

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

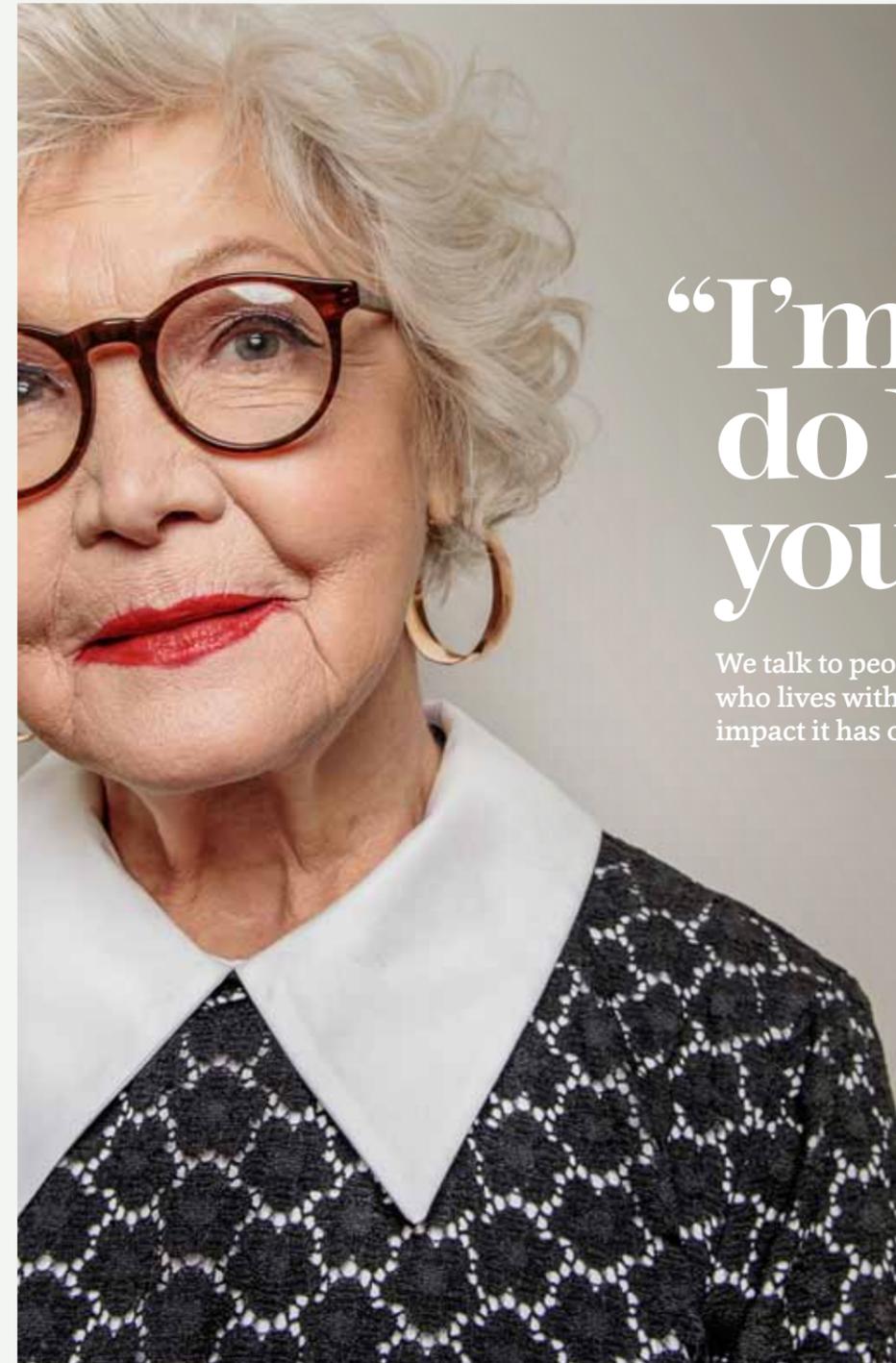
or for more info about us visit: www.wellburncare.co.uk



The Something Post

Issue 17 or 18, no 17... / Autumn 2019, I think...

The Free quarterly
thingy, from Wellburn
Care, oh dear, I knew this...



“I’m sorry, do I know you?”

We talk to people who’s lives surround someone who lives with dementia, and discover the true impact it has on their own day to day life.



ST OSWALD'S HOSPICE PRESENTS ELMER'S GREAT NORTH PARADE UNTIL 1ST NOVEMBER 2019

ELMER'S FAREWELL FAMILY EVENT

Saturday 9th and Sunday 10th November
Newcastle Racecourse

See all sculptures one last time at a weekend of celebration, suitable for the whole family.

Visit www.greatnorthermer.co.uk/farewell to buy tickets

THE BIG ELMER CHARITY AUCTION

Tuesday 12th November
Sage Gateshead

Most of the big Elmer sculptures will be sold at a public auction to raise funds for St Oswald's Hospice - and you are invited!

Visit www.sagegateshead.com/elmer-auction to buy tickets

A SOUVENIR OF THE TRAIL

Shop a range of Elmer trail merchandise, from notebooks and colouring in sets to photo frames and mugs - not forgetting our beautiful Elmer figurines, and a special one you can paint yourself!

Visit greatnorthermer.co.uk/shop

WIN BIG, WIN ELMER!

Enter the Big Elmer Raffle and you could win a full sized Elmer the Patchwork Elephant sculpture for just £1!

Buy tickets at St Oswald's charity shop or online at greatnorthermer.co.uk/elmer-affle

St Oswald's Hospice, Regent Avenue, Gosforth, NE3 1EE Registered Charity Number 503386

@greatnorthermer /greatnorthermer

www.greatnorthermer.co.uk

www.stoswaldsuk.org



Editor's Letter

As we welcome in the Autumn, I'd also like to welcome you to issue #17. My first as editor after taking over from Sophie, and I'm looking forward to carrying on where she left of.

Our Autumn issue is packed full of lovely stuff, that I'm sure you'll love. So put the kettle on, get all cosy and enjoy a good read.

In our Icons series, we explore the dark history of one of our regions most visited attraction (pg 4). We also look outwards and ask, are we doing enough as individuals and as a business for our planet. (pg 6).

In our 365 section (pg 9) get out and about, to discover just how much difference a little bit of fresh air can make to our wellbeing.

Our cover feature (pg16) takes a look at dementia, from the perspective of the people who orbit someone who lives with it.

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, and much more.

I really do hope you enjoy our new issue and from myself and everyone at Wellburn, have a great Autumn.

Charlotte x



6 A NOT SO QUIET REVOLUTION

We're about to embark on a 'Green' revolution at Wellburn, and it's already clear it won't be a quiet one, with a long road ahead of us. But we're committed to walking every single inch.

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ICONS

We take a closer look at one of York's most iconic buildings, and discover a dark and rich history.

8

LETTERS

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

16

FROM THE OUTSIDE

Dementia has a huge impact on peoples lives. We take a look at it from the people around it.

5

AGENDA

We'll continue to be as good, it just won't be at the cost of our future and our planet.

9

365

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

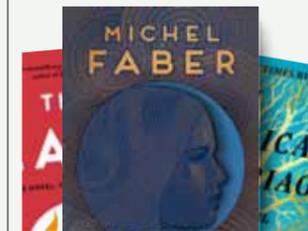
21

LIFE SECTION

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



365



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

CLIFFORD'S TOWER YORK

If anyone doubts just how much Clifford's Tower means to the local community of York and beyond, then simply ask English Heritage. Their plans to build a visitor centre into one side of the mound, were recently abandoned after huge opposition from local residents and archaeologists across the globe. A spokesperson from English Heritage reflected on the cancelled plans, saying they had become "increasingly conscious that many people have a deep emotional attachment towards the site".

But why is the Tower so important - so iconic? To understand more, you have to delve back into its rich history, and the story is a woven tapestry of betrayal, revenge and tragedy.

Clifford's Tower is a scheduled (protected) monument which, as well as featuring on countless images of York, is revered by archaeologists worldwide for being a remarkably intact survival of a royal building from the reigns of Henry III and Edward I.

It is the largest remaining part of York Castle, once the centre of government for the entire North of England. But you have to go back a little further back to find the start of the site's story.

William the Conqueror was the first to establish a castle on the site. When he marched North in 1068 to suppress a rebellion against his rule, he built a series



of castles as he went, including one where Clifford's Tower now stands.

The Castle stood relatively in tact, even after ferocious attacks by Danish invaders, until 1190, when what is now regarded as one of the most notorious incidents in English history, took place.

Against the backdrop of growing hostility towards the Jewish population in England at the time, one of the worst anti-semitic massacres of the Middle Ages took place at the castle. The city's entire Jewish

DISCOVER IT FOR YOURSELF

Clifford's Tower is owned and run by English Heritage, which mean members get in for free. The Tower is open 7 days a week from 10am to 6pm. For non member tickets and for more information, visit: www.english-heritage.org.uk/visit/places/cliffords-tower-york

community was trapped by an angry mob inside the tower of the Castle. Many members of the community chose to commit suicide rather than be murdered or forcibly baptised by the attackers. More than 150 Jews were massacred as the wooden tower was set on fire.

60 years later in 1250, the site was cleared and a new fortification was built and named Clifford's Tower. The massacre instantaneously gave the site religious significance as a place of remembrance, but the site also holds great archeological importance too. In large part down to much of York Castle's stonework being replaced in the 18th Century, leaving little surviving from the medieval era apart from Clifford's Tower.

A structure with a rich, dark history, that holds real archeological and religious significance, not just to locals, but the global community. A real icon.

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



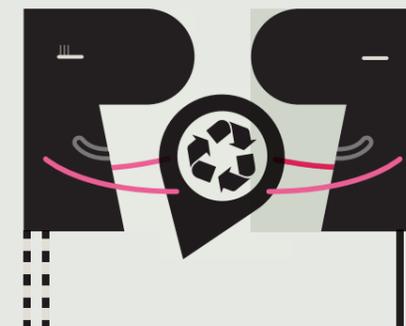
Agenda

“I want us to be first class. An example of how a care company can completely transform it's approach.”

We recently picked up two awards at the Care Home Awards 2019 - one of which incidentally was for this magazine. You can read more about that on page 22, in our news section. Of course we were absolutely thrilled to win both awards, beating off stiff competition and I'm extremely proud of everyone involved in both award winning projects. But whilst at the awards, amongst the many conversations I had with others in the industry about many wide ranging topics, the issue of sustainability and environmental responsibility cropped up more than once.

After one particularly engaging conversation, I sat back down at our table and took a moment to look around. The food menu's, the champagne glasses - on a night filled with celebration and pride, I was momentarily being swamped with guilt. Of course, it wasn't about whether or not the menu's were printed on responsibly sourced materials - it was more to do with the fact the conversations that evening, had reminded me of a conversation two weeks previous. A conversation with an 11 year old believe it or not - to be exact, my 11 year old.

Two weeks before the awards ceremony, we were all sitting down enjoying a family dinner. The topic of conversation was recycling, and in particular plastic packaging. As a family, collectively we've been making a concerted effort to try and drastically cut down on buying products



that use plastic packaging, and we were discussing the success we'd had and also some of the difficulties we thought were being placed in front of us by big brands and the supermarkets.

It was at this point that my son asked me 'Is Wellburn really good with this stuff mum?'. The truth that I told him and will share with you, is no, not really.

Since taking over the reigns of the business from my father, just over four years ago, we've been so busy concentrating on things like business models, strategy, new resident and staff initiatives, overhauls to staff procedures and safety monitoring in homes, I'd not really had time to think about it. Even now, when I say 'no time' out loud, it's laughable and unforgivable. The look of disappointment on my son's face when I gave him my answer, made me realise in a flash that of course it's not about having time, it's about making time. I made a promise there and then to him and myself,

that if he or anyone else ever asked me the same question again, I'd feel proud, not embarrassed or ashamed of my answer.

The very next day, I called a meeting with my team at Wellburn HQ, to discuss how we could tackle this issue and make it one of our priorities. The brief was simple. Just being seen as making an 'effort' wasn't good enough. I wanted a top down review of all of our procedures, methods and best practices.

When it comes to sustainability and environmental responsibility, I want Wellburn to be first class. An example of how a care company can completely transform it's approach for the benefit of their local and global environment.

Of course, we don't expect our green revolution to be a quiet one. As we gradually introduce new methods and best practices, things may at first seem less convenient and what was once easy, may become a little harder. Any harder than seeing that look on the face of your son? More costly than the price our planet will pay for our lack of action? Less convenient than the consequences our children and their children will face if we do nothing?

Awards are recognition for all of our hard work and dedication to our residents and their care. But the days of achieving excellence, whilst ignoring our responsibilities to the environment are behind us. I want to achieve excellence in both, and we will. It's our duty. ■



Thinking greener



We're about to embark on a 'Green' revolution at Wellburn, and it's already becoming clear it won't be a quiet one.

This feature is the last thing to be completed before we go to print, and it's timely. As it's being written, Swedish teenage climate activist Greta Thunberg is delivering an impassioned and emotional speech to over 60 world leaders, gathering for a one day climate meeting organised by the United Nations.

She isn't holding back, and rightly so points out, "This is all wrong. I shouldn't be up here. I should be back in school on the other side of the ocean, yet you all come to us young people for hope. How dare you. You are failing us, but the young people are starting to understand your betrayal. The eyes of all future generations are upon you, and if you chose to fail us, we will never forgive you?" Strong words to a collection of leaders that are too slow, and in some cases even quick to rubbish her and qualified scientists claims, that we're now at a critical point. In other words, action is needed now, and it shouldn't take a teenage girl to wake us up from our lack of collective responsibility.

Yet, here at Wellburn, our own green revolution by in large began with a child too (see page 5). It wasn't however the words of a teenage global activist, that stoked the fires - it was altogether closer to home - our Executive Chairman's 11 year old son. He asked the simple question of whether or not, we as a company were doing our bit for the environment? The answer was even simpler - no.

And that was the starting point. No longer could we justify our inactivity, there'd be no more excuses or reasons for continuing as we were.

Our Executive Chairman Rachel Beckett called a meeting at Wellburn HQ to discuss how to tackle the issue and make it one of the top priorities. The meeting was the first of many to come, but the most significant thing is that the ball is rolling, and it will over time, gather momentum.

The starting point is a period of due diligence, with the key target of introducing a radical top down 'Green' strategy as soon as it's feasible. Key areas will be identified, practices will change, the revolution won't be quiet.

To do it properly, we'll need all stakeholders to buy into what we're trying to achieve. From our residents and staff, to suppliers and local communities. We won't and can't continue to contribute to our planets and our children's future problems. We want to be part of the solution.

We'll use innovative ways to find these solutions, making the journey as interesting and engaging for everyone as possible. We want get as many people involved and make this a real community effort. After all, that's why we're doing it - to help protect the future of our communities. We feel the eyes of all future generations on us, and we choose not to fail them. Will you join us? ■

Above: Using responsibly sourced materials, recycling paper and old copies of the Wellburn Post, is just the tip of the iceberg.

"KEY AREAS WILL BE IDENTIFIED, PRACTICES WILL CHANGE, THE REVOLUTION WON'T BE QUIET."

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



Do you offer apprenticeships? I have just left school and I'm looking for a job with training
Sian, Newcastle, via Facebook

We say...

Although we do not offer apprenticeships, we offer all our staff a competitive salary as well as great training opportunities. You can apply as soon as you turn 16. For more information on our current vacancies visit: www.wellburncare.co.uk/careers

My mam has dementia and visits a really good café, can I make recommendations for trips out for your residents?
Lucy, York, via Facebook

We say...

We love finding dementia friendly places to take our residents to. If you have any great places please let us know, suggestions are always welcome.

My dad is recovering from a hip-operation and is struggling with rehab at home, do you offer short-term care in your homes?
John, East Riding, via Email.

We say...

Hi John, we offer plenty of options for different lengths of care, from short term respite care, to longer more permanent options. Whatever the length of care your dad needs, we are there for you.



My mum is vegan, can you cater for her?
Anne from Newcastle, via Email.

We say...

Hello, Anne. We've worked extensively with nutrition specialists at Appetito to create a wide-ranging menu for our residents – They can provide ingredients to meet special dietary requirements including Vegan, Vegetarian & specific food intolerances.

I am looking for care options for my brother, where do I start.
Jean, Newcastle, via Email

We say...

Looking around as seeing what's close by is always a good start Jean. Word of mouth can also be extremely helpful, if it's from someone who's opinion you trust. For a full listing of our homes, visit our website, where you'll all the necessary info and contact details for each home. We also have a fantastic and free 'Guide to choosing the right CareHome', full of useful info and top tips and even a checklist. (See above)

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

I've seen posts on Facebook about your work matters project. What's it about?
Greg, Bishop Auckland, via Facebook

We say...

Hi Greg, Our Work Matters initiative is aimed at reintroducing our residents with their working pasts, in any capacity possible. Getting involved in the community has been proven to improve short-term cognitive and emotional function in the elderly – Something we're rolling out across all our homes this year!

I'm currently looking for care for my mam, but I can't get time off work during the day to visit, can I book an appointment for later on in the day?
David from Prudhoe, via Twitter.

We say...

Of course. You can visit our homes anytime you are free. If you'd rather arrange an appointment, simply contact one of our homes and they'll take care of you.

I have seen jobs available on your Facebook pages, how do I apply?
Finley, Gateshead, via Facebook

We say...

All of our current vacancies advertised on Facebook and elsewhere, are all on our website. Simply find the job in our careers section and follow the application instructions.

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

INSIDE >>

The benefits of the outdoors • The power of Zumba • Appy out & about

365

HEALTH & WELLBEING



365



Getting out into the great outdoors, delivers so many benefits to our mind and body. And we don't have to voyage to the ends of the earth to achieve them.

Ways we can benefit from getting out

It's scientifically proven, that spending time outside can function as a natural medicine. It can help improve our physical, mental, and emotional wellbeing. Besides helping you live a longer, healthier life, spending time in the great outdoors and surrounding ourselves with nature can help us live a happier life, too. Yet recent figures released suggest on average, we spend 22 hours indoor per day, which equates

to an extraordinary 90% of our day. And with computer games, smartphones and social media, the statistics don't look like improving with the next generation. The outdoors are free, with hundreds of dedicated nature trails and pathways on our doorstep. Making small adjustments to our routine, even something as simple as turning off the TV for an hour and going for a walk instead, can have instant and significant benefits. This is how...

Mixing it up

The first benefit may seem like an obvious one, but getting out and about provides us with a change of scenery from our usual day to day routines. This is a proven way to reduce stress levels and it's sure

fire way of getting a huge dose of a positivity for both our physical and mental health. As humans we have an innate desire to be close to nature, so denying ourselves causes negative feelings. The need to get out and be at one with the great outdoors is in our DNA, so don't fight it - feed it.

Socialising

Whether it's a trip to the local park, shop, garden centre or further afield, there's no doubt that getting out and about can be classed as a social activity. Something as small as saying hello to a neighbour as you cross paths, can make a huge difference to your mood. Loneliness has a detrimental impact on your mental health and wellbeing, and so much more when you grow older.

So it's vital, no matter what age you are, to get out and about into the community and interacting with people. It's scientifically proven that although we like our own company from time to time, when we're around people we like, we produce health-promoting hormones that have a hugely positive impact on our mood, health and even our immune system.

Nostalgia

We all love a bit of nostalgia - the phrase 'Take a walk down memory lane' is embedded in our culture after all. But with reported cases of dementia and Alzheimer's on the rise, walking down memory lane is becoming vital. Revisiting places that have been important to someone in the past, can be a calming experience and trigger

happy memories. It may not even be a visual thing, it could be a particular smell of a place, or even the sound. All of these triggers allow us to paint a picture in our mind, that encourages nostalgia.



Fresh air

Sometimes it's the simple things in life, that offer us the greatest reward. And they don't come much bigger than fresh air. Obviously we need O₂ to live, but it also helps in smaller ways too. It increases airflow to the brain, increasing productivity. It also keeps our lungs clean, which boosts our energy levels.

Fitness

Getting out and about not only boosts our mental health, but it also helps with our physical health too. When we're outside, we're also on the move, providing a great form of exercise. And you don't have to be walking over mountains with a giant backpack on to feel the benefits too.

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If you're interested in Zumba, or looking for classes near you, Google search 'Zumba classes near me'. Simply find a class or club that's convenient for you and give it a go - we know you'll love it!

Zumba

Zumba is the the new kid on the block. It's only been around since the early 1990's, but it's popularity has swept the globe. And once you do a class, it's easy to see why. Workouts don't ever feel like a chore - in fact, workouts don't really feel like workouts at all.

This is where Zumba wins over many other classes you might be interested in taking up. With Zumba, a workout isn't even a workout: it's a fun, social dance

party - with exercise being the biggest perk. The music is fast, upbeat and contagious, so you can't help but keep moving. And since it takes place in a group setting, Zumba is by far one of the most social forms of exercise available. Regular Zumba classes can bring significant benefits to both your mind and your body. It will improve your coordination, while working all aspects of your body and offers aerobic and anaerobic benefits too.

“Our residents really enjoy doing our Zumba classes. I find it also really encourages residents who don't always join in with other activities, to enjoy something in a group. Even the staff love to get involved when Zumba is on. It's just so infectious.”

Residents view

Pat Allot
Craghall Care home



“We love Zumba at Craghall, it's great exercise, and it fits in perfectly with the music. It really does encourage you to just keep going and going.”

Gemma Nettleton
Care Assistant
Craghall
Care home

A word from the professional
Nicola Farquhar
Zumba instructor

Before I started working full time as Craghall's Lifestyle Co-Ordinator, I used to come in to the home to teach Zumba every other week, and the residents loved every single class. They would all get involved, in any way they could. Their relentless enthusiasm was actually one of the main reasons why I was tempted to give up what I was doing, to move into a career in care. Now, as part of my role, I'm able to continue the Zumba classes with residents, which we're all so happy about.

When it comes to my classes, I adapt the style of the Zumba, so it is suitable for our residents. I encourage them to join in, whether they're just sitting and clapping, or getting up and dancing. We often make a circle in the room while we're performing the routines, so we can all support each other.

I also find the wide range of music I play, really helps to get the residents involved. It can be anything from country music to recent pop hits. We even sometimes do the can-can dance! This really gets the residents motivated to join in.

I like to use a lot of props for my classes with the residents too, from pom-poms to exercise bands just to keep things interesting.

Providing activities like Zumba in care homes is crucial, as they really do encourage our residents to stay active, whilst also making sure they're enjoying themselves at the same time. It also gives them the opportunity to try some things they perhaps haven't tried before, and that can only be a good thing, for their mind and body. Our residents look forward to every class.

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'Appy out and about



If you're heading out, there's apps that could literally make or shape your day.

Overuse or overreliance on our smartphones can be detrimental to our wellbeing, but used properly and in proportion to other daily activities, they can bring us all real benefits.

One of the most significant areas, when it comes to benefitting our health and wellbeing, is the app industry. The continuing year on year growth of smartphone users globally, has in turn encouraged a huge investment in the app market, which has resulted in more sophisticated, better targeted and much more reliable apps.

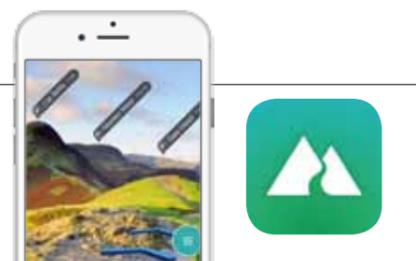
Which is good news for all smartphone users. Today, if you take a quick browse on your app store, there's pretty much an app for everything.

Of course, not all of them will be of use to you, or indeed any good at all. But like all forms of shopping, a little browsing, a bit of research and you can build up a collection of apps that can bring you real tangible benefits and results to your health and wellbeing.

On page 10, we talk about the benefits of staying active, and making sure you're getting out and about as much as you can. So we took a delve into the app market to find three apps, that are aimed at just that.

From navigation, to recording and even discovering and planning your journey, they all offer something different, but are all there to help you enjoy the great outdoors.

If you're using an app that improves your health and wellbeing, we'd love to hear from you, so we can share it with our readers. Email us at: thewellburnpost@wellburncare.co.uk



ViewRanger

This app will help you plan, navigate, record, and share your outdoor experiences. Combining high-quality mapping, active GPS waypoint navigation and national trail guides, the app is even designed to work in areas with no phone or data coverage. How handy is that?



Strava

This cycling, running and walking app, lets you track your activity using with GPS, join challenges, share photos and it also has neat follow your friends function. Which means that you can keep up to date with each friends activity and compare it against your own.



National Trust - Days out

If you're looking for a more relaxed way to get some fresh air, the National Trusts Days Out app is perfect. It allows you to discover what's around you, with the latest opening times, prices and directions to over 500 sites across the UK. This app also works in areas with no signal.

We'd love to hear from you. Show us your creative side, submit you entry and you could win some amazing prizes.

Readers corner

Competition Winner

Our first prize winner for this issue is a beautiful poem, written and submitted by Amber Carr from Durham. It had all of us captivated and we fell in love with it straight away. Congratulations Amber!

The boy walks along the same path
As always he sees the old man
Sitting by the same window
Sitting in the same chair,
The boy waves
And he sees the old man
The old man waves back
And he sees the boy
And wonders if the boy really sees him,
He then hears the laughs of his friends
As they play in the fields after school,
Then the touch of his mother
Wrapping him up warm on a winters day,

He smells the freshly picked flowers
On his first date with Emily,
Who's now wearing a wedding dress
As she walks towards him,
He can see his daughter eyes look up
As he holds her for the very first time,
And he can feel his grip on the wheel
As he picks her up from University,
He can smell the candles
From his grandsons first birthday cake,
He sees the boy and so much more,
He now sees his friends
And it's time for dominoes.

Reader's Corner gives you the chance to contribute and WIN

Editor
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www.studiomikey.co.uk
Contributors
Nicola Farquhar, Sarah Fearne, Gemma Nettleton, Emily McCririe, Mick Turner, Davey Harrison, Stevie Holmes.

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DON'T MISS OUT
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



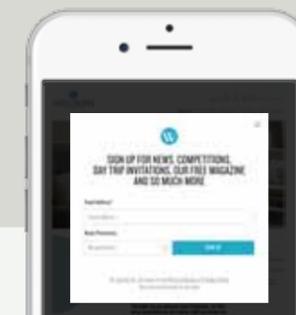
WIN
All four of these books and more

Competition

In each issue, we'll be given you the chance to win a bundle of prizes*. To be in with a chance of winning, simply submit your creative entry to us. It could be anything creative, from a photograph, to a poem. The theme is loose but it should celebrate our

region and the communities in it. First prize will win all four books below (reviewed on page 26), plus £50 in vouchers. Two runners-up will also receive £25 in vouchers too. Submission deadline for our next issue is 10.12.2019.

*Winners will be picked by the Editor. Editors decision is final.



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.5



DOBBIE'S GARDEN CENTRE PONTELAND

Dobbie's Garden Centre in Ponteland is a firm favourite with our residents. With lots of things to do inside, it's always high on the list for an afternoon out, especially with it being just around the corner from a number of our homes.

But for us and our residents, the main appeal is just how welcoming the centre and the staff are. They can't do enough for you, from the moment you arrive, to the moment you leave. It also helps that they've made it their mission to be one of the regions exemplars when it comes to wheelchair access and overall being very elderly friendly.

Whenever we take a day trip to the centre, the staff always recognise us, which is always a good test of customer service. And Dobbie's pass every time, with flying colours. If there's other businesses in the area who want to understand how to cater for the more senior customer, it would serve them well to take a few leaves out of Dobbie's book, and of course, their garden too!



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





On the inside from the outside

We're all guilty sometimes of only viewing dementia through the eyes of the person living with it, but what about those on the outside looking in?

Before we start, it should be pointed out that the woman in the images we've used, isn't living with dementia. She's a model and we picked the images up from a stock library. Here at Wellburn, we know only too well how invasive dementia can be and it was felt, that even though we were granted permission to use residents images, who are living with dementia, it was a line we didn't want to cross.

Of course whilst reading this feature, you'll realise that lines that none of us want to cross, are crossed daily by people living with and around dementia.

Much has been documented about dementia and our understanding of the condition is becoming greater year on year, in large part down to the remarkable work

of charities such as the Alzheimer's Society and Age UK.

More often than not though, when discussing the condition, the attention rightly focuses in on the person living with dementia. But what about the lives of their carers and the day to day support network around them? How does it effect their lives and how do they cope with dementia on a daily basis?

Across all 14 of our homes, we have a number of residents that are living with dementia. Some are experiencing early stages, whilst others are living with extremely progressive forms of dementia. Our homes offer a comforting and experienced support network for loved ones, and there's a real sense of everyone coming together. But to understand the scale of the impact that dementia has, we discussed the subject with a cross section of people, who's lives orbit someone living with dementia.

A son, daughter and husband, a care assistant, lifestyle co-ordinator and a handyman, all sat and shared their stories. And it soon becomes clear, that no matter what their relationship is with the person living with dementia, their experiences all sounds similar - and the realisation of just how far reaching the impact of dementia is, hits us all like one big emotional train. ►



◀ Mick, who's mum is a resident in one of our homes, explains, "We're learning new ways to deal with dementia every single day. It's the not understanding, that can be really hard. That feeling of helplessness".

Emily, who's mum has dementia, agrees, "We turn up and we have no idea how my mum is going to be. The impact it's had on all of us has been huge. It's just so sad and extremely upsetting."

Jim, who's wife is living with dementia shares the impact it's had on their lives, "For me, it's the frustration over all the things that used to be so simple and we took for granted. Things like just having a conversation and even remembering our lives we've lived together." But Jim adds, "The comfort is that she's in a home, and

she's safe and secure. At least that gives me peace of mind."

Mick agrees, "The care home provides a sense of security that we wouldn't get anywhere else. They treat my mum like a friend and not just someone who needs care."

The attention turns to our staff, and it's a similar story. "I have a lot of breakthrough moments with our residents living with dementia. We find that reminiscing about their younger years, really helps, but it breaks your heart when they can remember so much about their younger years and then can't even remember their loved ones." explains Davey, one of our handymen. Care assistant Stevie adds, "It can be really frustrating and

"THERE'S OFTEN SMALL BUT SIGNIFICANT WINDOWS OF OPPORTUNITY, WHEN THINGS BECOME CLEAR AND THE RESIDENTS ARE FULLY ABLE TO ENGAGE."

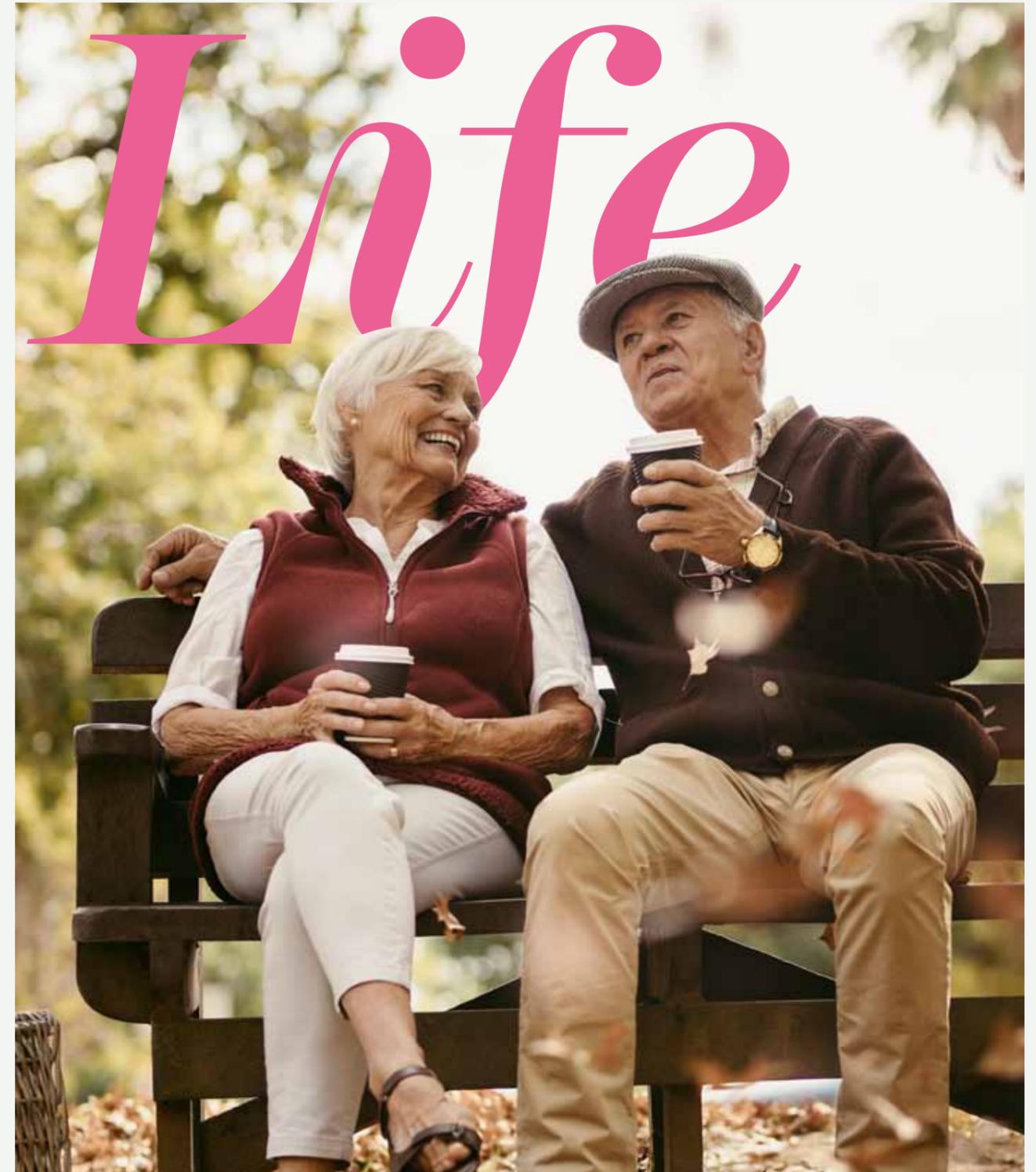
stressful, when you're trying to understand what a resident, who is unable to verbally communicate, means."

Sarah is a lifestyle co-ordinator at one of our homes, "It's the same with our activities. It's so sad to watch someone living with dementia taking part and really enjoying one of my activities, and then almost immediately forgetting they've done it." But she adds, "There's often small but significant windows of opportunity, when things become clear and the residents are fully able to engage. And for a small period of time, they'll be telling funny stories or taking selfies with their granddaughter, until the window closes." Just then, you can see Sarah's face light up with joy.

Sharing your experiences with other carers and people living around dementia, can be a great support - who else could understand what you're going through more? It's also a great way to share tips and advice. To find out about regular carers groups near you, the Alzheimer's Society offers a National Dementia Helpline on: 0300 222 1122 and Age UK's also have a free Advice Line on 0800 055 6112.

If it's difficult for you to attend regular carers groups, you could also join one of these online forums: Carers UK forum or Alzheimer's Society Talking Point forum.

One of the take home messages from our group, was that each and everyone we talked to, has at some point or continues to struggle to cope with the impact from dementia. So if you're feeling the same, it's ok to not feel guilty. Talk about it, get help and find support. It's out there waiting and will make a world of difference. ■



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OUT & ABOUT

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

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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 cosy Autumn night in.

26

BOOKS

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

Out & About

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 too. We regularly take day trips out and about, exploring all that our great region has to offer. Trips can include visits to the theatre, exhibitions, local community events and places of interest. Sometimes, it's to realise one of our residents goals, that they may have mentioned on their goals card we encourage residents to fill out.

We catch up with four recent resident days out. To keep up to date with all of our trips, visit our *Life* section on our website: www.wellburncare.co.uk/life



Keswick Pencil Museum

Craghall residents

We love to find interesting places for our residents to go. With this in mind, Craghall recently took a trip out to the Derwent Pencil Museum

in Keswick. They loved entering the museum through the replica graphite mine, which brought back memories of jobs they had in the past. Our residents found it super interesting and had so much fun.



Croft Classic Car weekend

Nightingale Hall residents

Being so close to Croft, as we do every year, we simply had to take our residents at Nightingale House, to visit their Retro & Classic Car Weekend. They had a lovely afternoon watching the race cars on the track, and then visited the vintage collection of cars and buses, which of course brought back a lot of memories. What a great day.



Wheelchair Exercise class

Riverhead Hall residents

Making sure our residents get enough exercise is hugely important. Our team at Riverhead Hall have found a fun and novel way of achieving this for our less able residents. Wheelchair exercise classes at Driffeld Sports Centre are just the tonic. Our residents enjoyed it so much, they're already planning their next visit.



Sunderland Airshow

Glenholme House residents

With the Sunderland Air Show literally on our Glenholme House's doorstep, it's the perfect excuse for our residents and staff to get out and about. Even though the weather didn't play ball, the day was still full of excitement, as our residents enjoyed the displays and even managing to get up close to some of the jets. Super stuff!

Activities

All of our homes have a packed activities schedule, we catch up on some of the latest

Around the homes



Carnival day

Heatherdale

Our residents and staff at our Heatherdale home recently enjoyed a carnival weekend. The celebrations were linked to creative arts and crafts classes earlier that week, in which residents got to show off their artistic talents. Making masks and decorations for the weekends fun. During the weekend, residents basked in the glory of the summer sun, as they enjoyed all of the fun, which included live entertainment and music, as well as a BBQ with all of the trimmings. All of our residents and staff had a fantastic day.



Flower arranging

Wellburn House

Residents at our Wellburn House home, recently spent an afternoon flower arranging. The class was full, as are most of our creative classes. Once the class was finished, we displayed their efforts around the home, much to the delight of the residents. It gave them a huge sense of achievement and pride to get so many compliments.



Milkshake Shack

Rosevale

Our residents at Rosevale were not short of a sweet treat, as their lifestyle co-ordinator, Sarah, arranged a special treat for them recently. She created a milkshake trolley, and took it on a tour of the home. The residents had so much fun with it and the conversation was flowing around a pile of doughnuts and cups of milkshake.



Nightingale Choir

Nightingale Hall

We're currently enjoying a higher than average amount of residents who are seasoned singers, at our Nightingale Hall home. So much so that we decided to put their talents to good use, and form the Nightingale Choir. They meet every Thursday morning for practice, and so far, the standard has been superb, with every note hit.

Family and friends are always welcome to join in with any of our activities. Just let the relevant home know which activity and we'll take care of the rest.

News

In Short

HQ MAKE-OVER

HQ news

Here at Wellburn, we invest a significant amount of time and money, year on year, across all of homes, on refurbishment programmes. We're so passionate about it, we might have taken our eye off the ball a little when it came to our Newburn headquarters in Newcastle. So it was decided it was about time we spruced up the place. We drafted in our maintenance team, who have worked wonders on the exterior. Working to our brand colour palette, the new colour scheme has made such a difference. And it's not only the staff that have noticed the difference, we've been getting compliments from other local businesses and residents too. A head office we can all now be very proud of. CF



ROOM 101

Resident news

Our Ryton Towers home in Ryton, recently celebrated a very special birthday. One of our residents Violet, turned an incredible 101 years old, and we made sure she marked her day in style. Celebrating with staff and residents, there was a mountain of birthday cards and lots and lots of cake. Happy Birthday Violet! CF

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



DOUBLE WINNERS

HQ news

We recently scooped two top industry awards, beating off stiff competition, at the Care Home Awards 2019. The first award was for our Pantry refurbishment project, at our Ryton Towers home, picking up the win in the coveted 'Best for architecture, interior design, or communal spaces' category. The second award was for this magazine, in the 'Best marketing, advertising or PR

campaign or initiative' category. We're extremely honoured, proud and humbled to come out on top in both categories, amongst such quality and inspiring competition. To see our award winning 'Pantry' dining room first hand, feel free to pop into our Ryton Towers home at anytime, and you're currently reading our other award winner - if you're not a subscriber, pop onto our website and complete our super simple subscriber form and you'll get your free copy of each new issue in the post. CF



NEW DIRECTION

Staff news

Our Chairman, Rachel Beckett asked if we could use this column to wish a very special member of staff good luck in her new career. Sophie McCormack worked her way up from a position in one of our homes, to a senior marketing role at our headquarters. Sophie brought an unrivalled energy to her job as marketing manager, and was loved by staff and residents across all of our homes and in head office. Even though saying goodbye to Sophie over the summer was done with a heavy heart, we're as excited as she is about following her dream of becoming a teacher. If she contributes as much as she did whilst with us, to her pupils, then our children's futures are in safe hands. Good luck Sophie - and good luck and welcome to her replacement and new editor of this magazine, Charlotte Frankland. RB

LOOKS WHO'S WALKING

Resident news

Residents at our Glenholme House home, recently completed a sponsored walk to raise money for the fantastic charity Macmillan Cancer Research. On the day, things couldn't have been better, the sun was shining and there was smiles all around as they set off. The smiles grew even bigger at the end of the walk, after the managed to raise a superb £350. CF



THE WOW FACTOR

Staff news

Our wOw awards are given out to members of our staff, that have simply gone above and beyond in their roles to make colleagues and residents lives easier or better. One of our recent winners, Tracey Davidson, is part of the team at our Eighton Lodge home in Gateshead. Tracey received



her award for going way beyond what is expected in her role as laundry assistant. Her interaction with residents is remarkable - full of love, compassion and empathy, Tracey makes each and every resident feel at home and comfortable. She puts a huge smile on theirs and our faces. CF

A FOND FAREWELL

Staff news

Our Heatherdale home in Northumberland, recently said goodbye to one of our favourite and much loved care assistants, Sheila. After 11 years of hard work and commitment, Sheila decided it was time to hang up her boots and head off into retirement. Ever popular amongst staff and residents, Sheila was showered with leaving presents and flowers. CF



HATRICK OF GOALS

Resident news

Three of our residents from our Rosevale home, recently made the most of the last days of summer and headed to the seaside to achieve a collective goal. As mentioned in previous issues, we actively encourage all of our residents to write down some of the goals they'd like to achieve. Some are big and take time to organise, and some are

easier. For our three lovely ladies, all they really wanted to do was take a trip to the seaside town of Scarborough. When we discovered that all three had written down the same goal, it simply had to happen. All three had a fantastic day, eating fish and chips as they sat reminiscing about their childhood holidays. They even found time to buy some sweets, to bring back for other residents. What a great day. CF



CHARITABLE GOAL

Resident news

We were a little taken aback by an act of kindness recently, when we found out that one of our residents goals was to raise money for charity. Sheila from our St George's home's chosen charity is Parkinson's UK, and so far, has raised nearly £300, with a fundraising BBQ, Fayres and car wash. Her latest venture was a sponsored walk. We're so proud of you Sheila - just amazing! CF

In Focus



REAL HOPE

In the community

In our previous issue, we mentioned the incredibly brave story of 3-year old Ella Edwards - who is suffering from hypoxic ischemic, which causes cerebral palsy. Aiming to raise money for pioneering treatment in America, the team at our Ryton Towers home, held a fundraising evening, to help add to Ella's Hope's fundraising efforts. We're delighted to say that the evening was a huge success, raising £1,696.40 towards the overall target. Amazing work and well done to everyone. CF

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



Picture Quiz - Clockwise: Sunderland Empire, Utilita Arena (Formerly Metro Radio Arena), York Theatre Royal, Newcastle Theatre Royal.

The Pantry offers a cosy Autumnal recipe, courtesy of the chefs at Apetito



SERVES

2 people

INGREDIENTS

- 1 Onion, peeled, finely chopped
- 2 Garlic cloves finely chopped
- ½tsp Chilli Powder
- 1tsp Fresh ginger
- 1tsp Ground coriander
- 2tsp Ground cumin
- 1 Cinnamon stick
- 1tsp Ground turmeric
- 1tsp Paprika
- 1 Butternut squash, peeled, seeds removed and cut into 1cm cubes
- 1 Red chilli – finely chopped
- 200g Canned chopped tomatoes
- 1tbs Tomato puree
- 200ml Chicken stock
- 2tbs Raisins
- 3 Lemons - rind only, chopped,
- 1tbsp Clear honey or 1 tsp sugar
- Salt and ground black pepper
- 1 Good bunch chopped Coriander
- 1tbs Chopped fresh mint
- 2tbs Vegetable Oil

Butternut squash tagine

METHOD

Step 1

Heat the oil and fry the onion, ginger and chilli for a minute, do not brown.

Step 2

Add the garlic and the dry spices and fry for 30 seconds, add the tomato puree and the squash.

Step 3

Add the chopped tomatoes, stock and raisins, cover with a lid and cook in the oven at 160 c for 2 hours, until the squash is tender.

Step 4

Remove from the oven, onto the hob and reduce for 2 minutes, check the seasoning, stir in the lemon zest and herbs and a pinch of sugar if required.

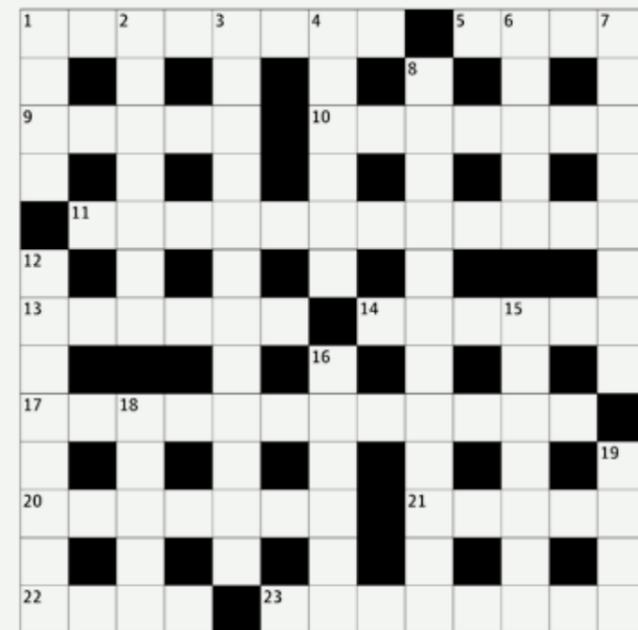
Step 5

Serve with cous cous or rice.



Keeping our brain active, has hugely positive impacts on our health and wellbeing.

All answers on page 23.



ACROSS

- 1 Patellae(8)
- 5 Snoopy's imprecation (4)
- 9 Glandular organ in the abdomen (5)
- 10 Prove superior (7)
- 11 Without warning(3,2,1,6)
- 13 Attribute (6)
- 14 Save from peril (6)
- 17 Called to remembrance (12)
- 20 Fashionable — served with ice cream (1,2,4)
- 21 Lay to rest(5)
- 22 Long protruding tooth (4)
- 23 Soaked by rain (8)

DOWN

- 2 Hardy cabbage(4)
- 2 Surround completely (7)
- 3 Maize eaten as a vegetable (4,2,3,3)
- 4 Tree — London district (6)
- 6 Prize (5)
- 7 Small, sharp sliver(8)
- 8 Money paid for work or a service (12)
- 12 Flying machine(8)
- 15 Fastest land animal(7)
- 16 Peeping Tom (6)
- 18 Resources (5)
- 19 Poke (4)



SUDOKU

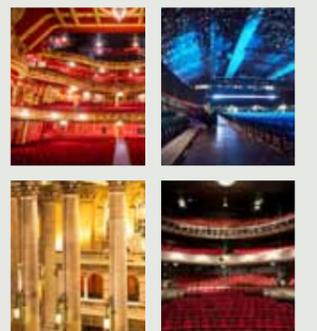
Puzzle

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 23.

PICTURE

Quiz

Four North East venues for live music and shows, but can you guess what they are?



As we say goodbye to summer, and hello to those darker nights, we offer up four great reads for that cosy night in.



THE LAST

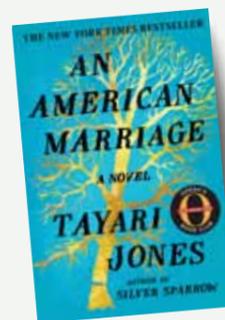
by Hanna Jameson

There's a whole post-apocalyptic dystopian genre in both fiction writing and cinema, but Hanna Jameson's *The Last* will give anything a run for its money. *The Last* is compulsive and fiendishly gripping, with an Agatha Christie-esque whodunit plot at the centre. This is Jameson's first ever novel, which makes this book even more remarkable, as she delivers a brilliant and hugely original twist on the conventional thriller. Creating a mood that balances eerie menace with almost creepily believable characters and plot, resulting in one of the most exciting pieces of fiction inside and out of its genre. A must read. MC



TOP READ

Out of the four, this might not be the most accomplished piece of literature, but pick it up and it's almost impossible to put down. Compulsive and highly original.



AN AMERICAN MARRIAGE

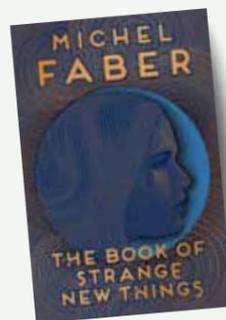
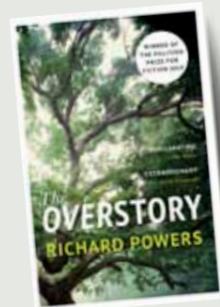
by Tayari Jones

Tayari Jones's wise and compassionate novel, is haunting and beautifully written. It tells the story of a young black man, who is wrongly convicted of a dreadful crime, while his wife, Celestial, waits for his return. Jones tells the story through a clear vision of the quiet devastation it has on the family. An extraordinary and immediate novel that begs to be heard. MC

THE OVERSTORY

by Richard Powers

Shortlisted for the Man Booker Prize last year, and winner of the Pulitzer prize for fiction this year, Richard Powers's *The Overstory* is simply breathtaking. The story centres around nine strangers, whose unique life experiences with trees brings them together, to address the destruction of forests. A sweeping, impassioned work of activism and resistance that reminds us that time is running out - fast. MC



BOOK OF STRANGE NEW THINGS

by Michel Faber

Michel Faber's novel is an extremely powerful examination of humanity, built on a foundation of originality and jaw dropping insight. Science fiction will rarely produce a better book than this. It follows the story of a pastor, sent to work with aliens in a neighbouring galaxy, and examines how the long distance effects his relationship with his wife, who stayed behind on earth. 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?

We will match you with a trained volunteer who shares your interests and will call you once a week for a friendly chat.

At Age UK Northumberland, we're always happy to chat!
To receive a free and confidential call, contact:

01670 784 800

ageuk.org.uk/northumberland