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# The Wellbourn Post

Issue 18 / Winter 2019

The Free quarterly  
magazine, from  
Wellburn Care Homes



# Editor's Letter

Welcome to our issue #18. Our winter issue is packed full of seasonal content, that I hope you'll love.

We explain how our amazing festive cover came about (pg 4). We also look at how we as a company, are preparing ourselves for the big winter chill (pg 6).

In our 365 section (pg 9) we explore the importance of creativity and crafting, and offer some top tips on how to take winter in your stride. We also offer up some app suggestions to help you over the cold winter months too.

Our main feature (pg16) takes a look at the importance of community and why it's so pivotal to a happier life for us all.

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, I'd like to take this opportunity to wish each and every one of you a very Merry Christmas and a prosperous and healthy New Year.

*Charlotte x*



## 6 BEATING THE WINTER CHILL

As we brace ourselves for the winter chill, preparations are well under way to make sure it's business as usual for our residents and staff.

## 4 COVER STORY

We take a closer look at how our beautiful front cover was created and how it came about.

## 8 LETTERS

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

## 16 COMMUNITY IMPORTANCE

In a fast paced world, the power of local communities grows increasingly brighter.

## 5 AGENDA

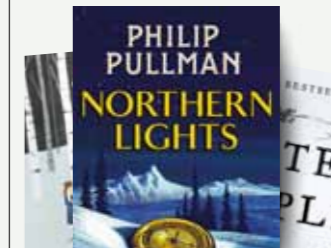
We'll continue to be as good, it just won't be at the cost of our future and our planet.

## 9 365

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

## 19 LIFE SECTION

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



## AN INCREDIBLE EXPERIENCE THROUGH TIME

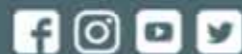
Beamish, The Living Museum of the North brings history to life!

Take a tram ride back in time and experience the amazing sights, sounds, smells and delicious tastes of the 1820s, early 1900s, 1940s and 1950s.

Our year-round events programme ensures there's always something to see and do, and with our Unlimited Pass, you can come back free for 12 months at no extra cost.



www.beamish.org.uk  
Beamish, County Durham, DH9 0RG  
E: museum@beamish.org.uk T: 0191 370 4000



# The cover story



**W**ith this being our winter issue, we wanted to bring a real festive and joyful approach to the cover this time out.

We wanted something that would show off the more creative work we do in the homes with our residents. Throughout all 14 of our homes, we regularly hold creative arts and crafts sessions. Bringing in a wide range of experts to help encourage our residents to get involved.

With classes and sessions ranging from painting to flower arranging, pottery to cross stitching, the choices are as wonderfully varied as the pieces created in the sessions.

After playing around with a few ideas, we started to wonder if it would be possible to create an entire cover created with cross stitching. We set about designing the piece, whilst looking for someone to take on the challenge. It proved tricky at first, but once we discussed the idea with a few of our crafting experts, it was beginning to look possible.

The finished piece took over three weeks to complete, but we couldn't have been happier with the end. In fact, we were so happy with it, we've decided to use the same design for our official company Christmas card too. A huge thank you to everyone involved in making our cover happen this year.

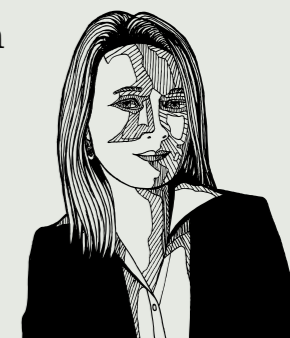
Creative arts and crafts sessions play a hugely important role within our homes. They offer so many positive benefits to our residents. You can read more about this on page 11 in our 365 section.

If you'd like to know more about or join in with any of our arts and crafts sessions in our homes, please pop onto our website. Simply find your nearest home and get in touch:  
[www.wellburncare.co.uk/our-homes](http://www.wellburncare.co.uk/our-homes)

**“CREATIVE ARTS AND CRAFTS SESSIONS PLAY A HUGE ROLE WITHIN OUR HOMES.”**



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



# Agenda

**“What is clear, whoever wins, they have a problem that will need more than headline grabbing soundbites to fix.”**

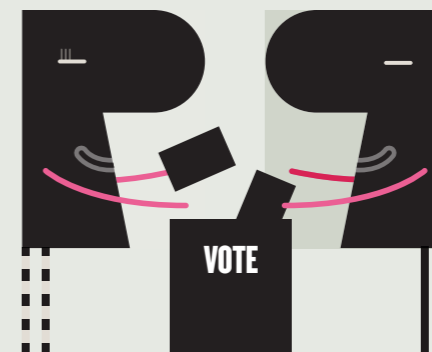
As I'm writing my agenda piece for this issue, the country is only a few days away from heading to the ballot boxes to vote in the general election. By the time you read this, we'll know which way the vote has gone.

We all wait in anticipation to discover which elements of the winning party's manifesto's will come to fruition and which will fall by the wayside. Key battlegrounds have been fought over and discussed during the campaign - Brexit dominated along with the usual campaign pillars such as the NHS, policing, education and business.

We all have our own reasons and agendas when casting our votes, but for me personally, the two key areas that concern me most, are ironically the two that seem to share a lot of commonality. The environment and the care sector - both issues carry a stark warning - both in essence are heading for a tipping point, with experts warning that unless something is done about them both, and fast, the situation will be troublesome.

The commonality doesn't stop there, because although the care sector may seem a distant thought to a huge swathe of the public, the issues will effect all of us in one way or another - just like the environment.

The population is ageing and the figures are startling. According to figures from the Office for National Statistics (ONS), there are currently nearly 12 million people aged 65 and over in the UK. By 2030, they project the numbers will rise to one in five. The number



of centenarians living in the UK, has increased 85% in the past 15 years alone.

An ageing population, although good news for our family and loved ones, brings a whole myriad of issues, some of which just aren't being tackled fast enough.

One of the pressing issues for example, is that the cost of accommodating an ageing population, is forcing government to consider a shift in the retirement age, to ensure older people continue earning and sustaining themselves for longer. This strategy alone leaves many questions, that so far have been left unanswered.

Sustainability is a key word for the sector and those who work in it, lead in it and are responsible for raising concerns about its future, are consistently left shortchanged when it comes to tangible solutions.

For us, as a small family run business, our concerns are of course industry wide, but our immediate focus is on our own communities. Some of our more rural

homes, seem a million miles away from the politics of Westminster. But these bastions are at the frontline of the care sector troubles. Local councils struggling to keep pace with the increase in demands an ageing population brings. Levels of subsidy offered to those who need assistance for care costs are unrealistic. Unable to see or recognise the financial differences and burdens, between someone who lives 2 minutes from a major city centre, to someone who lives miles from the nearest village.

Councils aren't subsidising and paying the right rates, but to a large extent their hands are being tied with reduced investment from the government. The catch is, the government are also struggling not only to recognise the problems, but also to find solutions both financially and strategically to tackle the problems head on.

Think tanks often come up with beautifully inventive and often leftfield solutions, but currently there doesn't seem to be a political hunger to take on the challenge. Perhaps once the election is over, and the soundbites die down, some of their attention will turn to the care sector. What is clear, whoever wins, they have a problem that needs solving and like the environment issues, if it's left too long, it'll become a crisis that will take more than words to fix. While we wait, we'll continue to champion quality and affordable care, and hope those coming into power have the same goal. ■



# BEATING THE WINTER CHILL

As we brace ourselves for the winter chill, preparations are well under way to make sure it's business as usual for our residents and staff.

**W**inter for many of us, is a magical time of the year. At Wellburn, we know how much joy the season can bring to our residents. But beyond the festivities and frivolities, there's the serious side of making sure as a business, we keep everything running as smoothly as possible. Which means drawing on years of experience, and having an infrastructure that's robust and prepared enough to take on anything the harsh North East weather throws at us.

Whether it be food deliveries to the kitchens, minibuses for day trips, or maintaining the buildings and access roads, ensuring the smooth running of our services is a major priority.

Of course, our main priority will always be our residents, but in the winter months, we have to turn and pay particular attention to all of the key staff and suppliers that orbit their world.

One of the main obstacles we face year on year, is logistics. Due to the nature of some of our homes locations, heavy snow and wintery conditions can make it extremely challenging for our homes that are set in more rural locations.

Thanks to experience built up over many years and months of planning each year, we make sure that all eventualities are considered, with back up plans in place, if and when needed.

Staff in head office act as weather watchers - alerting home managers if tricky weather conditions are forecast. Other staff will be assigned key responsibilities such as ordering in extra grit to make sure access roads and pathways for staff and visitors are maintained.

We also rely on a strong camaraderie between our staff too, sometimes turning to those who own 4x4's in the very worst conditions, to pick up colleagues who normally rely on public transport to get into work.

It's in these times that bonds are forged and we see the best in our people. Pulling together to get the job done. Our staff are pivotal to our success and without them none of it would be possible, so when the winter weather is throwing it's very worst at us, we see the very best in everyone around us.

A real sense of community and togetherness, that make things possible, flourishing and spilling over into every corner of our business, at a time when it's needed most. Staff and suppliers who time again, have shown us that they're prepared to pull together to make sure our residents continue to receive only the very best level of care, even in the face of adversity.

So, when you're at home, curled up on the sofa or surrounded by friends in the local pub, spare a thought for those who are up and down the country, in that moment going that extra mile and braving the elements, to make sure it's business as usual for all of us, including our residents. ■

**“IT'S IN THESE  
TIMES THAT  
BONDS ARE  
FORGED AND WE  
SEE THE BEST IN  
OUR PEOPLE.”**

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 was wondering, how often I'd be able to visit my relative?

**Harry, Westerhope, via email**

*We say...*

This is an easy one Harry. As often as you like, we don't have fixed visiting hours in our homes. We like to encourage our resident's families to visit as much as they'd like to.

What's the best way to pay for a stay?

**Lucy, Newcastle, via email**

*We say...*

We have plenty of payment options available. You can discuss the most suitable option with our finance team.

We are looking for day care for my aunt, is this something you offer?

**Joshua, York, via Facebook**

*We say...*

Yes, we offer lots of different levels of care, from day care to short term respite or long term care.

What are your meals like?

**Wendy, Sunderland, via Facebook**

*We say...*

Our meals are provided courtesy of Apetito. They're a specialist supplier, who ensure all meals are healthy, nutritionally balanced and of course delicious. Our residents love the food.



My gran goes to church every Sunday, will she still be able to go when she moves into your home?

**Katie, Northumberland, via email**

*We say...*

Of course! We make sure all of our resident's wishes, including faith are met. We regularly take some of our residents to church. We also invite local vicars into our homes to perform services for residents who can't make it out to church.

My mum would love to get involved in your work matters initiative. How easy would that be?

**Jemma, Durham, via Facebook**

*We say...*

Absolutely Jemma! Our work matters programme is all about reintroducing residents into past working experiences. Since it's launch the initiative has been so successful, we're currently rolling it out across all of our homes, and we would love for your mum to get involved.

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](http://wellburncare.co.uk)

How can I follow what activities are going on in my dad's home?

**Sarah, Driffield, via email**

*We say...*

Hi Sarah, we have an activity schedule for the month which we would be more than happy to give you a copy of. You can also follow your dad's home's Facebook page, which is updated daily with everything that's happening within the home, as well as receiving a monthly newsletter via email which has the pick of the activities each month.

Can I bring my own furniture when I come and stay?

**Edward, Berwick, via email**

*We say...*

We want all our residents to feel as if they are at home Edward, so making your own room feel as personal as possible is just fine with us. Just let the home manager know what you would like to bring.

Can I spend a day at the home with my relative before we make our decision?

**Rebecca, Stanley, via Facebook**

*We say...*

It's a big decision Rebecca, and we want to help you make the right one. We want your relative to feel as comfortable as possible, so if this means popping in for longer than just a look around, that's absolutely fine with us.

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

## INSIDE >>

Tackling the winter chill • The benefits of crafting • Winter's about to 'app'n



## HEALTH & WELLBEING



# 365

As we brace ourselves for the cold bite of winter, there's some basic things we can all do, to keep our wellbeing tip top during the cold days and nights.

## Taking the winter chill in our stride

Looking after our wellbeing over the winter months can be a challenge. When the big freeze starts, it makes some of what we like to do that much more difficult. Even taking a stroll can be a treacherous affair, as we navigate the chilly and freezing conditions. The dark mornings and early dark evenings can effect our spirits and motivation levels. Other less obvious things can have negative effects on our physical

and mental wellbeing during winter too. Loneliness can hit some hard during the winter months, especially over the festive period. But there's ways to combat most of what the winter months throw at us. Often it involves making sensible decisions when it comes to the weather, what we eat and drink and how we choose to spend our time. We've highlighted five key things that will help you navigate and stay on top of things this winter...

### Dress sensibly

This can sound obvious, but dressing appropriately can make a huge difference during the winter months. Even if you're popping to the shop down the road, always think about what you're wearing.

Layering is by far the best way to keep warm in winter. Wearing additional accessories such as a hat, gloves, thick socks and a scarf, will ensure you're ready to tackle the worst of the weather.



### Eating well

Making sure we eat well over winter, can have a hugely positive impact on our physical and mental wellbeing. It's easy to fall into a cycle of chocolate and mince pies, but our bodies, especially at this time of the year, need good, wholesome and nutritious food to maintain a healthy state of mind and body. Eating seasonally, with plenty of fresh vegetables and



hearty dishes will keep your body fuelled and better equipped to deal with the cold and any nasty bugs that might be going around.

### Stay active

Staying active, no matter what time of the year, will always bring benefits to our mind and body. But especially in winter, our circulation plays a big part in helping our body adjust and tackle the cold temperatures, and staying active is one of the key ways to keep that circulation tip top. It will also boost our mental health too.



### Family & friends

Although for some, it can be harder to get out and about to visit family and friends, when the wintery conditions are in full swing. But keeping social and enjoying the company of others is vital to our mental wellbeing. It's scientifically proven that although we like our own company from time to

time, when we're around people who we like, we produce health-promoting hormones that have a hugely positive impact on our mood, health and even our immune system. If there's someone you know that can't get out or may be feeling lonely, you can help by going to spend time with them.

### Health

At this time of the year, there's always a myriad of bugs doing the rounds. If you're older, you'll be more vulnerable to picking these up. If you don't already, getting the flu jab early, can help prevent picking up anything too nasty. We can also do simple things like washing our hands regularly, to avoid spreading any unnecessary germs.

# 365

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



## Crafts

Arts and Crafts are an important part of our activity schedules here at Wellburn. They offer an incredible amount of benefits to our residents, and with a vast range of activities associated with arts and crafts, there's always something for everyone, no matter what their ability.

The benefits associated with arts and crafts are endless. They allow our residents to be creative and explore their ideas, whilst at

the same time provide a sense of tranquility and accomplishment, when the activity is finished.

Arts and craft sessions can be related to a specific time of year, creating themed crafts and decorations, helping our residents to remember fond memories and allowing them to get involved with the festivities. It has many other benefits including improving dexterity, stress relief and helps to boost confidence.



### Residents view

**Mary Richardson**  
Glenholme House Care home

"I enjoy doing arts and crafts very much. It appeals to me and I can do them! I think that's part of the enjoyment. I get pleasure out of something I'm good at."



We all enjoy doing arts and crafts here at Glenholme House. It helps our residents focus and they get a sense of accomplishment about what they have achieved. We try to offer a wide range of differing arts and crafts to help stimulate our residents.



**Anthony Topping**  
Lifestyle Co-ordinator  
Glenholme House  
Care home

A word from the professional  
**Denise Bainbridge**  
Sensory Connections

"Sensory Connexions provide intergenerational art and craft activities within all of the Wellburn Care Homes. The positive impact on all generations is clear to see. Our creative activities support their fine motor skills, increases social interaction, helps individuals feel a sense of purpose and to be valued, and this can positively enhance their mood."

A word from a residents loved one  
**Ann Brown**  
Family member

"There is much written about the importance of keeping our minds active and the benefits of doing this through crafts. Running crochet workshops in Yorkshire, I've seen the payback that crafts can bring and learnt how important it is for everyone to create something not just to participate. The sense of fulfilment when creating something boosts confidence, and something that is often forgotten, is the fun and sense of sharing creating in groups can bring.

Making something with your hands occupies your mind whatever your age or circumstances. Concentrating on a craft also takes our mind off troubling issues and the sense of achievement boosts confidence. I strongly believe arts and crafts are something everyone can benefit from.

# 365

## Winter is about to 'app'n



The festive season is a time of joy, but the cold of winter brings its own challenges. We discover a few Apps that can help.

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.

The festive season, for most of us, is a time of joy, spent with family and friends. The build up can often feel chaotic, with the hustle and bustle of Christmas shopping, festive catch ups and the obligatory parties.

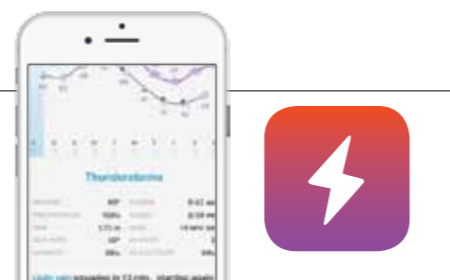
But in the build up, during and after the excitement, when cold of winter starts to bite

in January, it's important we look after our wellbeing. With the help of some fantastic apps available, we can make sure we're doing just that.

We've selected three out of the thousands out there, just to give you an idea of how an app can make a small difference. As usual, all three may not be exactly your cup of tea, but with such a huge and diverse selection out there, it's easy to tailor a selection to your own interests and taste.

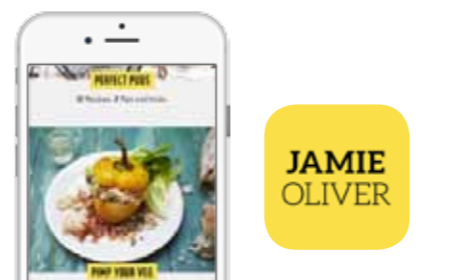
On page 10, we take a look at some of the things you can do to maintain your wellbeing over the entire winter season. Twin this with some help from apps, and you should be more than ready to tackle the winter head on.

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](mailto:thewellburnpost@wellburncare.co.uk)



**Weather Line**

This weather app is a new kid on the block, but it's fast becoming the go to app. It's phenomenal rise up the app charts is down to just how handy it is. It's forecasting is super accurate and will be a handy companion over the winter months, when your heading out and about.



**Jamie's Recipes**

Eating well over the winter is essential to our wellbeing, but it's also important to eat properly. Jamie Oliver's recipe app is a great way to enjoy some delicious wintery dishes, whilst also making sure we're eating seasonal and healthily. His Christmas recipes are absolutely fantastic too.



**Media 365 book reader**

Keeping busy and active over the winter is important, but equally, it's important to make sure you're getting enough R&R. Sometimes, nothing beats sitting back and relaxing over a good book. We'd always prefer the real thing, but this app is the next best thing.

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

# Readers corner

## Competition Winner

Our winning entry this issue was sent in by Luke Starke from County Durham. Luke captured the first frost of winter in his garden. We love the detail of the frosted leaves in the foreground, set against the winter sunrise. Congratulations Luke.



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

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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](http://www.wellburncare.co.uk/signup)



## Competition

In each issue, we give 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 from a photograph, to a poem, letter to a painting. The theme is loose but it should

celebrate our region or the communities in it. The winning entry wins all four books above (reviewed on page 26), plus £50 in M&S vouchers. Submission deadline for our next issue is 01.03.2020. Good luck and congratulations again to Luke.

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



For those who want to get out and enjoy the fresh air this winter, there's plenty of family fun around. We've picked out some of the highlights on offer.

# Out & about

## The Night before Christmas

Gibside, Rowlands Gill, Gateshead,  
Tyne & Wear, NE16 6GB  
[www.nationaltrust.org.uk/gibside](http://www.nationaltrust.org.uk/gibside)

## A Magical Christmas at Beamish

Beamish Hall Hotel,  
Coppo Lane, Durham,  
DH9 0YB  
[www.a-magical-christmas.co.uk](http://www.a-magical-christmas.co.uk)

## The Alnwick Winter Gardens

Alnwick Gardens, Denwick Lane,  
Alnwick, Northumberland,  
NE66 1YU  
[www.alnwickgarden.com](http://www.alnwickgarden.com)

## Enchanted Belsay Hall

Belsay Hall, Castle and Garden,  
Belsay, Nr Morpeth, NE20 0DX  
[www.english-heritage.org.uk/visit](http://www.english-heritage.org.uk/visit)

## Kielder Winter Wonderland

Mid November – Mid December  
Kielder Water & Forest Park,  
Northumberland, NE48 1BT  
[www.kielderwinterwonderland.com](http://www.kielderwinterwonderland.com)

## A Lit & Phil Carol

The Lit & Phil, Westgate Road, Newcastle  
upon Tyne, Tyne and Wear, NE1 1SE  
[www.litandphil.org.uk/whats-on](http://www.litandphil.org.uk/whats-on)

## Durham City Christmas Festival

Market Place, Durham,  
County Durham, D1 3NJ  
[durhamchristmasfestival.com](http://durhamchristmasfestival.com)

## York's Chocolate Story

Kings Square, York, YO1 8BH  
[www.yorkschocolatestory.com](http://www.yorkschocolatestory.com)

## Yorkshire Steam Railway

Duncombe P1, York, YO1  
[www.nymr.co.uk](http://www.nymr.co.uk)

## St Nicholas Christmas Fair

Parliament Street, York  
[www.visitork.org](http://www.visitork.org)



## St Nicholas Christmas Fair

Parliament Street, York  
14th November - 22nd December  
10am-6pm (10am-8pm Thur/Fri/Sat)

Take a leisurely stroll through the award winning, St Nicholas Fair and soak up the festive atmosphere. With a wide selection of stalls in the Yuletide Village. If you're looking for more traditional Christmas gifts, don't forget to wander amongst the many alpine chalets on Parliament Street. You can then head down to Kings Square and experience all the fun of the fair.

**For more information, visit:**  
[www.visitork.org](http://www.visitork.org)

## The Alnwick Winter Gardens

Alnwick Gardens, Denwick Lane,  
Alnwick, Northumberland,  
NE66 1YU

The Alnwick Garden will come to life with sound and light like you have never seen before! This after dark spectacular is fun for all the family and will have your senses buzzing and your heart filled with seasonal spirit.

**For more information, visit:**  
[www.alnwickgarden.com](http://www.alnwickgarden.com)



## Enchanted Belsay Hall

Belsay Hall, Castle and Garden,  
Belsay, Nr Morpeth, NE20 0DX

Share an after-dark adventure with your friends and family this winter. Discover an enchanting world of light and colour as you and your children experience the illuminated garden trail, with charming new elements. Find hidden fairies, meet the magical talking trees and get hands-on with our interactive lighting. Afterwards, treat yourself to a glass of mulled wine or toast a marshmallow under the night sky. Then have fun on a traditional fairground ride and visit our shop to stock up on original Christmas gifts.  
**For more information, visit:**  
[www.english-heritage.org.uk/visit](http://www.english-heritage.org.uk/visit)

## 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](http://alzheimers.org.uk)

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

Here for everyone affected by dementia





# Community:

## Why is it so important?

In a fast paced and often fragmented, divisional world, the power of local communities grows increasingly brighter.

If you Google the word, it's Wikipedia entry will tell us that the English-language word "community" derives from the Old French *comuneté*, which comes from the Latin *communitas* "community", "public spirit" (from Latin *communis*, "shared in common". Some also suggest an alternative meaning is derived from the root and the suffix of the word (common-unity).

It's an eloquent way of putting it, and just in the same way, communities are indeed made up of certain segments of a population, united by a familiar thread.

This issue of the magazine will go out early December, and it's a time of the year when common unity or public spirit is at it's best. You just have to take a walk to your nearest high street and the spirit will be palpable. Most of us will be filled with Christmas joy. Shoppers looking for that perfect present for a loved one, pubs and bars will be bustling to the sound of friends and families gathering for a festive tippie. More than any other time of the year, we'll openly pass on that goodwill to others, mostly it'll be a simple Merry Christmas to a passing stranger or a shopkeeper.

Although heightened during the festive period, that innate sense of community, that need to belong runs deep inside our

psyche as human beings. But why? It's a question that among others, scientists and philosophers have been asking for years. Some of the explanations involve complex social behavioural constructs and patterns, whilst some turn to the animal world for a greater understanding. But the results always follow the same trend. As human beings, we need a sense of belonging, and that need to belong is what allows us, pushes us and connects us to the many relationships we develop.

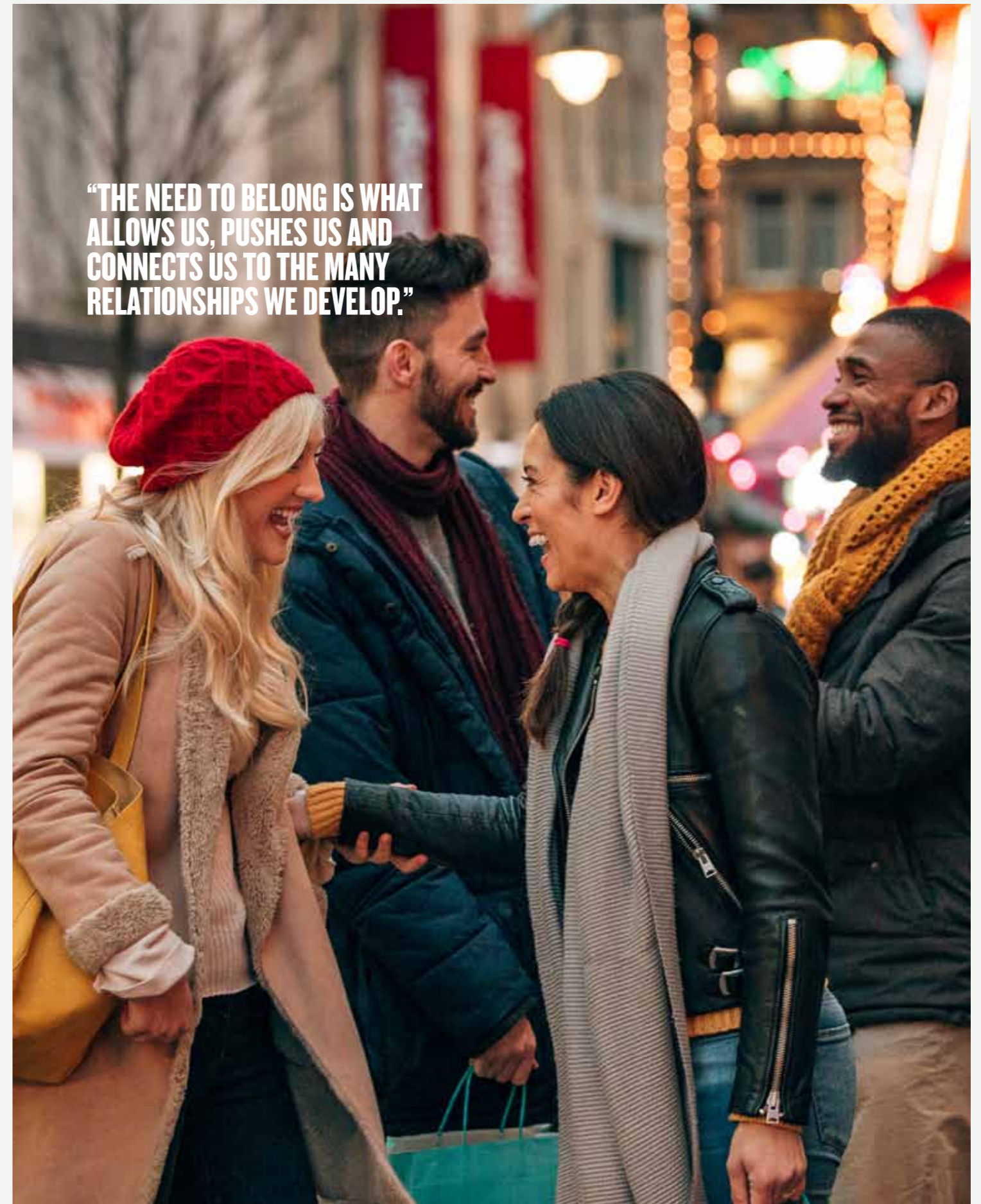
We're all members of many communities (family, work, neighbourhood, etc) and we're constantly moving in and out of them, depending on the situation.

We draw different experiences and opinions from our different community groups. For example, we might go to our family for comfort when things aren't going well with friends, and the reverse might happen when we're experiencing family trouble. We'll have a laugh with our close friends, and more serious chats with our work colleagues.

We do this, because we as humans like to share our feelings, happiness and sorrows with our friends, relatives and others. This wish for togetherness and belonging results in us knitting together our own little communities, which in turn contributes to the community as a whole.

This sense of togetherness lies in the soul of every individual, and it comes from our care and dependency on our fellow beings. From our childhood days to our adulthood, we care for our family members, our relatives, our neighbours and friends. This all leads to a need for togetherness among people, which in turn, helps promote and ultimately nurtures our desire for community.

Look beyond that December spirit, and society throws up loads of scenarios that show us we're at our best when in our communities. The happiness we see when thousands of individuals come together and form communities at festivals such as ►



**"THE NEED TO BELONG IS WHAT ALLOWS US, PUSHES US AND CONNECTS US TO THE MANY RELATIONSHIPS WE DEVELOP."**



**“WE HUMANS, WHITHER OUTSIDE OF COMMUNITY. IT ISN’T LUXURY - A NICE THING. COMMUNITY IS ESSENTIAL TO OUR INDIVIDUAL AND COLLECTIVE WELL BEING.”**

to imagine existing without them. Most of our residents, staff and suppliers belong to those communities. The number of our community based activities alone runs into the hundreds each year.

Partnering up with local schools, businesses and groups, to give our residents and staff as much connection to their community as possible. We also work with local charities and organisations to help put something back into those communities too.

Chances are, you’re reading this because we’re both connected to the same community too. The bottom line, beyond the success of one individual company, or societal group, is that we as a society and human beings are better when we join together. It goes beyond proven science and facts. It’s something we already know.

We humans, whither outside of community. It isn’t luxury - a nice thing. Community is essential to our individual and collective well being.

So this Christmas and into the New Year, take a look around at your own different communities. Appreciate them, be a part of them, help create and nurture new ones. Get involved as much as you can - because without them, individually and collectively, we’re all lesser for it. ■

◀ Glastonbury, at football matches or countless other social rituals. This is a kind of community feeling on a magnified scale - the spirit and joy, there in it’s full glory for all to witness. But most scenarios are more everyday, and the everyday has a habit of going unnoticed. Picking up the phone to talk to a friend, going to the local to meet a few friends, joining a book club.

Whether large or small, without these communities people would be alone, there wouldn’t be anyone to talk to or to share things with. Research backs that sentiment up, time and again showing that those of us who enjoy a larger, more diverse mix of community, feel happier and have a significantly more balanced mental and physical wellbeing.

While most of us need to be part of a community for life’s necessities, most of us want to be part of a community because there’s something indescribably lovely about being part of a group of people, who share something more substantial than geographic location. Something they feel passionate about. Something that, when shared, makes us seem less lonely. A community is a safe place.

Here at Wellburn, we understand all too well the importance of community. With 14 homes covering all four corners of the North East, we interact, work, partner and contribute to each of those local communities on a multitude of levels. Our relationship in our communities is so complex, so woven into our fabric, it’s hard



**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 those cosy winter nights in.

**26**

**BOOKS**

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

Life **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](http://www.wellburncare.co.uk/life)



**Garden centre**

*Ryton Towers*

What better place for our residents at Ryton Towers to spend an afternoon, than at Lintzford Garden centre. With so much to do

they really do love their visits. They spent time admiring the Christmas decorations, then visited the plant centre, finished off with a well-deserved cup of tea in the café. A perfect afternoon out and about.



**Granddaughter's wedding**

*Nightingale Hall*

It was a special day for our Nightingale Hall resident Mary, when she recently celebrated the wedding of her Granddaughter, Sarah. After enjoying the service and evening do, she arrived back with lots of lovely stories to tell about her day, and when telling them, Mary was beaming from ear to ear with pride.



**Discovery Museum**

*St George's*

Some of our residents from St George's Care home took a trip to Newcastle to visit the Discovery Museum. Whilst exploring, they got to see all sorts of things from the past, sharing stories as they went, if they saw something that jogged their memories. They finished off the day with a spot of lunch before returning home.



**Community centre**

*Wellburn House*

At Wellburn we love to encourage our homes to get involved with the local community. Our residents at Wellburn House like nothing more than meeting up with locals, for a weekly catch up at the local community centre. It is a great way for our residents to form links with their community and a chance to make some new friends.



Life **Goals**

We ask our residents if they have any particular goals they'd like us to help them realise. Here's a selection of the latest goals achieved.

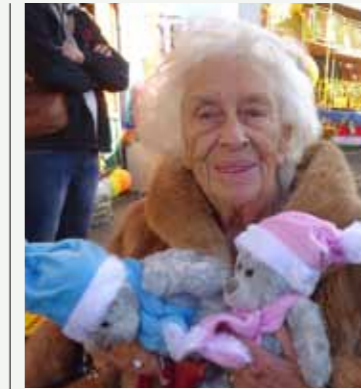
# MAKING THEM HAPPEN



**Croft Circuit**

*Nightingale Hall*

Nightingale Hall's resident Maud celebrated her 90th Birthday in style, when she received the opportunity to race around a track at Croft Circuit. Maud has been an avid lifelong Formula One fan, and with some help from our staff and her family, she finally realised her lifetime goal of racing some laps at the famous Croft Circuit. There was excitement all round as she tore around the race track at 110mph in a Porsche Cayman. Maud had the time of her life, and it was an honour to help make it happen.



**Fun fair**

*Craghall*

One of our Craghall residents Elsie, achieved her goal by taking a trip to a fun fair at Newcastle Greyhound Stadium. The fun fair was particularly important to Elsie, because it was the same fair she visited as a child. She bravely took a ride on her favourite Waltzers, and even won some prizes at the fairground stalls. Elsie had such a wonderful time, she has already set her sights on a return visit to the venue, but next time, it'll be to watch the greyhounds race. As ever, we'll help make that happen too.



**Whitby Bay**

*Rosevale*

Our Rosevale resident Cath, spent many happy days at Whitby as a child. She's always regaling us with her many stories about her visits there, and all the exciting times she had there with her family. After Cath told us it would be one of her life goals to go back there, we got straight to it. The day was planned and we headed across to Whitby, exploring all the old places Cath remembered. She was so happy, as we listened to her reminiscing. Before heading back, we just had time for an ice cream. What a day.



**Lakes trip**

*Wellburn House*

Maisie, one of our residents from Wellburn House, has many happy memories of the Lake District. So we decided to take her back there, and make her goal happen. Maisie and the staff were joined by fellow resident Tommy, his wife Anne and Melita from our Eighton Lodge home, as they also shared similar memories. They all reminisced about the days they spent there, sharing all their childhood memories. After a delicious lunch out, they made it back just in time to tell everyone about their day.



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

# Life News



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](http://wellburncare.co.uk/life)

## In Short FESTIVE MARKETS

Community news

The festive season in all of our homes is always an exciting time for residents and staff. But for those at our Eighton Lodge and Wellburn House homes, the excitement recently reached fever pitch. The reason, is that we held our very first ever Christmas craft markets there. With stalls, food, drink, live festive music and even a visit from Santa Claus. Both craft markets proved a huge hit with residents, staff, the local community and stall holders, all of whom made the day what it was. Thank you to everyone who stopped by and see you again for next years.



## FOR A GOOD CAUSE

Community news

Staff at our Rosevale care home have been working hard, raising money for York Tourette's Group, their chosen charity of the year and one close to all their hearts. They held a fundraiser fun day in the local community and managed to raise a whopping £964, which will go a long way for the charity. Well done! CF



## GHOST BUSTING

Community news

We recently teamed up with the Fuse Media Centre in Prudhoe, by putting on a fabulous Halloween event. The event was aimed at raising as much money as possible for the fantastic Prudhoe Youth Charity Shop and Emily's Journey. We had an amazing evening with a whole raft of things going on, from slime workshops, a visit from the Ghostbusters, a disco with dance entertainment to a film

premier. Local shopkeepers and businesses all got involved too, and it was an amazing turn out from the Prudhoe community, and of course it included staff and residents from three of our local homes, Glenholme House, Wellburn House and Ryton Towers. Our residents has a great time, with some even taking part in a dance with a zombie. As always with these events, none of it would be possible without all the efforts of everyone who volunteered and turned up, so a big thank you to everyone. CF



## 30 NOT OUT

Staff news

We'd like to say a massive thank you to the lovely Karen Little, who has been a team leader at our Ryton Towers home for an amazing 30 years. To mark the achievement, staff and residents held a party and presented her with some wonderful gifts to show their appreciation. We all love and appreciate everything you've done and continue to do for all of us Karen. What a star! CF

## FESTIVE COMFORT

Community news

All 14 of our homes, will be opening their doors this Christmas, to offer those, who for one reason or another find themselves alone, a little bit of much needed company. Each home will be serving up delicious food, offering great company and a huge slice of festive joy. Last year we welcomed dozens of people from within our communities and they all had such a lovely time. It's important, especially at this time of the year, when it's cold and others are feeling the Christmas spirit, to remember that some in and around us aren't as fortunate as most of us are. They might not have the same support networks, or family and friends to spend time with, and loneliness is hitting hard. If you or someone you can think of would like to join us, simply get in touch and we'll take of all the details. RB



## SPOOKY GOINGS ON

Resident news

All our homes got into the spooky spirit this year, with a month's worth of decorating and baking, ready for their Halloween parties. After all the hard work our residents and staff put in, they enjoyed lots of wonderful celebrations with treats all round. With everyone's family and friends invited, all of the parties couldn't have been more of a success. CF

## THE WOW FACTOR

Staff news

As part of BBC's World Music day, an annual celebration of the power of music, three residents from our Garden House home, did just that. Joined by the Mayor of Berwick and other guests, they sang The Beatles hit 'Hey Jude'. We all witnessed the power of music first hand. CF

## 100TH BIRTHDAY

Resident news

Our Eighton Lodge home in Low Fell, Gateshead had a very special celebration recently when one of their residents Cathy turned 100! She was taken out for a morning of pampering and returned to a surprise party. There was celebrations all round with balloons, entertainment and a cake, with of course a lot of candles on it. A huge happy birthday to Cathy. CF



## A FOND FAREWELL

Staff news

With a heavy heart we said farewell to our long serving staff member Cath from Whorlton Grange, who spent an amazing 20 years supporting our home. She was showered with gifts and thanks from staff, residents and our Chairman Rachel Beckett, who stopped by to thank Cath in person, as we all wished her the very best for the next chapter in her life. We'll miss you Cath. CF



## BOYS IN BLUE

Resident news

Our Whorlton Grange home resident Peter, was taken back to his working days recently as part of our Work Matters initiative. Peter worked for years as a firefighter in the Fire Brigade. He loved his time there and has shared many of his stories with our staff and other residents. Of course, we always find them thrilling, so we recently

decided to organise a lovely surprise for Peter, arranging for a fire engine and crew to visit Whorlton Grange. He was so thrilled when the engine pulled up outside of the home, but when he found out he was going for a ride, his face lit up. He spent hours reminiscing with all the firefighters about his time in the force, and they couldn't hear enough of them. A huge thanks to the crew for making Peters day. CF

## In Focus



## LEST WE FORGET

In the community

Staff and residents from all 14 of our homes, took part in their own Remembrance day services. Over at our Craghall Care home in Jesmond, staff and residents honoured Remembrance day with a beautiful display around the home. They received poppy wreaths from Jesmond Royal British Legion to perfectly finish off the display. They held a beautiful service around their bandstand and took time to remember the brave who sacrificed so much for us all. CF

## THE RIGHT PEOPLE

Staff news

Over the next few months, we'll be launching a raft of recruitment initiatives, including a new update to the careers page on the website, an overhaul of the application process, which will make it easier for candidates and multiple campaigns too. All of this is aimed at making sure we continue to draw in the best possible people for the positions we have. A career in care can be extremely challenging, but also highly rewarding. If you or someone you know, might be interested in finding out more about a career in care, we have lots of useful information on our current careers page at: [wellburncare.co.uk/careers](http://wellburncare.co.uk/careers) or call us on 0191 229 3530 and we'll discuss all of the options with you. CF

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



Picture Quiz - Clockwise: 1 Rosebery Topping - North Yorkshire, 2 Angel of the North - Gateshead, 3 Tyne Bridge - Newcastle, 4 Sycamore Gap - Hadrian's Wall Northumberland.

Life **Food**

**THE PANTRY OFFERS UP A DELICIOUS FESTIVE RECIPE, COURTESY OF APETITO**



**SERVES**  
**2 PEOPLE**

**INGREDIENTS**

- 1 kg Peeled shallots (soak the shallots in hot water for a few minutes to help remove the skins)
- 200g Salt
- 4 Cardamon pods
- 2 Cinnamon sticks
- 1 Lemon zest
- 3 Whole dried chillies
- 3 Pints white wine vinegar
- 1kg Granulated sugar
- 5 Cloves
- 1/2 Tsp Caraway seeds
- 1/2 Tsp Cayenne pepper

**SHALLOT CONFITURE**

**METHOD**

**Step 1**

Cover the shallots and salt in cold water for 24 hours.

**Step 2**

Tie the cardamons, cinnamon, and chillies into a small muslin parcel.

**Step 3**

Dissolve the sugar, vinegar in a large saucepan, add the spice bag and boil for 10 minutes, add the other spices and cool.

**Step 4**

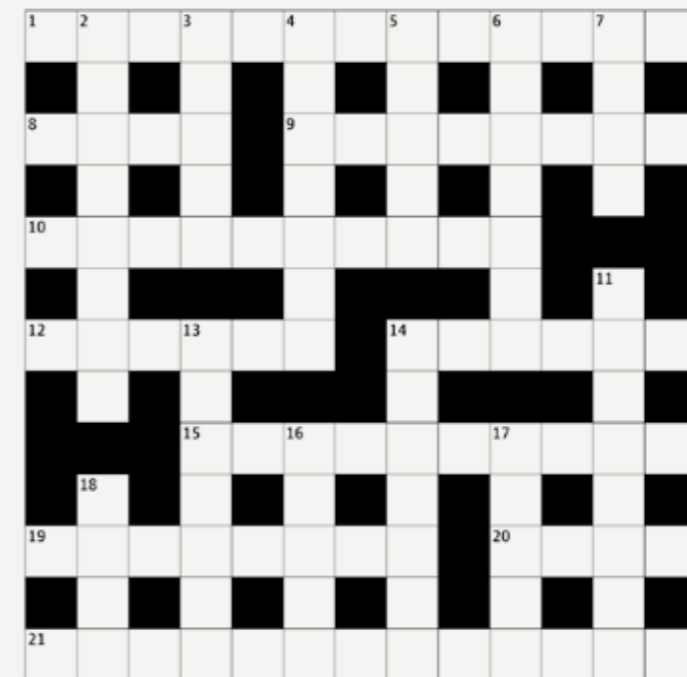
Drain the shallots, add to the syrup and boil for 15 minutes, set aside in the pan for 24 hours, repeat the 15 minutes boiling the next day and set aside once more.

**Step 5**

Bring the shallots and syrup to a boil and simmer until the shallots are golden brown, place into sterilized jars whilst the shallots are still hot, store for at least 6 weeks before eat.

Life **Mind**

**KEEPING OUR BRAIN ACTIVE HAS HUGE POSITIVE IMPACTS ON OUR HEALTH AND WELLBEING. ALL ANSWERS ON PAGE 23**



**ACROSS**

- 1 Anything could now happen! (3,4,3,3)
- 8 The Thames at Oxford (4)
- 9 If absolutely necessary (2,1,5)
- 10 ESP (5,5)
- 12 (Self-appointed) expert (6)
- 14 Ancillaries (6)
- 15 Early instrument like a piano — rich oval CD (anag) (10)
- 19 Possess some similarity to (8)
- 20 Right-hand man / woman (4)
- 21 Lake in Hyde Park (3,10)

**DOWN**

- 2 Juicy (8)
- 3 Surround and harass (5)
- 4 Passage (7)
- 5 Once more (5)
- 6 Illustrious (7)
- 7 Countenance (4)
- 11 Virago — rain hard (anag) (8)
- 13 Author of Our Mutual Friend, d. 1870 (7)
- 14 Stare with the power to harm? (4,3)
- 16 Light colour between red and green (5)
- 17 Earth (anag) — compassion (5)
- 18 Barrier made of connected strands of metal (4)



**SUDOKU**

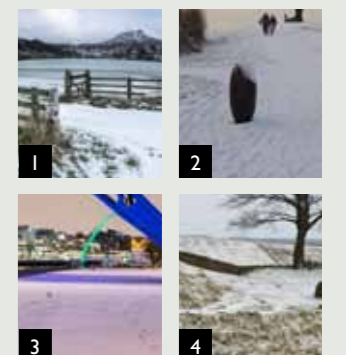
**Puzzle**

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 and all the other puzzles on page 23.

**PICTURE**

**Quiz**

Four North East locations/landmarks in winter, but can you guess where they are?



Life

## Books

**AS THE NIGHTS DRAW IN AND THE COLD BITES, PUT THE KETTLE ON, CURL UP AND ENJOY FOUR GREAT READS THAT MAKE FOR THE PERFECT READ.**



#### ▼ THE SNOW CHILD

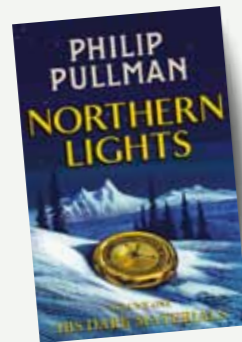
by Eowyn Ivey

What makes this novel all the more astonishing, is that it's Ivey's debut novel - and it's masterful from the very first page. Set in Northerly Alaska, The Snow Child is so saturated with wilderness atmosphere, that you almost feel you've been there yourself. Ivey weaves in the cold and biting isolation of the landscape, throughout. Set in 1920 frontier Alaska, husband and wife, Jack and Mabel, struggle to adapt to their new life, following a move from Pennsylvania. A brief respite from their exhaustive efforts, as they play together in the snow, results in a twist that challenges what is fiction and fantasy. MC



#### TOP READ

The Snow Child is an intriguing read, that deals with difficult and emotional subjects, set against rolling and harsh backdrops. A great read, that's hard to put down.



#### ▲ NORTHERN LIGHTS

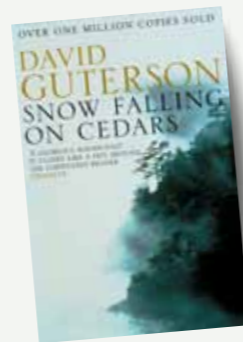
by Philip Pullman

Pullman's Northern Lights needs no introduction. Part of his acclaimed 'His Dark Materials' epic fantasy trilogy, the Northern lights is as spellbinding as it gets. Nothing since Tolkien's Lord of the Rings, has shown as much ambition and extraordinary imagination. A recent BBC adaptation will help continue to draw in a new generation of fans. If you haven't read it, then do it - now! MC

#### ▼ THE WINTER PEOPLE

by Jennifer McMahon

The Winter People is a master of its genre. This spooky, chilling and mysterious novel is everything you could want in a ghost story. Often hypnotic, always gripping and at times hugely moving, The Winter People is set in West Hall, Vermont, a town that has always been a town of strange disappearances and old legends. Can this disappearance stop history from repeating itself? Terrifyingly good. MC



#### ▲ SNOW FALLING ON CEDARS

by David Guterson

It's not the newest novel on the block, but Guterson's 1994 award winning novel, Snow Falling in Cedars, has become a timeless classic. Gripping, tragic and densely atmospheric, the novel is a masterpiece of suspense, that will leave you shaken and changed. The film adaptation doesn't come close to the book, so if you haven't read it, add it to your must read list today! MC

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Age UK  
Love later life