

Follow us:

f @WellburnCare

St Catherine's Care Home. Opening soon!

Our home is going
through an exciting
transformation and
we're opening soon!

To order an enquiry pack or for more information,
please call our New Care Enquiries Team on:

0191 694 1052

To find out more about us, visit:

wellburncare.co.uk

At the forefront
of dementia care
in the region.

We're super excited to announce that
our new look, and totally transformed
St Catherine's Care home is about to
open its doors.

Welcome to our brand new, beautifully modern
dementia specialist care home - set in the heart
of Shipton-by-Beningbrough, York. The result
of months of research, development, planning,
design, and leaving no stone unturned, we're
confident that St Catherine's is now at the forefront
of dementia care in the region.

Discover what St Catherine's can offer you
or a loved one.



Issue 24 | Spring 2022

WellburnPost

The free quarterly from
Wellburn Care Homes

It's our time to help.



Help us raise as much money as possible for the victims of the war in Ukraine.

Any denomination will make a huge difference to those affected by the war. To donate visit our GoFundMe page:

gofundme.com/f/we-care-for-ukraine



Cover image
Spring morning in the Northumberland woods by local photographer @joestrakerphotography

Notes from the Editor's

Welcome to issue #24, our spring edition. And it's all change, as we've gone through a complete re-design, with more content and a new size too. We hope you'll love the changes as much as we do.

Our new look spring issue is packed full of exciting and topical content.

We catch up with our Executive Chairman, as she shares her thoughts on the war in Ukraine and how the company been helping to raise money for the victims. (pg 5).

As our refurbished and transformed St Catherine's home in Shipton, York nears completion, we take a behind the scenes look into the journey. (pg 5).

Our 365 section delivers lots of hints and tips on maintaining our happiness and wellbeing, including two mini features on the importance of reading and talking.

In The Great Escape, we discover some of the best places to eat, drink and explore this spring (pg 18).

And we catch up with all the latest across all of our homes in our life section (pg 29).

Enjoy our new issue and we wish you all a very happy spring.

Izzy & Sara x

Izzy Moran and Sara Nigohosyan
Editors / Marketing Team

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.

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Door to a new beginning

→ Our brand new look St Catherine's home is almost ready to open. We take a look at the story.

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Happiness & wellbeing

Our 365 section is full of hints and tips on how we can improve our happiness and wellbeing.

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The great escape

→ We discover some of the best places to eat, drink and explore our region has to offer.



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Stand together

→ We take a look at what our staff have been doing to help raise money for Ukraine.



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The Dish

↑ Our latest offering in The Dish, is a super tasty, delicious and healthy chickpea curry.

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Book Club

↑ We offer up four great spring themed reads for you to sit back, relax and enjoy.





In the community

Keeping it clean

As part of our ongoing staff volunteering initiative, we were down in Shipton recently for a litter pick. The initiative is part of our ongoing commitment to give something back to the local communities our homes are situated in. A way of saying thank you and

helping to improve the local environment. Despite the dreadful weather, our team managed to pick up bags and bags of litter. They did a fantastic job and to read more about the day, turn to page 34. Thanks to everyone that turned up!



→ Do you need our help?

Throughout the year, we'll be popping up across our communities with litter pick and other volunteer events. If you and your community would like help from our volunteer team, get in touch with us at:

marketing@wellburncare.co.uk



AGENDA

FROM THE INSIDE

Wellburn's Executive Chairman Rachel Beckett, offers her thoughts.

As we enter spring, and the warm weather and sun approaches, as ever we've got lots going on at Wellburn. But I want to use this opportunity to cover one subject that has had us all gripped. I personally requested that we run this issues front cover and accompanying feature - to show our support and what we've been doing to help the people of Ukraine. Like you, I sat and watched in disbelief as the tragic turn of events unfolded, in what has now become a humanitarian crisis beyond even our worst nightmares.

As ever though, the spirit and determination of my staff and all those connected to Wellburn, to do their part in showing both moral and real time support for those caught up in such a needless war, has been quite remarkable.

The immediate reaction from all of us here was a natural human instinct - simply asking ourselves the question - 'how and what can we do to help?' The response was swift, and what has and continues to unfold is a number of initiatives aimed to raise as much money and essentials as possible. We organised drop of locations at all 14 of our homes, requesting donations of vital essentials such as toothbrushes, blankets and toiletries, as well as food and children's toys.

I watched with so much pride as my husband and a small team of volunteers, made up of staff and friends, set off in two vans packed to the brim with boxes and boxes of donated essentials, for the Polish/

Ukrainian border. The boxes were packed by staff, with residents even requesting to help out. Which hits home all the more, as some of them lived throughout the hardship and turmoil of World War II. We also launched a GoFundMe page which has so far raised thousands, and the donations at the time of writing this continue to flood in.

There has to be some comfort taken from our collective effort to make a small difference in whatever way we can. Because this is happening across other companies and other communities, not only across England, but the entire world. An attack on democracy is an attack on our way of living, and for all those affected, it's our way to say we support you, we hold what you hold valuable - a freedom to be able to think and speak independently and to live in a society that allows and celebrates individual choice.

I'm just so proud of all my staff and all those who have donated essentials and money to our appeals. Working in the care sector needs and requires a huge amount of compassion, love and kindness on a day to day basis, so it can often be thought of as a bit of a given. But when that force of goodness and sense of what it is to be a good human, is turned outwards, it's inspiring to watch - it has simultaneously filled me with reassurance and awe, at just how powerful acts of kindness and compassion can be. We stand together with the people of Ukraine and I stand in complete admiration for my staff and at how they've rallied to help. ■



Door to a new beginning

→ By Isobel Moran

Soon, the door will open on a new chapter for our St Catherine's home. The journey has been long, and involved a heady amount of planning, research and development. We caught up with Wellburn's Executive Chairman Rachel Beckett to discuss the project and its origins.

From the outside, other than the new signage, decked in new quirky branding, you'd be forgiven for thinking it was the same old St Catherine's. But as you approach the building, there's hints that the impressive Grade II listed building has had more than a touch up.

From the very first step you take into the home, it's instantly clear just how much of a transformation the home has gone through - and what a transformation it is.

"Since I took over as Executive Chairman, this is by far the most ambitious project, both in terms of scale and investment, we've done," says Rachel. "We had ongoing

problems with St Catherine's and at one stage, we were even considering closing its doors for good."

The backstory behind the need for its transformation, still doesn't sit well with Rachel. But as much as the project has at times been stressful, it's also been a cathartic process. "The months leading up to the moment I took the decision to invest in the transformation were awful," Rachel says. "We had huge staffing issues, and the press was really giving us a hard time. It was a bit of a mess, and there was definitely a disjointed culture at St Catherine's, and it just wasn't in step with the rest of the company, which

placed the home as something of an outlier." Whether or not the often vitriolic criticism St Catherine's was receiving from the press was entirely justified, Rachel is in doubt that some of it was deserved. "The problems were mounting up, the press was shooting us down, staff were leaving and some that remained, just weren't invested. It was the perfect storm really, and there was a moment back then, when I really did think about just giving up on the home. But giving up just isn't in my DNA."

Rachel's DNA runs deep within Wellburn. Her father Simon built the business up from scratch, and as a child she would spend a lot of time following him as he visited the homes he'd created. Rachel watched as the years went by, from one home to two, then three, four, five. "He was relentless back then," Rachel says, with a smile. "He just didn't stop. I would ask him 'how many homes do you want dad?' and he would always just laugh. I don't think he had a particular number in mind, or a specific end goal. He was just really good at what he did, and it just built and built organically I suppose."

14 is the number of homes he'd stop at. All started from scratch and all as equally as successful as each other. Simon is now long retired and Rachel has been at the helm of the business ever since. So why was St Catherine's now becoming a →



“I was left with the second option. Rip up the blueprint and start again.”

→ major headache? Rachel knew both herself and the company had reached a crossroad. The reality of the situation was simple, and Rachel knew that there were only two options on the table. “The first option was to close the home down, but I’d already decided that wasn’t going to happen, so I was left with the second option. Rip up the blueprint and start again. So I sat down with my team and talked them through my vision. I needed them to buy into it, I also needed the bank to buy into it too. They all did, and from the moment the bank rubberstamped a £1.5m loan, the journey had started.”

Rachel’s vision was radical - the home would be redesigned and reimagined to focus entirely on dementia care. However there was a problem around the corner that was about to unleash itself, something that would derail and delay the plans.

Weeks after the bank agreed the loan, COVID struck. “I mean what’s left to say about COVID that hasn’t already been said? It just hit us like a steam train - and when I say us, the entire sector. It’s well documented just how bad it was in the care sector, but we just pulled together, rolled our sleeves up and got through it. My staff, and I mean every single one of them was just unbelievable. I look back now and how we got through it, I’m still not sure we know, but we did.”

Through those dark days, the dream of transforming St Catherine’s remained and kept Rachel focused and even more determined than ever to realise her vision.



“It was clear we’d have to delay the start of the project - but eventually, once restrictions were eased, we were able to begin.”

Rachel knew she and her team would have the energy and passion required, but she also knew knowledge to place behind that energy, was essential to the project’s success.

Quite suitably for a place whose name is taken from the patron saint of students and philosophers, it was engagement with academia that proved key to unlocking the project’s potential.

Before taking over from her dad, Rachel owned her own interior design practice in Chelsea, London. That ingrained understanding of how spaces can not only give great pleasure, but also have a powerful impact on peoples lives and experience was the key to the St Catherine’s transformation.

“Way before COVID, I’d been visiting Sterling University”, she says, “They’re dementia specialists and an architectural university. I’d dipped my toe in, asked them what they offered, and explained my design background.” Conversations developed into completing a course in Online Intersection of Dementia + Design, and whilst on the course, Rachel engaged with Leslie Palmer, Chief Architect for the Dementia Services Development Centre (DSDC) at the university and a national specialist in young-onset dementia.

“Every time I designed one of our homes I’d get conflicting advice” Rachel continues “from great people who’ve won a Pinders Healthcare Design Award”.

Palmer encouraged Rachel to train up and empower herself with solid research and theory to apply to her in-the-field experience across design and healthcare. This education and a continuing working relationship between Leslie and Rachel was the final piece in the project’s puzzle.

Rachel’s vision for St Catherine’s was to completely re-examine how a care home can look and feel for someone living with dementia, with the varied and nuanced ways that can take shape.

Fast forward to the present and the finishing touches are being made as we go to press, with the grand opening just weeks away. The results, shown across these pages are suitably bright and optimistic with an ease that belies the sophisticated planning they received to offer residents →



365 **HAPPINESS** & Wellbeing

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

← maximum enjoyment, freedom and expression. St Catherine's today, reimagined now with 32 larger rooms and a specialism in dementia care has already drawn plaudits from leading industry experts, including Professor David Green, chief executive of Care England and the Department of Health and Social Care's Independent Sector Dementia Champion. Asked about the impact having a new dementia specialist home in area will have, he described the project as "a new initiative that will be a really great asset to the whole of the North of England...I shall study it closely because I think it could provide a template for the development of other services across the country."

One part of the new look St Catherine's is particularly intriguing and is catching

eyes already. "During the project I met an amazing woman called Jill Quinn, who runs a company called Dementia Forward. She inspired me to add an additional element to the project."

With the help of Quinn, Rachel has been able to create a specialist, 7-bed unit for under 65's living with young-onset dementia. Like this new unit, nothing is the same about St Catherine's, and everything is new - but the meticulous attention to detail, rooted in science, industry leading knowledge and design has enabled St Catherine's to turn the page and enter a new chapter. Thanks to Rachel's vision, and everyone that helped her realise it, the future looks bright for St Catherine's and she can't wait to open the doors, and let her team of specialist carers do what they do best - care. ■

"I think it could provide a template for the development of other services across the country."

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Residents wellbeing

We catch up with our Lifestyle Coordinators to see how they're helping our residents wellbeing.

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It's good to talk

How an unexpected or spontaneous chat can lay the foundations for a positive day.

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Retail therapy

We take a look at what's out there to help improve our wellbeing this spring.

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Book your journey

We discover the power of reading and how it can boost your wellbeing and happiness.

on the inside

Here at Wellburn, we take our resident's and staff's wellbeing extremely seriously, and we're always looking for new and better ways to give their mental and physical wellbeing a boost.

→ 365 Challenge

Our staff are the real heroes in our homes, so it's very important to us that they're happy and fulfilled in the workplace. Which is why we invest time and money into creating regular wellbeing activities and initiatives. Our latest initiative is the 365 Challenge, our new inter-home wellbeing competition. Each month, for 10 consecutive months, all 14 of our homes are taking part in a series of wellbeing competitions, playing for points for their home to climb the 365 leaderboard. Points

and prizes are awarded each month, with the homes competing for the overall main prize at the end of the year! Our latest challenge was baking related - a cupcake bake off. The enthusiasm was great to see and the effort all of our homes put into the challenge was brilliant. In the end it was an intense affair and some of the entries were truly breathtaking. But, as with all competitions, there had to be a winner, and this time out it was our Garden House home (pictured to the right). They top the leaderboard for now, but with stiff competition it's all to play for next time!



← Cycle to work scheme

We've recently introduced the 'Cycle to Work scheme' and 'Tech salary exchange scheme', allowing our staff to make the most of their finances and encourage and promote a healthy lifestyle. Physical and mental health are so important for our wellbeing, and we hope this contributes to improving both!



← By The Coven Workshop

All of our homes dedicate time for our residents to practice activities that keep them active and stimulated, both through physical activities and mental exercises. Elastic bands, balloons, and exercise balls are just some of the tools our homes use to help our residents stay active and maintain flexibility.



We've all been there. When you're just pottering around the place, or in the middle of a rather uneventful day, and the phone rings. You look at the screen and the name of the caller flashes and the phone rings, and the name flashes and the phone is still ringing. The internal dialogue starts: 'Did we arrange to speak today?' followed by 'I'll call them back later,' and then 'Maybe I should just pick it up, maybe it's an emergency.' Then the phone stops flashing and the ring stops ringing - missed call.

We can at times become so preoccupied with questioning a call, that we sometimes miss out. It wasn't so long ago that calls were the norm, but technology and the advent of social media, although when used properly can be wonderful things, often provide us with a false sense of connection. 'I looked on her Instagram and she'll be calling to tell me how the gig was last night, so that can wait.' or maybe it's 'We were only texting an hour ago? How much can happen in an hour?'

But texting or checking in on our friends social media accounts can't

replace that human interaction we get through a proper conversation, albeit face to face or over the phone.

When was the last time you picked up the phone, with little purpose or agenda, to just have a simple catch-up? The effects of these unexpected or spontaneous interactions are palpable. They can leave us feeling more relaxed and positive.

IT'S GOOD TO TALK

→ By Isobel Moran

How an unexpected or spontaneous chat can lay the foundations for a positive day.

As humans, we're built to be social creatures. So when we receive and call, it can create a social connection that, in turn, reduces our stress levels and increases our positivity. And unlike messaging or emailing, we can hear the voice of the other person. And a voice brings inflection, tone and volume - it gives us a clue about how that person is feeling and how best we should respond.

Exactly the same principal can be applied to any spontaneous conversation - with a neighbour, on the bus or at the supermarket. So although structure and schedules are often necessary, an unplanned call or conversation not only allows us to step out of this for a brief moment, but can deliver a wellbeing boost to our day.

As with anything unplanned, there's an element of surprise, which is scientifically proven to deliver a healthy dose of feel-good hormones, boosting our physical, mental and emotional levels.

So the next time your phone rings and your friends name pops up on the screen, or you're tempted to chat with someone on the bus, skip the internal dialogue and go for it! Those feel good vibes will carry positivity into your day.

IT'S A
DOG'S

life

Animals can have a hugely positive impact on our mental and physical wellbeing. It's scientifically proven that when we as humans spend time in the presence of animals, it can help with whole a number of things, from anxiety, depression and loneliness. Here at Wellburn, we have a number of partnerships with animal therapists and the work they do in our homes delivers quite remarkable results. Dogs are top of the list

when it comes to visitors that our residents look forward to. Working with local animal therapists and businesses is an essential part of our activities schedule. Just watching the impact a dog can have, when visiting one of our homes is emotional and inspiring. The place lights up and there's a general buzz about the place, and long after the visit, the good vibes linger. A dog's life can improve our life too - and that's just a beautiful thing.

RETAIL

therapy

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



Acupressure mat and pillow set

→ Acupressure mats tackle everything from neck and back pain, to helping boost energy levels - for some it's even proven to help with headaches and reduce stress levels. Self-care can often slip down the list of priorities, so this is a gift either for yourself or a loved one that places it right back at the top, and gives a much needed bit of personal TLC.

£59.99
amazon.com



Pattern pottery kit

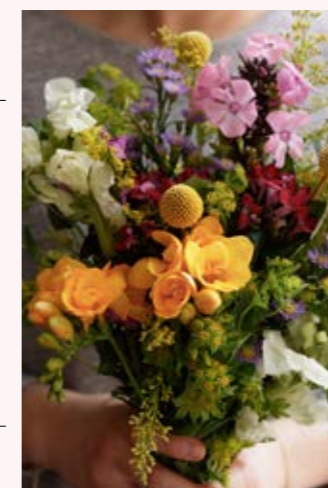
→ From The Great Pottery Throwdown to Nigella raving about it, pottery is all the rage at the moment. Getting creative can offer so many benefits to both our physical and mental wellbeing, so this cool home starter kit is a great way to get into pottery. With a step-by-step guide included, it makes things super simple and so much fun!

£27
thedrop stylist.co.uk

Bloom & Wild subscription

→ This subscription is a lovely way to keep yourself and those you love in flowers the whole year around. The package offers the option of seasonal and regular bouquets to spread that feel good factor that only flowers can offer.

From £20 per month
bloomandwild.com



OOH, THAT'S NICE!

Stress relief card deck

→ This deck of stress relief cards is designed to help you regain a sense of calm and clarity. The card deck is made up of 52 different practices and reminders to help you with stress relief in pressured and demanding times. They're perfect for using before a stressful task or during the day when you may be feeling more pressure, nervous, tension, or anxiety. Such a simple but powerful idea!

£14
malpaper.com

BOOK YOUR JOURNEY



"Reading can allow you to travel anywhere, at any time, be the hero or the villain. Temporarily take on a different life and live through several lifetimes worth of experiences."

→ By **Sara Nigohosyan**

Surrounded by a constant stream of media from every device, perpetual instant gratification, in an intensely absorbing attention economy, it seems inevitable that attention spans shorten, and interest in activities that take time and effort fades.

With so much noise and constant bombardment, it can be easy to forget how rewarding many, if not all, of these activities are.

Something as enjoyable as opening a book may start to seem more difficult when contemporary distractions absorb us, but it really is that first step that gets you through the door and into a completely different world.

Allowing yourself to be consumed by a different reality, place, and time, with people you've never met before or would otherwise never meet, encounter unthinkable scenarios and conflicts. Turning a page can come close to

breaking the space-time continuum, allowing you to travel anywhere, at any time. It lets you be the hero, a villain, or sometimes worse than a villain, a bystander, and temporarily take on a different life, living through several lifetimes worth of experiences.

It would be lovely to go to Mexico or Egypt or Ancient Rome, but often time and money can limit the choices we have in life. Your shelves are packed with tickets to all of those destinations and adventures, relaxed holidays and philosophical experiences, and all you have to do is let your eyes wander across the pages, running along the author's sentences and carefully constructed paragraphs and chapters, and consume those words, converting them into experiences.

And like any other holiday, the worst thing about a book is when it's over. The characters you have met, the experiences you had, and the places you immersed

yourself in. In the words of American psychologist and author Laurie Helgoe, reading can truly be a mode of travel, allowing you to exit your own life for a bit, and to come back with a renewed, and even inspired, perspective. 'Coming back' from a book charged with creativity, ideas, and a desire for more is the ideal effect of a good read.

With each new read taking on the form of a new experience - if only there was more time in the day to spend travelling through more and more pages. But we just have to settle for time we have, or the time we make or find to allow ourselves access into another alternate reality, a new adventure, a new set of characters. Where will your next read take you?

Discover our book club

→ We bring you inspiring reads on the theme of Spring, for you to explore in our Book Club section on page 38.

THE GREAT Escape

PLACES TO EAT
AND DRINK IN
THE REGION



RESTAURANT

Riley's Fish Shack

Riley's Fish Shack was built out of a passion for fresh and healthy sea food, striving to showcase just how much seafood is caught locally in Tynemouth. Since starting out by cooking street food in the Tynemouth food festival, the founders have gone on to create a restaurant and a whole new scene.



King Edward's Bay,
Tynemouth NE30 4BY.
rileysfishshack.com

COCKTAIL BAR

Tin of Sardines

This lovely little speakeasy gin bar is located on the picturesque Elvet Bridge, in Durham. With an impressive collection of over 200 Gins & 50 Mixers from across the globe, there's a vast choice of drinks on offer, for those gin connoisseurs out there. And when we say lovely little speakeasy bar, this is possibly one of the smallest bars in the UK, which just adds to the charm and experience. Home grown herbs and botanicals are used to garnish drinks, with in-house Ginologists happy to help search for your perfect drink. We recommend trying their Classic Negroni.

18 Elvet Bridge,
Durham, DH1 3AA.
tinofsardines.co.uk



Classic Negroni

Ingredients

25ml gin
25ml sweet vermouth
25ml Campari
Ice
Slice of orange

Method

Pour the gin, vermouth and Campari into a mixing glass or jug with ice. Stir well until the outside of the glass feels cold.

Strain into a tumbler and add 1 large ice sphere or some fresh ice, and garnish with an orange slice, using a blood orange when in season.

RESTAURANT

The French Quarter



Sitting in the heart of Newcastle, The French Quarter is a restaurant that revolves around simplistic dining. The founders took their own experiences and love for France and its cuisine, to create a warm environment where you can enjoy the balance between quality and value. Their aim is pretty

simple - to offer the very best that French cuisine has to offer, whilst also taking the fuss out of French food. This paired back approach results in dishes that simply have to be experienced first hand. An absolute must!

Arch 6 Westgate Rd,
Newcastle, NE1 1SA.
frenchquarternewcastle.co.uk



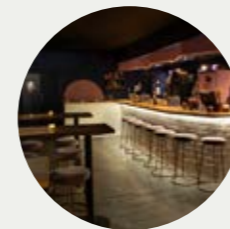
STAFF PICK

ISOBEL MORAN
MARKETING TEAM

→ Mother Mercy

"I love their choice of cocktails. It's just a really cool bar and the staff are super friendly too. We always get involved in their spinner, which chooses a cocktail for you at random - so much fun."

44 Cloth Market, Newcastle,
NE1 1EE. mothermercy.co.uk



BAR / RESTAURANT

The Botanist

When it comes to York nightlife, The Botanist is a pretty unique experience. With antiquities and trinkets hanging from the walls, and resident botanists crafting unusual concoctions, a visit will play pleasantly with your senses. They also have a roster of live music, filled

with bands and singers that often reflect the quirky interior. With a tasty food menu too, it makes for a great place to meet up or pop in for one along the way. A great social scene!

15-19 Stonegate,
York, YO1 8ZW.
thebotanist.uk.com



OOOH, THAT'S NICE!

Ferm Living Ripple Glass

Set of 4 - Smoked Grey

→ The vertical lines are sophisticated glassware at its finest - A set that just oozes style!

£39

endclothing.com



RESTAURANT

The Black swan

Nestled in the stunning North York Moors National Park, this Michelin-starred restaurant is grounded in tradition and culture, but oozes modern creativity. A truly dynamic twist on the English Pub, with ever changing and developing menus, using ingredients they often grow and forage themselves. About as good as food gets in our region.

Oldstead,
York. YO61 4BL
mothermercy.co.uk

RESTAURANT

Träkol Restaurant / By The River Brew Co.



Located in an off the wall container settlement, just below the iconic Tyne Bridge, Träkol showcases seasonal and ethical cooking with a fresh focus on preservation, dry ageing and cooking over fire. Their food and menus are designed to reflect the seasons, created in the moment and are ever

changing. The location and quirkiness creates a unique experience, and with outdoor seating for the warmer months and takeaway options too, this is a perfect option all year round.

Hillgate Quays,
Gateshead, NE8 2BH.
bytheriverbrew.co/trakol



EVENT

Music From the Movies

Come along and join the world-renowned London Concertante, as they bring us an exquisite journey through iconic movie soundtracks. From dinosaurs and spies to aliens and war heroes, the night will be jammed pack with nostalgia! It's promised to be a musical bonanza, with all of our favourites. This event is something the whole family can enjoy, so book your tickets while they're still available.

Sunday, 2nd April 2022
19:30 – 21:30

Tickets:
From £26.46 – £45.86

The Cathedral Church of St. Nicholas, Newcastle, NE1 1PF.
eventbrite.co.uk

EVENT

Durham Pride 2022

Durham Pride is back and it promises to be the biggest yet! The annual Pride march through Durham City will be one of many highlights, with a main stage, beer tents, a funfair, food markets and much more. There's also a very special secret artist, and one of their biggest headliners to date, on the main stage. As always, this event will be filled with happiness and all about spreading the love for all - which we are fully behind.

Sunday, 29th May 2022
11:00 – 19:00

Tickets:
From £4.90 – £16.76

The Sands Field, Durham, DH1 1LF
thisisdurham.com



EVENT

Mamma Mia! ABBA Outdoor Cinema Experience



The much-loved film, 'Mamma Mia' is coming to Sunderland, with a special outdoor cinema, for one night at Herrington Country Park. Before the movie, there'll be music from the 70's and 80's, playing disco and party classics, on an evening that promises a lot of fun. Bring your own blankets or

camping chairs to enjoy the experience under the stars.

Sunday, 13th May 2022
20:00

Tickets:
From £10.47 – £22.58

Herrington Country Park, Sunderland, DH4 7EL.
eventbrite.co.uk

INTO THE

wild



We offer up some ideas for those who like nothing more than to be outside exploring and amongst nature.

WALKS

Seaham and Beacon Point

The walk to Seaham and Beacon Point via Durham Coastal Path is breathtaking. The walk can be joined from different points, depending on how much time or energy you have. Along the way, you'll encounter exquisite views, stunning wildflowers, rocky paths and stone bridges. The trail is a 6.3-kilometre loop and is a

perfect option for a Spring day out. Dogs are also allowed on the path, and there's also a whole bunch of facilities along the way, including shops and cafe's, all of which will make your experience better. This is a great way to spend a day exploring in the sunshine.

For more information visit:
thisisdurham.com



WALKS

Linhope Spout Walk



For those longing for fresh air, out and about in nature, look no further than a walk in the Breamish Valley. You'll find stunning scenery, all set in a National Park, with the main feature - a spectacular waterfall. Linhope Spout is a 60-foot chute of water, which lands into a drop pool of 2 metres wide and

5 metres deep. The entire length of this beautiful walk is 3.21 miles long, which means it's an easy distance for most to walk. There's also picnic areas, so you can enjoy a family day out, full of adventure.

For more information visit:
northumberlandnationalpark.org.uk

WALKS

Derwent Walk Country Park

This park is a truly off the beaten track secret. Surprisingly managed by Gateshead council, it contains woodlands, meadows, wetlands and a riverside, which is all linked by a series of waymarked walks. It really is hard to imagine you're still in Gateshead, whilst walking amongst such natural beauty.

For more information visit:
thewoodlandtrust.org.uk



WALKS

Chopwell Woods

Chopwell Woods is a 360-hectare mixed woodland, offering three main trails, with picture perfect spaces to sit with family or friends to enjoy a picnic in the sunshine. Miles of path allows for walking, cycling, horse-riding and so much more. Another fantastic option to get you out and about in the Spring weather.

For more information visit:
forestryengland.uk/chopwell-wood



Local partnerships in the community

Keeping it local

← **Running Fox Bakery**

One of the amazing providers we've worked with recently, is the Running Fox Bakery. A successful and expanding business, it now has shops in Longhoughton, Felton, Shilbottle and Longframlington. They first opened their doors back in 2011, with their first Artisan bakery in Felton. The coffee shops are warm and welcoming offering a range of sandwiches, platters and soups, fresh pies and quiches, all made daily and served with fresh handmade breads. A wonderful local business to work with, and a must-visit in the North East.

For more information visit:
runningfoxbakery.co.uk



↑ **Nil Living**

Newcastle's first ever zero waste and refill shop Nil Living was founded in early 2019. Selling beautiful, sustainable everyday products, you can get all your household essentials at their refill station and it's all plastic free and natural. Designed for those seeking a plastic free zero waste and environmentally friendly lifestyle, Nil Living makes it accessible, simple, and affordable for everyone to make small sustainable changes. You can find the Nil Living store in the Grainger Market, Newcastle. You can also shop online too. We love this place!

For more information visit:
<https://www.nilliving.com/>

Here at Wellburn we love developing relationships with small, independent businesses in our local communities - here's some of our favourites



← **For the Love of the North**

This is one of our favourite shops! For the Love of the North is run by husband and wife duo Paul and Lucy Hull, selling high quality North East gifts, prints and cards, all sourced directly from artists who live and work in the North East. Born out of a desire to support talented artists and creatives from around their beloved region, this quirky and super fascinating gift shop celebrates all that makes the North East a special place, whilst supporting the community at every turn. Currently residing beneath the iconic



white dome of the Spanish City, Whitley Bay, this little shop is a must visit if you're in the area!

For more information visit:
fortheLoveofthenorth.co.uk



Often in life, we're told that there's always three sides to a story when it comes to an argument or a disagreement. With both sides thinking they're right, and somewhere between the two, lies the third side - the truth. But every now and then, shades of grey aren't necessary. Sometimes, there's just good versus evil, right versus wrong.

When Russian President Vladimir Putin bet the house on a fantasy of his own devising, waging an unlawful and unjust invasion, he brought war not only to the doorstep of Ukraine, but to the doorstep of the free world. The black and white colours of democracy being threatened by an autocratic tyrant, determined to paint the town red, and rubber-stamped with a hammer and sickle for good measure.

A 'special operation' that to date has gone

badly wrong for him and his country at time of press, from both a strategic military point of view and for his own people's future.

It's clear for any right minded person to see that what's going on in Ukraine is beyond comprehensible and just outright wrong. Democracy hasn't seen a threat like this since World War II, and the subject is so black and white, it has united nations and peoples from all four corners of the globe.

Unified in their condemnation and shock, the War in Ukraine has created a splash of its own colour around the world - blue and yellow. The colours of the Ukrainian flag have swiftly become a symbol of support, of solidarity, of togetherness. A symbol that democracy is vital, and when it comes under threat, those who enjoy freedom of speech, freedom of →

→ **By Sara Nigohosyan**

Stand Together

As most of us have watched on in disbelief, sheer terror and disgust at the unfolding humanitarian crisis enveloping Ukraine, we've grappled with not only the reality of a war on our doorstep, but ways in which we can help.

← movement, it threatens each and every one of us. And when we stand together, remarkable things can happen. Charities and aid workers responded immediately to the rapidly developing humanitarian crisis, to offer their support to the millions of people displaced and driven out of their own homes - their own country.

Here at Wellburn, we stand together with the people and country of Ukraine. As we've collectively grappled with the reality of war in Europe - which only a few months ago seemed such an abstract concept - we've also grappled with ways in which we can help.

It's hard to imagine how individually any of us can make a real difference to the millions of displaced refugees. But as with most things, something great, something bigger than any one person can come from a modest beginning. As the saying goes - mighty oaks from little acorns grow!

So here at Wellburn, like so many others, our determination to show our support for the people of Ukraine was so overwhelming, we wanted to do something to help. Our staff came together, and working with HQ, have embarked on a number of initiatives.

A drive to help

One of the initiatives - and without doubt the most ambitious - involved packing as many essentials as we could (a combination of donations from our appeal and donations purchased directly by Wellburn), into two large vans. On Sunday 13th, both vans set off for the Ukrainian/Polish border, driven by volunteers made up of Wellburn staff and friends.

The journey took them across the North Sea overnight by ferry to the Netherlands, then through Germany and into Poland. After an overnight stay, they set off first thing for the Poland/Ukrainian border.

After hours of travel, the team finally arrived at the destination - a small Polish town, bordering Ukraine. A large Tesco's hypermarket had been cleared and transformed into an emergency humanitarian aid centre. The scene that greeted our volunteers was like nothing they could have imagined.

"Nothing could have prepared us for what we found. We were just struck by the sheer number of refugees here."



Far left: Two child refugees, looking tired, cold and confused, waiting in line for food at the centre.

Left: Boxes and boxes of donated essentials are packed into our vans for the trip ahead

Below left: Our volunteers unloading the vans at the centre.

Below: One of thousands of refugee children our team encountered at the aid centre



"As we were driving, we'd chatted amongst ourselves, wondering what would be awaiting us. But nothing could have prepared us for what we found. We were just struck by the sheer numbers of refugees here - it was absolute bedlam and in so many ways, overwhelming. What we had to donate was never going to even scratch the surface, but the positive response we received was extremely humbling," says one of the team members, Duncan Weir.

With volunteers at the centre reporting hold ups in aid making its way to them, our donations were hugely appreciated and our teams were welcomed with open arms.

Once emptied, the team then set about registering both vehicles, which would enable them to transport any refugees that needed help travelling onwards. The refugees that were assigned were heading to stay with relatives in Leipzig, Germany, so once the paperwork was in order, the team

set off for home, via the drop off point.

An extraordinary trip, and in any other circumstances, we would be calling it an adventure. But there was little sense of that, as Wellburn's Steve Buckland explains, "We could have turned up with 500 vans and it still wouldn't have been anywhere near enough. It's a trip I'll never forget. The faces of the refugees were filled with every emotion, from terror to confusion, from anger to distress. And there was just so many of them, it was so harrowing to see, but I'm proud of our team. We did our little bit, and for that we should feel like we've made a difference, in our own small way."

Donations

A lot of the essentials carried in the vans to the Polish/Ukraine border we donated, after we launched an appeal through all 14 of our homes and head office. Spreading news of the appeal through word of mouth and →



“The amount of donations and goodwill we’ve received has been next level.”



Above left: A resident helps a member of our staff pack up boxes of donated essential items. Above: Blankets and toiletries are high up on the list of essentials needed.

← across all of our social channels. The appeal is still ongoing, and whatever donations we’re receiving are going to charities in the North east, with the infrastructure and access to deliver aid to the borders in greater numbers.

Wellburn’s chairman Rachel Beckett has been blown away by the generosity and spirit of all the donating, “I know I shouldn’t be surprised by the people of the North East’s famous generosity - but quite honestly, the amount of donations and goodwill we’ve received has been next level. Like us, most people just want to help in anyway they can. It’s just so touching when you see everyone coming together, rallying around for a common cause. I just want to say a huge thank you to every single person who has donated.”

Donations continue to flood in and we’re continuing to pass them over to charities, who are making sure they get to the right

places, to the people who so desperately need it.

GoFundMe page

Our GoFundMe page went live on the 9th March, with the aim of raising as much money as possible for the Disasters Emergency Committee (DEC).

Staff and residents from all of our homes have been getting involved in doing their bit too. Whether that’s through activities to raise money or to simply spread the word about our page.

We initially aimed to raise £1,000, which remarkably was reached within 48 hours of launch. Wellburn’s Bryony Dale organised the initiative and explains more, “We’ve had such an incredible response from our staff and followers, particularly during a time when many people are struggling themselves, given the challenging two years we’ve had with the COVID pandemic.” ■

To donate cash:

Any donation will make a huge difference to those affected by the war. To donate visit our GoFundMe page:

gofundme.com/f/we-care-for-ukraine

To donate essentials:

You can donate much needed essentials, that we will pass over in bulk to local charities, by simply dropping your donation at any of our 14 homes, and leave the rest to us.

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)

or follow us:
 @wellburncare



30
Out and about

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

33
Latest news

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

36
The Dish

We bring you another super tasty, delicious and healthy recipe in The Dish.

38
Book club

We review four books based on the theme of Spring, in the latest edition of Bookclub.

Activities

Our team of Lifestyle Coordinators plan tailored activities across all of our homes, from day trips to creative days. Here's a selection of recent highlights.



GARDEN HOUSE

Pet therapy

Regular visits from therapy animals popping in to say 'hello' to our residents are a must at our homes, as there are so many proven mental and physical health benefits for our residents induced by pets. And of course, to celebrate national pets day, the friendly pup, Seren, and the calm cat, Onyx, had to pay a visit to residents at our Garden House care home.



GLENHOLME HOUSE

Gin tasting

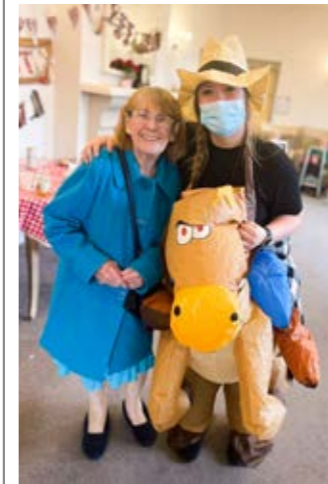
Our Lifestyle Coordinators are always thinking of different ways to kick the week off in style. Over at our Glenholme House home, Lifestyle Coordinator Anthony Topping decided to put on gin-tasting sessions, which are accompanied by charcuterie boards. Everyone loved the idea and our residents have been thoroughly enjoying the post-brunch taster sessions, and in some of our other homes have adopted the idea!



WELLBURN HOUSE

Wild West Wellburn

Over at our Wellburn House home, Lifestyle Coordinator Lyndsay Perham put on a party recently that went down a storm with our residents. The theme was Country and Western party, and the staff and all of our residents fully embraced her idea and the day. There were some sights with staff going full on fancy dress, which created a huge stir and a lot of amusement amongst residents. Everyone loved the country tunes, cowboy hats, and especially the Country and Western themed food and drink. It really makes a difference to our Lifestyle Coordinators when their ideas really hit a home run. Well done Lyndsay, and we can't wait to see your next idea!



ALL HOMES

A day of love

All of our homes celebrated Valentine's day in style, finding lots of different ways to get creative and spread the love. There was gift boxes, chocolate fountains, Valentine's crafts, and even some cheeky love advice too! And our staff didn't miss out either - with each staff member across our homes receiving a little valentine's sweet gift from Wellburn HQ. A great day for everyone, filled with love.



GARDEN HOUSE

Virtual travels

When the weather is gloomy, Ellie Waugh our Lifestyle Coordinator over at our Garden House home, brings the sun to our residents, virtually. Her latest trip took them to the beautiful Montmartre in France, with the help of Heygo - our virtual holiday travel company. An extensive tour of the architecture and history, transported our residents to sunnier climates for the day.



ROSEVALE

St Patrick's day

Music, dancing, food and of course a pint of Guinness. Staff and residents over at our Rosevale home celebrated St Patrick's day in style. Our Lifestyle Coordinator Sarah Fearn put up themed decorations and ran the day. The whole day was enjoyed by all and the atmosphere was full of happiness and celebration. Great work Sarah!



EIGHTON LODGE

Drink to that

Recently our homes celebrated National Hydration Week, which aims to highlight, promote and celebrate improvements in the provision of hydration - especially amongst older people. Over at our Eighton Lodge home, Lifestyle Coordinator Summer McBeth organised the week over there and she did us proud. Each day she served our residents a different type of drink, so that they could enjoy and experience

different flavours and tastes. Summer started the week off with Monday cocktails and served smoothies on Tuesday - as the week went on, more and more variety was on offer. What a great idea and our residents loved the experience. Some even trying a particular drink for the first time. Staying hydrated is something that can often be either overlooked or forgotten about, but it's essential for all of us to maintain our hydration levels. And what a fun way to do it - well done Summer!

WORK FOR US

→ If you're interested in a career in care, look no further than wellburn. For all of our latest jobs, visit: wellburncare.co.uk/careers or follow us on Instagram @wellburncarecareers



the Mind

Here's the answers to all of our teasers from page 37. Did you get them right?

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

DOVEN	O	G	R	E	S						
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L	N	N	H	O							
F	I	L	M	I	N	S	O	M	N	I	A
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T	O	M	T	O	M	A	M	A	Z	E	D
O	P	E	Y	U	E	R					
B	L	O	U	S	E	D	I	C	E	R	

Picture Quiz
1. Jimmy Nail
2. Mark Knopfler (Dire Straits)
3. Brian Johnson (AC/DC)

News

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

COMMUNITY NEWS

Dementia awareness evening



In the lead up to the launch of our St Catherine's home as a specialised dementia unit, we hosted a dementia awareness evening in the heart of Shipton by Beningbrough, York, inviting people from the local community and surrounding areas. With Wellburn's Chairman, Rachel Beckett, leading the panel of speakers, including experts in dementia care, it was an insightful evening and helped raise awareness and educate the local community on such an awful life changing condition. We were also joined by @thedistancelive for some fantastic live music, free food from @apetito and drinks from @canterevents. We held a raffle with three fantastic prizes and even had an interactive dementia bus allowing guests to physically experience what it's really like for those living with middle stage dementia. A thoroughly informative night!

HOME NEWS

A good cause

Recently, all 14 of our homes opened their hearts and doors as they collected physical donations of essential items for the people of Ukraine. Both staff and residents helped sort through the items and box them up, ready to send out to the frontline. A huge thank you to everyone who donated items and money to help make this happen. You're all amazing!



RESIDENT NEWS

Moment in time

In the lead up to the reopening of our St Catherine's care home as a specialist dementia unit, we wanted to find a creative way to raise awareness of dementia and alzheimer's. With the help of our amazing residents and Lifestyle coordinators, we created black and white portraits of some of our residents living with dementia. Next to the images, we shared their different stories and reflecting on their experiences,

in addition to their carers and loved ones' experiences too. We displayed the portrait artwork at our recent dementia awareness event in the Shipton's Village Hall, to help people understand dementia and recognise how different types of dementia can affect individuals in different ways. From the speed in which it can develop, to how symptoms are displayed. A really emotional project and as hard hitting as they were, it was a really useful way to highlight the impact dementia can and does have.

HOME NEWS

Talking point

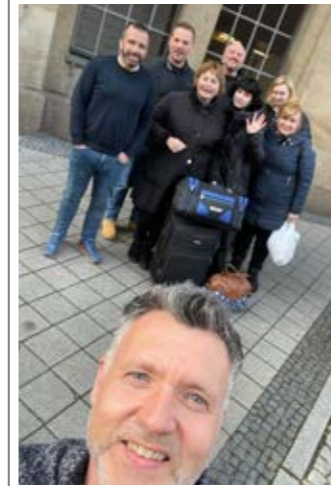
Lifestyle coordinator Gary Ganley from our Whorlton Grange home recently launched his initiative 'Talking point'. The aim is for Gary and the Home Manager to meet with residents' loved ones and people in the local community to discuss the goings-on of Whorlton Grange, over a cup of tea! The first session was a huge success and the next one is already planned in. Well done Gary, great idea!



COMMUNITY NEWS

Keeping it clean

When it comes to helping, it's the small things that really create change and make the biggest difference. So this month, we did something small and gave back to Shipton's local community by organising a volunteer litter pick through the heart of the village. Also joined by a group of our staff volunteers from our St Catherine's home, we had 12 volunteers helping out, and together we managed to fill more than 12 bin bags of litter!



COMMUNITY NEWS

Real hope for Ukraine

To show our support for the current and ongoing humanitarian crisis in Ukraine, a brave group of volunteers from Wellburn decided to travel to the Ukrainian border to drop off essential supplies to the people of Ukraine. Setting off on Sunday 13th March on the overnight ferry, the team arrived at the Ukrainian

border on Tuesday 15th where their supplies were very much welcomed. The team then helped 4 Ukrainian ladies whose husbands and brothers had left to fight, taking the women with them in their vans and dropping them safely in Leipzig Germany with some distant relatives. A huge thank you to the team - such an inspiration to us all.



STAFF NEWS

Tool to inspire

Our Marketing Team recently launched a new Lifestyle Coordinators newsletter, Life. Designed to encourage and share ideas, the most interesting events throughout the homes, and inspiration for future activities. It also provides an insight into what other homes around the country are doing, too. Another initiative to make sure our Coordinators have all the tools to perform at their best.

WellburnPost

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FOLLOW US

→ Keep up to date with all the latest goings on at Wellburn @wellburncare



the Dish

Chickpea Curry

Serves: 4
Prep time: 15 mins
Cook time: 25 mins

↓ For the paste

- 2 tbsp oil
- 1 onion, diced
- 1 tsp fresh or dried chilli, to taste
- 9 garlic cloves (approx 1 small bulb of garlic)
- Thumb-sized piece ginger, peeled
- 1 tbsp ground coriander
- 2 tbsp ground cumin
- 1 tbsp garam masala
- 2 tbsp tomato purée

↓ For the curry

- 2 x 400g cans chickpeas, drained
- 400g can chopped tomatoes
- 100g creamed coconut
- ½ small pack coriander, chopped, plus extra to garnish
- 100g spinach

↓ To serve

Cooked rice and/or Naan bread



↓ Method

To make the paste, heat a little of the 2 tbsp oil in a frying pan, add 1 diced onion and 1 tsp fresh or dried chilli, and cook until softened, about 8 mins.

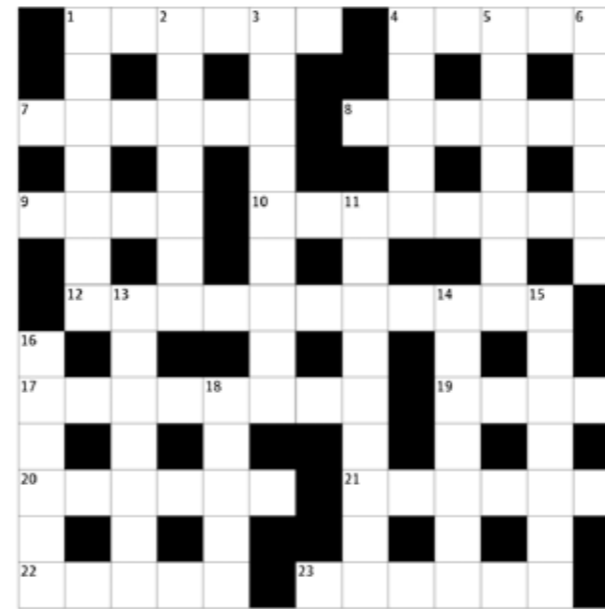
In a food processor, combine 9 garlic cloves, a thumb-sized piece of peeled ginger and the remaining oil, then add 1 tbsp ground coriander, 2 tbsp ground cumin, 1 tbsp garam masala, 2 tbsp tomato purée, ½ tsp salt and the fried onion. Blend to a smooth paste – add a drop of water or more oil, if needed.

Cook the paste in a medium saucepan for 2 mins over a medium-high heat, stirring occasionally so it doesn't stick.

Tip in two 400g cans drained chickpeas and a 400g can chopped tomatoes, and simmer for 5 mins until reduced down.

Add 100g creamed coconut with a little water, cook for 5 mins more, then add ½ small pack chopped coriander and 100g spinach, and cook until wilted.

Garnish with extra coriander and serve with rice / naan bread



Crossword

Across

- 1 Woman's buttoned top (6)
- 4 Device for cutting food into small cubes (5)
- 7 Drum used in jazz bands (3-3)
- 8 Flabbergasted (6)
- 9 Thin coating (4)
- 10 Chronic sleeplessness (8)
- 12 Very poorly fed (4-7)
- 17 Fuse (8)
- 19 Unfeigned (4)
- 20 Pinpoint (6)
- 21 Hardy's other half (6)
- 22 Senior member of a group (5)
- 23 Monstrous female (6)

Down

- 1 Coarse and ill-mannered (7)
- 2 Best possible (7)
- 3 Mutually beneficial relationship (9)
- 4 Disney's flying pachyderm (5)
- 5 French post-impressionist painter (7)
- 6 Branching out from a common centre (6)
- 11 Look lively! (5,1,3)
- 13 Lawlessness (7)
- 14 Greenery (7)
- 15 Underwear (7)
- 16 Climbed (6)
- 18 Dine at home (3,2)

TRY OUR teasers

IT'S IMPORTANT TO KEEP YOUR BRAIN ACTIVE



Pic Quiz

Can you name these three North East musicians?



OOH, THAT'S NICE!

Wordle
 New York Times
 → The word game taking the world by storm! Try and guess the Wordle in six attempts. Each guess must be a valid five-letter word.

Free
 wordle.com



Sudoku

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

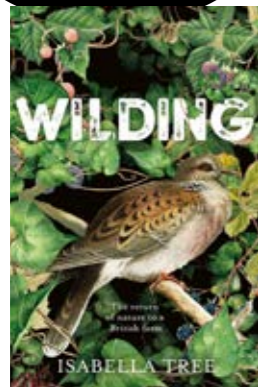
ANSWERS

You'll find the solutions and answers to all of the teasers on this page over on page 32.

the Mind

BOOK Club

WE OFFER UP 4 SPRING THEMED READS FOR YOU



Wilding

↑ **By Isabella Tree**
In *Wilding*, Isabella Tree tells the story of the 'Knepp experiment', a pioneering rewilding project in West Sussex, using free-roaming grazing animals to create new habitats for wildlife. Part gripping memoir, part fascinating account of the ecology of our countryside, *Wilding* is, above all, an inspiring story of hope. Tree has picked up a raft of awards for what is essential reading and an 'of the moment' call to action. We should all care about our planet, and *Wilding* will add to our knowledge on how to start fixing our many ecological problems we as a planet are facing.

Shepherd's life

↓ **By James Rebanks**
Rebanks is the first son of a shepherd and he and his family have lived and worked in and around the Lake District for generations. In evocative and lucid prose, Rebanks takes us through a shepherd's year, offering a unique account of the rural life and fundamental connection with the land that most of us have lost. A book that's often funny and beautifully written.



Spring



← **By Ali Smith**
From the author of *Autumn* and *Winter*, *Spring* is the third instalment in this remarkable, once-in-a-generation masterpiece, the Seasonal Quartet. Each book is a remarkable achievement in itself, but as a quartet, this collection is considered to be some of the most important and inspiring literature this century, and possibly beyond. It's a must read!



Silent Spring

↑ **By Rachel Carson**
Now recognized as one of the most influential books of the twentieth century, *Silent Spring* exposes the destruction of wildlife through the widespread use of pesticides. Despite heavy-handed attempts by the chemical industry to ban the book, Carson succeeded, which led to a ban on many pesticides in the US and across the world. A hugely fascinating and powerful book!



OOOH, THAT'S NICE!

Lobster bookmark
Bon Vivant
→ Keep your page in style with the Bon Vivant bookmark from Barcelona-based design studio, Octaevo. Shaped in the form of a lobster, this finely cut metal bookmark slips onto a page like a silk glove. It's available in multiple colours too!

£14
libertylondon.com

BOOKS IN OUR HOMES

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

Are you or a loved one considering a care home?

Here at Wellburn Care Homes, we're first for luxury and comfort. All of which means your kind of home.

We also understand that finding the right care home for you or a loved one can be difficult. But with our expert staff on hand to guide you every step of the way, we'll take all the pressure off and help you make the right choice.

Enquire now!
Call our dedicated New Care Enquiry Team

Follow us:
f @WellburnCare



And we'll have a home right on your doorstep.

With 14 homes covering all four corners of the North East, why not discover what a Wellburn Care home could offer you or your loved one.

Your kind of home

Watch our videos and discover more about our homes at:
wellburncare.co.uk/our-homes

Or call our New Care enquiry team on:
0191 694 1052

