

A warm welcome to our Grimston Court 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



Grimston Court. First for luxury and comfort.

Our Grade II Jacobean-style country home, set in secluded private grounds on the outskirts of York, offers exceptional care. Why not discover what Grimston Court home could offer you or your loved one.

Your kind of home

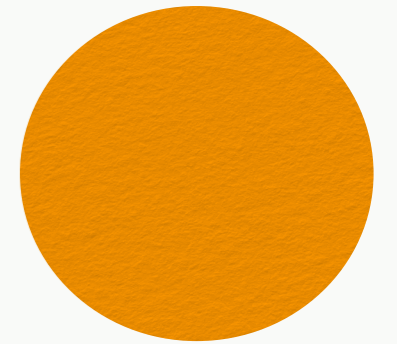
To find out more about our Grimston Court Care home, visit:
wellburncare.co.uk/our-homes

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




WellburnPost

Issue 25 | Summer 2022



Celebrating our
25th
- Issue -

 The free quarterly from
Wellburn Care Homes



For summer events with a bit of style.



Yorkshire's Premier Mobile Events Bar

Follow us:
 f @canter_events

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canterevents.co.uk

Contact the team:
 07900748839
info@canterevents.co.uk



Cover image
 Illustration by
 studiomikey.co.uk
 for our sustainable
 community feature
 on page 6.

Celebrating our
25th
 - Issue -

Welcome to issue #25, our summer edition. It's a cause for celebration as we reach a landmark 25th issue, and it's packed full of exciting and topical content.

We catch up with our Executive Chairman, as she reflects on 25 issues of this magazine and how much has changed within Wellburn over that time, in her regular Agenda piece. (pg 5).

We look to our communities and the importance of building them with sustainability at the heart of what we do. (pg 6).
 Our 365 section delivers lots of hints and tips on maintaining our happiness and wellbeing, including two mini features, one of which

celebrates Pride month and offers some wellbeing advice on how we can and should be more proactive in embracing and supporting the LGBTQ+ community (pg 18).

In The Great Escape, we discover some of the best places to eat, drink and explore this summer (pg 16).

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

Enjoy our 25th issue and we wish you all a lovely, sunny summer.

Izzy & Sara x
 Izzy Moran and Sara Nigohosyan
 Editors / Marketing Team

Notes from the Editors

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

5

From the inside

Rachel Beckett reflects on our 25th issue, and how things have changed in that time.

6

A sustainable community

→ We take a look into why building a sustainable community is so important.



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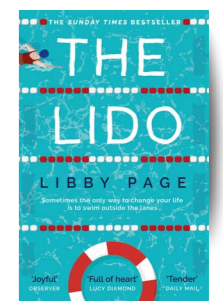
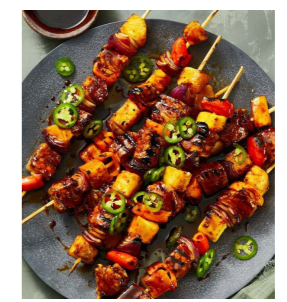
Happiness & wellbeing

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

18

The great escape

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



24

A new chapter

→ We look back at our grand open day for our refurbished St Catherine's home.



36

The Dish

↑ Our latest offering in The Dish, is a super tasty perfect summer option of pork skewers.

38

Book Club

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





In the community

The little things

As part of our ongoing staff volunteering initiative, we recently ran a social media campaign, asking followers to nominate someone in the Shipton area to receive a little tasty surprise. Designed to give a little something back to one of our local communities, the nominations flooded in. Fish and chips delivered to the doors of those chosen,



sounds such a simple thing, but the happiness and joy on the recipients faces just shows, that sometimes it really is the little things that make such a big difference. Such a lovely and unique way for those receiving to know that they were in the thoughts of those loved ones nominating too. The staff who volunteered their time to deliver the parcels had a great time and enjoyed the interaction within the community, and the reaction on the recipients faces was a lovely thing to see. We'll be running more nomination opportunities throughout the year, so keep an eye on our social channels for more info.



AGENDA

FROM THE INSIDE

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

The sun is out and we're finally in the midst of summer, and things are feeling rather celebratory over here at Wellburn. After months and months of hard work, we recently opened our doors to our brand new St Catherine's home in Shipton, York. It involved a total transformation and an overall investment of £1.5m to realise our ambition for the project - to turn St Catherine's into a dementia specialist home and put it at the forefront of dementia care in the region.

To mark the occasion, we held a grand opening day on Saturday 11th June, and people from our local communities turned up in their masses for it. Hundreds joined us for what turned out to be an absolutely fantastic day, with special guests, live music, food and drinks stalls, which were just some of the highlights. You can read more about the day on the page (24).

It also coincides with our 25th edition of this magazine. When we launched our first ever edition way back in August 2015, we launched it with the intention of it being quarterly, but had no idea if it would be a permanent fixture. At the time we had a few newsletters, but as part of a complete brand overall, the thinking behind the magazine, was that it would be really good to have something more substantial, that offered a glimpse into life here at Wellburn.

Over the years, it's developed into something really special and so much more than a glorified quarterly newsletter.

We've had guest writers, including a BBC director, a Times journalist and regular contributions from TV chefs, The Hairy Bikers. The numbers of pages has increased and the design of the magazine has organically developed into what is now, I feel, a complete magazine, and a quarterly I'm really proud of.

There's a lovely parallel to our magazines timeline from that very first edition, as it was launched shortly after I took over the business from my father, Simon Beckett.

The rise and rise of the magazine and how it's changed and improved over the years, in many ways mirrors the business as a whole. And because the launch of St Catherine's comes around the same time as this 25th edition, although coincidental, it's a timely reminder to me of just how far we've come on the journey.

It also fills me with excitement as we look forward - since those early days of the first editions, the transformation of Wellburn as a business has been significant, often tearing up the rule book, in favour of progress, innovation and adopting new, fresh approaches.

I'm proud of the progress we've made and although there's always much more to do, for a brief moment, I think it's only right that myself and my team take a moment to mark this 25th edition, to look at the magazine and the company as a whole, with joy and something we can all look at with immense pride. Here's to the next 25 issues! ■



Creating a healthy environment for ourselves, our kids, our families and friends, comes down to more than the social connection and sense of belonging of a local community. A crucial point is making sure the community we create is sustainable.

Shaping our personal and social habits, values, and surroundings to create a sustainable community - a community where environmental challenges are addressed, native ecosystems are preserved, people from diverse backgrounds and perspectives feel welcome, safe, and every group has a seat at the decision-making table. A community where Pride month or Black history month are not the only

months members can feel safe or included, but a place where everyone's wellbeing is important 365 days a year.

This builds a safe environment for the community as a whole, and raises conscious children - environmentally, socially, and even politically conscious, open-minded, and inclusive. This in turn can act as a catalyst to expanding every member's social and economic opportunities, which in turn uplifts both individual and overall quality of life - a positive feedback loop that shapes a prospering community.

Sustainability also plays a massive part in creating that perfect social environment. Sustainability and inclusivity are →

Creating a sustainable community

→ By Sara Nigohosyan

When it comes to communities, each and every person and their actions play a vital role in building them, and building them right. We take a look into why building a sustainable community is important - and how we do it.

→ more closely related than they may seem. A lack of environmental consciousness and the worst effects of the results of that - climate change, pollution, climate disasters, escalate quickly and drastically and affect the most vulnerable and discriminated against. This converts into environmental racism, where minority groups and neighbourhoods often get the short end of the stick and are affected by a disproportionate amount of the effects of pollution. From toxic waste to landfills creating air pollution to anything in between. Lower socioeconomic areas can often be doomed to lower quality of life when a local community does not have the right values and priorities in place and is not putting in the effort to becoming more sustainable. So, it all circles back to our community... how confidently can we say our own communities are sustainable enough?

Making sure a community is sustainable is a team effort, but it all comes down to the individual. A team of individuals who are proactive in protecting the environment and the people around them - this all starts from somewhere, from someone.

Creating sustainable communities

Sometimes changes take time, and turning a community into a sustainable one requires habit, effort and support from each and every member. Each one of our homes has connections with local charities, often donating food, clothing, and money, and while donations are important, there is so much more to it than donating.

"Making sure a community is sustainable is a team effort, but it all comes down to the individual."



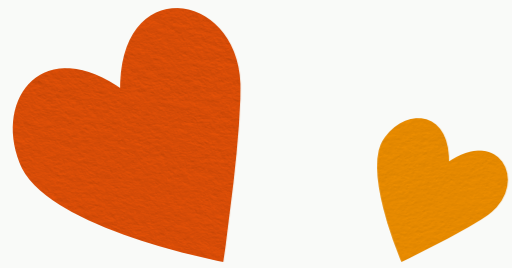
the opportunity to be able to have a positive impact in so many places all at once, and we are habitually grasping those opportunities with both hands.

Many of these gestures and initiatives may seem small at times, but each and every small act contributes to the grander scheme of things - when a single litter pick in a town of 800 can compile over 13 bags of litter, in only a few volunteering sessions, Shipton by Benningbrough transforms into a much cleaner and safer space for its residents and children. In that same way, a single portion of fish and chips given to a nominated elderly person living in solitude contributes to a stronger sense of community, a caring and welcoming one. Now imagine every person in your local community initiating a lovely little contribution to a more sustainable community.

Here at Wellburn, we try to be as proactive as possible in creating sustainable communities - we are conscious that it all starts from somewhere, or someone, and taking the initiative to be the start or support of shaping a sustainable community is something we are constantly trying to actively achieve. This is why we organise litter picks with our staff, calling local communities to participate, initiate kind gestures to reach out to those in need, with our free fish and chips deliveries and 'helpful handy people' initiatives, helping those vulnerable people who may need a hand with fixing something around the house they might not be able to do themselves. Having fourteen care homes in fourteen different communities gives us

The same goes for protecting our environment - starting with the one we live in, and expanding the positive impact by genuinely caring about its wellbeing and that of those who may be affected by the negative repercussions of a neglected one.

Often showing initiative doesn't take much at all, it can start with something as simple as choosing a sustainable piece of clothing over a piece of fast fashion. Voting with your wallet is a powerful move too, and it's something we do consciously but often subconsciously every day - whether you buy local produce that is not fully wrapped in plastic or your next pair of jeans from a charity shop can make a big difference. All it takes is shaping a habit. Multiplying a habit →



"When you care with passion, more people will follow suit."



→ by a million people over a thousand small communities - that shapes massive change.

Underestimating the impact we can have on those living around us and our surroundings is one of the most dangerous paths to apathy. Showing up and caring is free, but the effects of indifference and the lack of proactivity are costly. And it's important to remember that attitudes are contagious. When you care with passion, more people will follow suit. Setting a standard affects everyone, and it's something that sticks and affects everyone. And with a contagious positive can-do, change attitude, making caring and proactivity the standard won't be such a big challenge and your community will be sustainable in no time. ■

365 **HAPPINESS** & Wellbeing

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

12 Residents wellbeing

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

26 Summer vibes

Making the most of the summer, to boost our mental and physical wellbeing.

29 Retail therapy

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

30 Do it with Pride

We can and should all be promoting love, kindness and acceptance - to all.

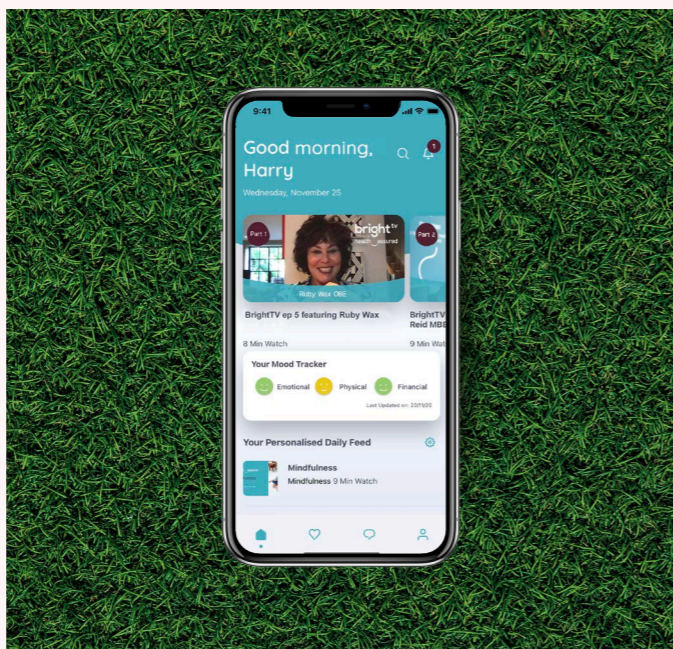
on the inside

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.

→ Looking after our staff

Working in care is a lot more than just physically demanding. It can at times be extremely mentally challenging too, which is why we're always looking for ways to make sure our staff feel supported, both from a physical and mental wellbeing point of view. Recently, we've introduced something really exciting for our staff - 'Health Assured' is an award-winning employee assistance programme, that offers a huge amount of help and support to improve mental, physical and financial

wellbeing, using personal metrics, personalised content and four-week plans to set goals and celebrate achievements. Our hope is that this new programme will, along with existing wellbeing initiatives, really contribute to improving all areas of staff wellbeing. We'll be promoting the new programme heavily as we roll it out across all 14 of our homes, including head office too, encouraging staff to participate and to explore and discover the many benefits it will offer. We're very excited about its potential.



← Focussed on wellbeing

We have plenty of activities centred purely around residents' Wellbeing, ranging from gardening to animal and flower therapy - perfect for reducing stress whilst improving hand and eye coordination. Our Lifestyle Coordinator, Donna, from our Riverhead Hall home explains, "With all our activities, we try to create a calm atmosphere to promote stress release. It's important for residents to feel like they can do things they still would at home like baking, gardening and being pampered! Laughter is key too, we all love getting together to chat, joke and smile - this all really helps to boost residents' positive emotions."



There are so many hidden benefits in the small everyday things we do. One way to fully embrace those benefits is to be fully conscious of them while exercising those little acts that we already do on the daily anyway.

Now, summer is here, the sun is out, the weather is lovely, and everyone is outdoors - the parks are booming with people and so is the average overall happiness level.

There is a reason for that, and it goes beyond the summer 'vibe'. Feeling the sun's warm rays more and more is drawing people outside in the fresh air, the outdoors is pulling us all in, which in itself has a strong effect on everyone's wellbeing.

With the abundance of vitamin D that the sun has to offer, one of the simplest ways to nurture our bodies and minds is giving into the warmer, longer days and spending them soaking up those natural vitamins. And this is only a single aspect of the benefits of the outdoors - time in nature, whether you choose to go to a park, on a hike, or on a walk along the coast, has also been found to help with mental health, significantly lowering

anxiety and depression. Mental health can often prove to be more important to an individual's overall wellbeing than physical health, and if spending time outside helps with both, then it's definitely an avenue to explore expanding in your free time.

Walks, hikes, cycling - with the weather being so gracious, the opportunities are endless, and it's important to grasp them while we can.

Here at Wellburn, we are also conscious that for people to grasp these opportunities, they may need a bit of help. Which is why we have launched a Cycle to Work scheme, providing all 600 of our staff with an affordable way to get a bike and fully enjoy spending more time outdoors.

Practicing what we preach is a pillar we stand by, and we always encourage wellbeing, both physical and mental, which translates into so many initiatives we do. June has also been a month we encouraged our staff to partake in a steps count challenge we held. And so many of them did, increasing their average monthly steps by thousands. And one by one, these small things build up and affect each and every individual a little bit, until it affects them a lot.

There are so many reasons to go outside, right now - the warm, clean air is calling you, and you don't even have to put any effort in whilst spending your time outside, your presence there is enough for nature to do its thing and help you out. So grab your bike, a book, and a picnic blanket, and choose to have the healthiest wellbeing day. And then do it again tomorrow.

THOSE SUMMER VIBES

→ By Isobel Moran

Making most of the summer, to boost our mental and physical wellbeing.

OUT ON
THE OPEN

road

Getting out and about amongst nature and in the fresh air, delivers a huge amount of benefits for both our mental and physical wellbeing. Being around nature has been scientifically proven to give our positivity a boost. Here at Wellburn, we have minibuses that take our residents and staff for regular days out, and we see the benefits of these days first hand. Some of our favourite destinations include taking in day trips

to the seaside and into the North East countryside. Of course, getting out and about is so much easier and more enjoyable during the summer months - the warm weather also encourages us to be more proactive, which is all good news for our wellbeing. And although a healthy and nutritional diet is also vital to our wellbeing, it's OK to treat ourselves every now and then, and there's not many things that beat an ice cream or fish and chips by the seaside.

RETAIL

therapy

From the homemade to purpose made, there's a lot of things out there that can help improve our happiness and wellbeing this summer. Here's some of the best.



Handmade three tier bee hotel

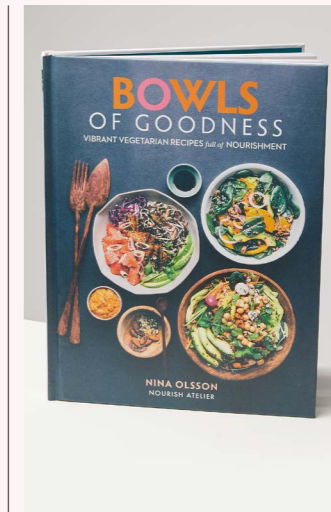
→ This beautiful insect house can be a great wellness gift for yourself or loved ones. It can help bring a new sense of life around your garden and increase the pollination which will help grow your garden naturally. Bees are extremely important for our ecosystem and this gift is a great way to make a small but valuable contribution to helping out the environment.

£45
notonthehighstreet.com

Mini mindful candle set

→ These honey scented relaxation mini candles are handmade from 100% beeswax. The non drip meditation candles come with a 20-minute clean burn time and are perfect to give you an all important reflection time out.

From £18.50
notonthehighstreet.com



Bowls of Goodness

→ This plant-based recipe book offers so much variety, from smoothies to salads, to noodles and much more. Every recipe is inspired by home cooking and is a great way to expand your plant-based diet. And because it's summer, you can invite your friends and loved ones over for a nourishing plant-based food party. Now that's wellbeing!

£18.99
oliverbonas.com



OOH, THAT'S NICE!

Hot and cold eye pillow

→ We love this versatile linen pillow - it's for your eyes and all over body application. It can be cooled in the freezer to reduce swelling and relieve headaches, or heated in the oven or microwave to relax or sooth sore muscles. It can also be scented with essential oils such as lavender, lemon or eucalyptus for use in aromatherapy. A little bit of relief for that 'me time', which is essential to get for our wellbeing.

£17
notonthehighstreet.com

DO IT WITH PRIDE

→ By Sara Nigohosyan

When it comes to Pride, here at Wellburn, we want everyone to feel safe, free and comfortable to express their own Pride. Creating a safe space for each and every sexual orientation, gender identity, and member of the LGBTQ+ community should be the norm not only in the month of June, but during all twelve months of the year.

Having the freedom to love and be loved is a basic human right, not a privilege, and when that is challenged by horrendous homophobia and toxic masculinity, the repercussions on both the physical and mental wellbeing can be huge.

Which is why here at Wellburn, we tolerate nothing less than acceptance and support for the LGBTQ+ community, and for every member of staff and residents who identify as belonging to the community. The importance of Pride Month however goes beyond acceptance

- it celebrates the accomplishments of LGBTQ+ individuals, but it also commemorates decades of struggle for civil rights, as well as the ongoing inequalities and discrimination, that many still encounter in their everyday lives.

To many, it may seem hard to imagine that gay marriage was only legalized in England in 2013 and 2015 in the USA, as this now seems like a natural right; however, there are still so many forms of discrimination, homophobia, and microaggressions that members of the LGBTQ+ community face on a daily basis.

What we must do, as a community and as individuals, is to make sure that we avoid remaining passive to these issues. Being an ally is more than just a buzzword, anyone can be one and everyone should be one.

From the smallest things, like learning more about gender identities and sexual identities, to showing support by showing up for a pride parade. Support can be

"Being an ally to the LGBTQ+ community is more than just a buzzword, anyone can be one and everyone should be one."

displayed in many ways, it is always appreciated, and the smallest things can lead to the biggest changes - it may not seem like much to encourage your son to paint his nails or to call a friend out on their homophobic joke, but gestures like these communicate a much stronger message to those around us and help eradicate harmful habits, often caused by toxic masculinity.

So, go support your LGBTQ+ friends and strangers - attend a pride festival, vote with your wallet - support the community by shopping from small queer-owned businesses, listening to music and reading books by queer artists.

Be prepared to course correct even the smallest comments that you know may cause considerable harm, and of course, encouraging those close to you, perhaps family members or close friends, to all do the same. We can and should all be promoting love, kindness and acceptance - to all. We owe it to each other and to future generations.

THE GREAT
Escape

PLACES TO EAT
AND DRINK IN
THE REGION



RESTAURANT

The Rabbit Hole

This Shanghai- inspired 1920's supper club, is hidden behind Durham's first dim sum parlour. This niche restaurant has a dual personality, part Oriental grill and the other part a speak easy. With live Jazz this place is extraordinary and a proper little gem and provides a truly unique experience. A must try!



17 Hallgarth Street,
Durham, DH1 3AT
therabbitholedurham.co.uk

COCKTAIL BAR

Barluga Newcastle

If you're looking for somewhere that offers those cocktails, Pimms, Aperol Spritz in the summer sun vibes, Barluga offers this in spades. Check out the beautiful terrace and soak up those glorious rays, whilst still in the heart of City Centre. There's always a friendly vibe about the place and the views from the terrace are stunning. There's also plenty of shaded seating areas, making the summer evenings super cosy and of course options for shade through the hot summer days. An ideal stop off for a delicious glass of Aperol Spritz in the sun.



35 Grey Street,
Newcastle, NE1 6EE
barluga.co.uk/newcastle

POP-UP BAR & FOOD

Thor's Bar



This awesome pop-up beer garden in York, is an absolute must visit! The Nordic inspired pop-up bar is open from 24th June and located in the bustling Parliament Street in the City Centre. Known for its famous fire pits and live DJ sets, Thor's Bar is a sure bet when looking for a venue to give you those

summer vibes. Thor's Bar also offers a wide variety of delicious street food too, so it really does have it all. This year there's also some new frozen cocktails to try and the word is - it's going to be legendary.

Parliament St,
York YO1 8NB
thorstipi.com



Aperol Spritz

Ingredients

- 3 parts Prosecco
- 2 parts Aperol
- dash of soda
- Ice
- Slice of orange

Method

Fill your large wine glass (or official Aperol Spritz glass!) with plenty of ice.

Add 3 parts Prosecco, then 2 parts Aperol.

Add a dash of soda and stir briefly.

Garnish with an orange slice and enjoy!



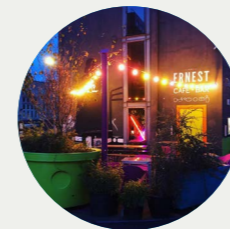
STAFF PICK

SARA NIGOHOSEYAN
MARKETING TEAM

→ **Ernest Café Bar**

"I love the quirky atmosphere here whether I'm visiting during the day or at night. They have delicious food too and the staff are always really friendly. Love going here with my friends."

1 Boyd St, Newcastle,
NE2 1AP. weare Ernest.com



RESTAURANT

Turtle Bay Newcastle

Turtle Bay is a wallet friendly venue with a great atmosphere. The restaurant offers choices from bottomless brunches to happy hours, hosting all day long breakfast to dinner, and it's worth every penny! A perfect place to eat and drink with friends and not have the bill fears.

Their cocktail menu is jam packed with variety and the food takes you on a journey to the heart of Caribbean cooking. What better way to celebrate the start of summer!

The Gate, 117 Newgate St,
Newcastle, NE1 5RZ
turtlebay.co.uk

RESTAURANT

Black Horse Beamish



Tucked away in the beautiful, picturesque Durham countryside, the Black Horse Beamish offers stunning views across Beamish Valley. Surrounded by a 37-acre lavender field and woodland, it's easy to fall in love with the history and location of the pub. The Black Horse Beamish

offers a range of seasonal food and delicious drinks on the roof terrace or in their outrageously pretty beer garden. Pre-booking is essential because this place is quite rightly in high demand!

Red Row, Beamish,
County Durham, DH9 ORW
blackhorsebeamish.co.uk



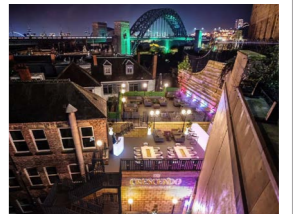
OOOH, THAT'S NICE!

Citrus Squeeze Bottle Opener

→ Serve summer drinks in style with this super cool, handmade lemon wedge bottle opener.

£8

anthropologie.com



RESTAURANT

The Crescendo

This stylish urban rooftop bar, only opened in the summer of 2021, but it's already gained a huge reputation as one of the city's best rooftop bars. Tucked away between two listed buildings, the bar has amazing views of the Quayside and the city skyline. A perfect place to enjoy sundowners with friends this summer.

Side, Newcastle,
NE1 3JA
@crescendorooftop



EVENT

Seaham Food Festival

This is only the festival's third year, but already it's captured the imaginations of the locals and beyond. This free festival's aim is to support independent traders, boost business recovery and encourage visitors to enjoy two days of outdoor theatre, music and taster activities. As well as a host of delicious dishes on offer from traders, there's also live demonstrations from TV personalities and well-known chefs. A great way to spend the day!

6th Aug - 7th Aug 2022
All day both days

Tickets:
Free

Terrace Green,
Seaham, County Durham,
SR7 7EZ



EVENT

Brunch in the Park

Brunch in the park is back to Central Park for 2022, setting up the perfect summer vibe with a superb bottomless brunch. Their amazing street food is delicious and all to the backdrop of their resident DJ's, soundtracking the day with some of the best of British throwbacks! The brunch includes 90 minutes of free-flow drinks from Aperol and Pimm's, to Prosecco and beer, and of course the wide choice of food from the food stalls.

Available throughout June, July and August 2022
12pm - 2pm

Tickets:
From £28

Life Science Centre,
Newcastle, NE1 4EP
centralparknewcastle.co.uk

EVENT

Kynren - An Epic Tale of England



Ranked 5 stars on Trip Advisor, this award-winning 90-minute performance is absolutely spellbinding. Rebellions, magic, wars, celebration and heartache are all brought to life in this extravagant outdoor theatre show. The show is also family friendly, and it provides an

atmosphere all ages will enjoy and feel the magic!

Selected dates throughout Aug and Sept 2022

Tickets:
From £20 - £50

11 Arches Flatts Farm, Bishop Auckland, DL14 7SF
11arches.com



INTO THE

wild



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

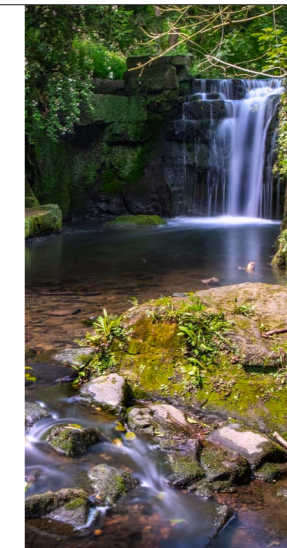
WALKS & PICNICS

Jesmond Dene

Jesmond Dene is the jewel in the crown of Newcastle's parks and green spaces. The Dene is packed full of historic and natural features and masses of wildlife, flowers and ancient woodland for everyone to enjoy. It's also home to Pets Corner, which is always a popular stop off, and next door you'll find the Visitor Centre which

includes a gift shop, café and toilets. The Dene is the perfect summer spot for all things nature, with lots of designated picnic areas, you really can get lost for the entire day. If you're lucky you'll even spot a kingfisher or otter, which are both native to the Dene.

For more information visit: urbangreennewcastle.org



ACTIVITIES

The Balloon Tree - Fruit and vegetable picking



The Balloon Tree welcomes visitors to enjoy picking their own fruit and vegetables in the summer sun. With a huge variety of pickables, there's lots of different options - from strawberries to carrots. The perfect summer activity, which is not only great fun for the whole family, but all products picked are jam

packed with nutrition and bursting with healthiness. It's also child friendly, so it's a great way to keep the kids busy, whilst allowing them to connect with nature and enjoy the outdoors. It's also a really lovely way to support local business.

For more information visit: theballoontree.co.uk

WALKS

King Edward's Bay

Surrounded by cliffs and beautiful grassy banks, King Edward's Bay is absolutely stunning, and in the summer, it pulls in the visitors by the bus full. The Bay's award-winning beach sits at the foot of the historic, English Heritage run Tynemouth Priory and castle. Riley's fish and chip shack is a must try too!

For more information visit: visitnorthtyneside.com



ACTIVITIES

CBK Adventures

Take to the seas this summer and explore the coves and caves along the Northeast's stunning coastline, for a fun-filled day of adventure. Award-winning CBK Adventures offer a wide range of water activities, from paddle boarding to kayaking, even guided tours through the seas, to offer you some of the best experiences and classes in the region.

For more information visit: cbkadventures.co.uk



Local partnerships in the community

Keeping it local

← **Scream for Pizza**

Whether you visit Scream for Pizza's Newcastle-based restaurant, or you pick up a slice or two from their mobile pizza van, you'll find it almost impossible to avoid screaming for more. Their pizzas are outrageously tasty, and because they cater for all foodies, there's meat to veggie to vegan, so there's options for all tastes. Our staff and residents love a bit of Scream for Pizza, and we couldn't recommend this small independent more. Supporting a small local business, whilst being treated to the best pizza in town - the perfect match!

For more information visit:
screamforpizza.com

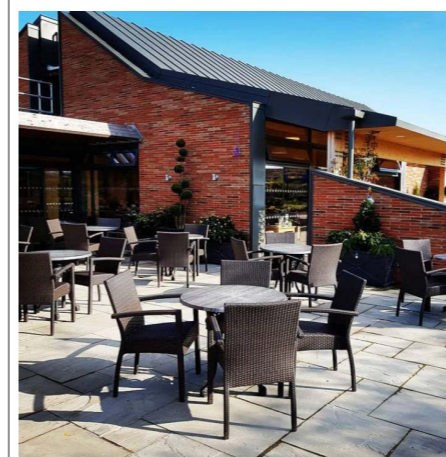
Here at Wellburn we love developing relationships with small, independent businesses in our local communities - here's some of our favourites



↑ **Canter Events**

Canter Events is a family-run mobile bar business that we just love working with. A local business' friendly attitude, combined with their outstanding services make them one of our favourite local businesses - they never disappoint. Wellburn has now worked with Canter Events' team and their vintage horse trailer-style bar for a number of our events, and they've always been a firm favourite amongst our guests! For crafted drinks and overwhelmingly friendly staff, this small business should be on top of your list when organising your next event.

For more information visit:
canterevents.co.uk



← **Deans Garden Centre**

Visiting Garden Centres is always a firm favourite activity amongst residents across all of our homes and we'd like to shine a spotlight on Deans Garden Centre in York. A family run business, Deans Garden Centre was opened in 1968 by Mr & Mrs Dean and has been serving local gardeners for 50 years. They have an excellent range of plants, seeds, and bulbs within the garden centre and even their popular coffee shop - 'The Bothy' serving hot and cold meals, drinks and snacks all year round.



Which is always a popular stop off with our residents and staff. We'd recommend a visit to one of our favourite garden centres in the region.

For more information visit:
deansgardencentre.co.uk



A new chapter

→ By Isobel Moran

After such a successful day, surrounded by friends, families and locals from our community, we reflect back on the grand opening of our transformed and now dementia specialist care home St Catherine's.

Saturday 11th June marked a hugely important chapter in St Catherine's history and for Wellburn as we welcomed guests to celebrate with us, the grand re-opening of our St Catherine's home, after its transforming refurbishment into a specialist dementia home.

The launch day turned out to be a huge success, attracting hundreds of guests and marking the beginning of a new era for St Catherine's at the forefront of dementia care in the region, which we were delighted to share with everyone who attended. The launch day had a real carnival feel to it, hosted in St Catherine's main garden with some much-loved guest highlights including fairground game stalls, live music, an array of food and drink, and an animal 'pet therapy' corner. The day turned out to be an

informative day of family fun, with plenty of younger guests enjoying the party games, food and even an interactive kids treasure hunt we had on offer. All touch points throughout the day had a subtle approach to dementia awareness too, highlighting an important message to our guests of how different aspects can help those living with dementia. Even the children's treasure hunt highlighted this key message, with each item on the list introducing different areas of dementia such as memory, smell, and sounds, all in a child-friendly and engaging way. And it really was a lovely moment for us to see how the children interacted, took interest, and learnt as they went along.

Tours of St Catherine's new sensory garden designed by award-winning garden designer, Luke Arend, also →



“It’s been a long journey to get here, but standing here, with such a fantastic turnout, amongst so many friends and guests from our local community, I just feel a huge amount of pride.”

← proved particularly popular with guests as they got to experience each area of the new sensory garden designed perfectly with dementia in mind from plants that stimulate all the senses without overpowering scents to plants that residents would have had in their own gardens to help trigger past memories. The garden hosts a mix of areas with hot stimulating planting and other areas with calm relaxing planting, alongside dementia-friendly use of colour, texture, and shade throughout. Walking around the garden, there’s an array of different garden ornaments and features, again designed to stimulate memories for our residents living with dementia.

Our staff played a huge part on the day too, helping to show guests around, explain our story and introduce everyone to the new

concept of St Catherine’s. We even had a few special guests show up for the big day including the Sheriff of York, Suzie Mercer, who officially cut the ribbon to announce St Catherine’s open, whilst wishing the home all the best in its new venture. We were also joined by Care England’s Chief Executive, Professor Martin Green OBE who, sharing his thoughts on the project, said “This is a ground-breaking project, developed specifically to offer support services for people with early-onset dementia, and the partnership with Dementia Forward will ensure that St Catherine’s is going to transform the lives of people with early-onset dementia. I have no doubt that St Catherine’s is a State of the art facility that will become a regional, as well as a local centre of excellence to support people living

with dementia, and I was honoured to be at the grand open day, to pay tribute to the fantastic work done by Wellburn and I want to commend Rachel and her team for the care and support they offer and for the expertise in Dementia care which has been developed over many years.”

Speaking to guests at the open day, Wellburn’s Chairman Rachel Beckett added “It’s been a long journey to get here, but standing here, with such a fantastic turnout, amongst so many friends and guests from our local community, I just feel a huge amount of pride. We’ve had such incredible support from so many people throughout the journey, and all of my staff have been exceptional. The opening marks a new, exciting chapter in the history of St Catherine’s, Wellburn Care Homes, and dementia care in the region.”

For St Catherine’s to be where it is today, the complete transformation required more than 2 years of research, development, planning and design, an excess of £1.5m invested and a deep dive into the world of specialist dementia care before even a single brick was laid. And it’s safe to say, the hard work has certainly paid off as St Catherine’s now stands at the forefront for dementia care in the region with a very bright future ahead. Now a beautifully modern dementia specialist care home, with state-of-the-art facilities, Wellburn hopes St Catherine’s will not only become a local centre of excellence, but regional too, offering unrivalled support to those living with dementia, whilst furthering our understanding →



“The future looks bright and we’re looking forward to getting on with what we do best - caring,”



← and raising awareness of the condition and its implications within families and society.

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 and that’s exactly what she has managed to achieve. Every aspect of the home has been carefully crafted with dementia in mind, from the colours used to the innovative technology such as circadian lighting systems by Neil MacDonald, dementia-friendly catering by Apetito and a brand-new sensory garden. All designed to make life with dementia as comfortable as possible.

The newly transformed St Catherine’s now hosts 32 larger rooms with state-of-the-art facilities also including ‘The Manor’

- a specialist 7-bed unit providing much-needed specialist dementia care for younger residents (65 and under) living with early-onset dementia. With the help of Jill Quinn, who runs a charity called Dementia Forward, Rachel was inspired to add this additional specialist unit to the home to help younger residents with dementia to socialise and live more independently. Dementia Forward also hold day services for people under 65 with dementia and have been very influential in helping Rachel to develop St Catherine’s to where it is now.

So, after a successful launch day, it’s now time for St Catherine’s and Wellburn to start a new chapter in the history of dementia care in the region. “The future looks bright and we’re looking forward to getting on with what we do best - caring,” says Rachel. ■

Life

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

→ wellburncare.co.uk/life

or follow us:

f @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.



ALL HOMES

Done with Pride

Recently, staff and residents celebrated #pridemonth across all of our homes in June. We showed our support by throwing pride-themed parties, having a good old sing-along and dancing whilst learning about different members of LGBTQ+. A great opportunity for learning and having fun whilst showing our support for our staff and residents that belong to the LGBTQ+ community.

RIVERHEAD HALL

Life's a picnic

Recently our Riverhead Hall home celebrated international picnic day on the 18th June. Inviting friends and family to join them, they hosted a teddy bear picnic. Served in true picnic style, guests enjoyed an array of yummy food on paper plates with paper cups and straws too! There were all sorts of treats from sausage rolls and crisps to pork pies and sandwiches, all washed down with a glass of fizz!



ROSEVALE

National Beer Day

National beer day for obvious reasons is always popular with our residents, and it certainly went down a treat at our Rosevale home recently. Of course the clue is in the title, and there was a variety of different beers for our residents to sample. But for most of us a beer means pub and friends - it's this social aspect to beer that can often provide us with so many wellbeing

benefits. Social interaction, catching up with friends and just that bustling atmosphere of a busy pub. So Rosevale tried to recreate the pub setting, with bar snacks like pork scratchings, crisps and nuts! Residents even listed out all their favourite alcoholic drinks on Rosevale's whiteboard, and of course, this was all whilst having a good old chin wag, just like at the pub!



HEATHERDALE

Sunny side up

It's summer and sometimes there's nothing better than to take five out and relax in the sun. And our staff and residents over at our Heatherdale home have been taking full advantage of the beautiful garden over there, soaking up the sun, whilst admiring the lovely flowers, and of course enjoying homemade ice cream sundaes to keep them cool. Hopefully this is the start to a lovely sunny summer.



GLENHOLME HOUSE

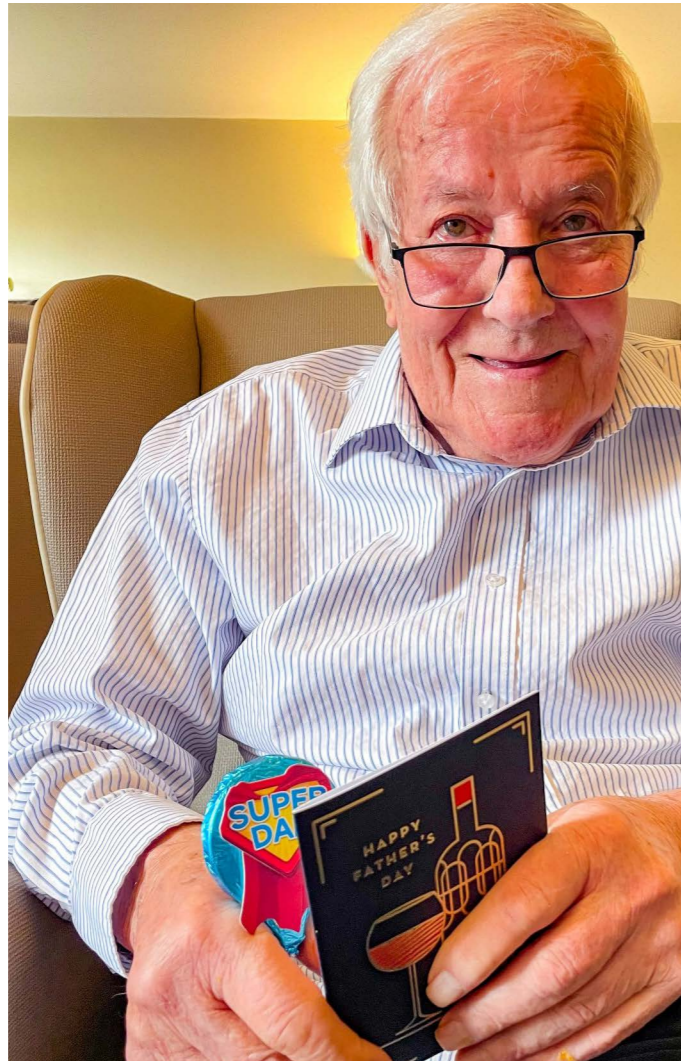
A special visit

Residents from Glenholme House were surprised with a lovely visit from some young interviewees from the local school - Fulwell juniors. The children were fascinated by stories told by the residents of their younger years, and all loved the visit so much, they even returned to Glenholme a couple of weeks later for a 'sculpture' workshop with the residents!

ALL HOMES

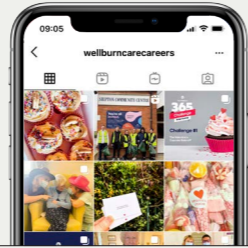
Father's day

All our homes recently spent the day celebrating fathers day, with some lovely cards and gifts. To mark the special day, we served up lots of delicious treats and plenty of beers to go around. Our staff and our residents all had a lovely day celebrating those who have dads in their lives, and taking time out to reminisce about those who aren't with us anymore. Such a special day.



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?

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

B	L	U	E	C	H	E	S	E
D	A	V	T	C	T	L	D	
N	O	I	S	A	N	E	D	F
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D	E	E	P	O	L	L	O	R
W	A	S	T	E	N	H	A	N
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W	E	L	O	C	K	M	O	V
S	N	O	O	U	N			
U	N	D	I	G	E	S	T	E

Picture Quiz
1. South Shields beach
2. Seahouses beach
3. Roker beach



WELLBURN HOUSE

Off to Beamish

When it comes to trips around the region, our Lifestyle Coordinators always know what our residents want. A day trip to Beamish Museum created a reminiscent atmosphere, one of appreciation for the beautiful historical past and of visits from days gone by! And of course, no day trip is ever finished without a few gifts bought from the souvenir shop, brunch, and coffee. What a lovely day!

GARDEN HOUSE

Reminiscing

Our residents over at our Garden House home have been making the most of the beautiful summer weather, sitting in the garden playing sensory games, painting with watercolours and reminiscing on past memories! Both the staff and residents got into holiday mode, as they sat in the sun, chatting about places they have visited, places they would love to visit and their favourite holiday destinations!

News

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

HOME NEWS

A right Royal celebration

Recently, all 14 of our homes celebrated the Queen's jubilee weekend in style with Jubilee parties and plenty of Jubilee-themed activities in the month leading up to the big weekend. The Queen is held in high regard by both staff and residents across our homes, so everyone loved coming together to celebrate the historic milestone with a host of different themed activities, including arts and crafts. The homes even competed in several inter-home challenges so we'd like to say a big congratulations to both

our Craghall home for winning Wellburn's Emblem competition and also our Riverhead Hall home for winning Wellburn's Interhome Jubilee dress-making competition. Riverhead's incredible dress was even featured in the local paper!



HOME NEWS

A new chapter

After a hugely successful launch day, our St Catherine's home has now officially reopened as a specialist dementia home! After its transforming new refurbishment, the residents of St Catherine's are already enjoying the new features of the home such as their new sensory and garden room. To read more about our grand open day, turn to page 24.



HOME NEWS

Hatch a plan

Eighton Lodge took a different approach to our much loved pet therapy initiative - rather than getting animals to come to the home, our Lifestyle coordinator, Summer, created a home for them in Eighton Lodge. After doing her research, Summer purchased a purpose made set to house, hatch and grow ducklings. It caused quite a stir and staff and residents all got involved - and what a special

moment they all enjoyed when four ducklings hatched. There was much discussion when deciding on what names to settle on. Finally the ducklings were given the names of Peggy, Jenny, Pipa, and Daisy. Residents loved interacting with the new additions to the home, holding them and watching them swim in the home's inflatable pool - they quickly became a part of the family. We worked in partnership with our friends at Pawz for Thought, where the ducks have now been rehomed.



RESIDENT NEWS

Book launch

Over at our Glenholme House home in Sunderland, resident Edna has just launched an exciting new career as an author at age 87! With a previous career in teaching, Edna wanted to write a story that would enthrall and at the same time, educate children. Little One, A Cat's Tale is based on the adventures of a real-life cat that lived with Edna during the 1990s, filling a gap in Edna's life at a time when she needed it most. With the help and support from her friend Rhoda and nephew, Andrew, and to the sheer delight of all of our staff and residents at Glenholme, Edna's book has finally been published. It will help young children learn about the importance of love and friendship. Little One, A Cat's Tale is now available to order from Amazon and at WH Smith. A huge congratulations Edna, you're a true inspiration to us all, proving that you're never too old to dream, and we're so proud of your achievement.

CHARITY NEWS

A huge thanks

Back in March, we launched a GoFundMe page, to raise money for the Disasters Emergency Committee (DEC). We initially hoped to raise £1000 for the people of Ukraine, which incredibly was reached within just 48 hours of launch. As of today, the total funds raised stands at an incredible £2560. We'd like to say a huge thank you to all those that have and continue to donate. We are truly overwhelmed and thankful.



COMMUNITY NEWS

Fish 'n' chips Friday

When it comes to acts of kindness, it's sometimes the small things that really make a big difference. Recently, we went around delivering fish and chips to people in Shipton by Beningbrough's local community, after asking the locals to nominate their loved ones who needed a pick me up or anyone they thought might

appreciate the small gesture. We had so many nominations sent in and it was just lovely to see the smiles on people's faces, as we delivered their surprise fish and chips to their door! We'll be doing more like this across all of our local communities in the coming months, so keep an eye on our social channels for your chance to nominate.

HEAD OFFICE NEWS

It's in the mail

Recently, we embarked on a maildrop marketing campaign, aimed at local communities in and around the York area. We've been reaching out to let people know about our brand new St Catherine's specialist dementia home, but also to promote our Grimston Court and Rosevale homes. We'll be reaching out to our other communities over the coming months, so keep an eye out for our campaign!



WellburnPost

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



the Dish

Pork, Pineapple and Onion Skewers



Serves: 4
Prep time: 20 mins
Cook time: 10 mins

↓ Ingredients

- 1 lb. of pork loin
- 1/2 small pineapple
- 1 small red onion,
- 8 oz. baby peppers (mixed colours)
- 2 tbsp. olive oil
- Kosher salt and pepper
- Garlic-Ginger Teriyaki Sauce

↓ To serve

To add a little heat to the dish, sprinkle jalapeños over before serving

Serve with a side salad (optional)



↓ Method

Trim and cut the pork loins into one inch pieces.

Then trim and core the pineapple, before cutting it into one inch pieces. This should make roughly enough to fill 2 cups.

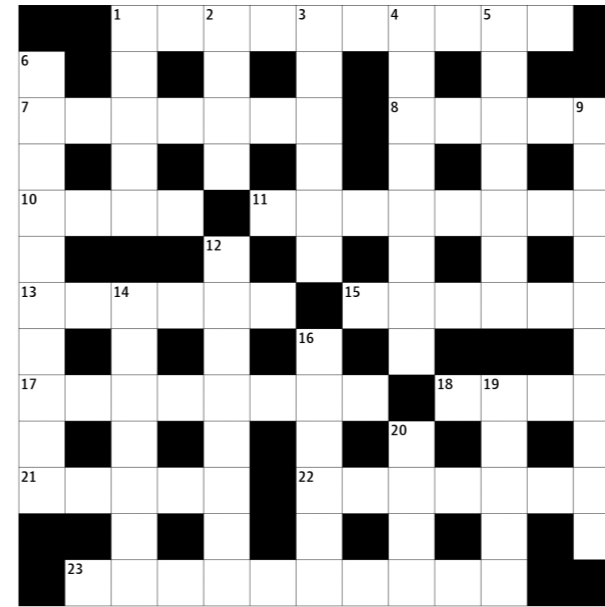
Next, cut the onion into six wedges, then cut each wedge in half crosswise.

Again, cut the peppers into the same one inch pieces.

Then in a large bowl, toss the pork, pineapple, onion, and peppers with oil and 1/2 teaspoon each of salt and pepper.

When complete, thread the pork and vegetables onto the skewers.

Grill, turning occasionally, until the pork is cooked through. This should take around 8 to 10 minutes in total, basting with teriyaki sauce during the last 5 minutes of cooking.



Crossword

Across

- 1 Not properly processed (10)
- 7 Matrimony (7)
- 8 Emotionally affected (5)
- 10 The ____, (horse racing) (4)
- 11 Liquid wood preservative (8)
- 13 Expedite (6)
- 15 Old horse-drawn cab (6)
- 17 Legal name-changer (4,4)
- 18 Rice-shaped pasta (4)
- 21 Tumultuous (5)
- 22 Required (7)
- 23 Roquefort or Stilton, say (4,6)

Down

- 1 Secondary to (5)
- 2 Destruction (4)
- 3 Mini four-wheeled racer (2-4)
- 4 What it adds up to (3,5)
- 5 Wanting what another has (7)
- 6 Up to speed - well-informed (8,2)
- 9 Never-never land (10)
- 12 Absolute beginner - Eton hype (anag) (8)
- 14 Unusual (7)
- 16 Turn pale, perhaps in fear (6)
- 19 Search (through someone's things) without permission (5)
- 20 Balletic leap (4)

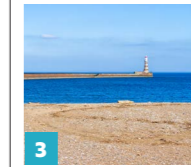
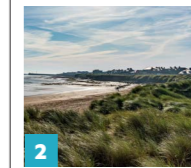
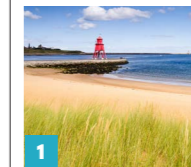
TRY OUR teasers

IT'S IMPORTANT TO KEEP YOUR BRAIN ACTIVE



Pic Quiz

Can you name these three North East beaches?



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

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

Sudoku

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

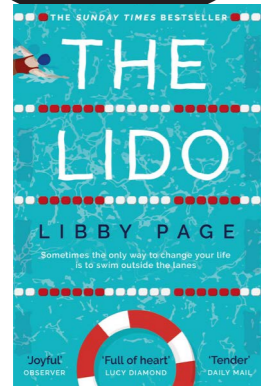
ANSWERS

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 SUMMER THEMED READS FOR YOU



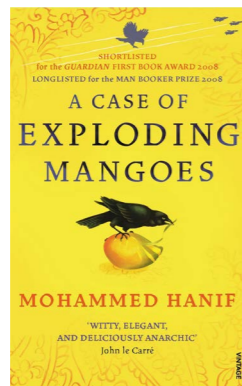
The Lido

↑ By Libby Page

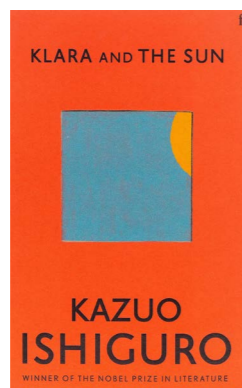
In Page's brilliantly uplifting and often emotionally charged 'The Lido', two very different women come together to save their local lido from closure. A novel about community, friendship and the passage of time. 'The Lido' is an unashamedly feel-good read. Inspired by south London where the author spent her student years and a passion for outdoor swimming, it's a powerful book about loneliness, belonging and the importance of community in an increasingly disconnected world. The Lido is a perfect summer read!

A case of exploding Mangoes

↓ By Mohammed Hanif
There is an ancient saying that when lovers fall out, a plane goes down. Hanif debut novel is the story of one such plane. Why did a Hercules C130, the world's sturdiest plane, carrying Pakistan's military dictator General Zia ul Haq, go down on 17 August, 1988? This provocative, and very, very funny debut novel spins a tale that will have you laughing out loud.



Klara and the Sun



← By Kazuo Ishiguro

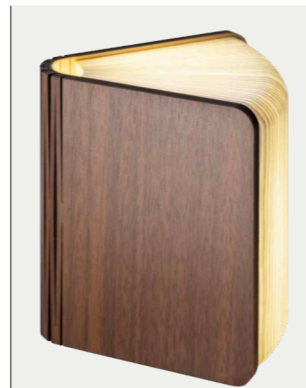
Ishiguro is a master of his art and 'Klara and the Sun' is yet another stunning piece of literature from the Nobel Prize-winner author. 'Klara and the Sun' explores the uncharted implications of AI to human relationships and the abiding question of what it means to love. A novel of exquisite tenderness and a magnificent achievement.



Small Pleasures

↑ By Clare Chambers

Chambers' Small Pleasures is a beautifully written book. The novel follows a frustrated reporter and a potential Virgin birth, that is there to be proven a miracle or a fraud - a story line and interaction that shapes the subtly absorbing narrative of Small Pleasures. A delicate, tender story about belief, credulity and tilting at happiness. Forget small, this is a huge pleasure!



OOOH, THAT'S NICE!

TheKitchenwareCo
Etsy

→ This personalisable wooden folding book lamp, is the perfect gift for bookworms. It offers enough light to read late into the night and you can make the gift unique, by adding a personalised message on the front or back too!

£24
etsy.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

Follow us:
f @WellburnCare

At the forefront of dementia care in the region.

To discover what we can offer you or a loved one, call our New Care Enquiry Team today!



St Catherine's Care home.

Our brand new dementia specialist care home St Catherine's in Shipton, York is now open!

Welcome to our new look and totally transformed dementia specialist care home - set in the heart of Shipton, York. The result of months of research, development, planning and design, means we've left no stone unturned, to make sure 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.

W
WELLBURN
CARE HOMES

Discover more about St Catherine's at
wellburncare.co.uk

Call our New Care enquiry team
0191 694 1052