

Introducing our community volunteer project.

At Wellburn Care Homes, we understand just how important recreational activities are to our residents. Some of the activities focus on providing a greater sense of purpose. We know that people who feel a greater sense of purpose, remain in better physical and mental health, with higher levels of self-esteem.

Our **workmatters** project is a perfect example of what can be achieved.

workmatters partners up with local businesses and organisations, to give our residents the opportunity, to help out and volunteer in the local community. From working in local garden centres, to helping in local pubs, to volunteering at the RAF, the range is wide.

If you think **workmatters** could benefit your business or organisation, we'd love to hear from you. To register your interest in our **workmatters** project, please contact us on:

0191 229 3530

or email us at: workmatters@wellburncare.co.uk

or for more info about us visit: www.wellburncare.co.uk



The Wellbourn Post

Issue 15 / Spring 2019

The Free quarterly
magazine, from
Wellburn Care Homes



York's Dead Good Festival

A community
festival inspiring
conversations
around death
and dying

10th-19th
May 2019

At venues in
and around York



yorksdeadgoodfestival.co.uk

Editors Letter

As we shake of the cold of winter and get ready to welcome in spring, we also welcome our 15th issue. And as ever, it's packed full of lovely stuff.

In our Icons series, we explore the remarkable history of one of our regions most famous and loved landmarks (pg 4). We also share the story behind our new tote bag design, which I'm sure caught your eye on the cover. (pg 6).

Our brand new 365 section (pg 9) is all about health and wellbeing, with some fantastic hints and tips, including some very surprising facts about concentration.

We also bring you the story behind our recent CQC 'outstanding' rating success and celebration (pg 16).

And of course, we have our regular Life section (pg 21), full of the latest goings on at Wellburn, including our latest residents day trips, book reviews, a recipe for a delicious roast chicken and white wine dish, which is super yummy!

Enjoy issue #15 and have a great springtime.

Sophie x

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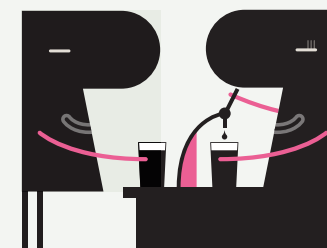
Our tote bag has proven to be a popular accessory, so when stocks started to run low, we decided a fresh new look was needed. We bring you the story.

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A sheer reluctance to be defeated in the face of such adversity, is why Whitby Abbey is so loved.

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Our residents and our Work Matters project, are proving some preconceptions wrong.

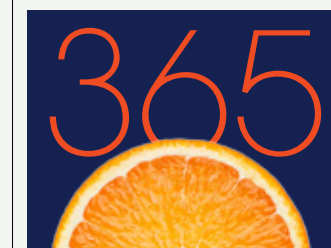


8 LETTERS

We tackle some of the many questions that arrive in our various inboxes daily.

9 365

This section is all about health and wellbeing. Full of tips for mind and body wellbeing.



16 STAND OUT

We received our first ever CQC 'Outstanding' rating recently. We bring you the full story.

21 LIFE SECTION

Our Life section is packed with news, reviews, games and the latest book reviews.



In each issue, we take a look at one of our regions architectural icons. We explore its story, discovering its history and understand what makes it so iconic.

Icons

WHITBY ABBEY WHITBY

Henry VIII, famous for his many wives and their unfortunate end, was also responsible for the end of Whitby Abbey. But not the end of its story.

The history of the iconic Abbey, dates back to the 7th Century, starting life off as a Christian monastery, at the centre of the medieval Northumbrian kingdom.

It was commissioned and built in 657AD, under instruction from the then Anglo-Saxon King of Northumbria, Oswy. On completion, the monastery was named Streonshalh, the older name for Whitby.

In 664AD a significant meeting took place in the monastery, to resolve whether the Northumbrian church would adopt and follow Celtic Christian traditions or adopt Roman practice. The latter was opted for and of the many practices adopted, the manner of how the date for Easter was calculated and set. A practice that stands to this day.

Long before Henry VIII's impact on the Abbey was felt, the monastery's first real blow was dealt by invasions from the Danes, in successive raids between 867 and 870. It was laid waste and would remain desolate for the next 200 years.

The turbulent life of the Abbey would take another twist, when a monk named Reifrid, previously a soldier in the ranks of William the Conqueror's army, resurrected the Abbey's fortunes.



Under his guidance, the monastery would start a period of harmony and thrived as a place of worship and learning, under Benedictine rule.

It wasn't until 1540, that the monastery's final hammer blow would be dealt, when Henry VIII introduced his Dissolution of the Monasteries bill. All practicing monasteries across the land were destroyed, and what is now known as Whitby Abbey, didn't escape.

DISCOVER IT FOR YOURSELF

April will see the re-opening of Whitby Abbey, after a £1.6m revamp by English Heritage. With improved facilities and a new permanent exhibition, the opening is much anticipated. To find out more about the Abbey and the re-opening times, visit: english-heritage.org.uk/visit/places/whitby-abbey

Although, to all intents and purposes, it was the end for Whitby Abbey, it didn't quite work out that way. Even though it was left in ruins, and remains that way to this day, over time it became a prominent landmark for sailors, and in recent times, for tourists.

After violent and periodical attacks over many centuries, even including a significant and sustained period of shelling in WW1, by a German battleship, the Abbey remarkably still stands, and is now owned and maintained by English Heritage.

Bram Stoker's use of the Abbey as a setting for parts of his 1897 novel, Dracula, has also helped steep the Abbey in an extra layer of myth and legend. Perhaps this blend of literary infamy and its sheer reluctance to be defeated in the face of so much adversity, is why the Abbey has become such a loved, icon of the North.

In our regular Agenda column, Wellburn's Executive Chairperson Rachel Beckett, offers her views and thoughts from the inside.



Agenda

“Changing perceptions one person and one business at a time, seems to be working.”

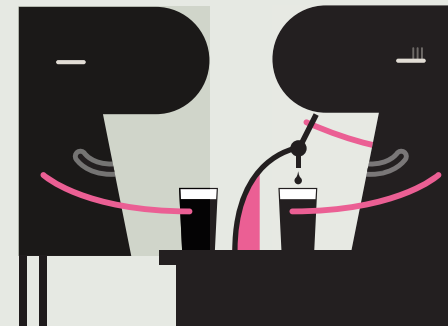
In this and the previous issue, we've spoken a lot about our new community volunteer project 'Work Matters', and for good reason. The project itself was actually the brainchild of our Nightingale Hall Home Manager, Mike Campling. The story goes, that the idea came to him as he watched two residents engaged in a healthy debate, over who's turn it was to serve tea from the drinks trolley.

We found the story amusing of course, but as soon as Mike pitched the idea, I knew he was onto something special. It's only now that the project has become established, we're beginning to realise just how special.

On the face of it, the project simply offers residents who still feel like they have an awful lot to offer, the opportunity to volunteer in their local communities.

But, as we find out most days over here and across all of our homes, things are thankfully never as straightforward as that. Our core business isn't product based, it's people based. At the centre of that core, sits the residents, and as it ripples out, we have their families and loved ones, our staff, and beyond that, our local communities.

So, you take a simple, yet ingenious idea that may or may not have legs, introduce the people angle and that's when the magic happens. All of a sudden, residents start to get excited by the possibility, their infectious enthusiasm reassures potential community partners and the project starts to take on a life of its own.



We read too many articles about older employees being forced into retirement against their wishes. Against a backdrop of social preconception, that once you reach a certain age, you automatically become incompetent and dithery, and the whispers about being 'put out to pasture' start. What we've seen since our Work Matters project started, is proof positive that many of these preconceptions are nonsense. We can take examples from any number of our residents, who have flourished during their volunteer work.

Take Jeanette Williamson's placement. A resident in our Nightingale Hall home, Jeanette worked for years as a pub landlady, but since retirement, and then moving into a care home, she often suffers from anxiety. We suggested our project could find her a placement in a pub, and she jumped at the chance. We partnered her up with the Talbot Hotel and the transformation was almost instant. We witnessed at first hand,

the old Jeanette, confident and completely at ease. For Mike, who now oversees the entire Work Matters project, this isn't an isolated success. When he updates me on the projects progress, these stories keep on coming.

Residents finding a new lease of spirit and purpose, shop owners and pub managers bewildered by the sheer force of nature, when our residents turn up. Changing perceptions one person and one business at a time, seems to be working.

It's no secret that when older people feel a greater sense of purpose, they remain in better physical and mental health and maintain higher levels of self esteem. Our lifestyle coordinators work tirelessly to design and create programmes across all of our homes, that offer our residents the best possible options.

But Work Matters has shown us that sometimes, residents just want to work again. Maybe it's for a full day, or maybe just a few hours, but the project has breathed a new lease of life into so many already, it has sent a clear message to all of us and our local communities. For me, the message is loud and clear. Age isn't and shouldn't be a barrier.

For an ever aging population, the governments concern isn't just increasing the age of compulsory retirement, but by how much. What we've witnessed over the last few months, shows the glass ceiling has cracks in it. And I for one, will stand side by side any of our residents who want to smash it. ■



Our tote bag has proven to be a popular accessory, so when stocks started to run low, we decided a fresh new look was needed.

In the bag

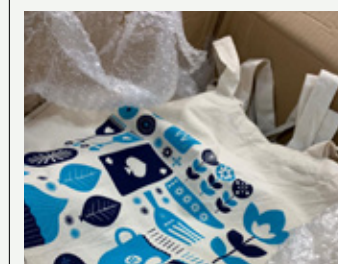
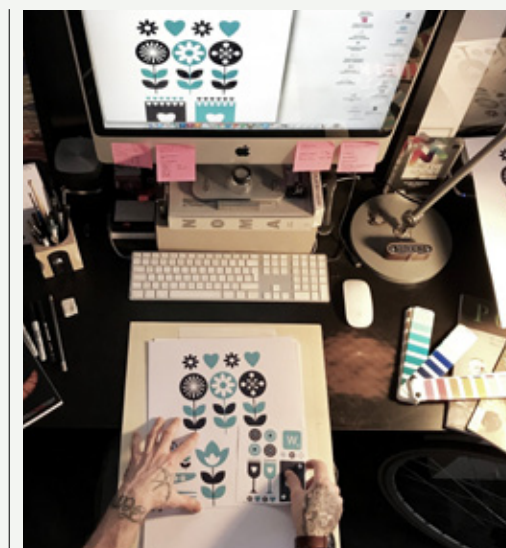
Our new tote bags have just arrived, and they're looking better than ever. We use our tote bags to gift to our residents, their families and to visitors in our homes, including those making new enquiries.

Our last two designs have always picked up lots of compliments, but this time our team wanted to create something a little bit different. We commissioned London based illustrator, Mikey, to create a design that included elements which would reflect life and the spirit in our homes.

Our marketing team were extremely hands on, and it was an enjoyable, collaborative effort. The striking design includes everything from cupcakes, to Jammy Dodgers, and there's even a scrabble piece in there too. W for Wellburn of course, which has a score of four, as our residents who love playing it, will quickly tell you.

For us, we'd like to think that producing our tote bags is more than just another marketing gimmick.

Our approach to resist the temptation of simply running a big Wellburn logo on the side, is for very good reasons. We feel passionate about environmental issues, and as a company, if there's a small gain to be made, or waste saved, we'll always do whatever it takes to make it happen. We just feel that the transparent corporate approach, puts people off from actually using the



bag, beyond its life as an immediate marketing tool. We want people to feel it's something they'd happily carry around with them.

So part of the brief, was to not only come up with a great design and keep our logo small and subtle, but to make sure the production of the bag was environmentally friendly too, with only sustainable production methods used.

Our hope now, is that this sustainability won't stop there. With supermarkets quite rightly, preparing to raise the cost of environmentally damaging plastic bags, even further, our tote bag offers a perfect replacement, for that quick run down to the shops for those few essentials. And it'll look so much better, of course. ■

“WE WANTED AN EXCITING NEW DESIGN THAT INCLUDED ELEMENTS THAT REFLECT LIFE AND THE SPIRIT OF OUR HOMES”

If you'd like one of our new tote bags, simply pop into to one of our homes near you, and ask for your free bag at reception. For a full list of our homes and their locations, visit: www.wellburncare.co.uk/our-homes

We often get asked a lot of questions, about a lot of different things, across all of our channels, including email, social media and our website. Here's a selection.

Letters



Your Facebook page is full of activities, which is great. What kind of things can my wife expect to be getting up to?
Roy from Wallsend, via Facebook.

We say...
There's a vast range of activities for our residents to get involved with, Roy. We try to make our activities as diverse as possible, and make a point of trying to accommodate as many residents interests as we possibly can.

I'm interested in care for my husband but not sure he's ready for full time care yet. Could he come and stay for a trial period?
Jayne from South Shields, via Facebook.

We say...
Of course. A number of our residents start off by having a period of respite, where they stay for a shorter length of time, before making any longer term decisions.

I'm interested in applying for your advertised care assistant vacancy, but I haven't worked in care before. Would this harm my application, or would it be ok?
Rachel from Gateshead, via Facebook.

We say...
Don't worry about having previous care experience Rachel, we handpick our teams for more than just their qualifications and experience. All successful applicants are given full training.



There's so much choice out there, how can I be totally sure I'm choosing the right care home for my nan?
Debra from Berwick, via Email.

We say...
The only real way of choosing what's right for you and your nan, is to get out and visit the homes. More often than not, you'll just get a feeling, one way or another. We also have a free pocket sized guide to help you when you're visiting homes. We'd be more than happy to pop one in the post for you Debra, just contact us or order it from our website.

I've heard a career in care can be really hard work. Is it really that hard?
Tony from Wigginton, via Twitter Direct Message.

There's no sugar coating it Tony, yes, a career in care can at times, be extremely hard work. But there's also huge benefits too. For example, how many other jobs can guarantee that you'll be directly making a massive difference to other people's quality of life, on a daily basis?

Our pocket sized, 'guide to choosing a care home', which is packed full of useful hints and tips, as well as a checklist for you to fill in, as you're visiting potential care homes, is available free. To order your copy, call us on: 0191 2293530 or visit: wellburncare.co.uk

Hello, it was great to meet you all today. One thing I forgot to ask though, was how do your staff get to know your residents on a personal level? Should I put together some information for you?
Jessica from Driffield, via Email.

We say...
Hi Jessica, we ask all of our residents and their loved ones to fill in a 'life story', so we can get a deeper understanding of our residents as individuals. The more information you can share with us, the better.

I'm considering care options for my husband, but obviously this is a huge decision. If he was to move into one of your homes, would I be able to visit him anytime I'd like to?
Margaret from Amble, via Email.

We say...
You can come every single day if you'd like to Margaret. We'd always encourage you to come and get involved as much as possible.

My mum's a bit of a night owl. If she moved into care, does she have to go to bed at a set time?
George from North Shields, via Facebook.

We say...
George, we get asked this more than you might think. Our residents can of course go to bed whenever they'd like to.

3 pages full of useful hints and tips for mind and body wellness

INSIDE >>

Concentration matters • The power of Tai Chi • Importance of sleep

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HEALTH & WELLBEING



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Improving concentration levels can bring all sorts of physical and mental benefits. Whatever your age, from nine to 90, we can take steps to improve it.

Why concentration matters so much

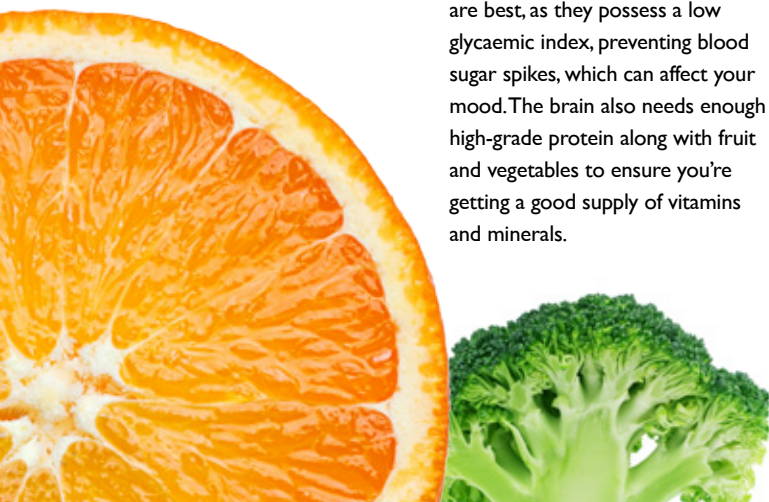
Historically, the importance of our concentration levels has been somewhat neglected. Thanks to modern science and the emergence of the ever growing health and wellbeing market, we're now beginning to understand more about our mind and body. As it turns out, our ability to concentrate, has a far bigger effect on our physical and mental wellbeing than we ever thought. Across all of our homes, our

lifestyle-coordinators are using this new information and data, to help when designing their programmes for our residents. But there's small things we can all do to improve our concentration levels. In this fast paced world of communication - email, text messages and social media, it's easy to see why our concentration is constantly being challenged. Now more than ever, we need to take care of it, and here's some tips how.

Nutrition

As with all operating systems of the body, the brain runs on carbohydrates, which provide fuel for energy. Without the right nutritional intake, the body and

mind find it hard to function properly. With everything in life, we have to find a good balance between good foods and the occasional treat. Complex carbs are best, as they possess a low glycaemic index, preventing blood sugar spikes, which can affect your mood. The brain also needs enough high-grade protein along with fruit and vegetables to ensure you're getting a good supply of vitamins and minerals.



Hydration

Symptoms of dehydration include tiredness, headaches and reduced alertness, and if this continues it will impact on mental performance, including memory, attention and concentration. Water is by far the best fluid to drink for healthy hydration - official guidelines suggest an intake of somewhere between 6-8 glasses per day. But

a balance of alternatives can also have a positive impact. Milk is a useful source of nutrients, including calcium, iodine, B vitamins and protein. Tea, coffee and other hot drinks, provide some nutrients, if milk is added. To limit calories, drink without sugar and with low fat milks.

Exercise

Physical exercise helps relieve stress and refocuses our mind. It also significantly improves our mood too - all of which can significantly help and improve our concentration levels. We also feel mentally sharper after exercise too, due to the increased level of oxygen flow to the brain.



Sleep

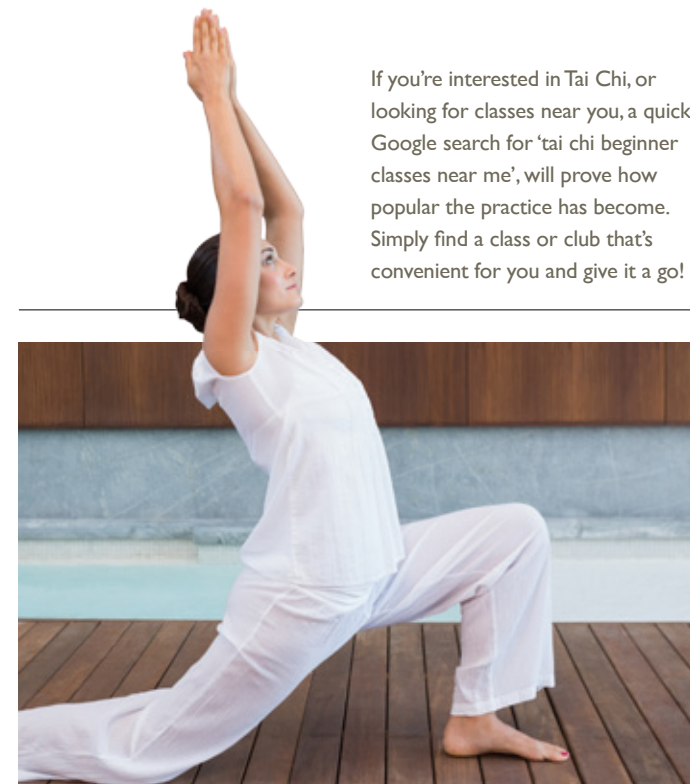
Sleep is essential to our health and wellbeing. Without enough sleep, we not only feel tired, but irritable and it makes it harder for us to focus and concentrate. Our daily activity also has an impact on the quality of sleep we get. A number of contributing

factors will play their part in how we sleep. Eating the wrong things at the wrong times, not staying hydrated and feeling stressed can all have a negative impact. There's a lot of things we can do to help improve our quality of sleep and concentration levels (See pg 12).

Interruptions

A recent study, found that persistent interruptions and distractions can also have a profound effect on our health and wellbeing. Those constantly breaking away from tasks to react to interruptions, suffer similar effects on the mind and concentrations levels, to that of a loss of a night's sleep.

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If you're interested in Tai Chi, or looking for classes near you, a quick Google search for 'tai chi beginner classes near me', will prove how popular the practice has become. Simply find a class or club that's convenient for you and give it a go!

Tai Chi

Tai Chi is a regular feature on a lot of our homes activity rosters, and for good reason. The feedback we get from our residents is always very positive, they love it. But why? And should we all be interested?

Tai Chi is an ancient, time-tested traditional Chinese method of self-development, a subtle blend of the meditative and martial knowledge, which combines self-discipline, graceful movement and effortless power. It twists and

elongates tissues have become tense or suffered physical trauma, and opens the body to release the central nervous system. In short, it encourages the mind and body to work together.

It not only develops coordination and balance, but it boosts the brain and memory as efficiently as both serious mental exercises and strenuous aerobic exercise. Those who do it, don't look back and those who don't, probably should.



Residents view

Betty Edwards
Heatherdale Care home

I love Tai Chi. I just thought I'd try something new, and ever since, I've not looked back. I look forward to the class with Paul every single week."



A word from the professional
Paul Northan
Tai Chi instructor

“

The residents love Tai Chi and look forward to it every week. Paul is especially good with them, always going out of his way to spend time interacting with them. They love to chat to him, even after the session has finished, which is testament to him. Paul also puts all of our residents at ease.

”

Annamarie Wintrip
Lifestyle Coordinator
Heatherdale care home

One of the main benefits for the residents, is that the Tai Chi classes I do at Wellburn are seated. Of course some are able to do it unaided, but I find it gives the class a more inclusive feel, giving anyone that wants to take part the opportunity.

It also means that the residents don't have to worry about balance issues, which allows them to interact with each other more easily.

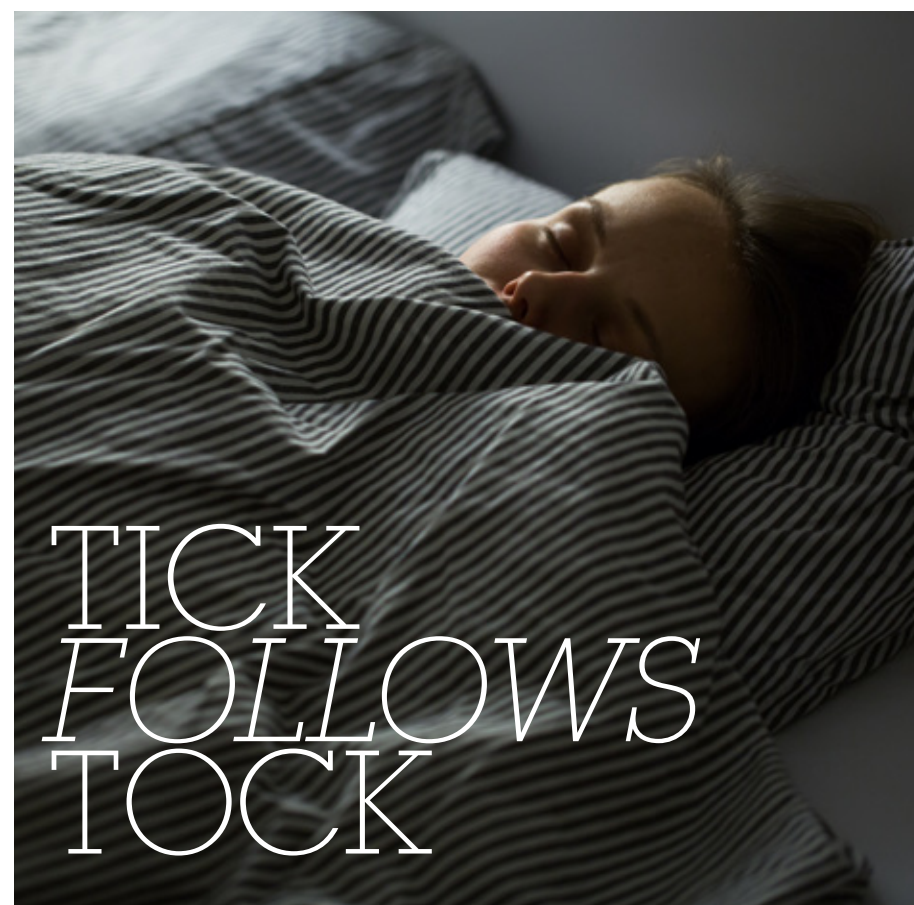
Obviously the benefits of regular Tai Chi sessions bring still absolutely apply, offering better mobility, mental focus and overall general health.

My advice for anyone interested in taking up Tai Chi, is do it. I promise you'll love it. If you do suffer from medical problems, I'd always advise seeking advice from a Doctor first, before looking for a qualified Tai Chi instructor. At this stage, the instructor will assess you and recommend what level you should start at, and what you should and shouldn't attempt at the beginning of your Tai Chi journey.

Even though in theory you could self teach yourself, I'd always recommend joining a class. You'll learn and pick things up much quicker and it guarantees you'll start with a solid foundation, from someone qualified. Another important aspect of joining a class is the social aspect, many of the people in my classes have gone on to make new friends, which is always amazing.

There's so many benefits Tai Chi can bring you, but a common piece of feedback I get, is that my students love just learning and developing new things about themselves, their bodies and their minds. It's hugely satisfying and rewarding.

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Getting enough and the right kind of sleep is vital to our physical and mental health.

Data suggests more than half of us are sleep deprived, but with small changes to our diet, habitual behaviour and a little help from technology, we can make a big difference.

Sleep isn't just critical to our daily recovery, it's essential for maintaining our cognitive skills such as communicating well, remembering key information, being creative and it has a huge impact on our concentration levels (see pg 10).

There's a multitude of things we do during our waking hours that have both positive and negative effects on our quality of sleep.

Studies suggest that we need somewhere between 7-9 hours sleep a night, with some elite sports stars such as Roger Federer, getting a whopping 10 hours sleep a night.

Regular bed times and making an effort to relax as the time for sleep approaches are essential too. So opting for a good book (see page 26), in favour of swiping away on your phone just before sleep can significantly improve your readiness for sleep.

But not all technology is bad for you. Advances in understanding have paved the way for the invention of gadgets that actually improve and aid our sleep. (See top right)

What we eat during the day, and when we eat it, can also have a huge impact on our sleep. Thanks to recent studies, we're gaining a better idea of which food and drinks impact our sleep, one way or another. (See right)

Gadgets



Dreamlight Ease £40

The mask that uses light, sound and genetics so you fall asleep faster and wake up fresher. www.dreamlight.tech



Philips wake-up light £149

Using a unique combination of light therapy and sound, to send you off to sleep and wake you up in a more natural way. www.philips.co.uk

Food & drink tips

Tryptophan is an amino acid found in protein foods such as eggs, poultry, meat, fish and cheese, which can have a hugely positive impact on our sleep, when consumed alongside carbohydrates.

So if you're struggling to sleep, try a small protein and carbohydrate snack in the evening, such as cheese and crackers, or poached eggs on toast.

Some types of food and drink prohibit sleep. Caffeine acts as a stimulant both mentally and physically, and should be avoided for at least four hours before bedtime.

Alcohol is also a no-no, causing a significant increase in nightmares and a less restful overall sleep. Even spicy food before bed can impact on your sleep, elevating your body temperature and delaying how long it takes to fall asleep.

Our quarterly magazine is for our residents, their families and loved ones, and for all the local communities of our homes.

Get involved

The Wellburn Post



Every issue of The Post is packed full of news, views and features, covering all sorts of different topics. From care home specific content, to our local area and communities. We work hard each issue, to bring you engaging, topical and fun content, covering a wide range of subject matter.

When the idea of creating The Wellburn Post first came about, the premise was to get the local community involved with the content as much as possible.

This issue is our 15th, and over that time, we've had some really amazing contributors. From The Hairy Bikers, to BBC documentary directors. We've also had contributions from writers, photographers and illustrators.

We're looking to continue with this collaborative approach, firmly believing that our local communities are full of talented people, that are looking for a platform to show them off.

We're always on the look out for new contributors and we'd love to hear from you. Your ideas for content can be as big or small as you want them to be. If you have something important to say, or perhaps you're involved in a local project you'd love to tell people about, then we want to hear from you. Perhaps you're a young writer, photographer or illustrator that's just looking to get your work into print?

Whatever you have, please do share and if we can use it, or work with you, then we will. Here's all the ways you can get in touch.

HOW TO GET IN TOUCH WITH US

You can email us at:
thewellburnpost@wellburncare.co.uk
Visit us at:
wellburncare.co.uk/the-wellburn-post
Call us direct on:
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Find dementia support that is right for you

If you're affected by dementia you are not alone.

Our specialist services will help you to get tailored information and advice, keep your independence and improve your well-being .

Find out how we can support you today

0300 222 11 22
alzheimers.org.uk

Alzheimer's Society operates in England, Wales and Northern Ireland. Registered charity no. 296645

**Here for
everyone
affected by
dementia**



As the North East continues with its aim to create a truly dementia friendly society, we highlight our favourite dementia friendly places to visit.

No.3

THE CENTRE RAISES FUNDS FOR REGULAR, AND FREE DEMENTIA FRIENDLY CLASSES

THE NATIONAL GLASS CENTRE SUNDERLAND

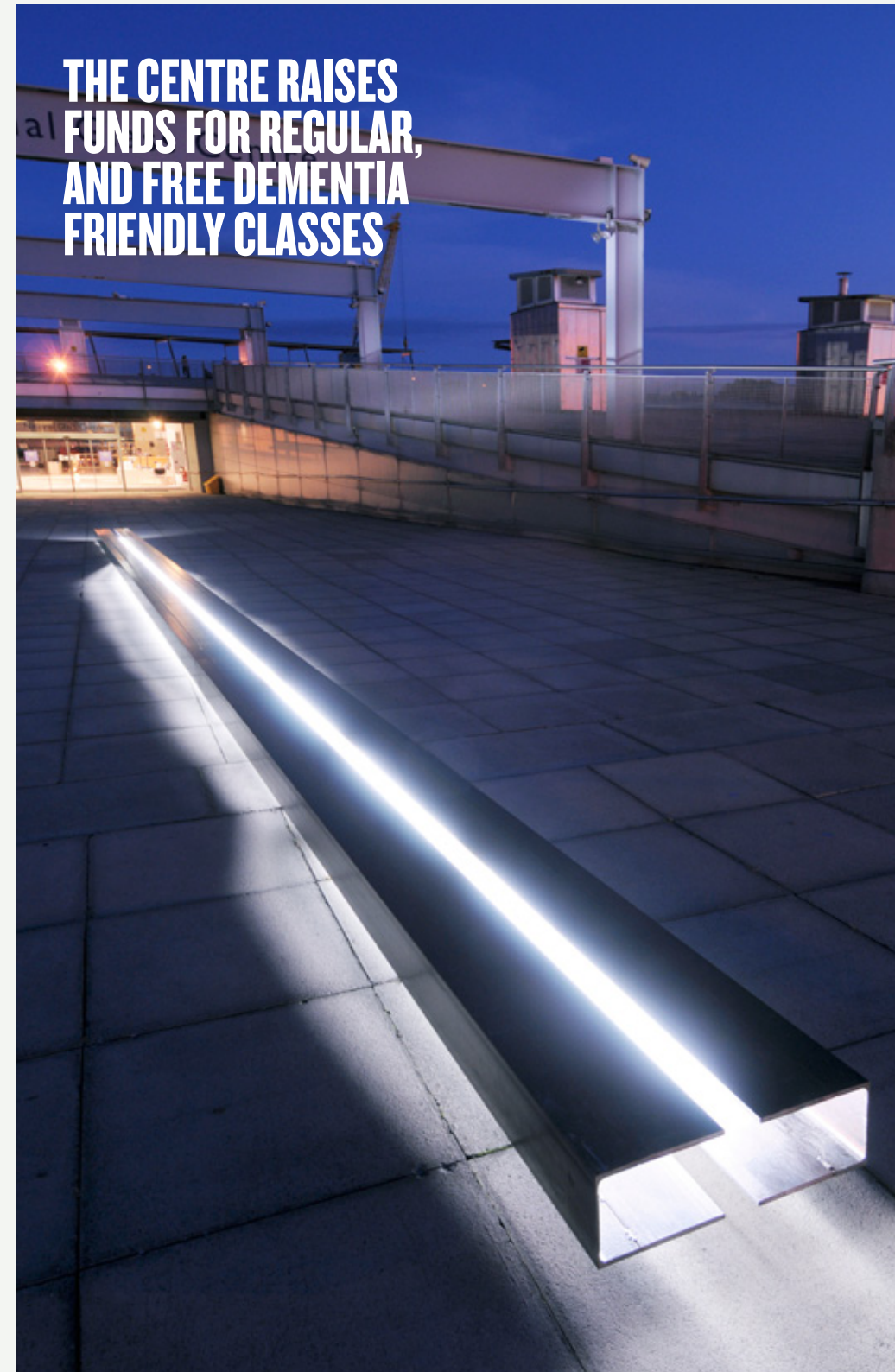
Historically, glass has played an important part in the industrial and cultural landscape of Sunderland. Sadly, as with many of our industries, recent times have witnessed a dramatic decline in homegrown production.

Since opening its doors in 1998, The National Glass Centre has dedicated itself to continuing the legacy of glass making, and supporting and nurturing new glass making talent through The University of Sunderland's Glass and Ceramics Degree Programme.

The Glass Centre not only aims to continue this legacy, but to also provide fantastic experiences for the public, including the elderly and those living with Dementia.

In association with Equal Arts and a Creative Age Challenge, the centre raises funds for free dementia-friendly arts sessions.

Our residents and staff make regular visits, and the centre and staff couldn't be more welcoming. True champions and friends.





Stand out

A recent CQC inspection, sent ripples across the entire company, and marks a new chapter in Wellburn's story.

After a recent inspection from the CQC (Care Quality Commission), to say we were delighted to achieve a company first would be a bit of an understatement.

Our Craghall care home, in Jesmond is one of our flagship homes, and we're fortunate to have an absolutely fantastic and committed team, who do a first class job for all of our residents. So it was an immensely proud moment for them all, and all of us here at Wellburn, when the CQC awarded us our first ever 'Outstanding' rating.

The overall rating for Craghall was 'Good' which in itself is very promising, but to receive an 'Outstanding' for responsiveness was a very proud moment. A rare achievement and it marks the first ever achieved by any of our homes.

The CQC is an executive public body regulator in social care, making sure care homes across England provide residents with safe, effective, compassionate and high-quality care. A CQC outstanding rating is the holy grail in the care home sector. The Michelin star of care home ratings. In fact, only 2% of care homes across England have an overall outstanding rating by the commission, so by achieving an outstanding in responsiveness, we feel we're well on ►





◀ the way to achieving the ultimate goal of an overall outstanding.

Home to up to thirty-six residents, Craghall was hailed by CQC in the report as 'lovely', and activities were summarised in the report as being 'outstanding'. The emphasis on helping their residents achieve personal goals, was also complimented.

We also enjoyed complimentary comments about our state of the art, electronic care planning system and new technologies we have within Craghall, such as our large electronic activities table.

A lot of work goes into selecting and hiring the right people, who fit the demands of our roles, and we ask and expect a lot for every single one of our team. Although they know how much they're appreciated by all of us in the company, it's always nice for them and us to receive official recognition.

Achieving an outstanding rating in one of the key areas, is testament to all of our team at Craghall, and is reward for their unrelenting commitment, compassion and hard work.

It also now sets the benchmark, not only for our staff at Craghall, but for every single one of our 14 homes. One of the most rewarding moments, after news broke of the rating, wasn't that we allowed ourselves a moment of pride and celebration, but once



Previous spread main: Lounge area in Craghall. Previous spread right middle: The gardens and grounds of Craghall. Previous spread right bottom: Lounge and TV room at Craghall. Above top: Relaxing area at Craghall. Above: Gift bags for guest at our celebration night at Craghall.

the dust settled, we all turned around to each other and the focus immediately turned towards the future.

Our Executive Chairman Rachel Beckett's first thought was "This is just fantastic, and I want our team at Craghall to know just what they've achieved", which resulted in a celebratory Friday evening at Craghall, allowing residents, staff, family, friends and special guests, the opportunity to join as one, in a lovely moment of togetherness.

But it was Rachel's second thought, that was perhaps more telling. A meeting was scheduled for first thing the very next Monday morning, and as she put it, "Right, this is fantastic, but it's just the start. This achievement sends a direct message to all of us here at HQ, and to our staff, across all of our homes. Craghall shows us that our hard work, new strategies and plans are working. We keep the foot on the pedal and we keep going".

They say the pursuit for perfection, hinders progress. Of course perfection isn't attainable, we know that, but the pursuit for excellence is what led us to our first ever 'Outstanding' rating, and it's what drives us to strive for more. So our focus is on continued and sustained excellence, and that's perfect enough for us. ■



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OUT & ABOUT

Day tripping and exploring the best our region has to offer is ever popular with our residents.

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NEWS

We catch up on all the latest news and goings on from all fourteen of our care homes.

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FOOD

We bring you another delicious dish from Apetito, with full recipe and method to follow.

26

BOOKS

We review four of the best books on offer this spring, with our most diverse selection yet.

We catch up with the latest days out and about, enjoyed by our residents and staff

Day tripping

All 14 of our homes have full and varied activities programmes, that are central to day-to-day life. They stimulate our residents, and in turn create an extremely positive and supportive environment for them to thrive and enjoy life. Activities, social events and entertainment, aren't just confined to inside our homes. We regularly take day trips out and about, exploring all that our great region has to offer, including visits to the theatre, exhibitions, local community events and places of interest. All of which offers both fun and experiential moments, that bring a real social feeling to our residents and their families, who we actively encourage to get involved. Here, we catch up with a selection of our homes to see what they've recently been getting up to on their travels.



Yorkshire Dales
Nightingale Hall residents
Residents Jeannette and Mary recently enjoyed a drive to the beautiful Yorkshire Dales, with our lifestyle-coordinator Joanna.

With very un-February like weather, the girls took in the sun, enjoying the views over a spot of lunch and a delicious ice-cream from Brymor , before heading back home. What a fantastic day.



South Shields Beach
Eighton Lodge residents
Taking full advantage of the unseasonably warmer weather, our residents and staff recently took a day trip to the seaside. The perfect opportunity to enjoy fish and chips, with a lovely sea breeze and in the company of friends. The day was rounded off with a stop off at Whitley Bay for a delicious ice cream. A fantastic day was had by all.



Wigginton Village
Rosevale residents
Rosevale lifestyle-coordinator Lizzie joined some of our residents on their first spring walk around the local village. Spending day trips out and about is always a pleasure, but when you're set in such a lovely village, sometimes you don't have to go that far. Whilst out, they chatted with the locals and enjoyed seeing the flowers blossoming.



Sunderland Museum and Winter Gardens
St George's residents
Our residents and staff recently received a guided tour, by museum staff member Jenny Lambert. Jenny took the residents around the Leonardo Da Vinci's exhibition, and then the latest exhibition of artist Andrew Tift, a collection that included a drawing of one of St George's residents. A big thank you to Jenny.



work matters Community volunteer project

If you, your business or organisation would like to get involved with Work Matters, please call us on: 0191 2293530 or email us: info@wellburncare.co.uk

Our volunteer initiative that proves work does matter

On the road

We understand how important recreational activities are to our residents. Our Work Matters community volunteer project is a perfect example, of just how important they can be. Work Matters partners up with local businesses and organisations, to give our residents who want to, the opportunity to help out and volunteer in the local community. From working in local pubs, to volunteering at the RAF, the range is wide. We caught up with three residents to find out what they've been up to.

Maud Maycroft
Richmond Operatic Society
With 50 years of experience working behind the scenes making props in theatres, Maud is in her element helping out at the Richmond Operatic Society, as part of her Work Matters placement. Maud has been busy helping to create props for the societies latest production - Sister Act, which runs from the 22nd to the 25th of May at the Georgian Theatre Royal. Maud feels that this opportunity has brought back so many fantastic memories, and is enjoying every single minute.

Ann Hardy
StoreHouse
Ann has been spending time at the Influence Church in Richmond,

to help out in their StoreHouse. StoreHouse is a project created by the church, to help those at most need in our communities, through a food bank scheme. Ann has a fantastic time and thoroughly enjoys helping other volunteers to keep the shelves well stocked. **Jeannette Williamson (Main pic)**
Talbot Hotel
Jeannette's previous experience as a pub landlady came in super handy, when she volunteered at the Talbot Hotel in Richmond. Back to pulling pints reminded Jeanette of so many fond memories and the ease in which she slipped straight back into bar work was amazing. All of the staff were in awe, and a smile from ear to ear on Jeanette's face said it all. Her confidence was inspiring.



STRICTLY FOR CHARITY

Staff news

Our Operations Director, Susan McKinney, and Training Manager, Michael Scott, embarked on their very own strictly journey. Both signed up to learn how to dance in just 6 weeks, by taking part in Strictly St Leonard's - a fundraising event for York based, St Leonard's Hospice. By their own admission, Susan and Michael both had very limited dance experience, so the challenge ahead was slightly

daunting, but they've thrown themselves into the experience. Strictly St Leonard's is a fundraiser for the hospice and every penny raised will go into continuing the amazing work the hospice does, providing specialist care and support for local people with life limiting illnesses. Both Susan and Michael were absolutely fantastic. They raised over £1500, which helped not only achieve, but smash the overall goal of £20,000. Well done Susan and Michael, absolutely fantastic effort. SM



DOUBLE TREBLE THANKS

Wellbeing

As a present for their recent CQC inspection results, (which included an outstanding for responsiveness), we commissioned our own very talented joiner, Davey Harrison, to make our Craghall home a giant Scrabble board. The result was absolutely fantastic. Davey's attention to detail was, as usual, first class - hand making all of the letter tiles and the result is literally-

'outstanding'. Which discounting double or treble scoring spaces, would score 13 by the way. The giant scrabble board is, we believe, the first in the North East of England, and our residents are loving playing against one another, on a giant scale. It also means others can watch on and enjoy the fun. Plans are now afoot to set up our own relaxed giant scrabble club, so that our community can also benefit from Davey's handy work. Brilliant! Scoring 11. SM

In Short

AN EYE ON SAFETY

In the community

Recently, we welcomed two very special guests to our Glenholme House home in Roker, Sunderland. Our local MP for Sunderland, Julie Elliott, and Founder of Care Campaign for the Vulnerable, Jayne Connery, visited Glenholme to see our new safety monitoring system first hand. Both were impressed with our use of the state of the art system, as we talked to them about the impact its had on the home. Jayne is well versed on the subject, and is an ardent campaigner for safety monitoring to be made mandatory in care homes across the UK. As one of the first to install the system in the North East, we're fully committed to supporting the campaign, and our hope now is that other care homes companies in the region will follow our lead. **SM**



RELAX PEOPLE

Staff news

We're always looking to give our staff the opportunity to further develop their skill set. Some of our lifestyle-coordinators recently completed a course of aromatherapy training, and are all now qualified to deliver hand, foot and shoulder massages in a care setting. Residents are already feeling the benefits. CB

LOOK! WE'RE ON TV

In the community

Some of the staff at our Nightingale Hall home, have recently found a little TV fame. Home Manager Mike Campling and resident Jeanette Williamson, were both interviewed by Zoe Muldoon from Tyne Tees, about our Work Matters initiative. Both were absolutely fantastic and were naturals in front of the camera. Discover more about the initiative on page 21. CB



HANGING AROUND

In the community

Late last year, portrait artist Andrew Tift visited our St George's home in Washington. He was about to embark on a portrait collection and wanted to capture our residents. Among the many photos he took, one of resident Swaran, jumped out at him and would form the basis for one of his drawings. Andrew's 'One Day, You'll Be Older Too' collection,

sits alongside Leonardo da Vinci's exhibition, currently running at the Sunderland Museum and Winter Gardens. The piece and the entire collection is spellbinding and our staff and residents were honoured to be invited to a private viewing. Swaran of course was the star of the night, and we were all so proud of her. Congratulations to Andrew for his fantastic collection, which is now open for all until the 6th of May. SM

KNITTING TOGETHER

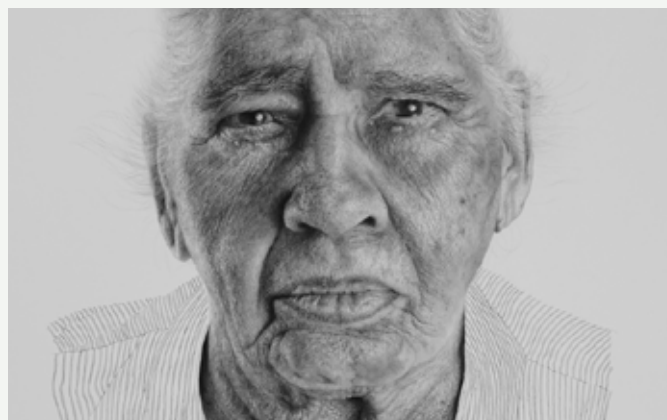
Resident news

Residents, families and staff at our Ryton Towers home have been busy with their knitting needles recently. The knitting was in aid of two extremely worthy charities - Tiny Lives at the RVI and the Dog and Cat shelter in Newcastle. The Tiny Lives Trust helps to care for premature and unwell newborn babies, offering support to their mothers and families, in the Special Care Baby Unit. The staff and patients were overwhelmed by our gesture, after we lovingly made them some special, tiny baby clothes for the newborns. We also made blankets and collected donations for the Dog and Cat shelter, which they were delighted with. We're so proud of everyone that took part in what was a lovely gesture. CB

SCORING GOALS

Resident news

Staff from across all 14 of our homes, continue to help a huge number of our residents to achieve their goals. Part of our goals setting initiative is we ask residents if they have any particular dreams or goals, which with our help, they could achieve. Anne, who lives at our St George's home is one such example. Anne never learned how to swim and it had always bothered her, so with our help, she's taken her first steps towards achieving her goal at Washington Leisure Centre. Anne is doing so well and we couldn't be more proud of her efforts. We're confident that it won't be too long before Anne can tick that of her list. Some goals are small, whilst others are quite grand, but if we can make it happen, we will. SM



In Focus

FALLOW YEAR

In the community

For those who follow us and get involved in our social events, our annual summer Forever Young Festival is a highlight on our calendar. Held each year on the grounds of our Grimston Court home, in York, the festival attracts friends, family and locals in their thousands, but in true Glastonbury Festival style, this year is a fallow year. Of course, it's not quite the same, but this year we've decided to take a year off and spread our summer activities across more of our homes. We're certain this won't spell the end of the festival, and we're already looking at plans at a possible revamp and return in 2020, with a new name. Until then, we'd like to take the opportunity to thank every single performer, volunteer and guest, who made the festivals what they were. We hope to see each and every one of you next year. *SM*

6	3	7	4	5	8	9	2
1	8	2	9	1	3	6	4
9	2	6	3	8	7	5	1
7	4	7	8	5	3	9	1
5	8	9	1	2	4	5	7
3	5	1	9	6	7	4	2
8	2	4	5	1	9	6	3
9	6	4	7	2	1	8	5
1	5	3	8	6	2	4	9

[illegible]

For the very latest news and to keep an eye on all of the latest goings on at Wellburn, visit our life section at:
wellburncare.co.uk/life

The Pantry offers a delicious Spring recipe, courtesy of the chefs at Apetito



SERVES
2 People

- INGREDIENTS
- 2 Chicken Breasts (skin and knuckle left on)
 - 8 Chestnut Mushrooms - Cleaned and sliced
 - 20g Vegetable Oil
 - 10g Butter
 - 2 Shallots - finely diced
 - 1 Clove Garlic - Crushed
 - 1/2 Pint Dry White Wine
 - 1/2 Pint Chicken Stock
 - 1/4 Pint Double Cream
 - 1 TBS of Chopped Parsley
 - Salt and Pepper

Roast chicken, with a white wine & mushroom sauce

METHOD

Step 1
Preheat the oven to 180°C gas mark 4.

Step 2
Heat a thick bottom frying pan and add the oil, season the chicken on both sides then add skin side down into the heated oil. Fry until nicely browned then turn over and add the butter to the pan and carefully baste the chicken with the oil and butter. Cook for 1 minute then place the chicken on to a baking tray and place in the oven, roast for 20 minutes.

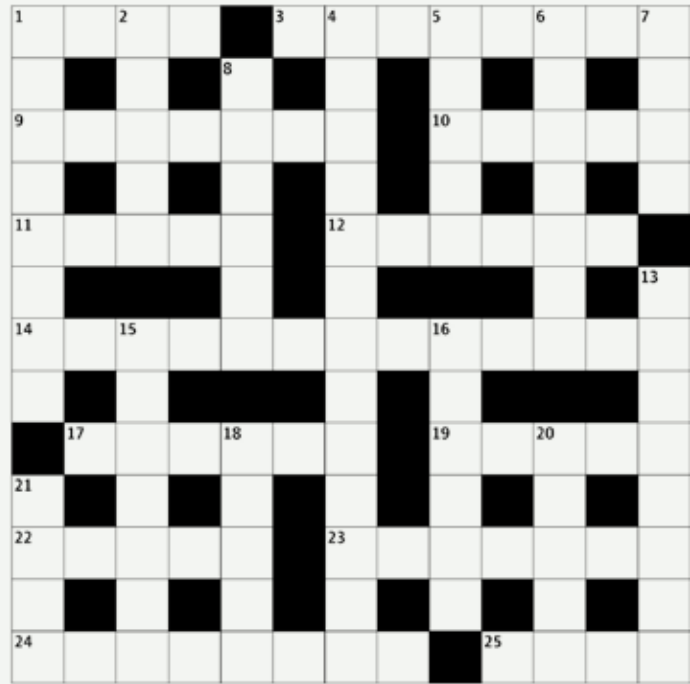
Step 3
Tip out the excess oil from the pan add a small amount of oil and the shallots and cook over a medium heat until the shallots are softened then add the mushrooms and fry for 1 minute stirring occasionally, add the garlic and fry for 30 seconds.

Step 4
Add the wine and reduce until only a small syrupy amount is left, then add the chicken stock and reduce by half.

In the meantime, check the chicken and if cooked remove from the oven and allow to rest for at least 5 minutes, though 10 would be better.

Step 5
Now, add the cream to the pan and reduce until the consistency just coats the back of a spoon, turn the heat to low and add the chicken and any resting juices to the pan. Cook for 1 minute spooning the sauce over the chicken, stir in the parsley, check the seasoning and serve.

Keeping our brain active, has hugely positive impacts on our health and wellbeing.
All answers on page 23.



ACROSS

- 1 Writing table (4)
- 3 Honest (8)
- 9 Work out in more detail (7)
- 10 One with a very thick skin (abbr) (5)
- 11 Under ground chapel (5)
- 12 First-born (6)
- 14 Fizz (13)
- 17 Greek messenger of the gods (6)
- 19 Last letter of the Greek alphabet (5)
- 22 Fruit of the oak (5)
- 23 Greek god of wine (7)
- 24 Merited (8)
- 25 Walk wearily (4)

DOWN

- 1 Taken off (8)
- 2 Astute (5)
- 4 Deserving censure (13)
- 5 Worn out (5)
- 6 Shiver of excitement (7)
- 7 Coil(4)
- 8 Alerts (anag) — building worker (6)
- 13 Got worse again (8)
- 15 UK shipping forecast area (7)
- 16 Best — selection (6)
- 18 Country seat (5)
- 20 Lethe (anag) — Barrymore or Merman (5)
- 21 Group of musicians (4)



SUDOKU
Puzzle

Fill the grid so that every row, every column and every 3x3 box contains the numbers 1 to 9. You'll find the solution to this on page 19.

ANAGRAMS

- | | |
|-----------------|---------------|
| SEASONAL | SPORTS |
| If old fad | Nestle in bat |
| Prancing els | Is no charger |
| Balm gin | Bat on mind |
| Curl cubs sob | In nets |
| Greets sage | Key choice |
| Baronet teens | Mystic sang |
| Nearby tunes | Takes icing |
| Diary of dog | Now glib |
| Layman spud | I signal |
| Resting imp | Flab tool |

Seasonal: Daffodil, Spring clean, lambing, Crocus bulbs, Easter eggs, Easter bonnet, Easter bunny, Good Friday, Palm Sunday, Spring time Sports: Table tennis, Horse racing, Badminton, Tennis, Ice hockey, Gymnastics, Ice skating, Bowling, Sailing, Football

Sit back, relax and enjoy a good book this spring. We offer up four of the best for you.



WINTER
by Ali Smith

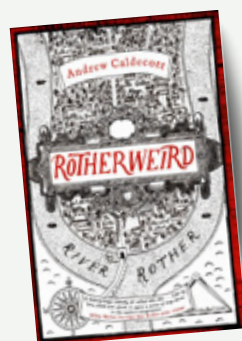
Smith's 'Winter' is a superb, intricate novel about friendship and life. It's also the second of a planned seasonal quartet, and though Winter is not a sequel to Autumn, they do share the same subjects and themes, including a discriminating observation of art, family and politics. The novel is based around four people, most of which are family, with one unintentional stranger. An invite from the main protagonist, Sophia Cleves, draws everyone to her house to celebrate the holiday. But all is not as it seems as personal lies and pretence begin to unravel. A novel full of wisdom and grace. MC



TOP READ

Ali Smith's 'Winter' is our top pick this time out. And the critics agree:

Guardian - 'Astonishing'
Daily Telegraph - 'Dazzling'
Time - 'Stunning'
Observer - 'Beautiful'



ROTHERWEIRD
by Andrew Caldecott

The mythical town of Rotherweird, sits on an island in an English valley. Independent from the rest of England since 1572, the town has no telephones, computers or internet, yet it mysteriously enjoys unusual scientific brilliance. The arrival of an outsider turns the town upside down and threatens its secrets, way of life and its independence. MC



FROG
by Mo Yan

Mo Yan's novel is an intricately woven story of China in the second half of the 20th century. It's shocking, horrifying and occasionally hilarious. A glimpse into a country's history, that few of us can barely imagine. It's a brutal, anarchic and honest account of humanity at its very worst. Once started, it's a book you'll struggle to put down. MC



A DIFFERENT DRUMMER
by William Melvin Kelley

William Melvin Kelley is largely unknown outside of literary circles, and this novel compounds the confusion as to why. It's as powerful and relevant today, as it was on its first publication in 1962. A provocative and prophetic triumph of satire and spirit. The New Yorker describes Kelley as 'The lost giant of American literature'. Amen to that - we couldn't agree more. MC

All books are available to order at waterstones.com. Also, if you've read a book that you'd like to recommend for the next issue, please let us know. All ways to contact us here at The Post can be found on the page 13.



The Friendship Line

A free telephone friendship service for people aged 60 and over

Would you or someone you know love to talk to someone every week?

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