe.

Of course, this partnership isn't the only one we're developing and if you know of any groups who would like to work with us and our homes, please get in touch. Contact:

sophiemaccormack@wellburncare.co.uk. RB

On a sunny evening this September, I stood in the grounds of our Grimston Court home in York and looked around. What lay in front of me was a spectacle that reminded just how special we as individuals, and as communities can be. And how something as simple as music can bridge generation gaps.

It all started two years previous to that moment, when I'd called a meeting with my marketing team, to discuss ideas on how we could bring our community closer together.

For me, the notion that we have our homes, and the communities they're in, are somehow separate, just doesn't rub. The relationship we have as a business and as individual care homes, with our community is integral to how we work. An unwritten and unspoken obligation.

Many ideas at the meeting were floated and discussed, but one seemed to spark excitement like no other. It was ambitious and needed a lot of planning and hard work behind the scenes to make it happen.

We started with the basic concept of some sort of gathering. Something that would bring people of all ages together. The idea of a festival starting to take shape.

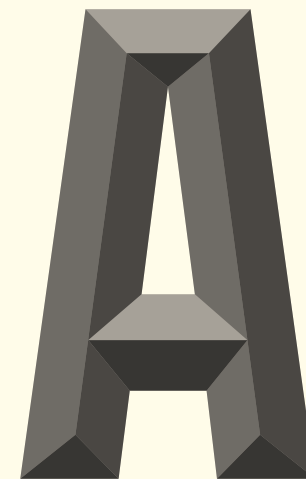
Fast forward two years later and the seed planted in that initial marketing meeting, was flowering, right in front of me - The Forever Young Festival. The inaugural festival was held last year, and was a relative success. We'd cut our teeth and hurdled the obstacles to make it happen. But this year, because we'd done the hard yards the year before, was something all together different.

This time, we went into it with our eyes wide open. We knew how much work we'd need to put into it, to make it bigger, better and even more successful.

The public turned out in their hundreds, dozens of bands played and we raised thousands for our chosen charities. Statisticians however, will be the first to tell you, that as impressive as these numbers are, they just don't paint the bigger picture.

Beyond the numbers, there was personal stories, little moments of inspiration and more joined up moments of pure community togetherness.

People of all ages, from babies to the elderly, coming together and sharing the experience was utterly joyful. There was music, stalls, games, competitions and much more. People brought picnic hampers and bedded in for the whole day. Some got



WHEN A COMMUNITY PULLS TOGETHER, SOMETHING SPECIAL HAPPENS. IT REMINDS US OF OUR BETTER SELVES.

up on stage to sing with the bands, most danced. It was a carnival atmosphere.

Of course, our idea of a festival wasn't a new one. We hadn't reinvented the wheel, we simply provided a space and an atmosphere for people to smile, to sing, to feel happy - together in.

As I sit at my desk writing this Agenda piece, two things strike me when I look back at the festival.

Firstly, we read article after article of broken communities, problematic generation gaps and social divides. Of course, one festival can't change or fix everything, or mask the fact that there are problems out there, but what it can do is remind us all of the power of togetherness. For one day at least, it showed us that when a community pulls together, something special happens. It reminds us of our better selves.

Secondly, for us a business, it confirmed the importance of our commitment to our local communities. Month on month we work tirelessly with all different types community groups. Sometimes they visit our residents, sometimes our residents visit them. But we always make a point of embracing local schools and youth initiatives, placing a fundamental importance on cross generational activity.

Through increasing awareness of the benefits of age friendly communities, we can navigate often choppy waters. Today's fast paced world of information and technology can, if allowed create huge generation gaps. Through the cross generational work we do, the message we deliver is that every generation has something to teach, something to learn from each other, and doing it together as a community is surely the only way forward. *Read more about the festival on page 10*



AGENDA

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



THE FOREVER YOUNG | Music FESTIVAL 2017

STAYING FOREVER YOUNG



Far left top: Ian Donaghy orchestrates the crowd
Far left bottom: Heather Findlay performs as part of Odin Dragonfly **Left middle:** The amazing Stamford Bridge Community Choir, wow the crowds **Left bottom:** Crowds start flowing through the gates and making themselves comfortable for the day ahead **Above:** Whorlton Grange residents Anne Vivian and Val Thompson share a laugh

A bright and warm September morning, and our Grimston Court home was bathed in sunshine. Normally a picture of relaxation and serenity, this particular Saturday was anything but.

Saturday September 2nd was the day of The Forever Young Festival. After months of planning and organising, it finally arrived - and boy did it arrive.

After a successful inaugural festival last year, we were now well and truly in our stride, for the second. And unlike last year, we had the weather on our side.

With multiple bands and musicians lined up for a day of entertainment, food and drink stalls busying themselves, laying out their offerings for the day, the only thing left was for the public to turn up. And they turned up, in their hundreds.

The Forever Young Festival is a yearly festival, that aims to bring together people of all ages, generations and backgrounds. It has two main charities each year, and all money raised on the day, is split between the two. This year, as with last

year, it was Age UK York and St Leonard's Hospice. Two fantastic charities that we were proud to partner up with.

The live music was the heartbeat of the day, and with so many bands and musicians playing, there was something for everyone. Notable highlights included a brilliant set, from a band that was thrown together especially for the festival called "The Old Fiddles." The band was made up of veteran musicians, who have CV's containing names such as The Rolling Stones and Tom Jones. Paul Wick of the Old Fiddles said "what an honour to play to such a big audience. The key to staying young (he is 72) is never hang up your guitar or whatever your passion is. Playing keeps me young."

The house band, made up of top York musicians, accompanied guest performers and provided a stunning finale, with the audience joining in the dancing and singing. With all ages represented, there was such a sense of community and togetherness, it was a remarkably touching sight.

"THE ONLY THING LEFT WAS FOR THE PUBLIC TO TURN UP. AND THEY TURNED UP, IN THEIR HUNDREDS."

The variety of age groups was no better demonstrated than when the Valley Arts Youth Theatre Group, made up of musicians all under the age of 10, was followed by the Royale Accordion group whose average age is 85 and whose most senior member is 96.

But it wasn't all about the music, there was delicious food and drink stalls, ranging from freshly fired pizza, to delicious spicy curries. ►



◀ We also had competitions and prizes on offer all day, with the tombola table being emptied as early as 3pm. Culminating in the grand raffle prize draw, with some remarkable prizes donated by local businesses, such as a hot air balloon trip and a helicopter ride. With money raised from those, and on the day donations, we managed to raise thousands for both of our causes.

Age UK York's Sally Hutchinson had a massive smile on her face for the whole day, as she explains, "what a phenomenal event at Grimston Court. The Festival has been truly superb. Magic really does happen, when we bring generations together to share experiences".

Sarah Atkinson of St. Leonard's Hospice agreed, "The welcome we all received today was fabulous. What an excellently organised event with such a friendly atmosphere."

We couldn't agree more, and we'd just like to take this opportunity to thank everyone that helped make the festival what it was. A special mention of course must first go out to all of our amazing residents, who represented all of our 14 homes magnificently. Some even making the long, but all expenses paid trip from our more Northerly Heatherdale and Garden House homes, by train. An absolutely heroic effort.

We'd also like to say a huge thank you to all of our staff, volunteers, including MC Medics, to all of the talented performers and last but not least, the lovely general public.

It's because of your warmth, participation and generosity, that the day was such a success. A massive thank you to everyone. And we hope to see you all at next years festival. ■

Far left top: The Forever Young house band keep the music flowing **Far left middle:** The Donaghy family taking five out **Far left bottom:** Singer Jess Steel meets her fans **Left middle:** Sam Eason and Scott Gibbon from the Big Red Pizza Oven, spent all day serving up their delicious ovenbaked pizza's **below:** Beth McCarthy entertains the crowds **Top right:** Robin, Bushy and Gordon rocking the Peacock Park tent **Right middle:** Sarah Atkinson and Kenny Stamp from St Leonards Hospice enjoying the day **Right bottom:** Kevin and Michael Jimmison of MC Medics, on medical standby



"THE PUBLIC. IT'S BECAUSE OF YOUR WARMTH, PARTICIPATION AND GENEROSITY, THAT THE DAY WAS SUCH A SUCCESS."





INSIDE PERSPECTIVE

The team member

*Connie Ross
Wellburn House
/Ryton Towers*



W: Did you plan to work in care?

CR: Not at all. I hadn't really considered it as a viable option.

W: How did you get into the industry?

CR: My mum has always worked in the care industry. I never intended to follow in her footsteps, but an opportunity came up and after discussing it with my mum, I thought I'd try it and see how it went.

W: What was your perception of the care industry before you joined?

CR: Before I started working in care, I had a lot of preconceptions. I genuinely thought every resident was going to be the same. I just thought that they wouldn't be able to do much for themselves and it sounds bad now, but I really thought they'd just sit around and do very little throughout the day. But I couldn't have been more wrong.

W: So your perception of the industry has changed now?

CR: My perception has completely changed. I'm so glad I came into the industry now. I really do believe it has to be one of the most rewarding jobs out there. It is such a caring, loving natured industry, where people only want what's best for the residents and their families.

W: What is the most rewarding aspect of your job?

CR: Being able to say you've made a real difference to a residents happiness, is such a rewarding thing. Having the ability and opportunity to really make somebody's day. I mean, how many other jobs can give you that? It might not even be something big. I've learnt that sometimes it's the little things that really make a difference. Something as small as

helping them to find something they've lost, going out on trips with them or simply just sitting and chatting/reminiscing.

W: Would you recommend a job in the care industry, to anyone considering it?

CR: Yes I would, 100%. Even if like me, it isn't really your first choice, I think a lot of people would be surprised, by just how much they would enjoy working in this industry.

W: What is the one piece of advice you would give, to anyone starting work in the care industry?

CR: I could offer lots, but I'd honestly say for me, the best advice I could offer, is to always put the resident first. Also, take each day as it comes, because rarely are two ever the same. Which means you'll learn something new, every single day. And that's cool.



INSIDE PERSPECTIVE

The resident

*Lambart Newton
Wellburn House
Resident*



W: Had you always considered a care home as a viable option?

LN: Throughout my life, I've always considered coming into a home, if I knew I wasn't going to be able to look after myself. I worked in the care industry for 19 years at Prudhoe Hall, so I always realised that anyone could end up needing help. I just didn't think that would be me.

W: How did you end up being a resident at Wellburn House?

LN: I was in a different care home to begin with, but we'd heard lots of good stories about Wellburn House. So my wife and I decided to move, and quite honestly, it's the best decision we've ever made.

W: What was your perception of care homes before you came to Wellburn House?

LN: I'd always thought care homes might be an ok place to live, but I really didn't think it could be as good as it is now.

W: What is your perception of care homes now?

LN: I'd have to say, that Wellburn House, has really changed a lot of my previous conceptions. I went from thinking it would be ok, to having the time of my life.

W: What is the best part of living at Wellburn House?

LN: The best part about living here is most definitely the staff. They're so loving and caring, and they'll try and do everything I ask of them. I was also surprised at just how good the food is here, and I genuinely look forward to every meal. My wife feels exactly the same way about the staff, and has been bowled over by them.

W: Would you recommend going into a care home to anyone who is considering it?

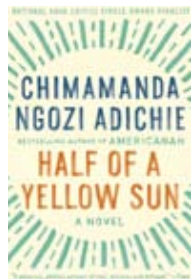
LN: I would whole heartedly recommend going into a care home, to anyone that is struggling. I'd even go further and recommend this home. Of course, I'm biased, but it really is wonderful and I enjoy every minute of being here.

W: What one piece of advice you would give to anyone, who might be considering a care home?

LN: I've learnt that every care home is different. Different staff and different ways of doing things, but before you move into the home, make sure it is the right one for you. Go and visit, spend time there first. Get a feel for the place and the staff. But if you can, make sure you end up choosing Wellburn House. I did.

Readers CORNER

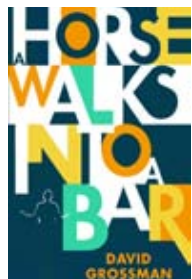
Sit back, take a quiet moment and discover what your next jolly good read could be, or why not try one of our brain teasers.



HALF OF A YELLOW SUN by Chimamanda Ngozi Adichie

★★★★★

When it comes to novels, the word extraordinary is often over used. But with Adichie's Half of a yellow sun, it can be used with total justification. The story takes us on a journey of compassion, insight and wit, like no other. Set in 1960's Nigeria, three lives unexpectedly intersect, against the horror of Nigeria's civil war. Their loyalties are tested, as they're pushed and pulled through every emotion. As is the reader. A masterpiece. *MC*



A HORSE WALKS INTO A BAR by David Grossman

★★★★★

David Grossman's novel is a short, shocking masterpiece, and a deserved winner of the Man Booker International prize this year. Set in a small Israeli town, the

story follows Dovaleh G, a stand-up comic. When the audience pack in to see his regular spot at the comic club, they are in for a bewildering evening, as the wheels begin to fall off. A whirlwind of laughter and tears, a novel that will last very long in the memory. *MC*



A DOG'S HEART by Mikhail Bulgakov

★★★★★

Bulgakov is often described as one of the greatest writers of the twentieth century, it's easy to understand why. A dog's heart is a parodic reworking of the Frankenstein myth, with unrelenting satire aimed squarely at the door of the communist state. The novel was banned in Russia in 1925, but today, this hugely entertaining novel is one of Russia's best selling books of all time. Hugely entertaining read. *MC*

Interested?

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

Crossword
and Sudoku
answers
on page 4

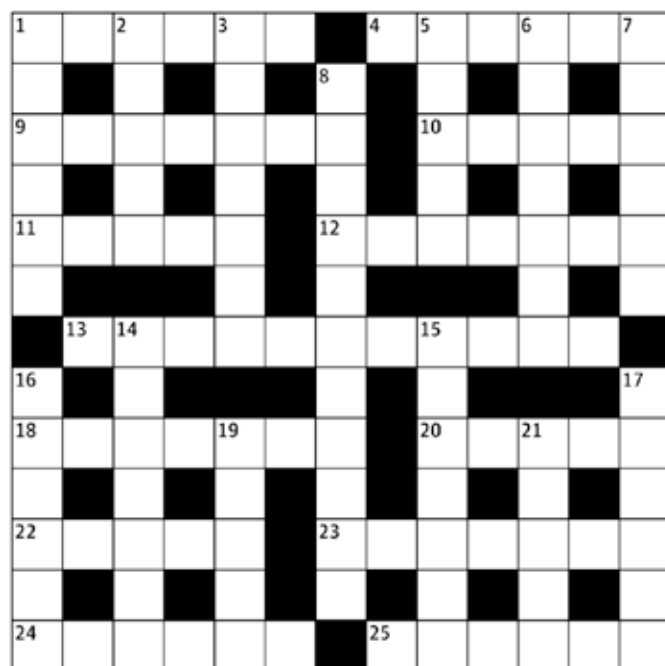
CROSSWORD

ACROSS

- 1 Old and unreliable car (6)
- 4 Incriminated by false evidence (6)
- 9 Venetian boat (7)
- 10 White — jewel (5)
- 11 Amphitheatre's central space (5)
- 12 Used to build honeycombs (7)
- 13 Physical beauty (11)
- 18 Painting with pigment laid on thick (7)
- 20 TV sound (5)
- 22 ER, say? (5)
- 23 Blood relatives (7)
- 24 Man once employed as a harem guard (6)
- 25 Thoroughly acquainted with — served (anag) (6)

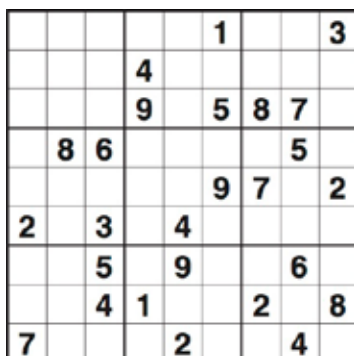
DOWN

- 1 Big cat of tropical America (6)
- 2 Thrust (5)
- 3 Unimaginative (7)
- 5 Indian money unit (5)
- 6 Made a catty comment? (7)
- 7 Palatial and opulent (2,4)
- 8 Nonsense poem in Lewis Carroll's Through the Looking Glass (11)
- 14 Indefinitely many (7)
- 15 Person under instruction (7)
- 16 Cream soup made with shellfish (6)
- 17 Exhausted — under the influence of drugs (6)
- 19 Kind of boom (5)
- 21 Worthless material (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



£9.95 Mindfulness Plate Fireworks Gift Boxed Maxwell and Williams

Get in touch with your inner artist over Bonfire weekend. This gift boxed plate comes with a set of paints for you to customise your own fireworks inspired design. Then finish your plate off, by baking in the oven. Awesome!

available at: [maxwellandwilliams.co.uk](https://www.maxwellandwilliams.co.uk)



£16.99 Today Has Been Cancelled - Pillowcase Arima Designs

This is one way to conquer those dark, early Autumn mornings. And let's face it, we've all felt this way before. This funny messaged pillowcase from Arima Designs, will at least put a smile on your face, when your day can't be cancelled.

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



£32.00 Original Kids First Classic Wellington Boots Hunter

What a perfect way to brighten up those dull, dark Autumnal walks to and from school. Hunter have very aptly named the colour of the boot shown above 'Sunshine'. And you don't even have to worry about those puddles. Win win!

available at: [hunterboots.com](https://www.hunterboots.com)



£5.95 Pumpkin Pie Natural Soy Wax Candle A Handmade Emporium

There's nothing more seasonal, than a pumpkin, and we're loving these Pumpkin Pie candles. A delicious treat of pumpkin and mixed spices, including nutmeg, ginger, clove and cinnamon. Finished with a little spooky pumpkin on the top. No tricks, just a very nice treat for yourself.

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

MY BASKET

THE BEST OF GIFTING Nº4
*Things we've seen out and about,
that might just come in handy
this Autumn*



£4.99 Stencil & Carve Pumpkin Carving Kit Carveking

Pumpkin envy can be all consuming. Fear not, this year is your year. Be the envy of your street, with this amazing pumpkin carving kit. It even comes with stencils, so you're guaranteed to have the best pumpkin in the hood. Get creative this Halloween and show off your hidden talents.

available at: [ebay.co.uk](https://www.ebay.co.uk)



£22.95 David Shrigley Booze Hip Flask David Shrigley

What more could you actually want from a hip flask than the word booze at the top! Designed by the great and sardonic David Shrigley, this is the perfect gift for someone who enjoys a tipple. And with the cold nights drawing in, who doesn't?

available at: [shop.balticmill.com](https://www.shop.balticmill.com)

SUNDY BEST

Finding a good Sunday Roast in the North East is easy. Finding the best around, well that takes a little more groundwork, and we've discovered some real contenders.



PEACE AND LOAF Jesmond - Newcastle

Opened less than five years ago, multi-award winning Peace and Loaf, has already become one of the most sought after restaurants in the North East. Head Chef and co-owner Dave Coulson, trained under Michelin two-star rated Michel Roux Jr, and it shows. His menu is extraordinary and we'd highly recommend a visit at any time, but for this feature, our interest lies in their Sunday offering. And wow, you'd have to go a long way to find a better Sunday



Roast in the region. Twin that with their location and interior decor and you literally have the perfect recipe for a contemporary twist on the nations favourite Sunday Roast. For more info: www.peaceandloaf.co.uk



THE BAY HORSE Hurworth - County Durham

The roaring open fire, sets the tone for this old English pub. Location, setting and interior decor create the perfect storm, for one of the regions best Sunday roasts - and The Bay Horse's roast is nothing short of exceptional. They also cleverly rotate the menu to make the most of seasonal produce. It's a plate of delight, but a special mention must go out to their duck fat roast potatoes. For more info: www.thebayhorsehurworth.com



THE STAITH HOUSE North Shields

It comes as no surprise, the Staith House's stock and trade is seafood. Located on North Shields' Fish Quay, you'd expect no less. But make no mistake, their meat dishes are just as spectacular. And they don't come any more spectacular than their Sunday Roast. So good in fact, it was recently singled out for praise by the Observer Food Monthly. For more info: www.thestaithhouse.co.uk



THE STAR INN THE CITY York

It's the new kid on the block, and the city-based sister of the Michelin-starred Star Inn at Harome. The Star Inn The City offers something, so fundamentally different from pretty much every other pub around. The buildings design has scooped multiple awards and really is something that needs to be seen for itself. Stunning views, breathtaking interior and a Sunday roast to match. For more info: www.starinnthecity.co.uk



THE WHITE SWAN Ampleforth - North Yorkshire

Recently voted as Yorkshire's favourite pub, The White Swan is the quintessential English countryside pub. Friendly, warm and outrageously cosy. But it's not just the location and settings that makes this one of the North East's best places for a Sunday Roast. Others may talk the talk, but The White Swan walks the walk with their Sunday Roast. And of course, as you'd expect, their Yorkshire puddings are unbeatable. For more info: www.thewhiteswan-ampleforth.co.uk

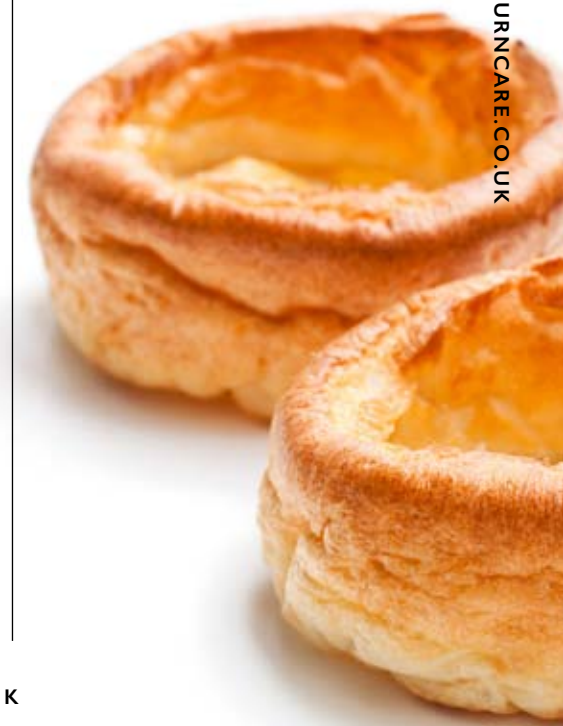


ALL RISE FOR THE KING
Now a staple addition to any self respecting roast dinner, but how did the Yorkshire pudding make its way onto our plates and into our hearts?

Back in 1737 the first ever recipe for 'dripping pudding', was published in a book titled The Whole Duty of a Woman. Wheat flour had come into common use for making cakes and puddings, but cooks in the North of England had started baking batter puddings while their meat roasted, making use of the fat that dropped in the dripping pan. Batter was placed in a hot pan over the fire with a bit of butter, then placed under a shoulder of mutton in the oven in place of a dripping pan to collect the fat.

Ten years later, in 1747, Hannah Glasse published a similar recipe in her book, The Art of Cookery, renaming the delicacy as a 'Yorkshire pudding'. The puddings were flatter than today's, and would be served as a first course, before the expensive meat as the main.

Poorer households couldn't afford meat, so dripping, flour, eggs and milk were used to make the puddings which would be served with gravy as the only course. And the Yorkshire pudding as we know it was born.





We catch up with BBC documentary maker, *Dominic Sivyer*

“WE HAD TO REMEMBER WHAT GRANDDAD WAS LIKE BEFORE DEMENTIA BUT THIS WASN’T ALWAYS EASY.”

“I feel sorry for you Granddad” may not be the best choice of words to say to a proud, successful man living with Dementia but Dominic Sivyer cares so much about his hero that he spent 2 years making the documentary “Granddad, Dementia & Me” for the BBC.

Sometimes film makers have their documentary planned out and made before pressing record on the camera. This wasn’t the case with Dominic Sivyer,26. Before making this film about the key figure in his family he knew very little about dementia

Social media reacted with equal servings of praise and criticism but this wasn’t to be viewed as a textbook “this is how to do dementia” film. This was a story littered with guesswork, hope and mistakes.

What was your Granddad like before his dementia?

He was the key figure in our family, motivated and dynamic, sociable, likeable and charming.

What did you know about dementia before making the film?

I thought it was just about forgetting things.

How did you notice something was wrong?

Granddad is very clever and so could hide many of the difficulties giving us the answers we wanted to hear but we noticed there were changes in his behaviour making mistakes he never would have made previously.

What did your Grandfather struggle with most?

For years he had carved out his own independence running a successful company making decisions every day. The loss of control affected him most and not being able to drive.

What were the biggest challenges for your family?

His mood changes and blaming my grandmother for things he couldn't

understand. He knew something was wrong but was unsure what. We had to remember what Granddad was like before dementia but this wasn’t always easy.

You could have easily edited the film to give a rosier picture. Given the time again would you change the edit?

No I wanted it to be warts and all-to show us making mistakes-not having all of the answers otherwise it would give a false impression. Life is trial and a lot of error.

What have you learned from making the film?

Retirement may not be a great idea for an active mind who strives on stimulation, socialisation and problem solving. I learned that we are quick to forget who the person is. We must retain who the person was before dementia. We must also realise that their reality is at odds with ours like when he describes the hospital he was in as “a horrible hotel!”

What was the impact of his medication?

We lost the lows but we perhaps lost some of the highs too. It felt like it extinguished some of Granddad’s fire. It became more of a plateau where you noticed him more agitated when they wore off.

When do you think the biggest positive change happened?

When Aunt Becky slept on sofas in the annexe with Granddad. The language all the family used changed. The feel went from frustration, blame and denial to support and love which created a phenomenal biggest difference.

What do you hope people gained from the film?

To ask for help if they need it and not be afraid to not know all of the answers.

After the success of this documentary Dominic will be making future films for the BBC.



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

Cooking with
THE HAIRY BIKERS



INGREDIENTS

Cake-release spray (optional)
300g plain flour
2 tsp baking powder
½ tsp bicarbonate of soda
2 tsp ground cinnamon
½ tsp ground nutmeg
pinch of cloves
200ml whole milk
60g full-fat yoghurt
60ml vegetable oil
100g light soft brown sugar
2 eggs
2 large eating apples, finely diced
50g porridge oats

METHOD

Preheat the oven to 200°C/Fan 180°C/Gas 6.

Line a muffin tray or fairy cake tins with paper cases or spray the tins with cake-release spray.

Put the flour into a bowl with the baking powder, bicarbonate of soda and spices, then whisk thoroughly to combine.

Put the milk, yoghurt, oil, sugar and eggs in a separate, larger bowl and whisk to combine. Add the flour mixture and most of the apples and oats to the wet ingredients, stirring briefly to combine. Try to keep stirring to a minimum as over-working the batter can give a tough result.

Divide the mixture between the cases – you will find the mixture will come almost to the top of them. Sprinkle over the remaining apple and oats.

Bake in the preheated oven for 20–25 minutes until well risen, golden brown and firm to the touch. Remove the cakes from the oven and place them on a rack to cool.



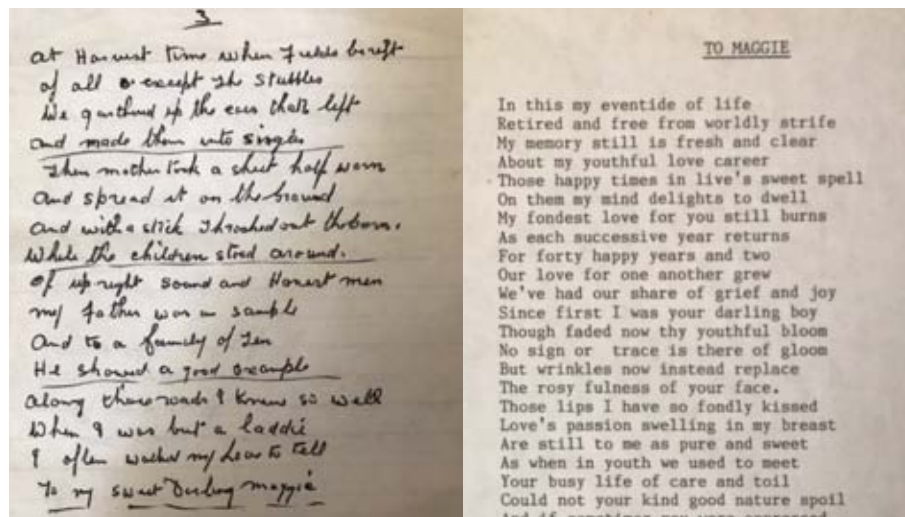
**SPICED APPLE MUFFINS
MAKES 12 MUFFINS
220 Kcal per muffin**

Even when you’re dieting, there are times when only a bit of cake will do, and these spicy muffins go down a treat with a cup of tea. They are reasonably low in calories but if you like, you could make 24 little fairy cakes instead of 12 muffins. Just watch you don’t eat double the number!



MY STORY

Jessie Scott, resident at our Garden House home, shares her story and why she has such a fondness for hills.



Some might think that Jessie's love affair with the hills, started when she watched *The Sound of Music*. It's true, she adores the film so much, it once led her on a pilgrimage to Austria. But to trace where it all started, we have to go back to her childhood, and her grandfather, who was a hill shepherd.

It all started with her grandfather though, Robert Scott. In his childhood, Robert was exceptionally bright, and won a rare place at a highly coveted public school. Sadly, the family didn't have enough money to send him, which might have knocked some spirits, but not Robert's. He worked hard at the local school, with only one ambition - to become a shepherd.

Jessie recalls him telling her as a child, "It's the best job in the world. There's no other job comes close."

Even though at times, the job had him out searching for lost lambs in snow and ice, with rain and hail blowing sideways into his face, his passion never dulled.

Often when men went to work on the land, they left pen and paper as a distant memory in the classroom but not Robert.

The intelligence and literary curiosity, that won him the place at private school, never left him. And he used this talent, to document all around him. Taking inspiration from the breath-taking views, and his love of animals. Robert would scour the hills for the largest boulders he could find to create a "build" - a semi-circle of rocks to shield from the wind. There he would sit with his dogs and write beautiful poetry about all before him.

Later in life, Jessie's grandfather's poems would be turned into a book of collective poetry. Poems that would act as a snap shot of the times, its people and their life.

Jessie is the proud owner now, of all of Roberts original handwritten poems. Able to share his work, her ancestry and their stories, that paint the most beautiful pictures of her home and the people she grew up with, all that time ago.

Jessie's love of the hills, is intertwined with the love for her late grandfather and his words. Words that aren't quite as old as the hills, but certainly part of their history, and hers. Visit our Facebook page to read some of Robert's poems



The woman behind the story

Jessie Scott was born in Castle Hills Hospital, in Berwick on March 15th 1925. She grew up in Kilham and attended Howtel School from ages five to fourteen years old. In 1950, Jessie married a plumber, Les James and they moved to Wooler, in Northumberland.

Through her childhood, she always has a sense of mischief and adventure, a quality she retained in adulthood. Take the time she fell so much in love with the Julie Andrews film, *The Sound of Music*, she just decided one day to set off on a pilgrimage to Salzburg, and follow in Andrews' footsteps. Another example of this spirit, is when she worked as a school caretaker. "The hours were so long and I needed a speedy way of getting around". Jessie explains, "So I bought myself a bright red scooter. It made me feel young and daft. I loved it". Today, life in our Garden House home in Spittal, is a little more relaxed, thankfully. But that spirit of adventure still burns bright, and Jessie loves venturing out on the sea front at Spittal with her walking stick. No red scooter sadly, but still the same adventurous glint in her eyes.

'Just to hear someone say my name. That means a lot.'

Free telephone friendship service

A friendly weekly chat on the phone can make all the difference. The Age UK telephone friendship service has matched hundreds of older people with trained and supported volunteers who enjoy a weekly chat about anything from travel to childhood memories.

If you, or someone you know could benefit from the additional support a friendship call could provide, then get in touch.



0800 434 6105



callintime@ageuk.org.uk

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