

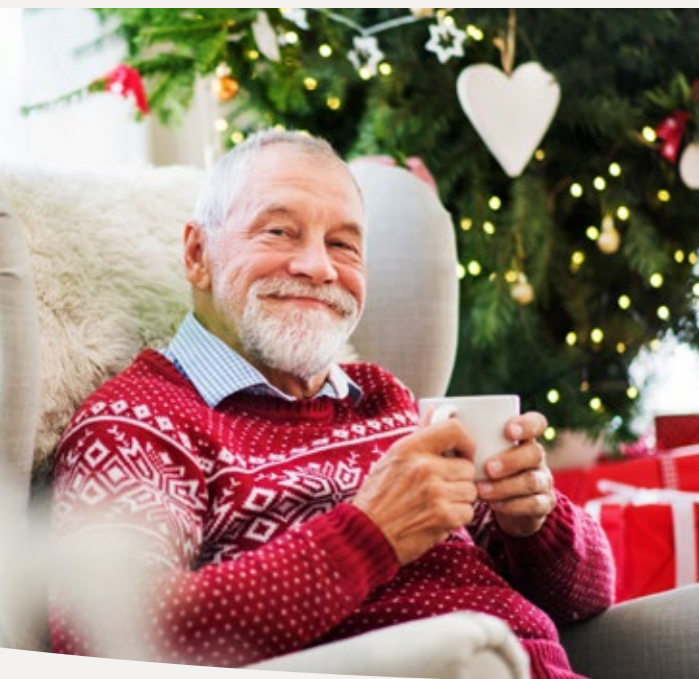
We're open for new admissions.

Our family run care homes offer luxury, comfort and all at affordable prices.

And during these hugely challenging, topsy turvy times, we're going that extra mile, to offer extra ways for our residents and staff to feel safe and happy.

To discover more and to see what a Wellburn Care home could offer you or your loved one, visit our website or call our New Care enquiry team today!

f @wellburncare



To discover more, visit us at:

[wellburncare.co.uk](https://www.wellburncare.co.uk)

Or call our New Care enquiry team on:

0191 694 1052

The free quarterly from Wellburn Care Homes

The WellburnPost

Issue 21 | Winter 2020/21



To enter our competition either scan the QR code or visit [wellburncare.co.uk/extra](https://www.wellburncare.co.uk/extra)





Wishing you all

A MERRY AND COSY CHRISTMAS

From all of the staff and residents at Wellburn Care Ho Ho Homes



wellburncare.co.uk



Editor's Letter

A very warm welcome to issue #21, our winter edition. Clearly, this Christmas and winter will be very different to the norm, and our issue reflects that. Packed full of topical content, which is aimed at helping us all to embrace the different, and takes a look at a number of things to combat a Christmas and winter period in tiered conditions.

We take a look at our exciting new Wellburn Experience pop-up shop in the Metro Centre, which features on the front cover (pg 4).

Our Chairman Rachel Beckett brings us her regular Agenda piece, as she takes time out to reflect on such a strange year, and look forward to the light at the end of the tunnel (pg 5).

We discover there's lots of ways to stay positive and share the love this Christmas, even during a tiered lockdown (pg 6).

Our 365 section delivers lots of hints and tips on maintaining our happiness and wellbeing over the

the cold winter months, including the importance of tapping into our creative side.

We offer up some inspired Christmas gifting ideas, to help you find that perfect present for that someone special in your life (pg 14).

In our main feature, Apart But Always Together, we catch up with some of our residents and staff, who share some incredibly touching stories and memories of spending Christmas apart from their loved ones (pg 16).

We bring you a delicious new Hungarian winter warmer recipe from our Family Dish recipe card collection (pg 24).

Lots of lovely content that I hope you enjoy. From me and all the staff and residents at Wellburn, Merry Christmas and a happier New Year.

Charlotte x

Charlotte Frankland / Editor

BLACK LIVES MATTER

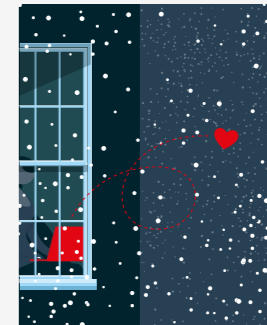
Here at Wellburn, we're proud of our diversity and we believe inclusivity makes us all better people. We strongly condemn all forms of racism and discrimination. We stand together in solidarity.

4 Cover story

Our new Wellburn Experience pop-up shop in the Metro Centre is causing quite a stir.

6 A different Christmas

→ We can all take or do something positive from what will be a very different Christmas.

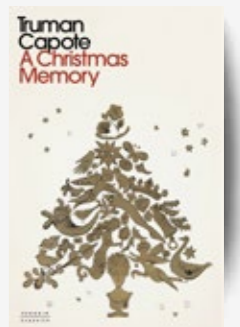


8 Things to do

Even though we're going to have a tiered lockdown, we discover there's still plenty to do.

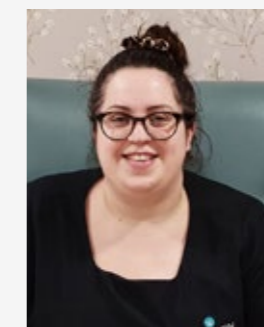
14 Seasonal Gifting

We offer up some inspired gifting ideas, to help serve up the perfect present.



16 Apart at Christmas

→ Some of our residents and staff, who share their stories of being apart over Christmas.



24 Family dish

↑ This delicious hearty hungarian winter warmer, is the perfect dish to serve up.

26 Book club

↑ Get settled in and cosy down this winter, to a good book, with a choice of four fantastic reads.



Cover story



Wellburn is trying something new to deliver the care home experience to the high street, which is the first of its kind by a care home provider.



If you've been or about to head out for some Christmas shopping in the Metro Centre, you may notice we've taken the Wellburn experience to the high street.

Our new Wellburn Experience pop up shop is situated on the upper green mall, and there'll be staff there most of the time, so please feel free to pop in and say hello.

The double window display aims to show what life in a Wellburn Care home is like and encourages shoppers to get involved, with competitions, interactive displays and scannable QR codes.

Our Chairman Rachel Beckett said the idea behind the concept was for a number of reasons. "We just wanted to do something different. As far as we know we're the first care home in the country to try anything like this." Rachel goes on, "It's been such a challenging year for all of us involved in the care home sector and beyond of course.

"As far as we know we're the first care home in the country to try anything like this."



As we all know, the high street has been hit hard too, with shops closing and leaving the high street looking a little sad. For us, one of the many challenges we have and continue to face is the ban on visitors to care homes. So we thought, why not take the visit to the community. Allow them a glimpse into our world, with hands on participation, exciting competitions - a chance to show what we're all about.

Our experiential window not only does that, but hopefully brings a little bit of positivity, to what would otherwise be an empty shop."

The initial pop up concept in the Metro Centre is a trial and will run throughout the Christmas period and into the New Year. The reaction so far has been absolutely fantastic and after the trial ends, the potential for a second pop up shop in another area is a real possibility. Exciting times.

Agenda



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

December is upon us, which means the end of the year is fast approaching. A year which I'm sure most of us will be glad to see the back of. When sitting down to write this piece, I looked back and read my Agenda piece from our winter issue last year (Issue #18). In it I was reflecting on the year ahead, as the nation was about to head to polls to vote in the general election. In the piece, I discussed potential Government policy and how the winning party were going to tackle issues within the care sector.

A few weeks later, the New Year had started. 2020 was filled with so much potential and promise - we as a business, as I'm sure you all did, had so many exciting plans for the year ahead. Then of course news started filtering in of an outbreak of a virus. What seemed to be a blink of an eye, and it was global news.

Soon it became clear that this was more than a news story, it was our new reality. The rapidity of the global infections spread seemed to blind side all of us.

Our initial bewilderment was soon replaced with action. This was coming and the early signs were that it was particularly aggressive, particularly for those suffering from existing underlying health problems and the elderly.

I don't think I'll ever forget the mood around the room, when I called the first emergency board meeting. The atmosphere was tense - we knew we were about to make life and death decisions. The Agenda that day was simple. Whatever the plan, whatever the decisions, we had to act quickly and decisively, we had to do everything in our power to protect our residents and staff.

It feels almost surreal to reflect back on that meeting now. So much water has passed under the bridge since that day. But reflecting on those decisions, many of them I'll happily admit now, were contrary to government advice we were getting. We were making key decisions based on our instincts and trusting our own judgement. What we know now, is that much of that early advice was from a government and scientists who were doing the same. At the time we were furious with what seemed like such a lack of leadership, offering contrary and conflicting advice from one week to the next. Although I'm sure there will be some accountability, some sort of post pandemic fallout, likely to be in the form of a raft of public enquiries, I do have a huge amount of sympathy for those making the hard decisions at the top of power. It caught us all out. There's not many countries or governments across the globe that got their response right.

Much of what we now know is that in those early weeks and months, from the top down, governments to small businesses were all scrambling. Making decisions based a lot of the time on hunches. Reflecting back now, I'm just so thankful that those we made as a business, weren't only the right ones, but were more considered and because we made them earlier than most, it saved many lives.

Of course some of those decisions were easier than most to make. Common sense guided a lot of what we were doing, but the one decision we made which caused the most controversy was to close our doors to visitors - and to do it swiftly (we were one of the very first in the region to take that

"Finally, we can look forward to a brighter New Year. Merry Christmas to all!"

decision). This one single decision I believe, was the single biggest factor, when compared to the regional and national averages, why we lost so few lives during all of this.

As the year comes to an end, finally, we are starting to get a glimpse of light at the end of the tunnel. 2021 is looking brighter, and a return to some sort of normality is in touching distance.

There's still undoubtedly some hard yards to cover and although the care sector has been prioritised for the vaccination roll-out, it will take time and patience. Before then, there's some difficult decisions to make, particularly surrounding the rushed through controversial rapid testing system.

But I want to finish the year off on a positive note, to thank every single member of my staff for their hard work, dedication and loyalty throughout this year. To also thank all of our residents who have been incredibly brave, resilient and high spirited, when they had every reason not to be, and lastly, to all of their families and loved ones, who have shown incredible amounts of support and understanding. Finally, we can look forward to a brighter New Year. Merry Christmas to all. ■



A very different Christmas

→ By Robyn Dixon

It's no secret that this Christmas is going to be very much a step away from our usual festive traditions. To some degree or another, the prospect of lockdown restrictions, whether that's in tier 3 or 2, will have an impact on all of us. It'll be challenging, but here at Wellburn, we're always looking for the positives. So we take a look at some of the things we can all do, to make the best of it, over Christmas and throughout the winter months.

As most of us have learnt this year, embracing change and adapting to a highly unusual situation can be tricky, but we always seem to find a way to do it. We find workarounds and different approaches to make life a little easier and enjoyable - taking whatever little wins we can, and over Christmas, there's plenty of ways we can take some of those wins back.

Take control of the narrative

With so many restrictions, press conferences and guidelines peppering us

"Let's embrace the different. Who knows where it could take us."

on what seems a weekly basis, it can be easy to forget just how much we can control our own narrative. Changing negative thoughts into positive outcomes, no matter what situation you are in, can make a huge difference to our lives. Simple things like taking a minute to think about the best thing that could come out of the situation and choose to focus on that.

If you are struggling to overcome the changes in your life don't be afraid to ask for help from friends, family and loved ones. More times than not, you'll feel a million times better after getting it off

your chest - and it might surprise you to learn that what you're feeling isn't that uncommon and that others around you are feeling similar.

Being apart from those who are important to us, especially over the Christmas period will be one of the biggest challenges this year. But what this year has taught us, is that there's so many different ways to compensate for this, which will help make us feel like we're all together, even when we may not be over Christmas.

Make it personal

With more time on our hands now more than ever, it's the perfect time to make this Christmas a little more personal, whilst finding a new hobby.

The best Christmas gifts are always the ones that come from the heart. Even if you're not that confident with your crafting skills, don't let that get in the way of you making the most beautiful presents for your loved ones, and even if they don't quite turn

out exactly how you wanted them to - that's ok. Your relatives will love that you have spent the time making them something unique. So why not use some of your free time to get crafting some handmade, original gifts such as candles, personalised Christmas tree ornaments, hot chocolate stirrers, sugar bath scrubs, scented bags... the list is endless and with websites such as Pinterest just a click away, you are never far from a little bit of inspiration.

Nurture relationships

Christmas is a special time, when the best of us all seems to surface. The one time of the year, we collectively interact with strangers passing on the street or serving us over the counter, with a simple 'Merry Christmas'. Another thing we've learnt this year is just how important interaction with those around us is. There's no better time to reach out to all of those people and let them know just how much you appreciate them. The spirit of Christmas is infectious and the perfect time to share the love and goodwill. Perhaps some relationships have been neglected or one or two need an olive branch. This is clearly going to be a very different Christmas, but there's an opportunity to take advantage of this unusual time. Reach out to everyone and spread the Christmas love. We'll all need it and your efforts will be appreciated.

A Virtual Christmas

One of the big positives about it being 2020 and not say, 1980, is that technology has been a real godsend for most of us this year. We've been able to Zoom quiz or talk via

Facetime to our loved ones. There are so many ways to make use of this technology for good, especially when it's going to be difficult to see all of our loved ones over the festive period and do all the usual things we like to do.

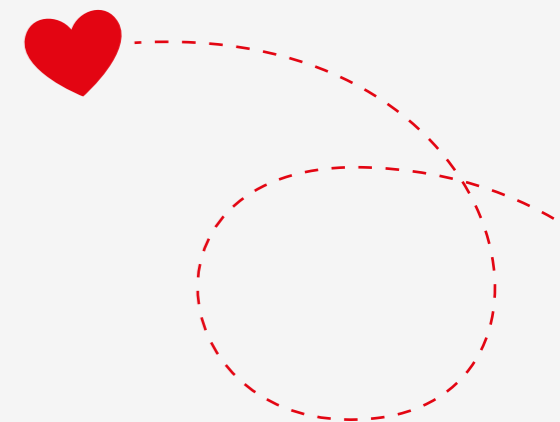
The new normal could be getting all the grandkids together on a zoom call to read them a bed time story, or perhaps sending your friends or family a box of ingredients, cooking a meal together on zoom, and then sitting around a virtual table with them to enjoy it. Host a virtual Christmas themed quiz, and enjoy it all over a delicious mulled wine and snacks. Our homes often link up and host zoom quizzes, allowing our residents from each home go head to head, interacting with the others, and they always love it.

A group of your friends or your family could take advantage of Netflix's new interactive service netflix.com, which enables multiple households, anywhere in the world to link together to simultaneously stream a movie or TV show. Apart but always together.

There's others who have it much worse

Putting our personal situations and perceived hardships into perspective, is incredibly important too. Things may seem difficult or tricky, but of course there will be many others out there, who have things much worse. And this year, more than ever, it's going to be incredibly difficult for so many more people and families than usual.

If Christmas is the season for goodwill, then let it play out that way. Small gestures that could make a big difference should



be on all of our to do lists. Something as simple as dropping food off at a local food bank can really help, or sorting through your clothes and dropping warm unwanted clothing and blankets to local charities is another way to help.

There's hundreds of thousands of elderly people in the UK, who say they can often go a whole month without speaking to anyone. We have the power to change that, and it's so easy too. Perhaps you have an elderly neighbour or an elderly relative. Picking up the phone or knocking on their door for a socially distanced chat will make their week and possible even their Christmas.

There's so much we can do this Christmas and beyond, to improve not only our own lives, but those around us too. So let's embrace the different, spread some of that Christmas spirit and start each day off with a positive attitude - who knows where it could take us. Here's to making the best of it - Merry 'different' Christmas, to each and everyone. ■

Things to do

For most of us, this Christmas is going to be very, very different to what we'd normally be doing, but we've discovered there's still some lovely things to do

York Virtual Christmas market

Online
Throughout December

For more information, visit:
visityork.org

Track Santa

Online
Throughout December

For more information, visit:
noradsanta.org

The Alnwick Garden Light Trail

Alnwick, Northumberland, NE66 1HB
13th - 22nd December

For more information, visit:
alnwickgarden.com



↑ Virtual Christmas Carols

Online
6.30pm 17th December

The Alzheimer's Society's annual Christmas Carols service is available to enjoy online this year, so you can support a great cause from the comfort of your living room. Hosted by Carey Mulligan, there'll be lots of guest appearances along the way.

For tickets and more information, visit:
alzheimers.org.uk



↑ Daisy Dukes drive in cinema

Newcastle Airport, Newcastle
& Elvington Airfield, York
18th - 20th December

Daisy Dukes drive in cinema isn't only one of the safest ways, but probably one of the coolest ways to watch Christmas classics this year. Date night or family night, fill up your car with snacks and drinks and off you go. There are lots of different movies, including Home Alone, Elf, Love Actually and Die Hard - with a raft of screenings available to suit people of all ages. You can also pre-order festive snacks and drinks, like Bratwurst's and mulled lattes to collect and tuck into when you arrive.

For tickets and more information, visit:
daisy-dukes-box-office.myshopify.com

Cinderella Interactive live stream panto

Online
18th - 24th December

For tickets and more information, visit:
pantolive.com



↑ The Snowman and Snowdog trail

North Tyneside
Finishes 31st January

There are 20 magical sculptures dotted in and around North Tyneside's town centres for you and your family to take a festive outdoor stroll to find them. Inspired by The Snowman, the trail runs until the end of January, so there's lots of time to find them.

For more information, visit:
visitnorthtyneside.com

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

Inside →

Surviving winter · Getting creative · Happy shopping

365

Happiness & 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)



Winter can be a tough season when it comes to our physical and mental wellbeing. But there's plenty we can do to keep things positive.



For many, winter is a time their own physical and mental wellbeing can take a bit of a back seat. The lead up to Christmas is often hectic, and for some it can bring anxiety and a reminder of their loneliness. Then, beyond the hullabaloo of Christmas, it's into the cold hard month of January. Dealing with it all can be stressful and emotional - it's easy to neglect our wellbeing.

There's so many different ways we can look after ourselves, so we've brought you our 5 top tips to help give your mental and physical wellbeing a boost:

Eating well

Cold weather can mean colds, coughs and seasonal bugs come out to play, so it's super important to stay well-nourished throughout winter. It's a time when most of us will embrace comfort food, it's key to balance this out with a diet rich with fruits and vegetables to help boost our immune systems, and also look after our wellbeing. Eating food high in nutrients makes for a happier mind and body. A top tip is to batch cook and freezing meals, which makes eating healthy much easier.

Staying active

It's easy to embrace the lazy in winter, but this won't help you or your body. Staying active in winter in any way you can, even walking to the shop instead of driving, can help you burn more fat by almost double the usual amount, just because it's cold outside. Also staying active can protect you against SAD (Seasonal Affective Disorder) with just 30-60 minutes of exercise and 20 minutes of sun exposure per day, boosting those feel good endorphins and levels of Vitamin D.

Family & friends

↑ It's a little more difficult this year to get out and see the ones you love most, but there are so many ways you can all stay in regular contact. Either by socially distanced walks, or if it's a little too cold for that turn to page 18 to read more about ways to stay social in a tiered lockdown. Contact with others is essential for our own wellbeing, so it's super important to make the time and the effort to socialise as much as possible. There will be others more desperate for contact for you too.

Dress sensibly

← The clothes we choose to wear play a vital part in staying warm and comfortable in the winter months. Try layering when heading out into the cold - with at least three layers, making sure the outer layer protects you against wind and rain, and always wear a hat and gloves as these are the parts of the body that lose heat first. Keeping warm helps your immune system fight off winter viruses.

Health

It's now more important than ever to make sure you look after your health, for the best chances to fight off bugs and viruses. Especially if you're older or have a lowered immune system, doing things like washing hands regularly can help stop the spread of germs. Drinking herbal teas can also help boost immunity. There's also no prizes for being a hero, so if you're feeling under the weather, stay home and take in some R&R.



Getting creative

Getting crafty encourages our residents to tap into their creative side, and they love making things themselves - thinking of innovative new ways to create all sorts of decorations, gifts and just bits and bobs for their home. Crafting also encourages

our residents to learn new skills which unknowingly eases stress they may have by focusing on the crafts at the same time as boosting confidence and prompting social skills and memories. One of their favourites is baking and we discover why.

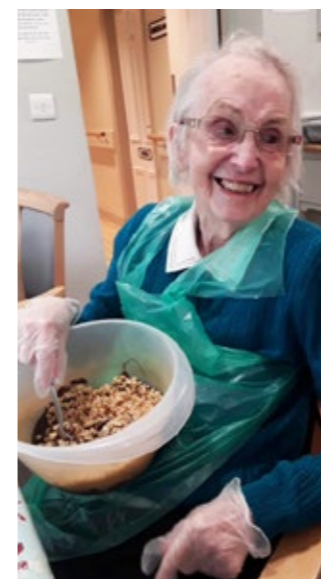


I feel so happy when I see my dad's been baking, as I know how happy he'll be."

A word from one of our Lifestyle Coordinators

↓ Tara Sherwood
Grimston Court

Some of our residents start off thinking they'll struggle in craft and baking sessions, but with encouragement and support, they always go on to achieve amazing things. That in turn gives our residents such a sense of achievement. I love that aspect of it."



Residents view

← Margaret Spencer
Glenholme House

I love baking here at Glenholme so much. In many ways it reminds me of my younger days, when I would bake for the whole family and I especially liked baking for friends too. For me, the best part of baking is tasting the end result. I love sharing what I've made with all of my friends here too. That's nice."



Family view

↓ Julie Docherty
Residents daughter

Dad suffers from dementia and before he went into the home, we'd bake at home together. It helps keep him preoccupied by using his hands and it also helps him regain memories as it's when he talks more about family too. I feel so happy when I see he's been baking, as I just know how happy he'll be."

365



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



Immune boost gift set

↑ **By Holly Botanic**

This beautifully little gift set from wellness experts Holly Botanic, contains a range of natural products, including a selection of herbals infusions, lip balm, and energising oils. It also comes with an infuser and a mug too. This gift set will help keep you fighting fit through the cold and flu season.

£39.95

supplementplace.co.uk



Essential oil diffuser

↑ **By Serene House**

An essential oil diffuser can work wonders on your mental health and wellbeing. Different oils can be used to help with different areas you might be struggling with, such as lavender for sleep problems, rose to reduce stress and anxiety, peppermint for relaxation, and there are so many oils to choose from. It's also super compact and because of its durable construction, it can also slip into your bag to take into work or away with you.

£25.00

urbanoutfitters.com



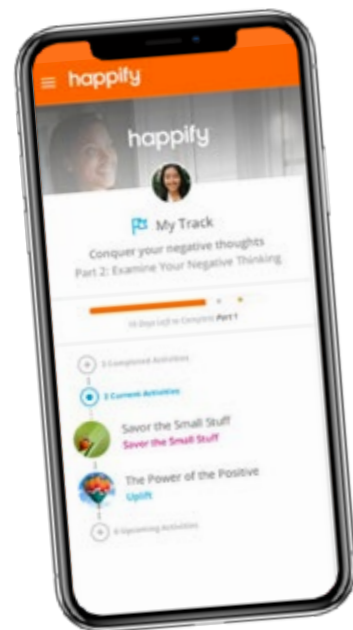
Letter box hamper

↑ **By Letter Box Hamper**

This lovely box hamper is packed full of yummy goodness, and has been designed for all those who take extra care about what food they put into their bodies, and how that makes them feel. It's also perfect for those who cherish luxury and quality British produce and ingredients. Specifically ideal for gluten free and paleo diets.

£32.95

yumbles.com



Happify yourself

← **By Happify.com**

Start your journey to happy with this psychologist-approved mood-training program. The app consists of engaging games, activity suggestions, gratitude prompts and lots more to help train your brain to turn the negatives into positives. The Happify website also has lots of great informative articles with tips on how to improve wellbeing.

Free (with in-app purchases)

Apple App Store



Light up Christmas

Could your residents support Marie Curie Hospice, Newcastle this Christmas?

Whatever you do to support Marie Curie, we'll light a lantern on Christmas Eve in our hospice garden and we'll send one to you display in your home throughout the festive period too.

Help us fill our hospice garden with light this Christmas Eve

Get in touch by calling 0191 219 1205 or email newcastlehospicefundraising@mariecurie.org.uk

Gifting

Chesnuts roasting on a open fire, and lots and lots of lovely presents under the Christmas tree. We bring you some inspired Christmas gifting ideas.



Velvetiser hot chocolate maker

← by **Hotel Chocolat**
Now this is the gift to buy that chocoholic in your life. The Velvetiser makes rich, silky, smooth hot chocolate from the comfort of home. The Velvetiser comes with 16 different flavours to choose from. Simply plug it in and you're off, making delicious hot chocolate at the press of a button.

£99.99
hotelchocolat.com



Noko Seagrass Basket

↑ by **Nkuku**
These Noko baskets are made from seagrass and with a beautiful woven finish and three different sizes to choose from, they make loving homes for plants, storage or laundry. Each one is unique with its own curves and bends making it the perfect sustainable gift, both for a loved one and the planet.

£28.99
protecttheplanet.co.uk

Chouseki Ramen Bowl Set

→ by **SouChef**
This set comes with bowls, chopsticks, a ladle, a recipe book, all beautifully wrapped up in a souchef gift bag. This will make the perfect Christmas gift for all your foodie friends and loved ones, and will of course be the ideal chance for a dinner invitation to help enjoy the taste of Tokyo, together.

£45.00
souchef.co.uk



Did you know?

Most of us believe the act of gift giving at Christmas originates from the Nativity and the gift bearing three kings. When in actual fact it comes from way before Jesus even stepped on the scene. Ancient Romans were known to exchange

presents during the winter solstice holiday of Saturnalia. Celebrations included giving gifts to friends and family, believing the generosity would bring good fortune in the year to come. As the Roman Empire came under

Christian rule, many new followers of the faith found themselves holding onto the December custom – even before the 25th was made the 'official' date of Jesus' birth, and after Saturnalia ceased to be celebrated.

Personalised travel journal

→ by **The Alphabet Gift Shop**
This personalised travel journal will make the perfect gift for that family member or loved one who has the travel bug. They'll adore this journal and because it's personalised it gives that unique feel, and they'll know you've gone that extra mile to choose the perfect present.

£24.00
notonthehighstreet.com



Natural sunrise alarm clock

← by **Lumie**
The Sunrise alarm clock uses light to wake you up at any hour, naturally as if the sun was rising in your bedroom. It also helps you get to sleep more naturally with its sun setting button. This is the perfect gift for those early risers, that will start their day of with a spring in their step.

£39.98
lumie.com

Craft Box Club monthly subscription

→ by **The Craft Box Club**
This really is the perfect gift for the more creative loved ones in your life. Each month, they'll receive a brand new plastic free craft kit, filled with natural materials, that brings new and exciting crafting projects, with tutorial videos to help out too. For the crafter, gifts don't come better than this.

£20.00
craftboxclub.co.uk

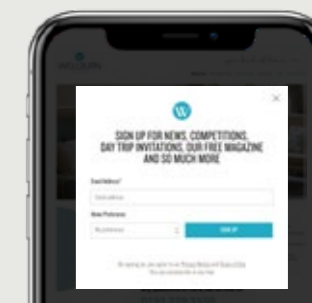


Editor
Charlotte Frankland
Design and art direction
studiomikey.co.uk
Contributors
Robyn Dixon, Margaret Spencer, Tara Sher word, Julie Docherty, Bryony Dale, David Williams, Kath Smith, Natalie Crookes, Danielle McGill
To get in touch with us, simply email:
thewellburnpost@wellburncare.co.uk
Visit us at:
wellburncare.co.uk/the-wellburn-post
Or call us direct on:
0191 229 3541

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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



Apart but always together.

→ By Robyn Dixon

For many of us, this Christmas will be like no other we've had, with a lot of us facing it apart from our loved ones. But we caught up with some of our residents and staff, who are all too familiar with the concept.

Isabella, Ryton Towers

For Isabella, a resident at our Ryton Towers home, being apart from her family and loved ones is something she understands only too well. When she was younger Isabella was in the Army, serving with the Royal Artillery regiment.

For most of that she was away from home months at a time. Isabella explains, "I'd always be on duty over the Christmas period, as as tough as it was, both me and my family just sort of got on with it. Obviously it was hard, and I missed them a lot, especially over the Christmas, when all you want to do, is be with your family, but sometimes it's just the way it is".

David, Riverhead

Over in our Riverhead home, another of our residents knows exactly what it was like for Isabella. David was only 18, when in 1943 he was called up to serve in the RAF. Posted to Compton Bassett, in rural Wiltshire, this was the first time he'd ever been away from his family. It was Christmas Day when it really

struck him just how much he missed home. As David explains, "It was Christmas Day and I was so far away from home, my family and everything I had known. I remember going to the local village pub, with only 3 shillings in my pocket. We then returned to barracks for a rationed Christmas dinner. It was such a strange old day and all I could think about was how much I missed my parents and four siblings." Even after all this time, David never forgets those times apart and the Christmases spent away from home and his family.

Prue, St Catherine's

During World War 2, one of our St Catherine's residents, Prue still has very vivid recollections of what Christmases were like being apart from family. This time it was her that was home, and her father who was away at war. Recalling one of those memories, Prue said, "I remember it was a bitterly cold Christmas Eve night. At the time our family home was in Somerset. My Dad was away fighting in the war, and

Right: Riverhead resident David.

Next page: St George's Home Manager, Danielle.

Mum was putting me to bed, and the whole house was pitch black and in total silence, because of the constant threat of air raids." A rather stark and chilling reminder of life during the wars, but even at times like these, there was solice and comfort to be found. Prue explains where the unlikely source of this came from, "All of a sudden we heard a beautiful sound getting closer and closer, it was Carol singers. Can you believe it? I remember my Mum saying it was such a lovely thing to hear and in that moment, she reminded us that although Dad couldn't be with us, the Christmas spirit was everywhere and she just knew Dad would have felt this too, which brought us both so much comfort."

Natalie, Grimston Court

Natalie is one of the Team Leaders at our Grimston Court home and recalls her memories of being apart from her family over the Christmas holidays. Natalie explains, "At the time, my husband was in the army, and when he was stationed at a barracks in Kent, we moved down there. It always felt really far from home, but it always hit us hardest on Christmas Day."

With Natalie's husband having to work most days over the holidays, it made it impossible for them both to see their families, back in the North East. But they made the best of the situation and refused to let it get them down. "I suppose we just found our own way of making Christmas Day as special as we could we just got on with it. We'd spend the day cosied up in our Christmas pyjamas and watch Christmas films. We'd call our families and open our presents all together virtually. Since then, we've never taken the time we have together with our families for granted, that's for sure."

Kath, Craghall

Kath is one of our residents at our Craghall home, and at 95 years old, her story goes back a long way. It's a time Kath has never forgotten and she remembers it all as if it was yesterday. It was during the Second World War, and Kath had just signed up for the RAF. "Well, you know initially I suppose



I signed up for a laugh really. We were told we'd never get called up, so at the time I don't think I took it that seriously. But I was called up really soon after and the joke was over. I remember desperately trying to get out of it, but they were having none of it." Kath laughs as she recalls that memory. "I ended up being stationed at the now famous Bletchley Park, as a Wireless Operator. But then an opportunity came up for a posting to Germany, so I volunteered. I was only 18 at the time and it seemed like such a big thing.

When I was over there I missed all of my family and friends terribly. It was especially hard during Christmas. Being so young, in a foreign country during a war - well that's something you never forget."

Kath also remembers a moment during one of those Christmases in Germany, when she ended up chatting to some German locals, even though she wasn't supposed to. "They were very friendly and the one things we had in common grounds, was that none of us wanted a war. I always seemed to →



“It shows that something good and special can come from even the hardest of times.”

quickly, looking back now Mum must have been devastated, but she never once let us know that. She made that Christmas Day so special for us. We always knew how hard it was for Dad too, but like Mum, he always put a brave face on and I guess he just wanted us all to know how much he missed us, without making it too much for us to handle.

One of Danielle’s fondest memories of Christmas, is over what turned out to be a bit of a tradition, when her Dad was posted away. “We would set up the camcorder on the armchair and take turns to sit in front of it. One of us would then pass our presents along to the person on camera, whilst they opened them and hold them up to the camera. We’d then post the video to Dad, so he could watch. I imagine that must have been so hard and super emotional for him to sit through.” Danielle and her family still have all of the videos, and when she occasionally watches them back, the one thing that strikes her is just how normal it all was for them to do that. “When I watch them now, you can see the innocence and just complete lack of awareness of just how heartbreaking it must have been for mum and dad to have to do that. We all put that down to just how well Mum and Dad dealt with it and adapted for us.”

Along with all the videos, Danielle still has every letter she exchanged with her Dad while he was away. The memories, videos and letters are all the more poignant for Danielle and her family now, because her father sadly passed away last year. Danielle finishes off by saying, “In the days leading up to dad passing away, the whole family sat together and watched the videos we made for him all those years ago. We laughed a lot and we cried a lot too. Do you know, since then I’ve come to realise that if Dad hadn’t spent some of those Christmases away, there’d be no letters, no videos and some of my most cherished and special memories too. It shows that something good and special can come from even the hardest of times. ■

← end up in unexpected situations like that, but it was all just a big adventure, I was just so young.

Even though Kath was homesick and missed her family so much, she never once complained, and made the most out of every Christmas she’s had, no matter where it was or who she was or wasn’t with. “I’ll be spending this Christmas with all of my friends here at Craghall and I know the staff will make such an effort to make it lovely.”

Richard, Garden House

Christmas can be a very lonely time for some people, but there are those who choose to spend Christmas, and other times alone. Father Harold or Richard as he’s known to his friends, is a short stay resident at our Garden House home. Richard is a monk and spends a lot of his time alone and can, by choice to go for weeks on end without seeing anyone at all. He lives in a remote part of Northumberland, which suits him just fine. But when he does want company, he comes to our Garden House home for a

short stay. Whilst with us, he still enjoys his own company, but will spend time chatting and sharing stories and discussing religion. He’s an extremely compassionate person and understands that this is his chosen way of life, but for others this can be a difficult time of year, where they may be on their own not by choice but personal circumstances.

Danielle, St George’s

Over at our St George’s home, Home Manager Danielle knows only too well what being apart from a loved one feels like over Christmas. For her, it was her Dad as she recalls, “We lived in Germany when I was young, because my Dad was in the army and was stationed there. It wasn’t uncommon for my Dad to be posted away from us over Christmas, but we never got used to it. My parents both love Christmas, so it was always hard when he was away.” But it was one particular Christmas that she’ll never forget. “It was Christmas Eve and Dad received a call. He was being posted to Bosnia and he was to leave immediately. It all just happened so



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To keep up to date with what's going on across all of our homes, visit:

→ wellburncare.co.uk/life

Life

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Staying home

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

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Latest News

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

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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 tricky, but that hasn't stopped the fun.



Out, but not 'out out'

← All homes

One of the biggest things to impact our residents over these last tricky months, apart from not being able to have visitors, is getting out and about. Day trips provide our residents with much needed experiences, both for their physical and mental wellbeing. So we kitted out our minibuses with the correct protection and under full PPE guidance to free them up for use. And although we haven't been able to allow our residents off the bus, we've found that just making the trips out onto the open road has had a significant impact on their spirits. Sometimes we've just been taking road trips, whilst getting into the festive spirit, with mince pies and sing-alongs as we drive them through familiar locations. We've also been able to make stop off's at our favourite eateries, for things like fish and chips. It's made such a big difference for everyone involved and it's all done in the safest possible way. More trips are planned for the build up to Christmas and beyond.

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)

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Monster Mash party

↓ Ryton Towers

Staff and residents at our Ryton Towers home thought of no better way to spend their Halloween, than dancing and having their very own spooky Monster Mash Halloween party. Everyone got dressed up in spooky costumes, and enjoyed a Halloween themed buffet, before dancing the night away to old classics. The night was a 'grave yard smash'.



A sparkling night of fun

↑ Eighton Lodge

Over at our Eighton Lodge home, residents and staff refused to let lockdown get in the way - celebrating one of their favourite nights of the year. Although Bonfire Night was altogether different from the norm, everyone involved made the best of the situation. They enjoyed hot chocolate with marshmallows and a fantastic themed cake, whilst watching fireworks on TV. To cap off a wonderful night, they headed into the garden for sparkler fun.



Mad Hatters tea party

↓ Nightingale Hall

The Mad Hatter from Alice in Wonderland was the centre of attention over at our Nightingale Hall home. The themed party went down an absolute treat with all of the residents and staff. The interest was overwhelming with everyone getting involved as the fun continued, with lots of smiles, with everyone enjoying the day. A little bit

of decorating to set the scene, whilst staff got creative with a myriad of fancy dress costumes, with a slice of baking to really finish off the tea party theme. All the residents had their own mad hatter headbands on whilst tucking into some themed sweet treats too. The whole day was a complete success and we're sure the real Alice and the Mad Hatter would have fitted in perfectly.



Life



Going, going, scone!

→ Riverhead Hall

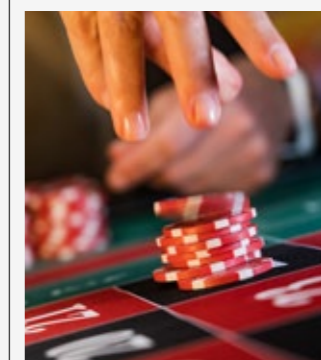
Our residents have been busy baking up a storm at our Riverhead Hall home. Inspired by the Great British Bake off, which like all of us, they've thoroughly enjoyed watching. Baking is one of the resident's favourite things to do, especially in winter when the temperature outside drops. Their latest baking involved lots of different fruit and cheese scones. They were so delicious that everyone got involved, especially with the eating part of the job.



Gifts loom large

↓ Garden House

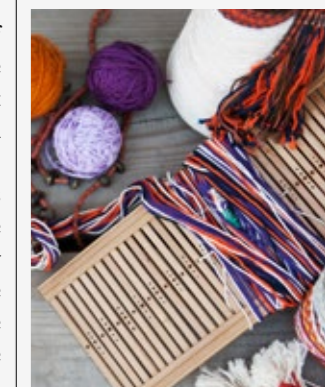
Residents at our Garden House home we thrilled when we took delivery of a brand new loom maker. They're now able to weave themselves and their loved ones some cool and crafty handmade gifts just in time for Christmas. Residents have been busy making all sorts, and we'll be sharing some of the best on our life page.



A night in Las Vegas

↑ Rosevale

We brought a little bit of Las Vegas to our Rosevale home recently. Staff set about transforming the library into a casino, for a day of fun in Vegas, with lots of treats and drinks served in true casino style. The residents used their fake money to play games such as spin the wheel, blackjack and pool. The night was a huge success and the home, not the house won.





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



A box full of greens and love

↑ Community news

Most of our homes use some of their garden space to grow vegetables. In fact, they produce too much for our homes to get through, so rather than the delicious fresh fruit and vegetables going to waste, we wanted to find a better use for it. So we turned to our community and realised the idea was staring us in the face - and soon work started on putting together boxes of the freshly grown produce, together with some special

Wellburn recipes that use the produce in the box. Delivering to those who find it difficult to get out the house or just deserve a reason to smile. We've been delivering the packages over the last few months and it's received a fantastic response from everyone. We're continuing to deliver to all of our local areas and you can nominate someone to receive one of our boxes, via our Facebook page. @wellburncare

A moving day to remember

↓ Resident news

Lockdown restrictions meant there were none of the usual large scale remembrance services, by the Royal British Legion going ahead this year. Determined not to let that stop our residents honouring those who sacrificed so much for all of us, our homes hosted their own Remembrance Day services via Zoom. It was all extremely moving and hugely touching.



Going, going, gone!

→ Resident news

Residents at our Craghall home have been raising money for a fantastic cause, by tapping into their creative side. They've been decorating mugs, with pictures and writing to create highly personal and lovely gifts. The mugs were then auctioned on Facebook, with the highest bidder for each winning. Lots of money was raised for the amazing Macmillan Charity.



The wait is over - boy or girl?

→ Staff news

Two of our lovely Care Assistants at our Rosevale home, Loren and Steph, are leaving us soon to have babies. So we thought we'd host a gender reveal party for them. The home was decorated with pink and blue balloons as the residents guessed the gender of both babies. They then played baby bingo and enjoyed cake before the big reveal. They're both having boys. Congrats girls.



Hedgehog hotel

↑ Home news

Our Nightingale Hall home's hibernation and feeding hotel is now open, and ready to start taking visitors. Hedgehogs are one of residents favourites, so when the time comes for them to hibernate, to help our little friends out who live around the home, we've built a safe place for them to sleep over winter. The hotel was built by staff member Rebecca, who did a fantastic job. Now we're just waiting for our prickly guests to check in.



A spot of fun for a good cause

↑ Resident news

Over at our Grimston Court home, Lifestyle coordinator Tara thought of a great idea for a Children in Need fundraiser. She set about covering the home inside and out, with Pudsey Bear spots. People were then asked to guess how many spots there were, to be in with a chance of winning the main prize. They entered the competition via Just Giving, and the take up was simply brilliant. Tara's hard work paid off and after much fun and effort, a fabulous £701 was raised and the event also featured on BBC news.



Apart but always together

↑ Resident news

This year Christmas will be very different, and for most, it will change the way we're able to see our family and loved ones. In the build up to Christmas, all of our residents will be writing personal messages on baubles, which will then be gifted to their loved ones to hang on their trees, reminding them that even though they're apart, they're always together.

An exciting new partnership with the Prince's Trust

↓ Home news

We're incredibly excited to launch a new partnership alongside The Prince's Trust charity, which aims to help vulnerable young people into jobs. The charity offers invaluable schemes for unemployed 11-30 year olds

who are in need of some extra guidance and opportunities to help them not only secure a job, but also in retaining them. They educate young people through a series of workshops, covering an array of industries they might be interested in, and the job opportunities that come with it. They then provide all the necessary tools and resources to prepare for interview stage, and beyond. The charity also has its own pool of dedicated mentors who work alongside candidates, to offer advice and reassurance every step of the way. We're thrilled to announce this new partnership and looking forward to hopefully placing some candidates with us.



Treating those who can't make it out, to Fish Chips Friday

↑ Community news

Some of our homes enjoy fish and chips on Friday, which our residents love and look forward to every week. In fact they enjoy it so much is got us thinking. So we decided to share the idea and we're now running a new community initiative - Fish and Chips Friday. Some of our amazing staff have been spending their Friday lunch times delivering fish and chips

to those in the local areas who may not be able to get out much. Lots of people have been nominating their relatives, who have been isolating and they haven't been able to see since march. It's a beautiful way of letting them all know they are in everyone's thoughts in these strange. Check out your local homes Facebook page to see what's going on in your area.

In Focus



365 Wellbeing initiative

↑ Staff news

Our amazing staff have been real heroes this year, often putting others needs ahead of their own. But our staff's wellbeing is hugely important to us, which is why we've launched our new 365 happiness and wellbeing staff initiative. Over the coming weeks and months, we'll be serving up lots of wellbeing initiatives, like this nutrition corner, promoting healthy snacking and drinking.

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



Picture Quiz - Clockwise:
1 Miroslav on 34th Street - Richard Attenborough 2 Die Hard - Bruce Willis 3 It's a Wonderful Life - James Stewart 4 Home Alone - Macaulay Culkin

Family dish Life

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



This hearty hungarian winter warmer, is the perfect dish to serve on those cold cosy nights.



Beef goulash

Serves: 6
Prep time: 20mins
Cook time: 2 hours 35mins

↓ Ingredients

- 1kg good braising steak, preferably chuck steak
- 1 tbsp sunflower oil
- 3 medium onions, cut into 12 wedges
- 3 garlic cloves, crushed
- 2 tsp hot smoked paprika
- 1 tbsp paprika
- 1 beef stock cube
- 600ml cold water
- 400g can of chopped tomatoes
- 2 tbsp tomato purée
- 2 bay leaves
- 1 red pepper
- 1 green pepper
- 1 orange pepper
- flaked sea salt
- freshly ground black pepper



This winter warmer is from our Family Dish Recipe card collection.

↓ Method

Preheat the oven to 170°C/Fan 150°C/Gas 3½. Trim any hard fat off the beef and cut the meat into rough 4cm chunks. Season well with salt and freshly ground black pepper.

Heat the oil in a large flameproof casserole dish. Add the steak and fry over a high heat until nicely browned all over, turning regularly. Tip the onions into the pan and cook with the beef for 5 minutes until softened. Add the crushed garlic and cook for a further minute, stirring regularly.

Sprinkle both paprikas over the meat and crumble the beef stock cube on top. Add the water, tomatoes, tomato purée and bay

leaves. Season with salt and pepper, stir well and bring to a simmer. Cover with a tightly fitting lid and transfer the dish to the oven. Cook for 1½ hours.

While the beef is cooking, remove the core and seeds from each pepper and chuck them away. Cut each pepper into chunks of about 3cm. When the beef has cooked for 1½ hours, carefully remove the dish from the oven. Stir in the peppers, put the lid back on and put the goulash back in the oven for a further hour or until the beef is meltingly tender.

Serve with small portions of rice, or as it is with generous portions of crusty bread.

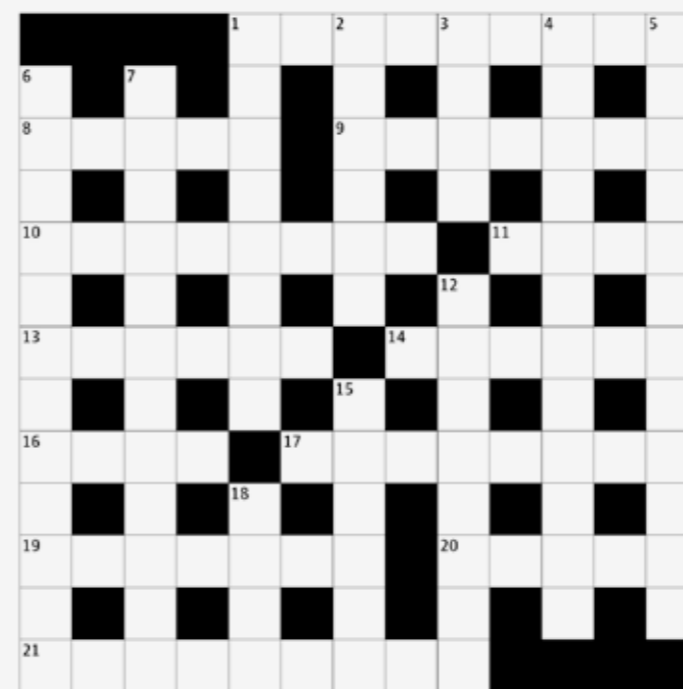


Mind Life



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

Crossword



Across

- 1 Robert Louis Stevenson 1886 novel (9)
- 8 Pallid (5)
- 9 Cane made from a rattan palm (7)
- 10 Soundly beaten (8)
- 11 Attraction (4)
- 13 Strident (6)
- 14 Gratuitous (6)
- 16 Nautical call (4)
- 17 Glum (8)
- 19 Compartment (7)
- 20 School – entourage (5)
- 21 History of a word (9)

Down

- 1 Compassion (8)
- 2 Accused (6)
- 3 Friend in need (4)
- 4 Cover the cost (informal) (4,2,3,3)
- 5 Sound of a working phone (8,4)
- 6 Free rein (5,7)
- 7 Have a tantrum (informal) (5,1,6)
- 12 Linchpin (8)
- 15 Dowwithout (6)
- 18 Repeat (4)

Sudoku

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

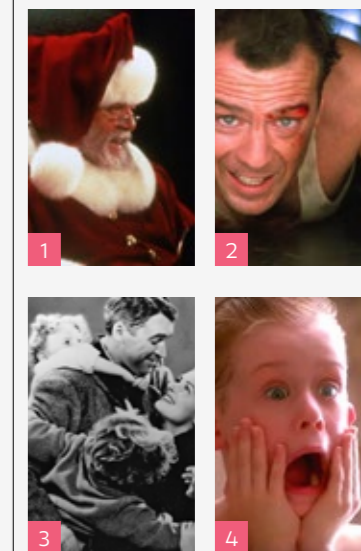
Fill the grid so that every row, every column and every 3x3 box contains the numbers 1 to 9.

← Answers

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

Picture quiz

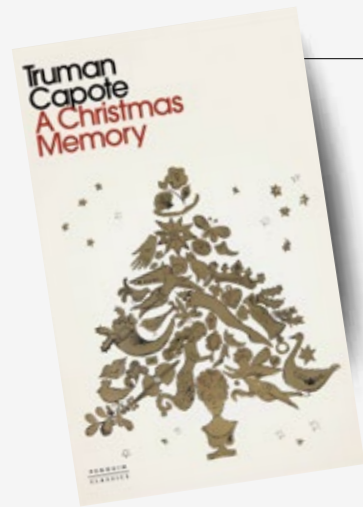
Four Christmas classics, but can you name the films and the main actor who played the lead role too?



Bookclub

Life

We offer up four great festive reads that make the perfect reading, over the cold winter nights. Enjoy and Merry Christmas.



A Christmas memory

← by Truman Capote

This autobiographical recollection of Truman Capote's rural Alabama boyhood, has become a modern-day classic, and rightly so. Written in his usual distinctive and unique style, these short stories or memories deliver both the tender and bittersweet - and in generous measures too. Capote, probably best known for his timeless classic

Breakfast at Tiffany's, provides a hugely captivating tribute to the festive season. The stories range from nostalgic portraits of childhood to more unsettling works, that reveal the darkness beneath the festive glitter. A fascinating glimpse into the authors festive memories that will leave you wanting more.



Christmas stories

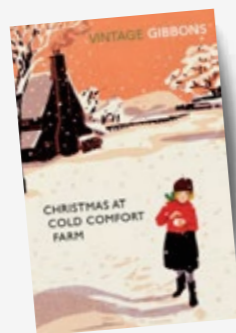
↑ by Diana Secker Tesdell

A little tour de force of Christmas short stories, this book has it all. From an early Charles Dickens tale to a hilarious yet heartbreaking tale from Truman Capote. Each story is filled with Christmas spirit of one kind or another, and all are richly and indelibly entertaining.

Christmas at Cold Comfort Farm

↓ by Stella Gibbons

Often described as the 20th century Jane Austen, Gibbons collection of stories justifies the tag. Steeped in feel-good, nostalgic seasonal frolics, they seamlessly transport us into a parody of the worst sort of family Christmas - yet filled with humour and irony.



Last Christmas in Paris

↑ by Hazel Gaynor

An extraordinarily beautiful novel, filled with humour, love and tragedy, which ultimately makes for a deeply moving and uplifting read. It explores the aftermath of the Great War with huge sensitivity. A book to savour, share, discuss and above all to cherish.



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

For lonely older people, Christmas can seem like just another day

Help Age UK be there all year round

Find out more www.ageuk.org.uk/noone




Age UK
Love later life