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The free quarterly from Wellburn Care Homes

The WellburnPost

Issue 20 | Autumn 2020





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Editor's Letter

A very warm welcome to issue #20. Before I talk about what we've got for you inside, I want to explain a little bit about our approach when planning the content for this issue.

When we had our first editorial meeting, we naturally started to discuss all things COVID-19. How we were going to cover it, how could we even begin to start telling those stories, and if we did, would the content become quickly out of date. The landscape, guidance and situation seems to be changing daily, so we thought, let's touch on it, but perhaps we could use this issue to share a little bit of much needed happiness and positivity.

So we bring you our 'Happiness' issue. Full of lovely content that will hopefully put a little smile on your face, during such gloomy and uncertain times.

Our Chairman Rachel Beckett brings us her regular Agenda piece, and it's all about staying positive through adversity (pg 5).

We take a look at some unexpected good news stories, that have sprung out of some of the most challenging and uncertain times. (pg 6).

We discover some shopping positive goodies, that brings a little much needed cheer and positivity to our world (pg 12).

Our competitions page offers you the chance to win three amazing prizes - check it out (pg 14).

In our main feature, The Science of Happy, we explore the subject of happiness and discover there really is some science behind it, but it's not what we thought (pg 16).

On the topic of happiness, we also bring you four fascinating reads on the subject, in Bookclub. (pg 26).

I really hope you enjoy this issue, and it provides a little positive distraction, in these topsy turvy times. Stay positive and stay safe.

Charlotte x

Charlotte Frankland / Editor

BLACK LIVES MATTER

Here at Wellburn, we're proud of our diversity and we believe inclusivity makes us all better people. We strongly condemn all forms of racism and discrimination. We stand together in solidarity.

5 Keep calm and care on

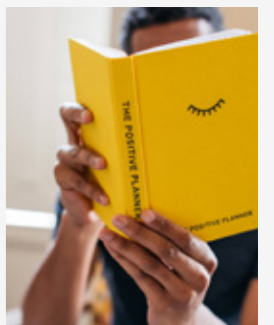
Our Chairman Rachel Beckett discusses the importance of staying positive.

6 Good comes from bad

We discover that even during the darkest times, good things can come out of nowhere.

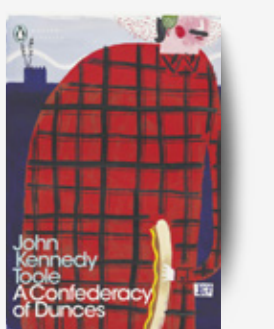
12 Shopping positive

→ In need of a little ray of sunshine in your world? We have the perfect shopping list.



14 Your chance to win

We offer you the chance to win 3 amazing prizes, including a beautiful limited edition print.



16 The science of happy

→ We discover that there really is science behind happiness, but it's not what we thought.



24 Family dish

↑ This delicious recipe will deliver that perfect autumnal cosy dish to the family table.

26 Book club

↑ We bring you four fantastic reads, all based on the subject of happiness.

Cover illustration: www.studiomikey.co.uk



KEEP CALM AND CARE ON



Agenda



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

Normally, I'd be using this agenda piece to bring you my thoughts on a particular subject or view from within our business or the care sector in general - these aren't normal times. In fact for most of us, recent months have been about as far removed from normal as we're ever likely to get.

COVID-19 has affected all of us in so many ways. It's crashed into and continues to leave a trail of destruction through many of our personal and work lives. As Chairman, I can say this has without doubt been the toughest challenge our business has ever had to navigate. Given that the theme of this issue is positivity and happiness, I'll leave my thoughts about the how this pandemic has been handled by the Government, the Health Secretary and regional and local bodies, who are all supposed to help the care sector, but have all somehow, managed to achieve quite the opposite.

Instead, I'd like to focus on the positives - and there's been so many. With so much going on around us and from within, it's been hard at times to see the wood for the trees, as it has for us all. Every single day of this pandemic has thrown up new challenges, the likes of which haven't been seen before, and there's been days when no sooner has one issue been resolved, there seems to be five more lurking around the corner.

But amongst all this backdrop of worry, turmoil and uncertainty, I've been absolutely blown away by the unwavering spirit and an overwhelming sense of togetherness, not only from my staff and our residents, but from their loved ones and the wider communities our homes are set in.

At key points throughout, when those who would feel the impact of a certain moment or decision most acutely, the reaction has been almost beyond belief.

One example is the decision we took to close all fourteen of our homes to visitors. A decision that was taken extremely early, and certainly well before Government guidelines suggested we do so. Incidentally, in hindsight, I firmly believe that one decision on its own, saved many lives - but the fact is that at the time, there wasn't a single person armed with the information we have now.

When taking this tough and emotive decision, we braced ourselves for a backlash from residents families - a backlash that never happened. Extraordinarily, instead we started receiving phone calls, emails and letters offering full support for our decision. We felt it necessary to canvas real options, so we had a true feeling of the overall sentiment, so we ran a survey, inviting every single residents family member and loved one to take part. Again, out of the hundreds that took part, 98% of respondents said they agreed with our decision. Even though they knew it meant hard times ahead, they knew that our decision was based of nothing other than putting the safety and wellbeing of our residents first.

Another example is the staffing situation. As we all started to realise the true nature of COVID-19, one of our biggest concerns, as it proved with all care homes across the country, was whether or not we'd face a staffing crisis. When explaining the conditions and sacrifices many of the staff would have to make, they simply got on

"We'll continue to put a brave face on. It's our duty and in our nature to stay positive."

with the job at hand. Each and every one of them going above and beyond anything we'd dare to hope for. The spirit, bravery and total commitment from all of the staff has been exceptional. This sense of pride runs throughout the company, not only for each other, but for just how well our residents and their loved ones have coped and adapted to the situation too.

These examples are just two of too many to talk about, and are proof that when people with different agendas, concerns and priorities, unite and pull in the same direction, positive things can come from some of the darkest and most troublesome of times.

Even as I write this, the country is swinging dangerously close to another lockdown situation. It's clear this isn't going away for sometime to come. But from what I've witnessed, the human spirit will prevail, shirt sleeves will be rolled up and regardless of what is put in front of us, we'll 'Keep calm and care on.' True affirmation that positivity and togetherness goes an awfully long way. ■



Good comes from bad

→ By Robyn Dixon

Illustration: www.studiomike.co.uk

The pandemic - months and months of the pandemic. Even if you want to switch off from it, it's next to impossible. It's had a major impact on all of our lives. Most of it negatively. But the human spirit is strong and even in history's darkest days, there's always been small rays of light, shining brightly. The blitz spirit is a great example - stories of amazing kindness and positivity, when the odds are stacked against it.

Here at Wellburn, staff, residents and their loved ones have endured really challenging times, but that spirit has endured and offered up more examples of unexpected pockets of joy. Moments and scenarios that weirdly wouldn't have happened, had we not had to endure months of a global pandemic.

One example is the bonds between our staff and residents. Of course normally these have to be strong, but during lockdown and beyond, we've witnessed some extraordinary things. Just the level of trust between both, has gone through the roof. Perhaps this can be explained with two main reasons.

The first, residents could see the incredible sacrifices and commitment from our staff to go to any lengths to protect, care and keep them safe, no matter what. Secondly, because visitors haven't been allowed into our homes, twinned with not being able to go out on day trips too, all of the interaction, fun and happiness had to come from inside the home. Simply, spending so much more time together has created bonds that are now unbreakable - and that's something incredibly special.

All over our homes, there's been stories that have been so positive, it's been a real life affirming time to be around such special people, special moments, and here's just some examples.

A cut above

Our residents love getting their hair cut by our visiting mobile hairdressers, but since lockdown they've been unable to visit. Enter haircutting hero Michelle, our Lifestyle Coordinator from our St Catherine's home.

Michelle had been a hairdresser, but hadn't picked up a pair of scissors for more than 20 years. Encouraged by her residents and her desire to just want to do something nice for them, she got to work. Michelle says "Honestly, I've loved every minute of it. It's great to be reunited with a skill I had lost touch with, and it's really helped with resident morale, which fills me with happiness and a sense of pride."

Handy man marking

When lockdown hit all of us, South Shields FC were just a few goals away from winning the Northern Premier League. With the league suspended, South Shields FC player Callum Ross didn't want to sit around waiting, and wanted to help put something back into the community, so asked us if there was anything he could do to help. We desperately needed handyman cover at our Rosevale home, and Callum was more than happy to step in and help.

He fit in incredibly quickly - enjoying lot of laughs with the staff, who have been under incredible pressure and strain - they found him a complete breath of fresh air, and loved him being around so much, they now consider him part of the Rosevale family. He was also amazing with the residents and is missed very much.

Callum is now back training and is back playing for South Shields FC, but there's no doubt he left a big impression on all of us. Callum says of his time with us, "The environment at Rosevale was always upbeat and positive no matter how serious and tough the situation was. It was almost like a break from everything that was going on in the outside world, because we had our own little bubble, that was just full of so much positivity. I made some great friends and it was such a good experience".

The show must go on

Staff at our Glenholme House home have tried to keep life as normal as possible for everyone. One of the areas that needed a solution was entertainment - with many events already planned for the residents, they needed to find a way for them to happen, without compromising safety. Many of the acts booked agreed to the idea of taking their acts outside, allowing our residents to enjoy live music, whilst observing safe social distancing.

The performances meant our acts could retain their bookings and income, whilst giving our residents and staff a much needed respite from everything. Even neighbours joined in, singing and clapping from their own gardens, which felt so special.

"We had our own little bubble, that was just full of so much positivity."

Birthday surprise

When Ellis, one of our junior carers at our Ryton Towers home had to cancel all of her plans for her 18th birthday party, staff at Ryton Towers came to the rescue. They planned a secret surprise party at the home. They decorated the home and gathered all the staff and residents outside for the big reveal. Ellis was blown away at such a random act of kindness from everyone, and said even though it wasn't the party she had expected to have, she will never forget the experience. There was live entertainment, a BBQ and lots of cake, naturally.

Stories, relationships and moments that wouldn't have occurred, had it not been for the pandemic. Stories that show that no matter how tough, challenging and dark the days are, positivity, love and happiness will always find a way to shine. And it's these little rays of light, that help us navigate through the tough times and show us that good really can come from bad. ■

Q&A

* The pandemic situation is ever changing, so all answers are correct at time of press - however some or all may be subject to change, as the situation develops.

Choosing the right care home can be a difficult decision. We receive lots of questions that could help you make the right choice*.

Q. Are you regularly testing staff and residents?

Brian, York via email

► We say...

Yes, our staff now get tested weekly as they leave the homes. As our residents do not leave the home, they get tested monthly.

Q. How are you making sure your staff are safe to enter the home?

Joan, Sunderland via Facebook

► We say...

All staff must wear face coverings and full PPE kit at all times. Firstly we take temperatures on arrival. The staff then sanitise and go to get changed into their work uniforms (we now wash all uniforms in-house to minimise risk).

Q. I've been reading the news, and apparently visitors aren't currently allowed inside homes. Is that true?

Henry, Newcastle via Facebook

► We say...

Sadly, it is. However we've invested in creating visitor pods, which have proved a great success with families, enabling safe face to face contact. We are assessing the situation on a day-to-day basis, but currently we feel that our visitor pods give us all the opportunity to create a safe space for visitation, and this is the only way to guarantee visits are made safely for all concerned.

Q. What have you been doing to keep families involved with what's going on?

Susan, Northumberland via Facebook

► We say...

We wanted to keep all our families as in touch as possible with their family members, and knowing the latest news and updates in the homes. We introduced weekly zoom Q&A's with home managers, regular video updates uploaded to Vimeo, an online booking system for Skype / Facetime for families, and more.

Q. Will you still be accepting new residents?

William, Sunderland via email

► We say...

Yes. We are now accepting new admissions but they must provide a negative COVID-19 test before entering the home. We then provide one on one care for the resident until a second negative test comes back. The resident is then allowed to join in with activities and go around the homes.

Q. Are the residents still able to go on daytrips?

Jessica, North Yorkshire via phone call

► We say...

At present we're unable to take the residents out and about due to the obvious safety reasons. However we have been pro actively thinking of ways to

↑ Little Guide

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



bring the outside in. We've been holding different themed activity days, such as beach day, Italian day and many more. (read more about what we've been getting up to on pg.20)

Q. What is the atmosphere like in the home's since COVID-19? Does it feel the same?

Rodger, Newcastle via Email

► We say...

We've tried our best to keep spirits high by ensuring the resident's lives are as normal as possible. Our carers come in everyday full of joy, with a lot of them saying it's an escape for them from what's going on in the outside world, so the atmosphere inside the homes is relatively unchanged.

Q. How are you combatting resident's loneliness?

Zara, York via phone call

► We say...

We encourage residents to get involved with group activities and make friends around the home, as much as possible. We're also running a number of initiatives involving residents loved ones, such as letters from home - those touch points are vital. We also like to arrange different clubs the residents can get involved with, if they have a particular interest for example gardening clubs, knitting clubs and film clubs. There's always something on.

Full of useful hints and tips to improve your happiness & wellbeing

Inside →

The benefits of music · Happy vibes · Happy shopping

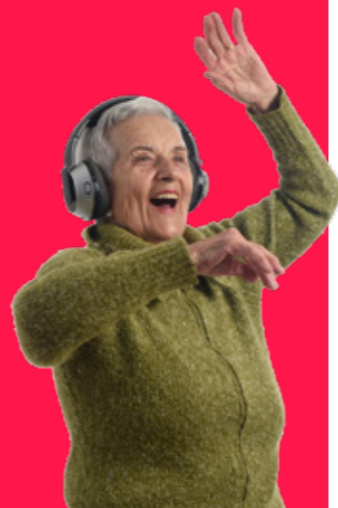
365

Happiness & Wellbeing



If music be the food of love play on. For our residents, music is more than love - it also helps spread joy, happiness and wellbeing.

To keep up to date with what's going on across all of our homes, visit:
[→ wellburncare.co.uk/life](https://wellburncare.co.uk/life)



Music plays a vital role across all fourteen of our homes, and it's always central when our Lifestyle Coordinators work up their monthly activity planners.

The happiness music brings to all of our lives is extraordinary. It's there for us in good times and bad - helps mend broken hearts and match new ones together. It's played at happy times and equally powerful in sad times. Here at Wellburn we know the power of music and here are just some of the ways it helps our residents happiness and wellbeing:

Social

Music strengthens social bonds by increasing contact, coordination and cooperation in our homes. Listening to music encourages our residents to move to the rhythm and sing along with each other in the homes, which lifts everyone's spirits. And it doesn't just benefit our residents, it gets our carers dancing and singing along with our residents too, which helps to forming stronger and more trusting bonds - uniting through music.

Memory

Music is a powerful and unique tool that bonds the mind with memories from the past, it is almost like re-awakening lost memories. Musical memories can survive a long time after other forms of memory and cognitive function have disappeared, which is why it is so important to play music from our residents past. It brings nostalgia and encourages reminiscing, talking and sharing things from their past. Which is beneficial in so many ways for both mind and body.

Physical

↑ Music encourages dancing and movement and allows people to express themselves freely. When we play music for our residents, regardless of mobility they all show enthusiasm in moving to the beat - whether this be a full body dance, a toe tap or simply humming along. Moving as much as possible is key to staying fit and healthy regardless of age - and it plays a vital role in helping improve mobility, mental health, social skills and so much more.



Live music

← Our residents are big fans of live performances at the homes. Throughout summer we've had lots of talented performers entertaining from the safe distance of our gardens. Seeing people performing live gives music more substance and context to our residents. More often than not, the entertainers we bring into the homes are specialists, so they know how to encourage our residents to sing, dance and join in.

Relaxation

Relaxing with some chilled music, can really help to relax the mind. Listening to slower paced music allows your muscles to loosen up and release stress. Sometimes residents don't feel like getting involved with busy energetic music activities, instead opting to enjoy some quieter music with a cuppa. Music, twinned with narration can also offer huge benefits to our wellbeing. (Pg 12 offers a perfect example of this with the app Calm).



Happy vibes

We caught up with some familiar faces, to discuss what music in our homes means to them. It's a lovely neat musical circle - our Lifestyle Coordinators will sit down each month and with input from our residents and other members of staff, will work

out how music will play a part in upcoming activities. Quite often this can be in the form of live music, from one of our regular singers and groups. They'll then bring live music to our homes and it's always one of the most popular activities with our residents.



You have the ability to transport people away to a happy place for an hour or two - it's like magic."

A word from one of our Lifestyle Coordinators

↓ Sarah Fearn
Rosevale

Music is so important in care homes - it's therapeutic, calming and fun. It not only brings back memories and feelings from the past, but can cheer someone up that might be feeling a little low. Music is just such a powerful and unique tool."



Residents view

← Dennis Cox
Ryton Towers

I feel music is important in the home because it lifts you, if you feel down then putting music always makes you feel much better. If someone drifts off in the armchairs, they'll often wake up and sing along to songs that were favourites when they were young. And if you get one of those songs, well we're all off singing."

Musicians view

↓ Jade Saunders
Singer

I love performing in homes, when you see just how happy the residents are when you sing to them. They sing along and it really lifts their spirits, especially in times likes these. It's like any form of entertainment - you have the ability to transport people away to a happy place for an hour or two - it's like magic."

From technology to gifting, there's a lot of things out there that can help improve our happiness and wellbeing. Here's some of the best.



Float - tea infuser

↑ **By Fred & Friends**

Sometimes it's the small things, right? We're not saying this will drastically improve your wellbeing, but it will make you smile every time you use it - and for that alone, we think this hilarious little novelty tea infuser is worth every penny, and your cup of time will never be the same again.

£9.50

genuinefred.com



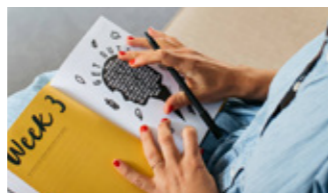
The Positive Planner

↑ **By The Positive Planner**

This beautiful 12 week planner and journal is dedicated to wellbeing. It's packed full of art and illustrations, inspirational quotes, art therapy, mindfulness activities and lots of really useful tools to manage your wellbeing. The Positive Planner features everyday extras such as meal planners, shopping lists, monthly diary spreads and a mood tracker. It's designed to be a one-stop-shop for organising yourself and enhancing your positivity.

£24.00

notonthehighstreet.com



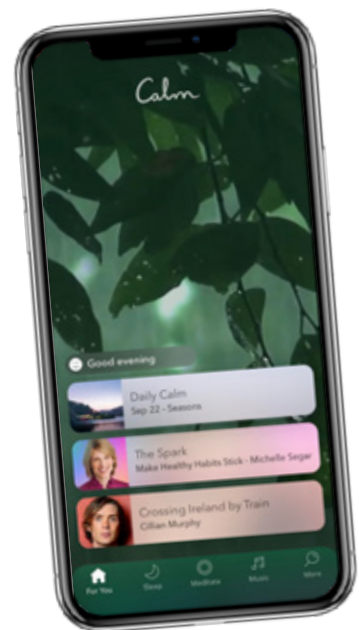
Sea salt Candle

↑ **By Orphic Living**

Scent can trigger lots of happy memories and have a hugely positive effect on our wellbeing, and this is the perfect candle to transport us onto our favourite beach. Inspired by untouched British coastal areas, this incredibly fresh scent boasts warm sea water surrounded by seaside wildflowers and warm woody driftwood. A sensory treat.

£12.00

Etsy.com/uk



Calm - sleep and meditation

← **By Calm.com**

Take a deep breath - That phrase greets you every time you open the app. It says it all really - you're going to get through this, all you need to do is start a moment. Calm is super easy to use and will relax you into a deep, restful sleep - and if narrators such as Matthew McConaughey don't send you off to the land of nod - blissfully content and happy, who will?

Free (with in-app purchases)

[Apple App Store](https://www.apple.com/app-store)

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Competitions

We give you the chance to win a whole host of goodies. You can enter one, two or all three competitions. Good luck!



Be kind Be happy

← A3 limited edition print to win

We have 10 copies of this beautiful A3 limited edition print to give away. Created by a London based illustrator, it pays homage to our We Care campaign, using the colours and design of the badge as inspiration.

How to win

To be in with a chance of winning one of 10 prints, simply pop an email headed 'Be kind Be happy competition' to: marketing@wellburncare.co.uk



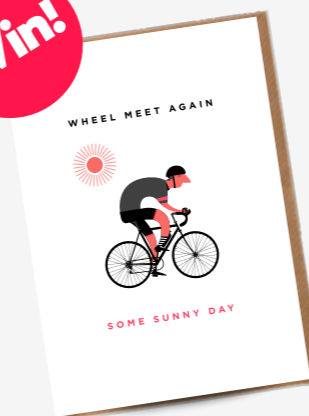
We Care pin badge

↑ 20 badges to win

Our We Care pin badge campaign has and continues to be a huge success, with thousands of badges already sold, which means a lot of money raised for charity. We have 20 badges to give away.

How to win

To be in with a chance of winning one of 20 badges, this time pop an email headed 'We Care badge competition' to: marketing@wellburncare.co.uk



Wheel meet again

← 20 cards to win

We have 20 of these lovely cards to give away. Hitting The Wall produces art and gifts all things bicycle, and they've kindly given us some of these special lockdown edition cards to offer as a prize.

How to win

To be in with a chance of winning one of 20 cards, for this one send an email headed 'Wheel meet again competition' to: marketing@wellburncare.co.uk

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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. 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



Terms & conditions: Entries to all 3 competitions close 12pm Friday 13th November. Winners will be picked at random and will be notified by email by Monday 15th November.

The science of happy

→ By Robyn Dixon

Happiness can often feel like an endless pursuit - searching for the holy grail of feelings. But is there a scientific formula to help us achieve it?

For millennia, philosophers have thought long and hard about happiness. They have defined it in many different ways and come up with a myriad of strategies for living the good life.

Fast forward to the current day and the pursuit of happiness is a multi-trillion dollar industry. Delve into the mind boggling financial figures alone, and it becomes very clear very quickly that there's a select few, happily making a lot of money off a global population looking for help to find happiness - the irony.

To give you some idea, the happiness and wellness market was valued at \$4.2 trillion in 2017. The market's growth year on year since then has hovered around 6.4% - a growth rate faster than the global economy.

With the self-help industry attempting to claim happiness as its own - it's simple, we buy a few books, listen to a few podcasts and your happiness problems are solved, right?

Not quite. Many experts, including eminent doctors, coaches and psychologists who specialise on the subject, believe many

of these self-help routes to happiness and success - such as positive thinking, self-belief and setting goals - can be disastrous to follow and, indeed, actually cause anxiety. So, back to square one? Well, not quite, because the answer lies at the heart of the problem.

Let's look at it this way. Everyone says they want to be happy. But we also know that's much more easily said than done. But what if we ask ourselves the question 'What does being happy actually mean?'

If we took five people, all from different backgrounds and upbringings and asked them to find a hidden treasure chest filled with money, all five could conceivably use completely different methods to find it. Some might opt for a more strategic approach, using clues and deduction, whereas others might rely on instincts, judgement and good luck. The only commonality they're guaranteed to share is the end goal. The prize. A tangible, finite quantity of money.

The problem with taking those same five people and asking them to find happiness, is that all five will have their own perception of happiness, they'll quantify it in their own individual ways. In essence, they'll set off looking for a prize that doesn't look or feel like the others.

To find our own unique prize, our own happiness, we need to start to understand what happiness means to ourselves. Surface level, this may be rather easily explained. When expressing surface level happiness, most of us will rattle off the same things, bigger house, nicer car, more money - aligning to the principal that general happiness is somehow linked to wealth. The more money we have the closer to happiness we get.

The problem with identifying and pursuing these surface level goals, is that for most of us, they're not realistic or always achievable. In fact a lot of the more materialistic aspects of perceived happiness, are a direct result of clever marketing campaigns. Selling us the idea that we need certain products, objects to make us happy. Twin this with the recent and seemingly out of control world of social media, and we have the perfect storm of that old perpetuating dilemma of keeping up with the Jones'.

You buy a car that makes you happy, then a friend or neighbour buys a bigger, better car and you then begin to look at your car differently. The subliminal adverts for even better, shiner cars beaming at you from TV and print ads. Perhaps the philosophers of old would find this state mildly amusing. It all has a certain Greek mythological feel about it - just ask Sisyphus.



"Everyone says they want to be happy. But that's much more easily said than done."

To understand what makes each of us happy, we have to peel back the surface and dig deeper. Forget about objects and materialism and look at the simpler things, that all contribute to your overall happiness. At the core of this is one simple question - 'How do you choose to live your life?'

By asking yourself that, is to recognise and accept that this is all about choice. Once we begin to understand that we all have a choice, we also begin to realise that we all have the ability to be in control. And

by taking control of the narrative and the stories, big or small we tell ourselves, can enable us to flourish and provide ourselves with everything we need to achieve and find real happiness.

So if we forget about the materialistic, the goal settings and take moments just to concentrate on the smaller things - the things we can directly affect today and tomorrow, the incremental effect that will have on your happiness, will in turn help you feel more positive. And once you build →



Sleep

After a bad nights sleep you feel cranky and short tempered - conversely, after a good sleep your mood often returns back to normal. Consistent sleep patterns are vital to our wellbeing and happiness. Inconsistent and erratic patterns can lead to prolonged periods of bad moods, and has a proven link to depression. We need between 7 and 8 hours sleep every night to perform at our optimal level and achieve better overall happiness.

The Domino effect

Everyone in the world strives for optimal happiness for themselves and those around them, but how many times in any given day do you go out of your way to spread the happiness? Doing a kind gesture for someone in a crowded room will make yourself feel good and make others around you feel good too. Smiling is contagious, so getting in to the habit of smiling at people is a great way to boost your own as well as others positivity. Doing small positive things for others around you, creates a domino effect - they pass it on, and so on.

There are lots of other things that can help to build towards and achieve happiness, but it must start by taking control of the story you tell to yourself. Take time out to work on this, taking it one step at a time.

Patience and consistency is your best friend when building your happiness, and remember, it's impossible to be happy all of the time. Even the happiest person alive has been unhappy at some point. Sadness is a vital emotion that we can't turn off. Even if we could, we shouldn't want to. We experience sadness in our lives in order to better appreciate and be grateful for the happy times in our lives. Nobody can be eternally happy, but we can purposefully steer our lives in the happiest direction as possible - that's the science of happy. ■

← up your ability to carry and control positivity and happiness, the more likely it will be that you can then start to achieve and attain some of the bigger goals and aspirations. Creating ripples of happiness, that spread out across and into all parts of your life. In short, you're taking control to reclaim happiness and to enable yourself to appreciate the good things in life, in all their transient glory.

Understanding that your in charge of this is the first step, but how do we take control of the stories and narrative. This is where the happiness and science meet.

Positive thinking

Instead of thinking about what if, think of what could be. Think about something inconvenient in your life right now which is making you unhappy, maybe you didn't get your dream job and it feels like the end of the world. It's not really the end of the world - so take charge of the story you tell yourself. By asking if this is really going to matter in one year's time, you'll draw on your life

experience so far and realise, probably not. In a years time you'll be more experienced and have a better shot at the job, maybe even a better job. The power of controlling the story you tell yourself, will change the way you look at situations. If you spin it into a positive story, good things are much more likely to happen.

Looking for good and being optimistic when narrating stories to ourselves, will fundamentally change how you deal with perceived knocks and you'll quickly develop the skills to be able to do this time and time again. Over time, you'll find that sense or feeling of 'everything will be just fine' comes naturally - thus increasing your chances of happiness exponentially.

Exercise

Exercise is super important to lead a healthy and in turn happy life. When exercising our brains release lots of chemicals that are associated with feeling positive and gives you confidence. Even a small amount of physical exercise influences the brain.

Life

To keep up to date with what's going on across all of our homes, visit: [→ wellburncare.co.uk/life](https://wellburncare.co.uk/life)



20
Staying home

We take a look at what our residents have been getting up to in and around our homes.

22
Latest News

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

25
Active Mind

Keeping our brain active is vital, so our Mind page is packed full of brain teasers and puzzles.

26
Book Club

We review four books based on the theme of happiness, for our latest edition of Bookclub.

Staying in

Life

COVID-19 is currently making trips out into the community impossible, but that hasn't stopped the fun.



99 reasons to be happy

← Nightingale Hall

Even if the circumstances have been super challenging and surreal, at least the English weather came out to play this summer - even if we couldn't. The regular visit of the ice cream van has been whipping up excitement at our Nightingale Hall home. As soon as residents get the first sound of the vans jingle, they rush to form an orderly queue - but eventually everyone is served and wearing content happy ice cream smiles. 99's all round.

To keep up to date with what's going on across all of our homes, visit:
→ wellburncare.co.uk/life

Anyone for coffee?

↓ Rosevale

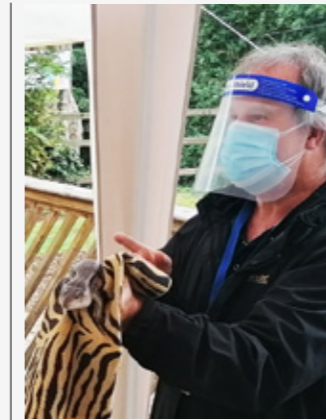
We may not currently be able to take our residents out for their much loved café outings, but that hasn't stopped staff and residents at our Rosevale home. They recently turned back the clocks to create their very own pop up vintage café. Invites were handed out for a cuppa, cake and good old chat. The perfect tonic until they're able to experience the real thing again.



Animal therapy

↑ Wellburn House

It's challenging times for most of our residents, while visiting is sadly suspended until further notice. So when they have surprise visits from our furry and exotic friends, it really does put a smile on their faces. Not only are these visits informative and full of fun facts, they're also proven to help calm, relax and make our residents feel more positive. Bringing huge benefits, animal therapy has and always will continue to play a big part across all of our homes.



Mixing it up

→ Riverhead Hall

Whilst our residents are unable to go out and shop for their favourite sweets, our homes are always thinking of creative ways to bring the sweet shop experience to our residents. Staff at our Riverhead Hall home for example, have been transforming their treats trolley into different themed displays, from old fashioned sweet shops, to theme park sweet stands. The residents have been loving the themes and of course, tucking into their favourite sweets.

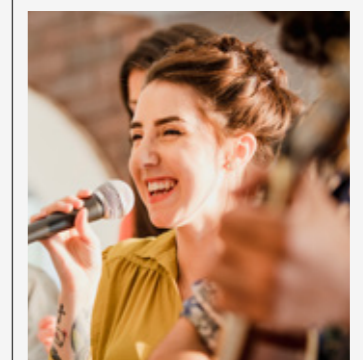


Life

A little corner of Italy

↓ Craghall

Ciao! Our Residents at Craghall took a trip to Italy... almost! The dining room was transformed into a classic Italian restaurant with all the decorations and music. The day was spent making home-made pizzas, eating spaghetti, garlic bread and more pastas! We also had cupcakes decorated with the Italian flag colours!



Taking the stage

↑ Ryton Towers

During these topsy turvy times, our Lifestyle Coordinators have been working hard to find novel and safe ways to bring live shows, to our homes. At Ryton Towers, we even had some of our regular acts performing live outside, as the residents watched on, safe behind the window. It seems the show really must go on, and all involved were very thankful it did.

A day in at the seaside

↓ St George's

Summer without a trip to the seaside? Staff at our St George's home were having none of that. If they couldn't go to the beach, then the beach would come to them. With sand castle building, donkey petting, ice creams, lots of décor and even fancy dress, the day in at the seaside was an absolute joy. Some residents even said it beat the real thing.



We catch up with all fourteen of our homes, to see what our residents and staff have been getting up to.



We Care charity campaign

↑ Community news

Newcastle legend Alan Shearer, Musician Sam Fender and actress Jo Joyner are among some of the celebrities that have thrown their support behind the Wellburn founded We Care campaign. The campaign's main aim was to give the public a way to show their appreciation and love for the care staff out there, that do a fantastic job for those in most need of care. Our chairman, Rachel Beckett explains, "We wanted to do

something positive for our staff and every single person working in the care home sector, who have been bravely putting themselves in harm's way, day in and day out, during this awful pandemic." All profits from sales of the We Care badge, go to the fantastic Care Workers' Charity. To learn more about the campaign, it's aim, who it how and to show your support, buy your badge at: showwecare.co.uk

A good old heart to heart

↓ Resident news

Whilst visits are temporarily suspended, residents at our Heatherdale home have found a creative way to keep in touch with their family and loved ones. They've been sending messages along with beautiful donated hearts. Keeping one heart for themselves and sending the other to a loved one, so both have a token to remind them of the love they share.



A tonne of celebration

→ Resident news

During these difficult times, a moment of celebration was just the tonic. And residents and staff at our Eighton Lodge home has good reason celebrate, as resident Edna turned 100. The atmosphere was full of joy and love and we even made a crown for the special day. There was singing, dancing and lots of cake in the garden, to mark Edna's landmark day.



Pop-up Wellburn

→ Home news

If you're out and about shopping in the Metro Centre over the next few months, you'll be able to see our new pop-up window installation. Situated on the upper green mall, opposite Boots. We'll be using the window to bring some of that Wellburn home from home feeling. With interactive competitions across our social media too. Exciting stuff.



Taking care

↑ Staff news

It's been a hugely challenging time for all of our care staff, during these topsy turvy times. So we wanted something to give to them to say a little thank you. Each and every one of them were gifted a personalised care package, with some essentials and goodies to help them relax at home after their long, tiring and stressful shifts. A small token of our heartfelt appreciation, gratitude and admiration.

A huge big thank you

→ Home news

Communication has been and continues to play a vital part, in our response to the COVID-19 pandemic. Making sure that residents, staff and their loved ones are kept up to date every step of the way has been so important. We just want to say a big thank you to everyone for their patience, understanding and support throughout as we continue through this, together.



Window to paradise

↑ Resident news

We've brought a little corner of paradise to the walls of our St Catherine's home. A series of wall installations featuring dreamy views, have captured our residents imagination. One features a tropical paradise, with golden sand and blue sea (pictured above), whilst others feature scenes such as peaceful woodlands. They've been a big hit with our residents - who often can be found standing and drifting off into thought, as the installations carry their imaginations momentarily off to other worlds.



A very special visitor

↑ Resident news

It's been an extremely tough time for all over these last few months, so emotions were running high when one of our residents finally met her great grandson for the first time. After giving birth during lockdown, our new visitor pods gave them the chance to finally meet. It was such a happy scene, and provided everyone with a special moment to remember.

A victorious day of fun

↓ Home news

Staff and residents at our Whorlton Grange home, put their worries to one side and celebrated the 75th VE day in style. There was dressing up, cakes, live garden performances and much more. A day of pure joy and remembrance.



A touching connection

→ Resident news

During the months of lockdown, visits from family and loved ones have been suspended. But even during the hard times, some unusual friendships have formed. Emmie, a resident at our Glenholme House home, made a connection through her window, with one of the neighbours children. They would dance, wave and share photos with each other through their windows. The neighbours children even wrote a letter to Emmie, which really touched her. She wrote back to them and they're now pen pals, having forged an unexpected, but really special friendship in. Long may it continue.



Thinking outside of the box enables safe visits

↑ Home news

When we took the extremely difficult but necessary decision to suspend visits across all of our fourteen care homes, we worked around the clock to find a solution. We came up with the idea of creating visitor pods and the construction was completed in double time, with a construction team just as passionate about getting the pods finished as soon as it was possible. Now built, the pods are allowing families and loved ones to visit our residents in a safe and secure way - with two separate doors to enter, the pods have a partitioned glass screen, which means they can talk and sit with each other, worry free. To discover more about what we're doing to keep staff and residents safe, visit: wellburncare.co.uk/stayingsafe

In Focus



Wellbeing booklet

↑ Staff news

It's been a challenging time for all of our care staff, and they of course always naturally put our residents first. Which is why we created the 'Little book of wellbeing' for them - packed full of useful hints, tips and information to make sure that they're also looking after their own wellbeing too. The booklet makes up a raft of things we do to make sure our staff's wellbeing is prioritised and looked after.

9	5	2	8	6	3	9	8	2	5	7
8	4	7	5	1	9	6	2	3	8	7
3	1	6	4	7	2	5	9	8	6	3
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7	6	3	1	8	5	2	4	9	8	7
4	2	5	6	9	7	8	3	1	9	8
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Picture Quiz - Clockwise:
 1 Ten Summoner's Tales - Sting
 2 Brothers in Arms - Mark Knopfler
 3 Highway to Hell - Brian Johnson
 4 Local Hero - Mark Knopfler

Family dish Life

Family run Wellburn, share some of their favourite recipes to share, make and enjoy with your family.

This quick, healthy and super tasty recipe is the perfect Autumn dish, for that cosy night in.



Chana Masala

Serves: 4
Prep time: 15mins
Cook time: 35mins

↓ Ingredients

- 1 tablespoon cooking oil
- 2 Onion
- 4 teaspoons of mustard seeds
- 3 teaspoons cumin seeds
- 6cm piece of ginger, peeled and grated
- 3 cloves of garlic, crushed
- 10 curry leaves
- 1½ teaspoons ground coriander
- 1½ teaspoon garam masala
- 1½ tablespoons finely chopped green chilli (add more if you like it hot!)
- 400g canned chopped tomatoes
- 800g canned chickpeas
- Lemon juice
- Salt



This Autumn, we'll be launching our Family Dish recipe cards, full of tasty and healthy dishes. We'll be telling you all about it in the next issue.

↓ Method

Heat the oil in a large saucepan with a lid over a medium heat. When hot, add the onion and cook for about 8 minutes, stirring often, until they begin to brown.

Add the mustard and cumin seeds and cook for a minute or so, until the mustard seeds begin to pop. Then add the ginger, garlic, curry leaves, ground coriander, garam masala and chilli.

Cook for 5 minutes, stirring, making sure the ginger and garlic don't stick and burn.

Finally, add the chopped tomatoes and chickpeas, along with the water from the can. Make sure you

stir well, then reduce the heat to low, cover with a lid and simmer gently for around 5 minutes.

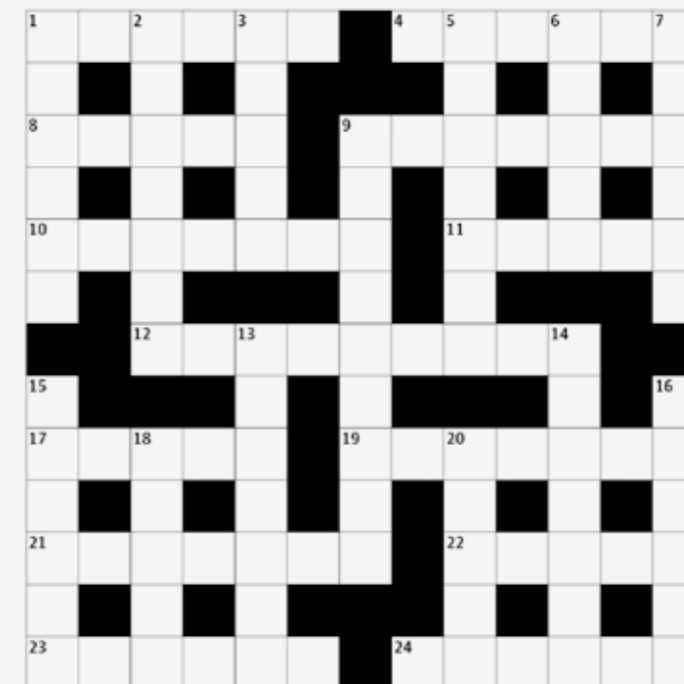
Check every now and then to make sure the pan isn't drying out. If it is, simply add a splash of water if needed.

Taste and decide if you want to add any salt. Remove from the heat and just before serving add a squeeze of lemon juice and some fresh coriander leaves.

Mind Life

Keeping our brain active has a hugely positive impact on our health and wellbeing. All answers in page 23.

Crossword



Across

- 7 Concerning each of two or more people (6)
- 4 Heart-rending (6)
- 8 Principles that cannot be contested (5)
- 9 In a punctual manner (7)
- 10 Underwater swimmer in a rubber suit (7)
- 11 Clumsy (5)
- 12 Division of the Bible (9)
- 17 Seventeen-syllable poem (5)
- 19 Person moved away from a dangerous place (7)
- 21 Prevent from being discovered (7)
- 22 Production company's dogsbody (5)
- 23 Computer allowing access to the network (6)
- 24 Bee or ant? (6)

Down

- 1 Fielding position near the bowler (7)
- 2 Small vessel used for moving ships (7)
- 3 Warning device (5)
- 5 Come to understand (7)
- 6 Filth — music genre (5)
- 7 Small North American wolf (6)
- 9 Seem slightly familiar (4,1,4)
- 13 Squash(7)
- 14 Fungus scratched for by pigs (7)
- 15 Removes from the shell—I'm disappointed! (6)
- 16 Search through very thoroughly (6)
- 18 Intimate (5)
- 20 Gas, Ar (5)

Sudoku



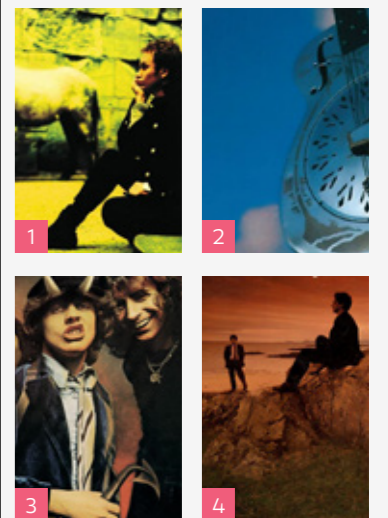
Fill the grid so that every row, every column and every 3x3 box contains the numbers 1 to 9.

↓ Answers

You'll find the solution to this and all the other puzzles on page 23.

Picture quiz

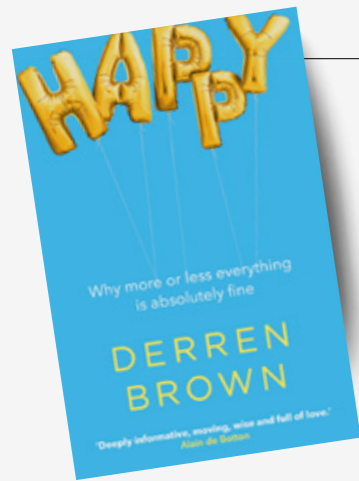
Four music album covers with a North East connection. Can you name the albums and connections. (Two are the same person).



Bookclub

Life

We offer up four great reads that deal with the subject of happiness, in their own unique way. Enjoy and keep smiling.



Happy

← by **Derren Brown**

Derren Brown lays bare just how many of self-help's suggested routes to happiness and success – such as positive thinking, self-belief and setting goals, can be disastrous to follow and actually cause anxiety. This brilliantly candid and deeply entertaining book, exposes the flaws in these ways of thinking. In return Brown

poses challenging but stimulating questions about how we choose to live. Happy aims to reclaim happiness and to enable us to appreciate the good things in life, by taking control of the stories we tell ourselves, by remembering that 'everything's fine' even when it might not feel that way, we can live more happily. Truly enlightening.



The Architecture of Happiness

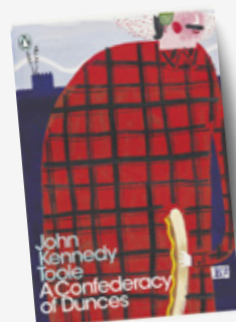
↑ by **Alain de Botton**

Botton discovers that the quality of our environment can have a significant impact on our happiness - the kinds of walls, chairs, buildings and streets that surround us. A book that will change the way we think about our homes, our streets and ourselves.

A Confederacy of Dunces

↓ by **John Kennedy Toole**

Unlike our other three choices, this novel is pure fiction. But if we're agreeing that one of the foundations of happiness is laughter, the Toole's rambling, hilarious saga will deliver it - in spade fulls. If laughter be the food of happiness, read on.



The Happiness Project

↑ by **Gretchin Rubin**

Rubin's compelling book chronicles her adventures during the twelve months she spent test-driving the wisdom of the ages, current scientific research, and lessons from popular culture about how to be happier. Her discoveries are both surprising and revelatory.



Our Lifestyle Coordinators run Bookclubs in all of our homes. Residents take part by either reading or listening to a selection of books, often from this page, and discussing their experiences together.

All books are available for you to buy at: waterstones.com



Find dementia support that is right for you

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

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