

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 Wellburn Post

Issue 16 / Summer 2019

The **Free** quarterly
magazine, from
Wellburn Care Homes



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The Wellburn Post *magazine*

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Editors Letter

As we welcome in the warmth and sunshine of summer, I'd like to welcome you to our 16th issue.

And as ever, it's packed full of lovely stuff.

In our Icons series, we take a look at one of the Tyne's most distinguishable landmarks (pg 4). We also get our green fingers out, to look into how gardening can bring huge benefits both physically and mentally. (pg 6).

In our 365 section (pg 9) we chat yoga with our staff and residents, and bring you some of the latest health and wellbeing apps.

Tech is playing an increasingly significant role in our homes, read how on (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 summer dessert, which is just fruitalicious!

Enjoy issue #16 and from myself and everyone at Wellburn, have a great summer.

Sophie x

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We're taking care of our brand values and perception, but who's taking care of the sectors?



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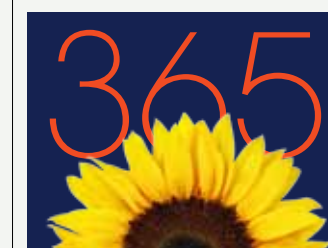
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THE FUTURE, IN THE NOW

We look at how our homes are making use of the latest tech, to benefit our residents.

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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

HERD GROYNE SOUTH SHIELDS

Some say it's because of its unusual, almost sci-fi architecture, others because of its distinctive red facia, but one thing is unanimous, for well over 150 years, the Grade II-listed Herd Groyne Lighthouse has been an icon of the Tyne.

It's almost impossible to escape the charm of the lighthouse. In the hot, sunny summer months she sits proudly, complimenting nature's colour palettes - creating a nostalgic feel of seaside life of yesteryear. In the harsh winter months, her red facia sits in stark dramatic contrast, to the wild stormy grey backdrop of the winter sea and sky.

Although now firmly established as one of the regions most recognisable landmarks, the lighthouse wasn't planned and came about completely by accident.

In 1854 work started one of the most ambitious maritime projects of its time. The Tyne ports were busier than ever, but the vast open mouth of the river, meant that more and more ships were being exposed to the full force of the sea, with many frequently wrecked. Too many lives were being lost - so the construction of the Tynemouth and South Shields piers, which would offer ships entering and leaving the Tyne protection from the elements, had become essential.

However the project was beset with problems, as heavy storms repeatedly



damaged the construction work, it wasn't until 1895, remarkably more than 40 years after the project started, that the structures were finally complete.

During the project, the construction of the two piers wasn't the only problem facing engineers. Herd Beach, which is now more commonly known as Littlehaven Beach, was reacting badly to the change of currents and tidal flow, created by the two new piers. To save

losing the beach altogether, plans for a third, smaller pier were quickly drawn up and construction began in 1861. The pier and lighthouse were officially opened six years later in 1867.

As well as surviving over 150 years fully exposed to the uncompromising North East weather, with nothing more than the odd lick of paint, the lighthouse also survived the heavy aerial bombardment the River Tyne received during the Second World War, as the shipyards played a vital part in the war effort.

Appreciated for its aesthetical beauty, it's clear the lighthouse is a tough cookie too. So much so, that it's still in use for shipping navigation today, and is one of the few lighthouses left in the country, with an operational fog bell. So aesthetically and functionally, this little lighthouse really is an icon of the Tyne.

WIN A LIMITED EDITION PRINT



For your chance to WIN this beautiful limited edition illustration print of the Herd Groyne Lighthouse - turn to page 13.

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



Agenda

“The sector desperately needs to reposition its public image, through a complete rebrand and nationwide campaign.”

After we recently decided to restructure our marketing department, we identified two key marketing positions that needed filling. Although I leave a lot of the day to day recruitment within our homes to my trusted team, I wanted to be involved in this recruitment process, because I had a clear idea of the type of candidates I wanted.

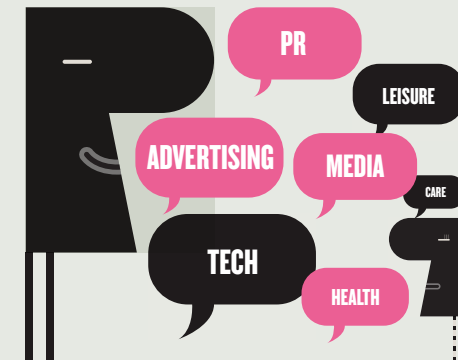
The process is now complete and we're confident we've found the right people, but getting there was unexpectedly hard work.

Although care sector recruitment at times can be a difficult arena to navigate, there's a whole raft of things we do as a company to help make it easier for us and potential candidates to find each other.

One of the most significant things we've done in recent years to help attract and recruit the right candidates, was to recognise the need to build a strong employer brand. For too long we'd either neglected, or failed to fully appreciate its true value and potential. Since then, we've worked extremely hard to establish a brand language - Who we are? What do we stand for? How we do things? - In short, what are our brand values?

Once we worked out our core messages, we produced an employer brand book, which allows us to communicate our core messages and values to existing and new employees.

Study after study showed us that businesses that invest in employer branding, are on average three times more likely to make a quality hire. I'm happy we now have



a strong employer brand and my team have a much clearer idea of what we expect from them and each other. At interview stage, we're finding the brand clarity, also helps the interviewee grasp what we're about quicker.

So with all of this in place, we confidently set about intentionally dipping into the graduate market to find a junior marketer. Fully prepared to accept an unpolished, untried graduate, to work alongside more experienced hands - a trade off for an injection of fresh new ideas.

Things didn't quite go as we'd imagined they might. Attracting the right candidates proved a much more difficult task than we first thought. But why? On the face of it, we were offering an opportunity to hit the ground running, with a huge amount of free reign and a fast track opportunity to learn on a much steeper curve, with more autonomy than a graduate could ever want or expect.

CV's did start to flood in, but we noticed a lot of applications were from graduates from

a variety of courses, some of which had little or no connection to actual marketing. Every now and then an extremely promising CV would hit our inbox, but it was a slow burner. This was now becoming hard work, and taking a lot more time than I wanted it to.

None of this was making sense. Why weren't we getting more CV's from marketing graduates? It turns out, they were busy sending their CV's off to companies that operate in more 'attractive' and 'dynamic' sectors. We did eventually find our perfect candidates, but I feel we had to try so much harder, simply because of the general perception of our industry.

We're a very forward thinking company and encourage our marketing team to constantly push the envelope, but it seems the sector as a whole has a certain lack of je ne sais quoi, when attracting young blood. So it begs the question, while we're working hard to look after our own brand and perception, who's looking after the sectors image?

In a market place flooded with multiple career options and paths, where are all the billboards, the TV and magazine ads, social media campaigns, telling people/graduates that working in care can be challenging, rewarding and exciting? The sector desperately needs to reposition its public image, through a complete rebrand and nationwide campaign. Until this happens, I worry that we'll continue losing out on some of the finest young people to other sectors. ■

By making a few adjustments and additions, you can turn your garden into a haven of wellbeing and mindfulness.



Summer time is here, and if like our residents, you're lucky enough to have a garden, you'll no doubt be looking forward to spending some quality in it, over the coming months. Whilst spending time admiring your geraniums, watering your flower beds or just relaxing back in your chair reading a book, it's easy to forget that just simply being in your garden can give you a real significant health and wellbeing boost.

Research shows that gardeners and people who spend more time in their garden, have reduced levels of the hormone cortisol, which corresponds with lower stress and better sleep. We've all felt it, that feeling when you come back in from spending time in a garden, that sense of achievement after planting, or calmer after just relaxing amongst the flowers and nature. That feeling doesn't happen by accident. Believe it or not, there's a lot of science and biology going on behind the scenes, which cause these reactions.

Our understanding of the effects gardening and garden spaces have on us, is more sophisticated, with real time studies and data to support the theories. Charities and health services are leading the way, and many different forms of horticultural therapies, depending on the problems.

Walled gardens for example, tap into the sense of secure enclosure that is a hallmark of many healing environments. Noises and smells are also a big player, especially with sensory gardens, which often focus more on disabilities or sufferers of dementia and Alzheimer's. Many of these



Garden wellbeing



specialist gardens are designed by professionals, but there's a few simple things you can do to your garden, to make sure you're maximising its wellbeing and mental health potential. Some of them might seem small, obvious or even trivial, but accumulatively, they will make a big difference over time.

Create space to sit in your garden

Find a place within your garden to enjoy its beauty and serenity. Leave your phone behind and take the time to just be peaceful in your outdoor space. Nowadays we don't take time to just be, our lives are focused on the busyness of our screens and diaries. Relax, look up through the trees and watch the clouds pass or the flowers blowing in the wind. It's a form of meditation - it slows you down and helps you unwind, allowing the process of healing to begin.

Grow flowers that attract bees and butterflies

Planting and growing things that welcome wildlife, will transform your garden into a hive of activity. Bees and butterflies love herb varieties, especially those from the Lamiaceae family, such as lavender, mint, rosemary, thyme and sage. As well as being readily available, these varieties are super low maintenance and easy to keep.

Reap what you sow

What could be more exciting than growing produce in your garden? Our climate is perfect for growing a multitude of our favourite foods and most are really easy to maintain. Sharing

something at mealtime that you've grown is a hugely rewarding experience and, if just picked, the flavour will be out of this world.

Think about your gardens flow and layout

How we move around our garden is an important aspect of how it makes us feel. If it's difficult to move through it, remove the obstacles. Simple tricks such as laying paving stones closer together, forces us to walk more slowly giving us more time to appreciate the space and encourages us to relax.

Careful, thought out noise

Quite often, one of the main reasons we seek refuge in our gardens, is to escape the hustle and bustle of our busy life. Creating intentional noise in our garden might seem counter intuitive, but noises of nature are scientifically proven to calm and relax us. There's many different ways to create sounds - for example, bamboo creates a whispering sound as the wind passes throughout the foliage, while the stems knocking together produces a kind of hollow chime. Grasses rustle in the breeze and any flowers that produce seed heads, such as poppies, create a gentle rattle in the autumn. Other visitors to the garden can contribute to natural sound too - shrubs such as Cotoneasters are perfect for attracting birds and their cheerful song.

So, the next time you're in your garden, take a look at how you can make your garden more wellbeing and mindfulness friendly. After all, you're the one who'll feel all the benefits. ■

Above left: Freshly picked own grown vegetables.

Left: A space dedicated to sitting and relaxing. Above top: Potting and planting.

Above: Small tortoiseshell butterfly (Aglais urticae) on lavender.

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



I'm really looking forward to moving into a home, but I'm worried about leaving my dog behind. Is there any way I could bring him with me?

Michael from Darlington, via Email.

We say...

We're pet lovers here at Wellburn, and pets are accepted at the discretion of the home manager. However, well behaved pets are welcome to visit us at all times!

Am I required to label my mums clothing before she moves into the home?

Pauline from Berwick, via Facebook.

We say...

Yes please Pauline. We operate a very busy laundry service, so it helps us a lot if our residents have their clothes labelled, before moving in.

My family always join me for Sunday lunch at home. Will they still be able to join me?

Jack from Hadston, via Twitter.

We say...

They absolutely can Jack. In fact, we actively encourage our residents families and loved ones, to join us for any of our meal times. All we ask is that our home managers are given a little bit of advance warning, so that we can plan ahead to make sure there's enough space to accommodate your family on their chosen day.



I've never been a care worker before and so I'm a bit nervous about applying. Do you provide training for those like me?

Danni from Roker, via Email.

We say...

We do Danni. We provide full training up to apprenticeship level, with our in-house training manager, Michael. You will have a full induction and we'll ensure you're confident in your role.

I've applied for your team leader role, but just wondering whether there's any room for development, in terms of my career progression? I'm extremely ambitious and it's really important to me.

Karen from Wallsend, via Facebook.

We say...

Hello Karen, yes there definitely is and we're loving your ambition. Many of our staff have progressed in their career at Wellburn and we'll always encourage career development. We'll try and match your goals like for like, in terms of opportunities and we'll try hard to get you where you want to be.

Our handy pocket sized 'guide to choosing a care home', is packed full of useful hints and tips, as well as a checklist to use when visiting potential care homes, is available for free. To order your copy, call us on 0191 2293530 or order via our website: wellburncare.co.uk

What is your goals initiative I've seen on Twitter?

Dave from West Denton, via Twitter

We say...

We ask all of our residents to give us 3 goals they would like to realise. We then will try and achieve as many of these goals as we can. Some goals are small, and others take a bit more planning, but if we can make it happen, we definitely will.

How do you involve your residents in the local community?

Stephen, via Email.

We say...

Hi Stephen, community involvement is really important to us at Wellburn, so we actively encourage and support our residents to remain an active part of the community. We have many different initiatives, such as our sensory connexions workshops with local school children, work matters placements with local businesses and many more!

How can you be sure you're hiring people that are safe to work with the elderly?

Caft from Gateshead, via Facebook.

We say...

All of our staff have a full DBS check, including checking the adult barring list and all staff are required to provide two written references.

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

INSIDE >>

The benefits of gardening • The power of Yoga • Feeling 'Appy

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HEALTH & WELLBEING



365



Gardening or spending time in the garden, offers more than just physical benefits. We're now starting to understand the mental benefits, and they're significant.

In the moment

Negativity and symptoms such as stress and anxiety worsen when you focus heavily on the past, or spend too much time worrying about the future. Being in and around the ever-changing cycle of nature helps us to appreciate the everyday and focus on the now. Gardening will also help you to feel more in tune with the seasonal changes, as the garden develops

with each passing week. Different plants flower at different times, and birds, bees and butterflies come and go. It's almost as if a garden creates a bubble, a micro-climate with its own rules and time. And when it comes to your emotional and mental wellbeing, spending quality time in the moment is hugely important and something we often neglect.

Confidence

Horticulture therapy is much more than gardening. It offers you the chance to take part in something meaningful, building your skills and confidence. Especially when you get older, it's proven that feeling a lack of independence and meaning can seriously harm your mental wellbeing. Creating a project for yourself in the garden, no matter

how big or small, can bring all sorts of benefits. Taking on a project and succeeding will increase your confidence and reward you with a feeling of accomplishment.



Socialising

The garden is a real social space, so even if you prefer to do the gardening on your own, why not invite your friends or loved ones over to enjoy the fruits of your labour. If your friends or loved ones have a garden, pop over to visit theirs. The wellbeing benefits of the garden are there to be shared.

Break from life

Instead of worrying about bills, work, or the everyday stresses of life, our minds are focused on the task at hand, whether you're re-potting, chopping, weeding or hoeing. Concentrating hard on a physical task gives our minds a much needed break, from those things that might be getting us down.

Fresh air

The first benefit is a bit of a free swing. There's substantial and increasingly well documented proof, that being outdoors changes the physical expression of stress in our body. Research has proven

that being outdoors, not only lowers our heart rates, which in itself has significant physical and mental benefits, but it also lowers the levels of cortisol in our body, a hormone often used as a marker for stress. Pair a lower heart rate, with a drop in cortisol, and the effects of being in the outdoors, becomes real and tangible.



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If you're interested in yoga, or looking for classes near you, Google search 'yoga beginner classes near me'. Simply find a class or club that's convenient for you and give it a go!



Yoga

Yoga is a regular and much loved activity across a lot of our homes. In particular arm chair yoga means that no matter what, all residents can, if they wish, join in with the class.

The benefits of yoga, no matter what level or form you're practicing, are significant. Sessions allow you to focus on yourself, being aware of your own body draws attention to mindful movement. Mindful movement is so important as it

helps you to tune in to different parts of the body. It also keeps joints mobile by stretching and strengthening muscles. This allows better overall mobility and increased circulation. Regular yoga also helps to reduce and manage, stress and anxiety.

In short, it encourages the mind and body to work together, allowing you to feel more balanced and at one with your body. Our residents are big fans, are you?

Residents view

Kathleen Batey
Wellburn House Care home



"I really look forward to our Yoga classes, here at Wellburn House. Pam is really a great instructor. She's patient and really motivates us. She's a lovely person too".

A word from
the professional
Pam Snowball
Yoga instructor

“

Our residents thoroughly enjoy getting involved in our Yoga sessions with Pam, here at Wellburn House. For me personally, it's great because I don't think it's something they'd normally get involved with. It's extremely pleasing to know they've tried something new and enjoy it.

”

Lizzie Hodgson
Lifestyle Coordinator
Wellburn House
care home

There are so many benefits of doing yoga, but the work I do with the residents at Wellburn focuses on armchair yoga. Some of the residents would be more than capable of doing one of my beginner or intermediate classes, but armchair yoga is a much more inclusive form at this age in life, and for me, the social, togetherness side is as important as the yoga itself.

The classes I teach at Wellburn are all designed to make sure they're accessible for all. Of course, just because they're accessible, it doesn't mean everyone will want to do them. Maybe at the beginning, when I first visit a new home, some of the residents are reluctant, but word of mouth is the best marketing tool yoga has. When residents start feeling the benefits, others want to join in.

So my advice for anyone who might be toying with the idea of taking up yoga, is just go for it, it won't be long before you start reaping the many benefits. It's also important to have an open mind, be curious and patient. Investing time in yourself, to improve your overall wellbeing sounds great in theory, but in practice not enough of us do it. Stick at it and it won't be long before you start noticing the difference and feeling the benefits.

Even though you can practice yoga on your own, I'd always recommend doing it in a group. - at least at first. It's a great way to improve and tone your body, whilst also providing you with an opportunity to spend time in the company of others. Company that will most likely be like-minded and open to new friendships.

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Helping you feel 'Appy



Apps solely aimed at improving our wellbeing and health are a game changer

Our smartphones have become an essential part of our lives. Everywhere you turn, on the bus, on the train, in the queue, people are using their phones for a myriad of different reasons.

We're aware of the perils of over use and recent studies suggest some worrying trends, but when it comes to wellbeing and health, the smartphone opens a door to a world of discovery. Whether it's connecting with friends, making new relationships, looking up dinner recipes or streaming music for our workouts, for most of us, our phones play an important part in helping us to feel good. There are so many new ways we can use our everyday tech to boost our

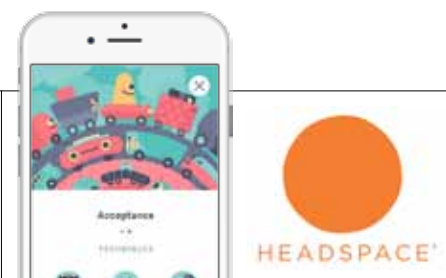
wellbeing - and a huge part of this is down to the development of apps aimed at just that.

In this regular 365 feature, we'll be bringing you the latest apps, that are specifically designed for our wellbeing and health.

The market place is flooded with apps that offer all sorts of health and wellbeing benefits. You can use apps to track your period, manage your sleep cycle, ease stress and find health-boosting recipes - after all, if we're ordering takeaways and taxis at a tap of a button, why not meditation sessions too? Your body and mind will thank you for it.

The three apps we bring you in this issue are Headspace, Slumber and My Possible Self.

If you're using an app that helps your health and wellbeing, we'd love to hear from you, so we can share it in our next issue. Pop an email across to us at: thewellburnpost@wellburncare.co.uk



Headspace

This meditation and mindfulness app counts Gwyneth Paltrow and Emma Watson as fans. It literally gives users a workout for the brain - learning you to relax with guided meditations and mindfulness techniques that bring calm, wellness and balance to your life.



Slumber

Slumber is an app for those who struggle to nod off at night. As we found out in our last issue, sleep plays a huge part in our wellbeing and health. Using a combination of meditation, dream stories and sleepy bedtime tales, Slumber will send you off into a deep sleep in minutes.



My Possible Self

This app is designed to help you when life just gets a little on top of you. It's 'moments' function helps you monitor your feelings and recognise any patterns or triggers in your behaviour, and the self-help 'modules' to tackle issues such as stress, anxiety, loss or major life changes.

Sign up for lots of free stuff including news, competitions, giveaways, day trip invitations, events, Wellburn Post exclusives and so much more

Don't miss out

WIN



Join our mailing list before **July 26th** and you could **WIN** all of these

We use our mailing list for all the right reasons. We keep you up to date with all the latest news from HQ and across all 14 of our homes. Giving you the heads up on the latest free goodies, competitions and giveaways. We also use it to let you know about our day trips and events, so you don't miss a single social event.

Signing up couldn't be easier. Head to our website and if you haven't signed up already, you'll receive an invitation when you land. If for some reason it doesn't appear, simply go to: www.wellburncare.co.uk/signup

Signing up allows us to keep you up to date with what we're doing, and if you have a family member or a loved one staying in one of our homes, don't forget to select the specific home in the drop down menu

option, to receive specific information on that home, including our packed monthly e-newsletter.

Each month, as a way of saying thank you, we randomly select one winner from our mailing list. To be in with a chance of winning July's box of goodies, including all the books reviewed on *page 26*, all you need to do is sign up before July 26th.

HOW TO GET IN TOUCH WITH US

You can email us at:
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Competition

As part of our ongoing collaboration to celebrate our Icons feature, we've teamed up with an illustrator, commissioning a set of 4 contemporary limited edition prints of iconic North East landmarks. Together, we bring you this limited edition illustration of the Herd Groyne lighthouse in South Shields, and we have 10 signed copies to giveaway. For a chance to win this stunning illustration, simply email us at:

thewellburnpost@wellburncare.co.uk making sure you let us know it's for the Herd Groyne Icons competition. The competition closes on July 25th and winners will be notified on July 26th. Good luck if you're entering and don't forget, you can read about the lighthouse's fascinating history in our Icons feature on *page 4*. We'll also be giving you the chance to win a set of all 4 illustration in our next issue.





Find dementia support that is right for you

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

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Find out how we can support you today

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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.4



TEALICIOUS HAXBY, YORK

The fantastic and quirky Tealicious in Haxby, York, is just around the corner from our Rosevale home, and is a firm favourite amongst our residents and staff.

It's quaint and unusual decor harks back to the style of the 1940's. With dainty china tea sets, to vintage period tables, to wartime posters and gramophones,

The nostalgia doesn't stop there, because they also play music from the era, which along with the decor and memorabilia, take our residents back in time, evoking fond memories for those who are old enough to have been around the first time.

Tealicious not only offers a blissful retreat from the hustle and bustle of York City centre, it welcomes our residents with open arms. Catering for the elderly is a priority, and everything seems geared up towards making each visit a trip down memory lane, a safe haven of nostalgia and delicious homemade cakes - of course.



irtual reality headsets, touch screen apps and holographic sensory projections, all sound more Star Trek than care home, but the use of technology in the care home sector is becoming increasingly important and the benefits to our residents and staff are as exponential as the technology itself.

As a company, year on year, we're investing more and more in technology, with its use and implementation spreading across all aspects of the business, ranging from resident safety and wellbeing, to mental stimulation and medication systems.

As much as we embrace technology, we're always mindful that it's there to aid and support our carers and our wider team, not replace them.

The benefits of embracing technology have been there for all to see. When we've trialled tech and it's been successful, the impact it has on our residents, their families and loved ones, and staff is remarkably tangible and quite often instant.

VR (virtual reality) technology is used across all of our homes and is a vital part of our activity programmes. We make use of the tech in many different ways. A great example is a project we're currently involved in (as we've also covered in our news section on page 22). We're collaborating with a team of researchers at the University of



THE FUTURE, IN THE NOW

Technology is playing an increasingly important role in our homes. We take a look at some of the latest tech we're using



firmly back to the corridors and rooms of our care homes.

When muting the possibility of introducing a safety monitoring system (more commonly known as CCTV) into our homes, the response from both residents and staff was understandably mixed. Nothing overly negative, but there was a certain amount of scepticism. Safeguarding was of course a primary factor, but after a lot of research and due diligence, we realised its true potential. Since installation, residents and staff have realised too, and the overall feedback in unanimously positive. The system provides a much welcomed extra layer of comfort to residents and staff, which in turn has made them feel even more safe and secure. It's also improving residents sleep patterns, due to the reduction of previously necessary night checks, with staff now able to monitor through the system, rather than waking residents.

With better sleeping patterns, residents are feeling more alert during the day, which in turn leads to a reduction in the risk of falls, and encourages better eating habits. Which when all combined, leads to the significantly improved general health and wellbeing of our residents. For staff, the real time assistance and support, results in a faster response time to any incidents, ►

Above: Resident enjoying the immersive experience of virtual reality (VR).

Above right: VR hardware is easy to fit and the software is easy to navigate via smartphones and tablets.

York, who are working on a pioneering new VR project, 'The Hills are Alive'. The aim is to create virtual choirs, so that residents who would normally find it impossible to attend in real time, can form a virtual choir. The technology allows their voices to work and be heard together, whilst visually transporting them anywhere in the world. They could be looking down the aisle of Durham Cathedral, or on the summit of Great Gable in the Lake District, part of a 40 strong choir. From the virtual heights of Great Gable, another tech project brings us



◀ and helps to establish exactly how they might have happened, allowing if needed, any preventative measure being put in place.

From the extremely serious subject of safety monitoring, to the lighter side of life in a care home. Our residents and staff also make use of the latest technology for fun. The iPad plays a huge role in all of our homes. For its sheer versatility, this multifunctional device has changed the landscape of possibilities. From Skyping family over the other side of the world, to

Above: Resident exploring and enjoying time on the iPad.
Above right: Health and wellbeing apps are offering huge benefits to staff and residents.

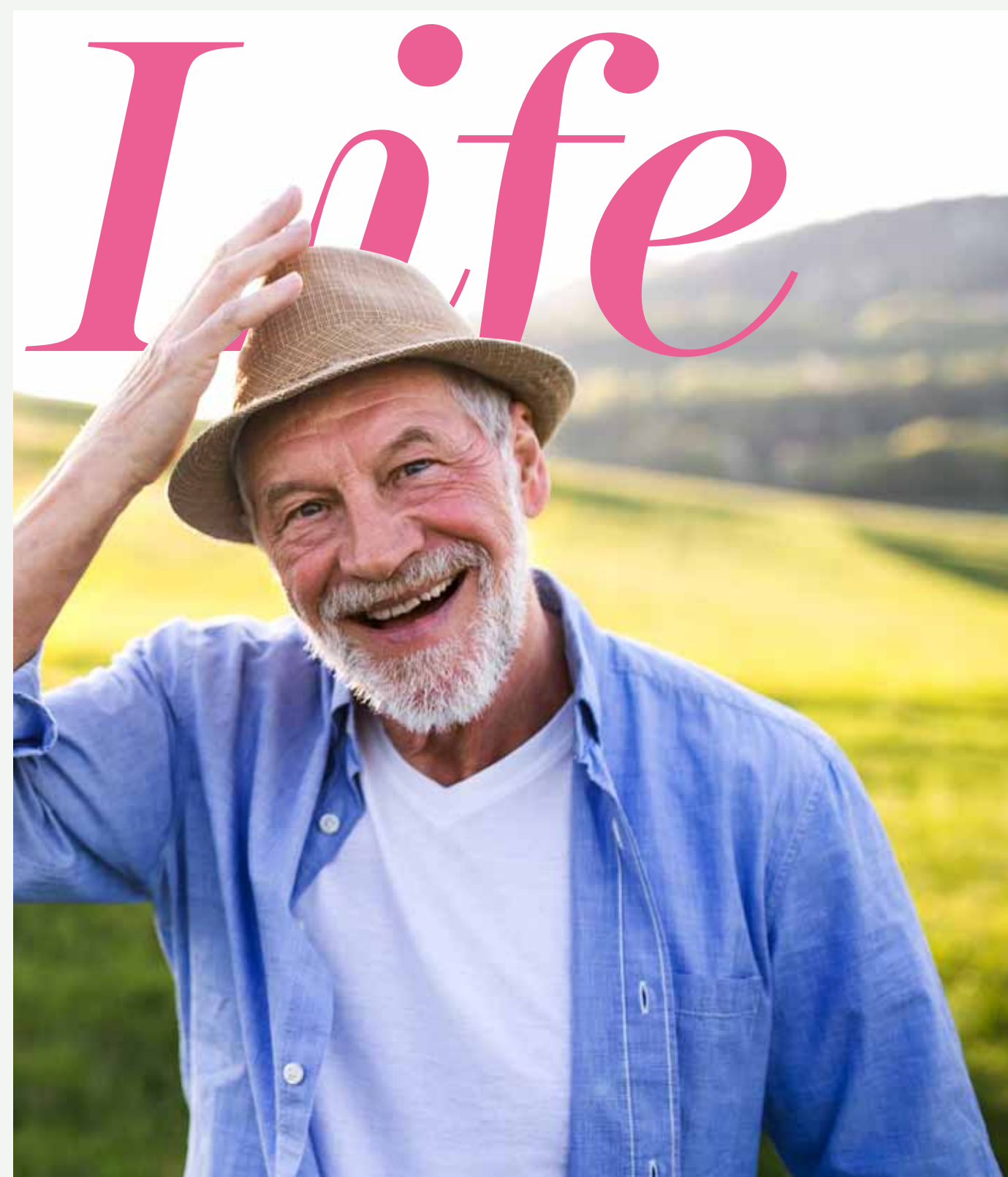
“THE TECH OF THE FUTURE IS BOTH AN EXCITING AND DIZZYING THOUGHT, AND WE CAN’T WAIT TO SEE WHERE IT TAKES US NEXT”



downloading the latest wellbeing apps (Read more about this on page 12), we are using the iPads for increasingly varied reasons. For example, we sync them to our speakers and our residents and staff swipe through our Spotify library, allowing them to listen to any song at any time, at the touch of a button. We also use them to help with mental stimulation, via apps that are designed to stimulate through the use of puzzles and problem solving, which has huge benefits for our residents health and wellbeing.

We’ve also gone super size touchscreen, by installing the latest interactive tables. The giant tablets can be height adjusted and easily moved around our homes. They tablets allow our residents to download games, watch Netflix and even enjoy karaoke. The benefit of the super size, is that it becomes communal, making it more sociable and allows residents and staff to interact with the tablet together.

We’ve only scratched the surface of all the ways in which we’re utilizing technology across our homes and our business. The tech of the future is both an exciting and dizzying thought, but with every step forward, we seem to find new tech that benefits our residents and staff, and we can’t wait to see where it takes us next. ■



20

OUT & ABOUT

Day tripping as we catch up with some of the days out our residents have been enjoying.

22

NEWS

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

24

FOOD

We bring you another delicious recipe from *Apetito*, perfect for a hot summer's day.

26

BOOKS

We bring you four of the best books on offer this summer. So sit back, relax and enjoy.

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. Sometimes, it's to realise one of our residents goals they've mentioned on our goals cards we encourage residents to fill out.

In this issue, our Out and About page catches up with four different residents, who've all recently achieved one of their goals, with the help of staff, friends, family and local businesses.



Holy Island

Garden House residents

When Fred, one of our residents, let us know that one of his goals was to take a trip to Holy Island for the day, we made it happen.

Along with some of our other residents Fred has made friends with, we took a stroll around some of the gardens and Fred's daughter Sarah even joined us. What a memorable day.



Scotland Visit

Wellburn House residents

Our resident Carole's daughter lives in Scotland, and one of her goals was to spend a day up there visiting. So of course, we made it happen. We drove up to Scotland, and it was a real joy to see the smile on Carole's face when she was reunited with her daughter. We felt so proud to be part of such a special moment and to be able make it happen.



Broomhill First School

Heatherdale residents

Our resident Qwen, used to run a playgroup, and one of her goals was to be back in the same environment. With a little help from our staff at Heatherdale, Qwen achieved her goal, visiting Broomhill toddlers group. She had a wonderful morning and it was so humbling to see her back in the environment she loved - a true natural with the children.



Stadium of Light

Eighton Lodge residents

Our resident Sol has supported Sunderland Football Club his whole life, and one of his dreams was to go back and visit the Stadium of Light again. With some huge help from the club, we had our own exclusive tour guide who showed us around the Stadium. We can't thank all the club and their amazing team enough, for this wonderful day.



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

Our Work Matters community volunteer project 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. We caught up with residents to find out what they've been up to.

Betty Adamson
Glenholme House Care home
Busy Bees Nursery- Sunderland
Betty was the first resident at Glenholme to start a placement, and having been a teacher for 37 years, a placement helping out at Busy Bees Nursery in Sunderland

seemed the perfect fit. Betty was a natural in the classroom, helping the children with their reading and work. Seeing Betty in her element and the children responding in such a positive and friendly way, was absolutely fantastic.

Nancy Orr and Bernadette Mason,
Glenholme House Care home
Sunderland Royal Hospital
Nancy and Bernadette started their work matters journey at Sunderland Royal Hospital on the Children's Ward back in April. Nancy used to work at the hospital on the fracture clinic and in A&E, and Bernadette worked as a midwife. Nancy and Bernadette went to the wards to give the children Easter eggs and to speak

to the staff on shift. A few of the nurses recognised Nancy, and it was so lovely to see the effect that even just being on the ward had on our two lovely ladies.

David Bartlett
Riverhead Hall Care home
Flourish & Prosper
David's career as a warehouse manager for the prestigious Justerini & Brooks of St James Street in London, means that his knowledge of wine was, and still is, very extensive. So when an opportunity opened up to go wine tasting at Flourish and Prosper, David jumped at the opportunity. The owner of the store, Shaun, was fantastic and was hugely impressed with David's knowledge of wine. A great experience.

In Short

ELLA'S HOPE

In the community

We'd love it if you could join us for a very special, one off fundraising night at Ryton Social Club. We'll be helping to raise as much money as possible, for brave 3 year old, Ella Edwards. Ella suffers from something called hypoxic ischemic, which causes cerebral palsy with spasticity and dystonia. But there is hope for Ella. Pioneering stem cell treatment is available in America, but it's £40,000. Our aim is to raise as much money top help her get there. And that hopefully, includes help from you. Our fundraising night is on the Saturday 17th August, with live entertainment, an auction and much more. It promises to be a brilliant night for a brilliant cause. Tickets are available from our Ryton Towers home, or call us now on 0191 413 8518. *SM*



TRUE DEDICATION

Staff news

June marks our Riverhead Hall Home Manager, Sallie Aitken's 25th year she's been with us. To celebrate, Sallie was presented with some flowers, vouchers and a certificate, to thank her for her unwavering loyalty and dedication to Wellburn, and to Riverhead Hall. A true Wellburn legend. *CB*

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



LIFE'S A BEACH

Resident news

When it comes to day trips out and about, we leave no stone unturned making as many experiences available, for as many of our residents as possible. So when we discovered there was a solution to a long standing problem we've been having, we were beyond excited. A lot of our day trips, particularly in summertime take full advantage of our lovely coastline, with fish and chips, seaside air and a walk

on the golden beaches. But for our wheelchair bound residents, the beach has until now, proved somewhat of a nemesis. Step forward 'beach easy wheelchairs' - These custom made wheelchairs have large rounded tyres which glide across the sand, allowing it to manoeuvre right up to the sea and even into the shallow waters. The chair has just been delivered, in good time for the approaching summer weather. It's the first of it's kind in the North East, and we can't wait to start trialling it. *SM*



VIRTUAL CHOIR

In the community

Recently, we were approached by researchers at the University of York, with a fascinating proposal. They wanted us to get involved with a pioneering new project, they're developing. The projects aim is to create a virtual reality choir, for those who may not be able to physically attend a choir in real time. The project, which is currently being trialled in two of

our homes, is aptly named 'The Hills are Alive', uses digital and VR technologies to provide easier access to the wellbeing benefits of group singing. Residents sit in a comfortable chair and wear a VR headset. They could be looking down the aisle of a 15th century church, or on the summit of Great Gable in the Lake District, part of a 40 strong choir. Using technology to promote wellbeing is extremely important to us, and we explore it further on *page 16*. *SM*



THE PANTRY IS FULL

In the community

Each year, we invest heavily into refurbishment programmes across our homes. Last year, as part of this investment programme, we launched a radical new dining experience - The Pantry at our Ryton Towers home. The results have been so successful, that we decided to roll the same concept out, in our Glenholme House home in Sunderland. Glenholme

was next on the list for a complete refurbishment, so we were able to incorporate The Pantry project into the overall refurbishment plan. Perfect timing! Our team really have brought the heart of the home feeling of the Pantry, to Glenholme House. To celebrate the completion of the refurbishment work, we held a night of entertainment for our residents, staff and their loved ones, and the initial feedback has been overwhelming. *SM*



THE SKIES THE LIMIT

Staff news

We'd like to say a huge well done to Joanne Othen, our Area Manager, who recently completed a sponsored abseil for Phyllis Tuckwell Hospice Care, with her mum, Flo. The abseil was in memory of her step-dad Trevor, who sadly passed away last year. Together, Joanne and her mum raised a whopping £1350. *CB*

SAFETY REWARDED

Resident news

Our Executive Chairperson Rachel Beckett, recently picked up the 'Inspirational Leader in Care' award, at the Care Campaign for the Vulnerable Inspiration in Care Awards evening, in Buckinghamshire. The award was greatly appreciated and recognition for all the hard work Rachel and her dedicated team, have put into our safety monitoring project. The project goes beyond simply installing the system into our homes, but championing and campaigning for the use of safety monitoring systems to be installed in all care homes, across the region and countrywide. Thank you to everyone at the charity for a lovely evening, and a huge well done to Rachel and her team, who continue the good work. *CB*

DOING OUR TINY BIT

Home news

To celebrate National Volunteer Week, residents and staff from our Craghall Care home chose the RVT's Tiny Lives for their chosen charity of the year. A fantastic and vital charity, that supports premature and sick newborn babies and their families. Our staff and residents helped collect donations at the



Newcastle Theatre Royal. Not only did they all have a fun time helping out for the day, but they also helped to raise over £230. Craghall will be holding more fundraising events throughout the year, so stay tuned to their social media and monthly newsletters for details. *CB*



PICTURE PERFECT

Competition

We've teamed up with an illustrator, to create a set of four contemporary limited edition prints to celebrate iconic North East landmarks. On our Facebook page, we've been giving our followers the chance to win one each month, but we also have 10 of each to give away to our readers. Turn to *page 13* for all the details. *SM*

In Focus



SUPERGROUP

Home news

For the second year in a row, we've been named as a Top 20 Care Home Group, by carehome.co.uk. The Care Home Awards highlight the Top 20 Care Home Groups in the UK. For a relatively small, family run business, we're in there amongst the big hitters on merit, so we couldn't be more thrilled. We'd like to say a huge thank you to everyone who has taken the time to review us and to all of our fantastic staff, who's passion and commitment make this all possible. *SM*

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



Clockwise: Swing Bridge in Newcastle, Cliffrids Tower in York, Elvet Bridge in Durham, Souther Lighthouse in South Shields.

The Pantry offers a must for Summer recipe, courtesy of the chefs at Apetito



SERVES
8 slices

- INGREDIENTS**
- 120g butter - melted
 - 400g ginger biscuits
 - 250g mascarpone cheese
 - 75g icing sugar
 - 1 vanilla pod
 - 400ml creme fraiche
 - 300ml double cream
 - 1 punnet strawberries
 - 1 punnet raspberries
 - 1 punnet blackcurrants or blueberries
 - 1 tbs caster sugar
 - 50ml water

Summer fruit Cheesecake

METHOD

Step 1

Line a 22cm cake tin with baking parchment on the base and the sides.

Step 2

Bash up the biscuits into crumbs, then stir in the melted butter, press the biscuit mix onto the base of the cake tin, making sure to keep it as level as possible.

Step 3

Mix together the mascarpone and icing sugar in a large mixing bowl.

Step 4

Scrape the seeds from the vanilla pod and mix them into the creme fraiche, then add the mix to the mascarpone and sugar.

Step 5

Whip the cream into soft folds and gently fold into the mascarpone mix.

Step 6

Spoon the mix on top of the biscuit base, smooth off the top, then chill in the fridge for at least 2 hours.

Step 7

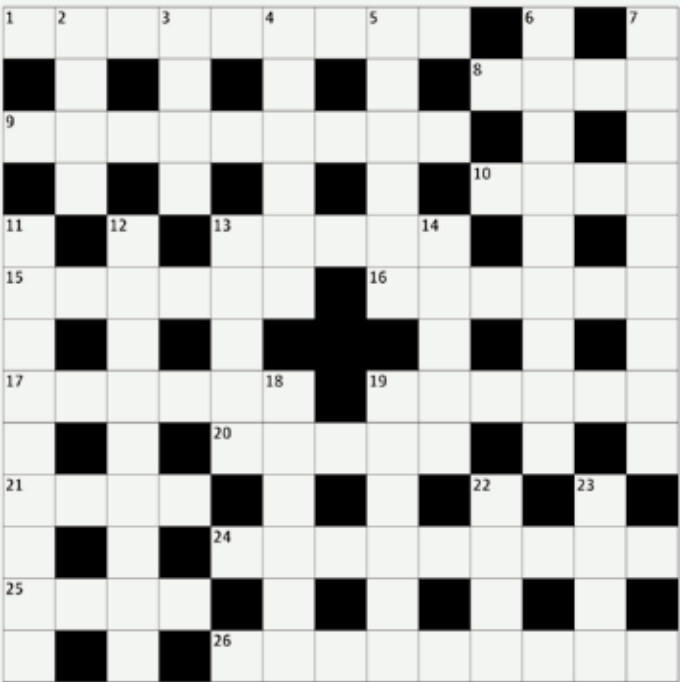
Cut the strawberries into quarters.

Step 8

Put the raspberries, blackcurrants, sugar and water into a saucepan, bring to a boil, then add the strawberries, turn off the heat and allow to cool.

To serve, remove the cheesecake from the tin, peeling away the baking parchment. Plate a slice, pouring over a spoonful of fruit compote.

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



ACROSS

- 1 Quip (9)
- 8 Sow's mate (4)
- 9 Silly person (with sparrow's mind?)(9)
- 10 Procreated (4)
- 13 Racist or sexist? (5)
- 15 Rescue (anag) (6)
- 16 Shellfish soup (6)
- 17 Strain (6)
- 19 Spanish wine shop (6)
- 20 Refuse with contempt (5)
- 21 Giveout (4)
- 24 Priceless! (9)
- 25 Sea eagle (4)
- 26 Desire to travel (5,4)

DOWN

- 2 Wading bird (4)
- 3 Rise and fall of the sea (4)
- 4 Knitted jacket that buttons up the front (abbr) (6)
- 5 Bicycle-like device for sliding down snow slopes (3-3)
- 6 Nickname — Boers quit (anag) (9)
- 7 Path for horses (9)
- 11 Kind of triangle (9)
- 12 Arachnids with a sting in the tail (9)
- 13 Copper and zinc alloy (5)
- 14 Big hybrid of the cat family (5)
- 18 Run fast (6)
- 19 Bring up for discussion (6)
- 22 Lovers' row (4)
- 23 Fibre used for making sacking and ropes (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.

PICTURE
Quiz

Four images of North East landmarks, but can you guess what and where they are?



Whether it's a holiday read or a sit in the garden read, relax and enjoy a good book this summer. We offer up four of the best for you.



MY ABSOLUTE DARLING

by Gabriel Tallent

Tallent's novel is simply breathtaking. Once in every while, some books come along that are more than just novels - To Kill a Mockingbird, Catch-22, The Wind-Up Bird Chronicle - that we will remember forever. We can add, without any hesitation, My Absolute Darling, to that list. This is a compelling and unsettling novel, with 14 year old Turtle Alveston as the central character, that sucks you into its darkly warped world and doesn't let go until the last page. This book will shock, then shake, then inspire you, and it'll stay with you long after the last page is turned. A modern masterpiece of literature. MC



TOP READ

Gabriel Tallent's debut novel 'My Absolute Darling' is our top pick this time out, and the critics agree: Guardian - 'Outstanding' The Times - 'Breathtaking'



THE SHEPHERD'S LIFE

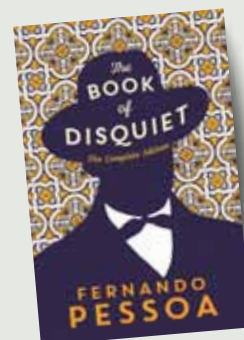
by James Rebanks

Rebanks's novel is like nothing you'll read this year. His unique approach to storytelling, is as unique as his view on life as a shepherd in the Lake District. This is an extraordinarily captivating book, that's both illuminating and profound. Rebanks makes you part of the conversation, and you'll listen and hang on to every one of his words, and you'll be richer for it. MC

THE BOOK OF DISQUIET

by Fernando Pessoa

A challenge Pessoa himself would have relished - how to describe this book in such a short space. Without over simplifying this utterly unique book, it's an assembly of sometimes linked fragments, a mosaic of dreams, thoughts, theories and criticisms. It's a truly mesmerising and haunting novel, without parallel across all literature and that's in any other culture. You simply have to read it to believe it. MC



THE PEOPLE IN THE TREES

by Hanya Yanagihara

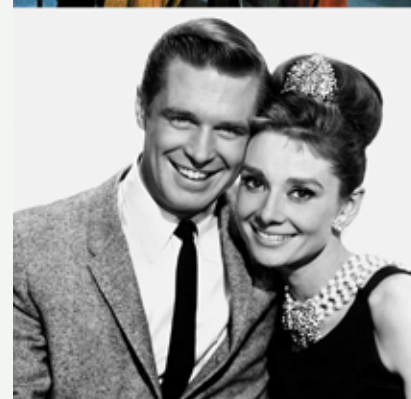
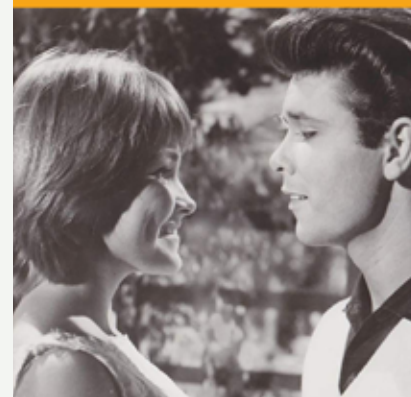
Better known for her now mainstream best-seller A Little Life, Yanagihara's debut novel, The People in the Trees, is more than worth checking out first. In this beautifully written story, we follow an expedition team to the remote island of Ivu'ivu in search of a rumoured lost tribe. They find the tribe, and so much more in this magical tale, you won't be able to put down. MC

THE
MALTINGS
CINEMA

Dementia Friendly Screenings

The Maltings
Eastern Lane
Berwick-upon-Tweed
Northumberland
TD15 1AJ

www.maltingsberwick.co.uk
01289 330 999



"We had the best day out with our service users and can't wait to come back again! It was such a delight for us all to have a fun, relaxed trip out together. The staff made everyone feel so welcome and they ensured our visit was straight forward"

UPCOMING FILMS

Summer Holiday (1963)

10 July, 2pm

Cert U / 1 hour 45 minutes

Mary Poppins (1964)

7 August, 2pm

Cert U / 2 hours 19 minutes

Breakfast at Tiffany's (1961)

11 September, 2pm

Cert U / 1 hour 50 minutes

Guys & Dolls (1955)

16 October, 2pm

Cert U / 2 hours 23 minutes

The Maltings started Dementia Friendly Screenings in May 2018 and after receiving overwhelming positive feedback, we're proud to be hosting our third season of relaxed screenings of specially selected film classics.

What to expect from a Dementia Friendly Film?

- Lights are left on low
- Sound levels are reduced
- It's fine for customers to move around during the film
- Screenings are in our Henry Travers Studio with a combination of raked seating as well as chairs and tables on a level floor
- There are no trailers - films start promptly at 2pm
- Doors open 20 minutes before
- Tickets £4.50 (free carers tickets with a CEA card)

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.