



We have new jobs popping up all the time on our careers page!

Not all heroes wear capes...

Our care homes are hiring now, and with 14 homes covering all four corners of the North East, one of our homes could be right on your doorstep too!

Follow us:
f @wellburncarecareers

We currently have some amazing and highly rewarding job opportunities at our homes, and on top of that, we also have a **£500 Golden Hello** for all new starters. So why not be part of something special here at family run Wellburn.

Join us and be a part of our talented team.



Scan the QR code to discover more about working for Wellburn and what a career in care can give you.

Discover our latest jobs and more at:
wellburncare.co.uk/careers



Issue 26 | Autumn 2022

WellburnPost



The free quarterly from Wellburn Care Homes



Find dementia support that is right for you

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

Our specialist services will help you to get tailored information and advice, keep your independence and improve your well-being.

Find out how we can support you today

0300 222 11 22
alzheimers.org.uk

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

Here for everyone affected by dementia



Notes from the Editors

Welcome to issue #26, our autumn edition, which includes our special tribute pull-out, in loving memory of Her Majesty Queen Elizabeth II, who sadly passed away at the time of going to press with the issue.

We catch up with our Executive Chairman, as she reflects on the recruitment difficulties the care sector is currently facing and what Wellburn are doing to solve the problem, in her regular Agenda piece. (pg 5).

In our first main feature, we discover that autumn can for many of us act as a catalyst for change and for some, drive a desire for life changing decisions and course corrections. (pg 6). Our 365 section

delivers lots of hints and tips on maintaining our happiness and wellbeing, including two mini features, one of which explores the huge benefits riding bicycles can deliver to both our physical and mental wellbeing. (pg 16).

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

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

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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The great escape

→ We discover some of the best local places to eat, drink and explore throughout autumn.



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Putting the care in career

→ Those who work in care, all share certain traits and qualities - we explore what they are.



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



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↑ Our latest offering in The Dish, is a super tasty seasonal offering from The Hairy Bikers.



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Book Club

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





In the community

The little things

In late summer, staff over at our St Catherine's home in Shipton, York, got involved in our latest community volunteering initiative. With a little help from our friends over at the ever popular Hexham based Fentimans, we created a lovely summer lemonade stand to help locals beat the heat and keep them refreshed in the middle of the heatwave.



As always, our aim was simple - to volunteer our time to put or give something back into our local communities. This time it was to help locals stay refreshed in the dizzying heat, by handing out free bottles of ice cold Fentimans lemonade and a selection of fruity ice lollies. A charmingly simple concept - a free lemonade stand, that brought plenty of smiles as passers-by enjoyed some refreshments as they went on their way. And for our small army of staff who volunteered, it was, as always, a great opportunity to get to know the local community better and to give something back.



AGENDA

FROM THE INSIDE

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

Undoubtedly, recruitment and retention is the single biggest challenge the care sector is currently facing - in fact, it's now commonly being referred to as the greatest workforce crisis in the sector's history.

The crisis is so stark, some of the headline stats are more than enough to paint a clear picture, even to a layman - currently there are more than 200,000 unfilled vacancies, a staggering 1 in 3 care workers left not only their jobs, but the entire sector last year alone, and a whopping 95 per cent of care providers are struggling to recruit staff.

So, when an entire sector and every care home provider within it is being affected with the same crippling recruitment and retention problems, especially one of this magnitude, how do we find a solution?

It was clear our normal recruitment strategy - one that has worked and served us well for many years, wasn't going to be enough. Why? Put simply, the current state of play is that there's nowhere near enough potential candidates in the North East and our local communities, to fill all of our vacancies and all of the other care home providers vacancies in the region. The problem of finding and attracting suitable candidates is even more desperate in the smaller more rural communities, and that's all before we even consider the significant challenge of retaining existing staff.

Now imagine all care home providers running the same sort of recruitment adverts in all the same newspapers, magazines, radio

stations - all aiming at the same reduced candidate pool, all at the same time.

A member of my team recently described it like this, "It's like every single care home provider heading out onto the lake, all at the same time to go fishing, but only after more than 80% of the fish have already disappeared."

The numbers simply don't add up, so it was pretty clear to myself and my team right off the bat, that we were going to have to get creative. Not only thinking outside of the box in terms of how we could reach potential candidates, but how we could unlock the potential to reach new candidates who had never even previously considered a career in care before - whilst also simultaneously creating a retention strategy to make sure that we keep hold of our existing staff.

After weeks of development, by the time you read this, our recruitment campaign will be in full swing - and boy does it involve

some outside of the box thinking. Exploring and utilising routes into markets we've never used before, with more off the cuff, spontaneous elements, including some guerrilla marketing and even mobilising not only our existing staff, but also our customer base too to help reach new candidates.

Our hand was forced to both stand out from the crowd, and attract or enter into dialogue with potential candidates we've never approached before, that's for sure, but the process has been enlightening. If anything, and this is a twist of irony, the problem seems to have given my whole team a boost, a real rolling up of the sleeves moment and they're genuinely excited by the challenge. It's times like these, that I'm reminded of how lucky I am to have such clever, forward thinking people on my team.

We're all super excited to see what results the whole campaign will yield, and although we remain realistic about how much impact a relatively small independent provider can make, we simply had to try something.

In the meantime, I wonder if the government are prepared to do something similarly radical? Perhaps reversing years of chronic underfunding? Or investing in a national recruitment campaign for the whole sector, promoting the message that a career in care is a viable option to millions? None of us will be holding our breath waiting - instead myself and my team will continue to innovate and explore solutions, not just for us, but for the industry as a whole. ■



Is it just a change of season?

→ By Sara Nigohosyan

As we welcome in autumn, and the winds of change run through all of us. We discover they often run far deeper than the changing colours of the leaves or the temperature.

It's all change.

At a glance stats that may surprise most...

The average British worker considers changing career 10 times per year.

50% of Brits expect to make a career change within the next two years. 23% planned to in the next 12 months.

Younger people aged 18-24 and 24-34 are most likely to want a career change (68% and 65% respectively).

96% of the graduates surveyed said they had switched careers by the age of 24.

Only half of all UK graduates are working in a field that relates to their degree after leaving university.

Approximately 66% of the UK workforce wrongly believe they are too old to change careers.

41% of British workers believe they lack the skills needed to work in a different field.

Autumn has arrived, and we're all well acquainted with the winds of change the season brings with its arrival each and every year. Nature's colours change all around us, the nights draw in, but the changes go beyond the natural - there are also so many social changes we flip through once autumn approaches. Schools and universities start their new terms, people return from holidays to their jobs, and some even start preparing for the Christmas season. But this season of change can also stoke the flames of change within ourselves, often driving a desire within to make a change in our own lives, too.

While some may approach this desire with smaller, more familiar course corrections, from cleaning out summer closets to picking up a hobby, others are drawn towards something far more exciting, and to some, even life-changing.

A change of career - the truth is, if anyone spends time considering a switch of careers, it most likely represents an unhappiness or unfulfilling sense within their current career - it also most likely means there's a more fulfilling calling out there, waiting to be discovered.

Although many only see their jobs as a source of income, having a purpose or

even a calling to do something you believe in makes a job feel so much more, which in turn gives a feeling of meaning and life becomes a few degrees more gratifying and rewarding. And this is where considering a career in care comes in.

Each and every job exists for a reason - whether that's to fill a human or economic need, to help other people, communities, or to make money for them. And the reason for each job's existence can often be the reason people apply for those opportunities and work in those positions. Bankers who work in the city make disproportionately more than the national average salary, so people who are drawn to this as a career are much more likely to be those who are drawn to



“The desire to help others comes from an intrinsic motivation, which gives any job in care a deeper meaning.”

money and the pursuit of wealth, which in turn makes them more competitive, single minded and brutally driven.

Conversely, those who work in care, although remunerated for their service, by and large enter into the sector for completely different reasons.

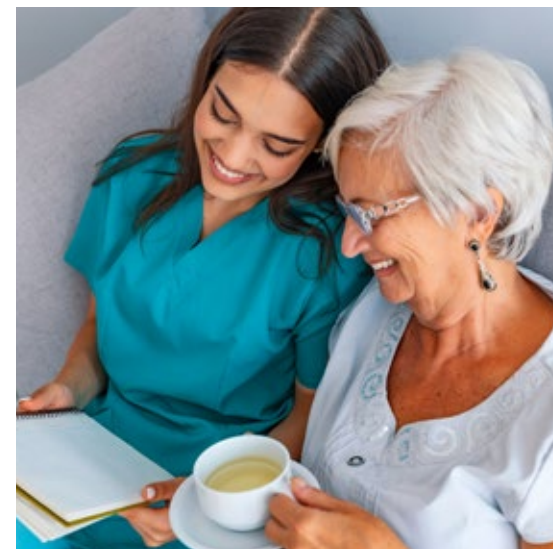
The desire to help others comes from an intrinsic motivation, which gives any job in care a deeper meaning. It's one thing to work for a living, but knowing you're making a difference, a positive change in someone's life, affecting them directly and improving their wellbeing, provides a whole new level of significance.

Here at family run Wellburn, our carers, like their peers in the sector as a whole, do exactly that. Something as small as forming a personal bond with a lonely resident and becoming their friend can mean so much to them, making it a comforting joy every time their caring friend enters the room. And there aren't many things that can surpass that rewarding feeling - going from a 9 to 5 which satisfies solely one's financial needs, to an opportunity that on top of that adds value and recognition that you are making a difference in someone's life, that is something that is rarely on offer in many other sectors and careers.

Things only change because we want them to - it's a classic case of cause and effect. If we want change but do little about it, then change rarely occurs. What may often seem way beyond our control or out of reach, is often more accessible than we think, if only we put our minds to it and act on our instincts and listen to our own intuition more.

When it comes to Wellburn, changes actively happen because we encourage them to - supporting those who join our team and encouraging them to maximize their opportunities, whether that's through training, qualifications or winning awards in the industry. We have and always will operate on the promise that the service we offer, can only ever be as good as the staff we recruit, train and mould into working the Wellburn way.

Past experience has shown us that it can sometimes take as little as a few months of experience and a willingness to embrace opportunities, for change within the workplace to happen - new opportunities are waiting all the time for those ready to grab them. And there's nothing more encouraging than seeing this exact scenario playing out, over and over again. Watching in awe as a member of our team who →



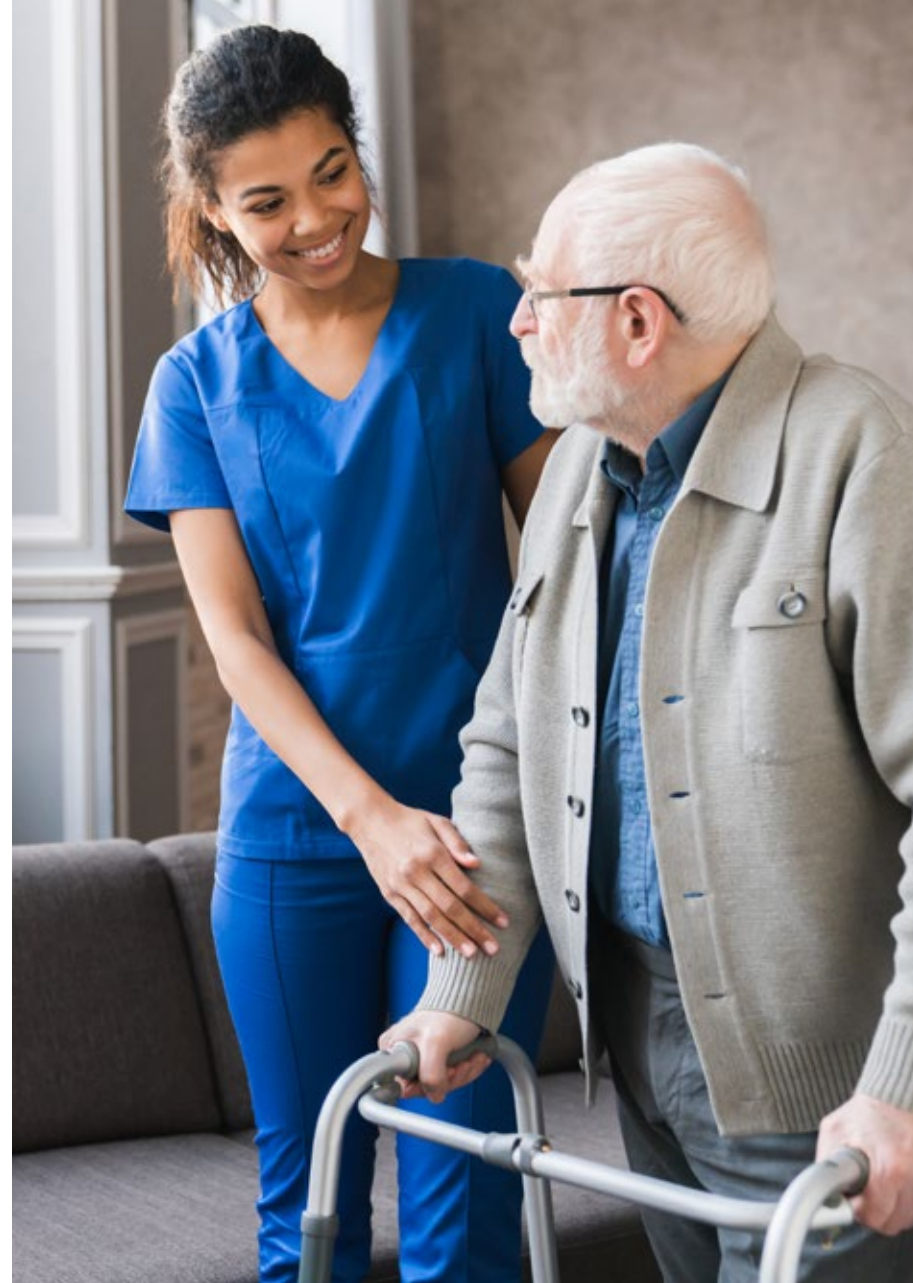
“Imagine you are always valued, not only as a member of the team, but as a human being.”

→ started as a domestic assistant, progress onto carer, team leader, deputy manager, to manager and even operations manager. Once could be put down to luck of circumstance, but when as a company we have a history of similar stories and journeys, we know something we’re doing is right.

When considering a career in care, it’s so important to also consider that changes don’t stop at the doorstep. If anything, this new beginning is a gateway to so many possibilities, so many changes that can only elevate and enhance the experience so positively.

Choosing a career in care means choosing to reap an abundance of rewards. And knowing your actions are life-changing and that you are irreplaceable, in the workplace, and in people’s lives, can be one of the most fulfilling rewards out there.

There is nothing new about wanting change - if anything, more often than not, changing something in our life is long overdue for most of us. Of course, with change or any perceived upheaval, comes a certain amount of worry and uncertainty, but by doing some due diligence, a bit of research or canvassing close family and friends for their thoughts more often than



not will counter any concerns- and quite often reassures us that we’re doing the right thing.

Imagine working in an environment where work is always valued, and you are always valued, not only as a member of the team, but as a human being? Every job is hard work at times and working in the care sector is no different, but not all hard work is rewarded the way it is in care.

So if autumn is driving a desire for a career change within you, then considering a career in care, where a world of opportunities, career progression, friendships, and a rewarding experience might just be around the corner for you... ■

365 **HAPPINESS** & Wellbeing

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

12 Residents wellbeing

We explore some of our latest initiatives put in place to boost our residents’ wellbeing.

13 A season for us all

We discover why autumn is considered to be the best season for our wellbeing.

15 Retail therapy

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

16 Wheel benefits

We look at the huge benefits jumping on a bike can deliver, both to us and the planet.

on the inside

Here at Wellburn, we take our residents' 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.

→ Maintaining wellbeing

At Wellburn, we make a bit of a fuss over wellbeing. We always encourage ourselves and those around us to dedicate time towards its upkeep. Of course we also appreciate that in today's busy world, with so much noise and so many devices and gadgets vying for our time and attention, it can at times be easy to take our eyes off the ball. It's also quite easy when prioritising and planning all life has to throw at us, to allow wellbeing to simply slip down our list of priorities, especially in a

work setting. Which is why we've created the new role of Wellbeing Support Officer, with our ever popular Michael Scott taking on the challenge. Michael is already a firm favourite with our staff and has been working with them rolling out dementia training amongst other things, so his transition into the role felt very natural. The new role aims to help support and encourage all of our staff when it comes to their mental, physical or financial wellbeing, and we're all super excited to see how it goes.



← It all makes sense

Sensory activities play a vital role over here when it comes to our residents, and are central to our their wellbeing, providing them with a host of benefits. One example of this is over at our St Catherine's home. Their Sensory Garden hosts a mix of plants, dementia friendly colours, textures and an array of garden ornaments

and features which all help to encourage memory triggers. We have sensory activities across all 14 of our homes, but it's important to remember that sensory activities are important for the development of all age groups, and it helps keep our brains active, so it's important we all trigger our senses on a regular basis too.



When speaking of autumn, celebrated Brazilian author Paulo Coelho once said, "There is no better time than the autumn to begin forgetting the things that trouble us, allowing them to fall away like dried leaves." As a season, autumn has always been a favourite time for wellbeing experts. Coelho may have been onto something, as experts believe that autumn, which may surprise some, is the optimum time of the year to re-nourish our mental wellbeing.

The often spectacular array of colour on offer can be breathtaking, from bright reds to the most golden of yellows, autumn's colour palette brings about feelings of warmth, richness, comfort and calmness, all of which contribute to the season being best suited for stress relief, mindfulness and a general all round improvement to our mental health.

Something as simple as an autumn stroll can make you feel grounded again. This is where temperature is also a huge factor - a sort of happy middle ground between the harsh sun and often overwhelming heat of summer and the bitter cold of winter. There are so many

THE SEASON FOR US ALL

→ **By Sara Nigohosyan**

benefits to our mental and physical wellbeing when embracing autumn - it's a short but sweet season, and getting out and about to enjoy the outdoors and nature during autumn is perhaps even more beneficial now than ever.

With our eyes constantly glued to screens, whether that's our computers at work, our TV's in the evenings, or our phones in between, something as small and easy as going for a walk and staying mindful of the time we spend

outside, or inside, can make a massive difference to our day to day wellbeing.

Autumn also represents a sort of last orders bell, ringing out the last knockings before the cold snap of winter arrives. When we all know how difficult, or certainly less appealing it can feel to get out and about - even just the fuss of having to wrap up in layers and layers of warm clothes can be a hurdle too far for some. Our mental and physical wellbeing is directly linked to the time we spend outdoors, and this is arguably the best season to do that comfortably - not too cold for it to be unbearable, and not unbearably warm for your body to cope with excessive movement if you're doing a sport.

So, embrace autumn and its huge wellbeing potential and find a reason to spend some time outside, whether you take your bike for a relaxing ride to clear your head, go on a walk to enjoy those last months of warm weather, or even just take a seat on a park bench to stop, sit back and just appreciate the explosion of colour that nature has to offer. autumn has so much to offer our mental and physical wellbeing, it's up to us to take advantage of it, while it's here.

Spending time in the kitchen might sound hectic and a potential counter to all things wellbeing, but it's actually been scientifically proven to help with our physical and mental wellbeing. Firstly, because baking is a creative process, it's great for your creativity and because of this, clinical psychologists believe baking can be a great stress reliever. It's also a form of meditation - as with most repetitive and simple activities, they're often the ones which provide the most calming feelings. When

baking you always know what you're going to do next, which requires complete concentration, which can quite easily end up acting as a form of meditation. These are some of the reasons why our staff and residents love their baking days. And when it comes to our residents and older people in general, baking can also help to bring back memories, stimulate their senses, improve their appetite, and it's great for keeping the brain active. So get baking and feel that all over feel-good flour power!

FLOUR
Power

RETAIL

therapy

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



Personalised Starbucks cup

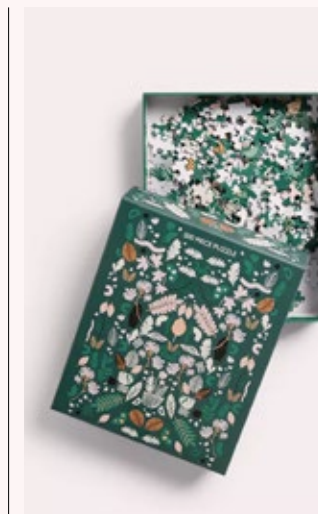
→ Autumn is fast approaching, cold and dark mornings and that slog of hauling ourselves out of bed is too. For our wellbeing, incentives are a really good way to motivate ourselves into action. An early morning hot drink is a perfect example, and because this personalised Starbucks cup is reusable, it's both good for you and the planet.

£9.99
etsy.com

Pumpkin soy wax candles set

→ Sometimes it's the simple things that can deliver big returns. Simply sitting down, relaxing and lighting a candle can provide us with a boost and some real in the moment vibes, boosting our mental health - and this set is perfect for an autumn themed gift.

From £6.95
etsy.com



John Lewis reflection jigsaw

→ This 500 piece jigsaw puzzle is the perfect way to unwind after a busy day, and of course it's something you can do solo or with a loved one. Resisting the temptation to sit endlessly scrolling on our phones can be hard, but it's hugely important to give our brains time to switch off or at least to wind down - and what better way of doing this!

£15
johnlewis.com



OOH, THAT'S NICE!

Hug in a box gift set

→ This box set is absolutely beautiful and the contents quality really does reflect the price - which makes it the ideal wellbeing gift to buy for yourself or that special person in your life. The wool blanket included is recycled, so each one is different, offering a unique angle to the gift too. Accompanied by a scented candle, Cornish chocolate bar and a gift card to personalise. Now that's a retail hug!

£60
atlanticblankets.com

"In the Netherlands, 27% of all journeys are by bike - and a mind-boggling 60% of kids ride to school every day."

WHEEL BENEFITS

→ By **Isobel Moran**



Us Brits have always enjoyed an odd relationship with the bicycle. Unlike our European counterparts, who embrace the bicycle and more importantly the cyclist. Travel around Europe and you'll notice a completely different attitude to those on two wheels.

There's a respect and admiration from other road users towards cyclists, which allows a healthy relationship on the road. Spend regular time on a bicycle on these shores and you'll discover very quickly, that attitudes and the relationship with other road users has a long way to go, before reaching the often utopian levels of countries like Holland. To put it into perspective, in 2020, only 1.8% of traffic mileage in Britain was from cyclists. But in the Netherlands, 27% of all journeys are by bike - and a mind-boggling 60% of kids ride to school every day.

Slowly but surely however, the tide is turning. Government and local councils are investing more time and money into

cycling lanes and other incentives to get more of us out onto the road.

To those already bought into the bicycle and all it has to offer, the benefits will already be abundantly clear, but for those who are sitting on the fence or are reluctant to join the cycling revolution, the list of benefits both to our physical and mental wellbeing, as well as to our planet are significant - in fact they're so far beyond compelling, they're just facts that when stacked together, make it even more baffling why we're not all out there peddling the light fandango.

Let's start with your body and mind, cycling releases adrenaline and endorphins, which gives us a huge mental boost, and helps fight off negative thoughts and depression.

Riding out solo gives you time to process your thoughts - that much needed space to think over worries or concerns. Or you can join a local group or club - riding out with a group broadens your social circle, which would deliver significant benefits to your mental health and confidence. And it doesn't have to be a mammoth ride out across hills to qualify - here at Wellburn we have a cycle to work scheme, which incentivises and encourages staff to cycle to work.

New evidence was presented in the form of a study conducted by the University of Glasgow, earlier this year. Researchers studied over 260,000 individuals over the course of five years - and found that cycling to work can cut a riders risk of developing heart disease or cancer in half. You didn't misread that - in half! Cycling has also been linked to brain health - and the reduction of cognitive changes that can leave us vulnerable to dementia later in life. It also improves blood flow to the brain, which is always a good thing, because the red stuff delivers all sorts of goodies that keep us healthy.

A 2013 study found that during exercise, cyclists' blood flow in the brain rose by a staggering 28 per cent, and up to 70 per cent in specific areas. Not only

that, but after exercise, in some areas blood flow remained up by 40 per cent long after finishing.

Another interesting study recently carried out, delivered results that were so surprising they seem to contradict the very fabric of common sense. The study quite remarkably suggests that people who ride a bike are actually exposed to fewer dangerous fumes than those who travel by car. A study by the Healthy Air Campaign, Kings College London, and Camden Council, saw air pollution detectors fitted to a driver, a bus user, a pedestrian and a cyclist using a busy route through central London.

The results showed that the driver experienced five times higher pollution levels than the cyclist, as well as three and a half more than the walker and two and a half times more than the bus user. Long story short - the cyclist won.

So far so good, right? And while we're on the subject of pollution and air quality, once we've looked at the benefits cycling delivers to our own body and mind, the positive impact it has on planet Earth is equally significant.

Leaving your car at home, and opting to ride your journey on a bicycle cuts down on greenhouse gas emissions and global climate change, and reduces air pollutants, because walking and cycling emit zero greenhouse gases.

The knock on effect delivers benefits too, with reductions in noise pollution and congestion. Other benefits include the reduction in the need for new parking lots and roadways, which in turn saves valuable green space from development - all leading to significant reductions in our ecological footprint.

The Dutch really are onto something, the only question is not if, but when we'll catch up to their approach, philosophy and appreciation of the bicycle.

When we see just how many benefits it delivers to both our own physical and mental wellbeing and the wellbeing of mother earth, it does make you wonder why it's taking us so long?

THE GREAT
Escape
THINGS TO DO AND
PLACES TO EAT & DRINK
IN THE REGION



EVENT

Made Up North Market

Bringing together some of the region's most talented creatives and makers, to deliver a market experience like no other. With products ranging from textiles and jewellery, to art and furniture, this market will be a creative delight. The first 20 people through the doors will be given a free gift and 10% of all profits will go to charity.

Sun 2nd Oct
10am - 4pm

Tickets:
£2 Adults, free for children

Boiler Shop, 20 South Street,
Newcastle, NE1 3PE
madeupnorth.info

RESTAURANT

Peace & Loaf

This vibrant restaurant, set in the heart of Jesmond, showcases the best of what British cuisine has to offer. Their seasonal menus are filled with choices of local produce and ingredients that are all sourced in the North-East. A sleek, bare-brick interior and a mezzanine floor, brings a modern yet authentically classic feel to the venue. However, the story goes beyond their outstanding food, great service and immaculate decor - it also has a positive impact on the community, making a point of hiring disadvantaged people from the local area - as if we need another reason to admire this place.

217 Jesmond Rd,
Jesmond, NE2 1LA
peaceandloaf.co.uk



BAR

Colonel Porter's Emporium



Named after the co-creator of Newcastle Brown Ale, James Herbert Porter, this bar is simply unmissable. The atmosphere is electric and the décor is fitting for any bar, anywhere in the world. Once there, you could hole up for the entire night. Exploring their multi-room experience, you'll discover their tavern,

botanical garden and Rhum bar. The drinks menu offers the same variety too, with their vintage cocktails proving popular. You can also catch live music there on a weekend. What a place to experience and try.

Millburn House, Dean St,
Newcastle NE1 1LF
colonelporters.co.uk



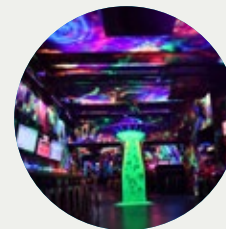
STAFF PICK

BRYONY DALE
EXECUTIVE ASSISTANT

→ **NQ64 Newcastle**

"This new arcade bar is so cool - they have over 30 arcade games you can play, whilst having a drink! The neon graffiti decor is really cool too and matches their quirky neon cocktails and games."

82 Pilgrim St, Newcastle,
NE1 6SG. nq64.co.uk



BAR / RESTAURANT

Old Tom's Gin Bar

Nestled right on the new Riverwalk development, and overlooking Durham Castle, Old Tom's Gin Bar is the perfect location to sit back, relax and enjoy a gin. In fact, all of the gin - with over 250 varieties of gin to choose from. Although the Riverwalk development is new, the bar battles the

modern ambiances, as it dates back to the 1500's. Once inside, the charm and character really come to life, with a super cosy and unique interior. Almost as unique as the experience.

33 Riverwalk, Durham,
DH1 4SL
oldtomsdurham.co.uk

RESTAURANT

Los Moros York - A Modern North African Kitchen



Los Moros' humble beginnings started in 2015, serving their delicious food out of a small gold stall within the Shambles Market. With sheer hard work and passion, the dream of opening a restaurant has finally paid off - and what a restaurant experience it is! Their menu is packed

full of flavours and ideas, all inspired by North African cuisine. Their food market continues to be as popular as ever, but their restaurant offers another, more intimate way to enjoy the Los Moros experience.

15-17 Grape Lane,
York, YO1 7HU
losmorosyork.co.uk



OOOH, THAT'S NICE!

Nkuku

Bottle stopper

→ As the leaves fall this autumn, this delightful themed bottle stopper is the perfect addition.

£15

nkuku.com



EVENT

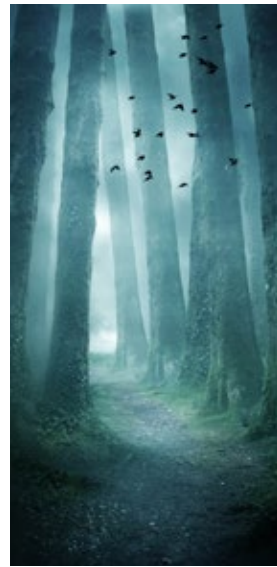
Wreath Workshop

Tap in to your creative side this autumn, with this fantastic workshop. Creating Halloween themed wreaths in a cosy pub setting - perfect!

Mon 24th Oct
5pm or 7.30pm start

Tickets: £40

South Causey Inn,
Beamish Burn Road,
Stanley, County Durham,
DH9 0LS
adventurecinema.co.uk



EVENT

Belsay Hall Spooky walk

The spooky season is upon us and this fantastic, family friendly event at Belsay Hall is a perfect way to celebrate Halloween this year. This early evening outdoor tour takes around forty-five minutes, so make sure you wrap up warm. Though there are spooky tales to be told, the entertainment is light-hearted and suitable for young children, providing a memorable Halloween experience for all.

Fri 28th - Mon 31st Oct
5.30pm, 6.30pm & 7.30pm

Tickets:
£12 Adults / £6 Children

Belsay Hall,
Castle and Gardens,
Belsay, Nr Morpeth,
NE20 ODX
english-heritage.org.uk

BAR / RESTAURANT

Pleased to Meet You

This stylish, contemporary gin bar and restaurant is nestled along the cobbles of High Bridge, right in the heart of Newcastle's city centre. This hugely popular hip bar can be found in one of Newcastle's most historic Grade II listed buildings and provides one of the best atmospheres around. The restaurant's modern brasserie serves up menus which proudly combine the very best seasonal, locally sourced produce around - drawing from local suppliers from farms, coasts and woodlands across the North East. Award winning both for its food and drink, it's a must visit.

41-45 High Bridge,
Newcastle upon Tyne,
NE1 1EW
ptmy-newcastle.co.uk



EVENT

Hocus Pocus Outdoor Cinema Spooktacular



This outdoor cinema event, will be showing the much loved Halloween classic, 'Hocus Pocus' this October. It's a perfect way to spend a spooky night, with friends or family, under the stars and blankets. Settle in for a night of fun and organisers are encouraging visitors to bring their own food and drink. There'll

also be a prize for the best fancy dress costume.

Sat 15th Oct
5pm - 8pm

Tickets: From £10.50

Herrington Country Park,
Chester Road,
Sunderland, DH4 7EL
adventurecinema.co.uk

INTO THE wild



We offer up some ideas this autumn for those who like nothing more than to be outside exploring and enjoy the best of what nature has to offer.

WALKS & PICNICS

Hamsterley Forest

The Forest is set in County Durham and it's one of the county's crown jewels. All year round the forest is an ideal place to visit for those who love nothing better than popping on their walking boots and getting out into nature. But especially this time of the year, the forest offers up a magical experience. Take the Bedburn Valley

Trail and experience breathtaking views - and there's even a brand new wellbeing trail that's proving extremely popular, giving visitors the chance to connect with nature and enjoy a sensory explosion of autumnal colours and ancient golden oak trees.

For more information visit:
forestryengland.uk



ACTIVITIES

Spilmans Pumpkin Festival 2022



Spilmans famous Pumpkin Festival is back, opening its doors to visitors from Saturday 1st October onward. It's a great day out for the whole family and once on the farm, there's a ton of activities on top of picking pumpkins you can get involved in - certainly enough to keep you busy for a whole day of fun. Of

course, the main star of the festival is picking your own pumpkin - which is a great way of getting out in the fresh air and embracing nature, and the changing of seasons. This year there will be a staggering 125,000 pumpkins to choose from!

For more information visit:
spilmans.co.uk

ACTIVITIES

Battlesteads Observatory

Stargazing is a fantastic way to get out and connect with not only nature, but our entire solar system. Battlesteads Observatory is situated in Northumberland's International Dark Sky Park. This observatory offers talks, activities, drop-in sessions, stargazing and even Astro courses to suit all levels.

For more information visit:
battlesteads.com



WALKS

Plessey Woods

With its play park, café, sculpture trail, woodland walks, wildlife and beautiful views, Plessey Woods has so much to offer to the whole family - highlights include their special art trail for kids and views of the river Blyth. Popular for dog walks and with a number of designated picnic areas too, the woods really does have something for everyone.

For more information visit:
visitnorthumberland.com



Local partnerships in the community

Keeping it local

← Fentimans

The home of one of the nations favourite botanically brewed beverages are based in Hexham, Northumberland. And we recently partnered up with them to deliver our fantastic summer 'lemonade stand' initiative over at our St Catherine's home in Shipton. Apart from the sheer delicious taste, which is of course a huge favourite amongst our residents and staff, what makes Fentimans unique is their botanical brewing technique. Used for over 100 years, it involves a combination of infusion, skilful blending and fermentation of natural ingredients to produce the iconic Fentimans flavours.

For more information visit:
fentimans.com



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



↑ Seven stories Newcastle

Seven stories, the National Centre for Childrens books is a museum and visitor centre located in the heart of Newcastle's cultural quarter - Ouseburn. The renovated Victorian mill in which it is housed has seven levels, and hosts events and workshops for children and their grown ups! You can browse their independent childrens bookshop, stop in their cafe for a great selection of home cooked food or uncover a world of storytelling with dramatic fun in the seven stories theatre and literary museum - oh, and it's a popular stop off for our residents day out - especially for their cake!

For more information visit:
canterevents.co.uk



← The Two Tossers

Based in the small village of Driffield, East Yorkshire, the guys at The Two Tossers travel around the North East and the UK, serving delicious hand stretched stone baked neapolitan style pizzas, with only the best high quality Italian ingredients. They're also available to hire for events including weddings, birthdays, christenings and corporate parties. They've even paid a number of visits to some of our homes, including Rivehead Hall, where staff helped themselves to their outrageously tasty offerings. They



serve everything from classic margherita and pepperoni pizza's to their 'Marinara', 'Truffle shuffle' and 'veggie delight' pizza. We couldn't recommend highly enough.

For more information visit:
facebook.com/thetwotossers



Putting the care in career

→ By **Isobel Moran**

It's no secret that working in care is one of the most rewarding, yet at times, challenging careers that anyone can have. It comes with a responsibility to care for our most vulnerable in society and to help maximize their quality of life. This is why working in care requires a special type of person - the type of person who has an innate need to care for others. But why intrinsically do some people want to care for others?

These types of people are born to care, born with a natural passion for wanting to help others - it's in their DNA. Caring for another person gives these people internal satisfaction, better than any feeling or gain. And simply knowing they can make a positive difference in someone else's life, is worth it. "Every time I clock out of work, I know that I've made such a difference to

people's day - you don't get that anywhere else." Says Amy Hutton - Administrator at our Heatherdale home. And if these people don't become a care worker, they're likely to go on to work in other similar roles for the greater good - teachers, nurses, doctors, firefighters or police officers.

Not only are they improving someone else's life immeasurably, but they're also adding more meaning and fulfilment to their own. It's a hard task to find a sector that offers so much reward. And with an ageing population, it's estimated that by 2041, there will be over 3 million people aged 85 or over - more than double of that today.

Which means there's no escaping the fact that the care sector will need a huge intake of new recruits, that both want to work in the sector and possess the necessary

traits. To face the unique demands and challenges of working in care, certain personality traits and characteristics are required. But what exactly are these traits?

A caring and compassionate nature

A good carer has empathy and genuinely cares about residents' comfort, happiness and that they're getting the best out of life.

Patience & understanding

A good carer puts themselves in the shoes of the people they care for, being sensitive to each resident's needs and understanding their preferences is essential.

Supportive & encouraging

A supportive person will provide positive messages to a resident and to their colleagues, through their body language, the way they conduct themselves and behave around people, as well as verbal acknowledgement and encouragement.

Resilience

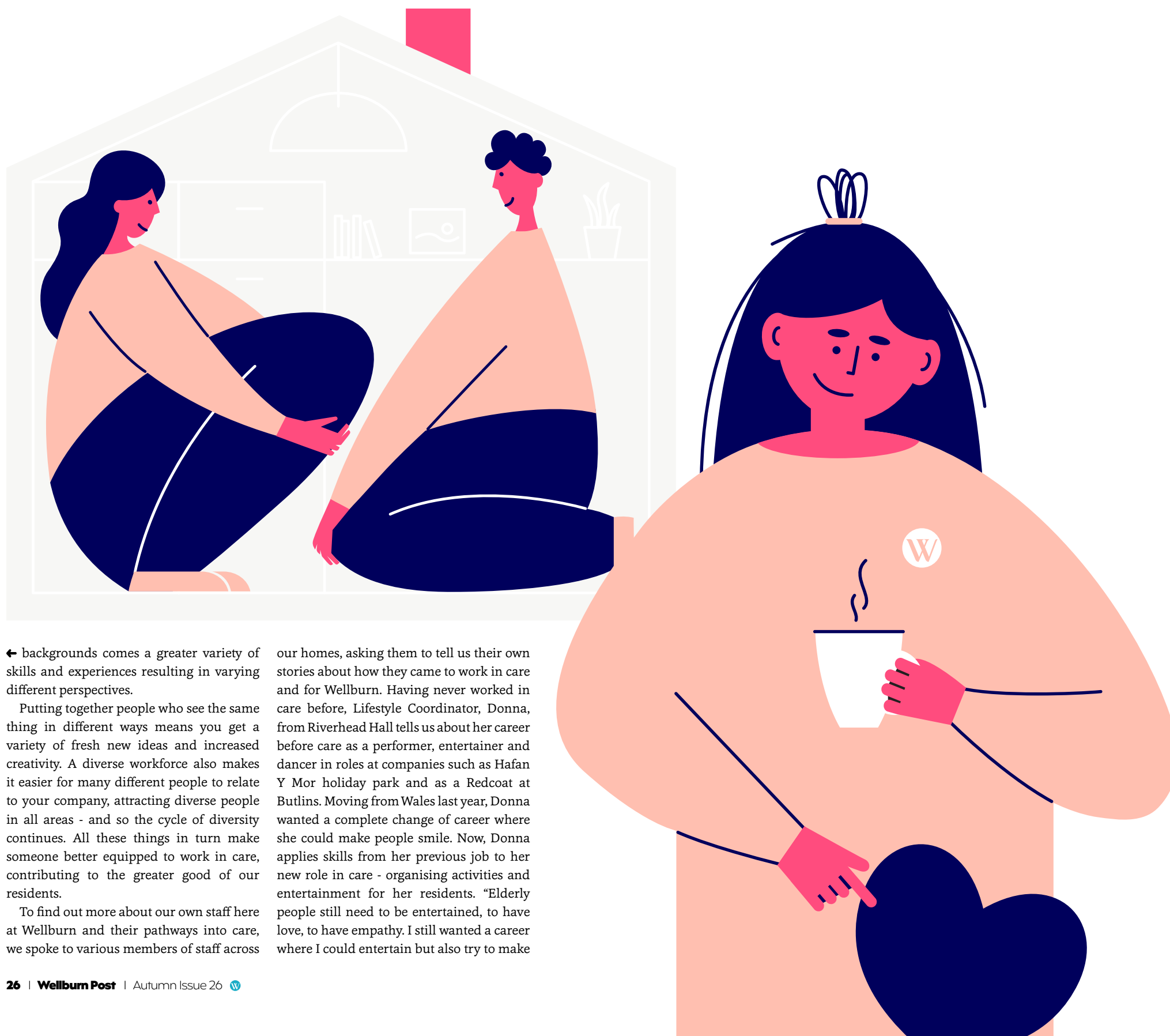
Whilst working in care, special relationships and bonds are formed. For some residents, it may be their final home - which can be difficult to deal with, so resilience and emotional strength are hugely important.

Passion for the job

Being a carer goes way beyond it being just a job. It's a calling and an opportunity that most won't get to experience, so it's vital that people in this role are passionate about the work they do, and enter the care sector for all the right reasons.

These are all common traits in which people within the care sector and across Wellburn possess, however, the common theme stops here. And that's because every person in the care sector is so diverse, not just in where they have come from, but in their journey into care. At Wellburn, our diversity stretches company wide.

We understand the importance of diversity in the workplace and the many benefits a diverse workforce can bring. Through different characteristics and →



← backgrounds comes a greater variety of skills and experiences resulting in varying different perspectives.

Putting together people who see the same thing in different ways means you get a variety of fresh new ideas and increased creativity. A diverse workforce also makes it easier for many different people to relate to your company, attracting diverse people in all areas - and so the cycle of diversity continues. All these things in turn make someone better equipped to work in care, contributing to the greater good of our residents.

To find out more about our own staff here at Wellburn and their pathways into care, we spoke to various members of staff across

our homes, asking them to tell us their own stories about how they came to work in care and for Wellburn. Having never worked in care before, Lifestyle Coordinator, Donna, from Riverhead Hall tells us about her career before care as a performer, entertainer and dancer in roles at companies such as Hafan Y Mor holiday park and as a Redcoat at Butlins. Moving from Wales last year, Donna wanted a complete change of career where she could make people smile. Now, Donna applies skills from her previous job to her new role in care - organising activities and entertainment for her residents. "Elderly people still need to be entertained, to have love, to have empathy. I still wanted a career where I could entertain but also try to make

a difference to people's lives, and they make a huge difference to mine too." To watch Donna's story and stories from other staff across our homes, simply visit our careers website where you can find our staff talking about their different routes into care, their role and what it's like working for Wellburn.

The message we want to get across is that it doesn't matter where you've previously come from in your working life - you can always start a career in care no matter what stage of life you are at. It doesn't matter if you've never worked in care before - if you have the right personality traits and key qualities, you will succeed and have a fulfilling career. Anything else can be learnt. And when it comes down to caring for our most vulnerable in society, your personality becomes a lot more important than how many qualifications you have.

At Wellburn, we look for people with certain qualities and values that match our own and focus less on previous experience. Most importantly, we value respect, compassion, and a willingness to learn and work hard for the good of our residents. So, if you think you display these qualities, you will fit right in.

If you are considering a career in care but still aren't sure you have what it takes - you would be surprised at just how many transferable skills you do have which you can apply to a role in care. Some of the key transferable skills needed in the care sector are:

Adaptability & flexibility

No two days are the same working in care and many people love that variety within each day. However, this also means juggling multiple tasks at the same time whilst dealing with unpredictable scenarios. For example, no two people receiving dementia care will require the same care so it's important to be flexible in cases like this.

Communication/listening skills

Being easy to talk to and a good listener. Not only the ability to hear what people are saying but to understand what they actually mean.

Organization

Care workers can have a range of activities to coordinate in their typical day in addition to careful planning and coordination with colleagues to make sure residents receive the appropriate care at the right time.

And there are a huge variety of roles within the care sector, which people often don't realise. From working in the home right through to roles available in Head Office, there are so many options - it's not only about being a carer. Some of the many roles within the care sector include home manager, deputy manager, admin, lifestyle coordinator, team leader, domestic assistant, handy person and gardener. In addition to this there are roles outside the care homes within departments such as HR, marketing, finance and operations.

Career progression in the care sector is highly valued as well. Many of our own staff have progressed from carer to team leader, often going on to pursue managerial positions. If a staff member would like to work towards a specific goal or role, accumulating the right training and experience, we will help and support them.

Hiring internally is highly valued too, with it being not uncommon for staff at Wellburn to take on a completely different role within Head Office, after working in one of our homes.

Now you know there are plenty of different jobs available within the care sector and the type of skills needed, but how do you know which role is right for you? To anyone considering a career in care who is unsure which role would suit them best, we have put together a list of all the different roles available across Wellburn detailing exactly what each position entails from the qualifications and characteristics needed right through to what your typical day to day might look like in that particular job. This may differ slightly from company to company but generally each role in care will be similar wherever you choose to go.

If you'd like to take a look at the different roles available in care and across Wellburn, simply visit our careers website. And if →



← there is a job that particularly takes your fancy, you can view all our current job openings for it across our different homes.

Working in the care sector you meet wonderful people, you develop relationships with residents that become part of your family and they see you as their family too.

You are a part of the last chapter of their life, a hugely important one and to be a part of that is very special indeed. You will help them reflect back on their lives, on all they have achieved and all they will leave behind. It's easy to forget sometimes, just how much our residents have experienced and the wisdom they have to share.

You will not only be building real and genuine relationships with them, but with their families and loved ones too. Working in care means you'll make friends for life with your colleagues – all of which adds up to a distinct feeling of family that goes beyond a typical workplace environment. An environment that is wonderfully unique to the care sector.

To anyone considering a career in care, Wellburn's Chairman, Rachel Beckett, says

"Let's not forget, you've got a career here waiting for you at Wellburn. We want to really harness that empathetic, energetic, passionate nature in people to come and look after our residents. Because they need your help, and I know you're out there and I want you to come work for us, so just come give it a go!" ■

"We want to really harness that empathetic, energetic, passionate nature in people to come and look after our residents."

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



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Out and about

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Latest news

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

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The Dish

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

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Book club

We review four books based on the theme of autumn, 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

Pure pride

All of our homes were thrilled to be able to celebrate England's victory in the Euros over the summer, and were glued to the TV to watch all the games. Residents loved getting involved too, and the build up to each game was so exciting - our homes were decorated with flags and there was even face painting! The feeling of pure pride and celebration at the end was a goosebump moment.



WELLBURN HOUSE

A home within a home

Involving our residents in every aspect of our homes, is central to the way we do things at Wellburn. After all, our homes are their homes, and one of the latest activities over at Wellburn House highlights the benefits of this personal approach. Residents recently suggested it would be a lovely thing to add birdhouses to their gardens - our Lifestyle Coordinator not only agreed, but went one step further and suggested that the residents start with a purpose DIY birdhouse kit, but then

show off their creative sides and decorate each house to really add that personal touch. Residents loved the activity, and the whole day was just another way of many, in which we support and encourage residents to make the home theirs. The end result was an array of colourful and unique birdhouses, and once they were all in place in the gardens, they made quite a spectacle - and it wasn't long before some little visitors were flying in to make themselves at home, which the residents love to watch too!



ROSEVALE

Bear necessity

As the colder months are fast approaching, our Wellbeing bear made a surprise appearance at our Rosevale home before hibernating - giving out plenty of hugs and cuddles, and playing games with all of our residents. Here at Wellburn we take the wellbeing of both our residents and staff seriously, and the Wellbeing bear is just another fantastic way to offer up a physical and mental boost.



EIGHTON LODGE

Last knockings

Staff and residents at our Eighton Lodge Care home recently saw out the summer with their annual Summer Fair. Residents families and loved ones were invited as was the sunshine - which luckily turned up on time and stayed for the whole day. With bouncy castles and face painting on offer for the children, there was live music, food and drink too. What a day and a huge success!



ALL HOMES

Father's day

Residents across all of our homes spent this Father's day celebrating with cards and gifts sent from their loved ones, before being treated to a day of fun. There was music, singing, dancing, food, and a few tipples on offer to make sure the day was properly marked. A day filled with reminiscing of past memories and celebrating the present and what is still to come!



ST CATHERINE'S

World Chocolate Day

Over at our dementia specialist care home, St Catherine's, staff and residents celebrated World Chocolate Day in style. There was a huge variety of chocolate themed activities, involving plenty of chocolate tasting - including chocolate charcuterie boards, chocolate drinks, and even chocolate-dipped fruit! Everyone had such a fantastic day and of all the World Day's

out there, staff and residents agreed - surely this is one of the best! To keep up to date with this and all the other activities going on at this particular home, pop online and visit our brand new St Catherine's Care home Instagram or Facebook accounts @stcatherinescarehome - and of course, for all of our other homes it's the usual channels @wellburncare.

WELLBURN HOUSE

Cycling Without Age

Lyndsay, our Lifestyle Coordinator at Wellburn House, recently helped create a wonderful opportunity for two of our residents who had never been on a bike before. So they could experience cycling for the first time ever, Lyndsay teamed up with Cycling Without Age - a movement started in 2012 to help the elderly get back on their bicycles whilst finding a solution to their

limited mobility. The answer is an auto-battery trishaw, which works without using a throttle on the handlebar. Wide enough for 2 people, with easy access for passengers and even a blanket and hood too! "Life is all about trying new things and this solution was perfect." says Lyndsay. Both residents had such a wonderful day and can finally tick riding a bike off their bucket list!



News

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

HOME NEWS

Festival of fun

Our Riverhead Hall home recently hosted their annual 'Riverfest' party. Held in the home's gardens, staff, residents and their loved ones were all invited, and the day was a huge success. With guest singers, dancing, face painting, yummy food and raffle stalls, just some of the highlights. What a day, with hundreds of pounds raised for charity too. Well done guys!



COMMUNITY NEWS

Christmas fair

We're excited to announce, that after being unable to because of COVID, our Christmas Craft Market will be returning after a 2 year absence. This years market will take place at our Grimston Court home, in York, with craft stalls, live festive music, hot food and drink and much more. The date has yet to be announced, but we'll be letting everyone know over the next few weeks.



COMMUNITY NEWS

Giving something back

Our St Catherine's care home in Shipton, York, was extremely proud to be the awards title sponsor at this summers annual football gala, supporting local youth football teams, including St Catherine's local team Wigginton Grasshoppers. Our Home Manager, Natalie Sleightholm, turned up on the day to show our support, and present the children with their medals and trophies. It's fantastic

for us to be able to show our support for future generations, especially for those initiatives that support and encourage girls development as well as boys too. It's an opportunity for us to give something back to those local communities that take us and our residents into their hearts. And this was just one of those lovely days when all the local community seemed to be as one, celebrating something together.

STAFF NEWS

Career in care

Over the last few months, we've embarked on a huge recruitment campaign, created to help solve some of the recruitment issues the entire sector is experiencing at the moment (you can read more about this on pg.5). As part of that campaign, we've been filming various staff across our different homes, to film their own different experiences of how they ended up working in the care sector and how they

came to work for Wellburn. When complete, the hope is that the series of videos will help to show not only just how diverse both the care sector is and the routes into care can be. Here at Wellburn, we have staff from all different walks of life, in all different types of roles, often progressing with us to take on managerial roles. To watch the videos, visit our careers website at: wellburncare.co.uk/careers.

COMMUNITY NEWS

Keeping it fresh

Our most recent community volunteering initiative over at our specialist dementia home, St Catherine's, proved incredibly refreshing! Staff who were volunteering, pitched a summer stand that was offering free Fentimans lemonades and ice lollies to the locals, helping them cool off on a hot summer's day! A huge thank you to Fentimans who helped make it happen and to our lovely volunteers.



HOME NEWS

By the book

Over at our Garden House home, one of our residents, Aggie, famously adores 'the Tiger who came to Tea' children's book, so when World Book Day 2022 came around, staff had the wonderful idea of creating their very own 'The Tiger who came for Afternoon Tea!' They really did go that extra mile and of course Aggie was absolutely bowled over by it all - as were all the residents. What a day!

COMPANY NEWS

Woahooooo!

We're extremely proud to say that we've been awarded a 'Top 20 Care Home Group 2022' Award by carehome.co.uk. This means that we're rated as one of the top 20 Care Home groups in the UK, which is based on published reviews from residents and their families and loved ones. A big thank you to everyone who has left us a positive review throughout the year - we appreciate every one.

JOIN OUR TEAM

→ 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?

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



Picture Quiz
1. Jossy's Giants
2. Our Friends in the North
3. Vera



← **Ron Snow**
Ryton Towers

One especially colourful story is that of Ron Snow, a successful artist whose art now adds splashes of colour to the walls of our Ryton Towers home.

Perhaps once or twice in a lifetime, those sliding doors moments present themselves. One such moment for Ron was when he met his mentor, and without that chance meeting, his life could have taken a completely different turn. Luckily for Ron, it did and he never looked back - his teacher, who would go on to be his good friend and mentor played a huge part in Ron's formative teenage years as an artist.

With the help of his teacher/mentor, Ron began selling his paintings from his home, with each painting selling for around £100, roughly £8,000 today. Even after Ron accepted his first ever job, an exciting opportunity to work as a commercial artist at Warner Bros. Studio in London, he continued to paint and sell them in his spare time.

Art has always played a huge part of who Ron is, and part of the reason why he's loved and admired by all those whose life he's touched.

Ron hangs his favourite paintings in his room at Ryton Towers, and they always remind him of his life and the rich tapestry it's woven. The only thing more colourful than his art is Ron's charismatic and playful personality, and he's hugely popular with other residents and staff.

RESIDENT FOCUS

With so many residents, our homes are rich with stories, memories, and interesting pasts - each one more unique than the last.

↓ **June and Tony Pallet** **Riverhead Hall**

Over at our Riverhead Hall home, we meet resident June Pallet and her husband Tony, our charitable and life - changing couple, who's lives have touched and made such a big difference to so many others lives.

Perhaps a lot of Tony's need or desire to make a difference or help others was something he picked up from his father. Alfred Pallett was the creator and founder of the one time world famous Palitoy's toy company - and was responsible for introducing the first ever black baby toy doll in the UK. Risking all he and the family had built up, all for the cause of promoting and championing equality and inclusion. With such a strong statement. Tony's father played a small but significant roll in changing the UK's mentality and standing up for equal rights for those who didn't have a voice themselves. , the family took this incredible first step towards a brighter future for everyone.

Tony couldn't help but learn and be influenced by his father's compassion and empathy, ultimately the humanitarian DNA would run through Tony too, and throughout his and June's life, they used their position and influence to help others, including making regular trips to India to give out polio vaccinations. Junes and Tony's attitude, persona and compassion now bring an incredible warmth to all of the residents and staff - and it's infectious.



Q&A

We're regularly asked questions about both the residents and staff side of Wellburn. Here, we highlight some of the most popular and our team of experts give their answers.

Q I might be interested in a career in care, but I'm just not sure if it's for me or not?

A Feeling unsure or undecided about working in any new sector or industry can for some, feel a little daunting or worse still can put someone off entirely. Here at Wellburn we work hard to provide as much up front information as possible, including our careers newsletter and our super comprehensive 'Considering a Career in Care' information pack - which means we help every individual to make a decision that's right for them and their career paths.

Q With so many care homes and different providers, how are we supposed to find the right home for what we need?

A Our hugely popular and free handy pocket sized 'guide to choosing a care home', is full of useful hints and tips,

as well as a checklist to use when visiting potential care homes, which will help when looking around for potential care homes. Our New Care Enquiries Team will also walk an enquirer through the process step by step, helping with any questions too.

Q Do I need specific qualifications to work at Wellburn?

A Of course it depends on what role you're applying for, but for most of our in home roles you don't. Here at family run Wellburn, we're looking for candidates who will fit into our way of working, our teams and our philosophies - we worry more about this and less about qualifications, which if the right person doesn't have, we'll help them work towards and achieve whilst working for us. And because we see career development as one of our top priorities, every new candidate that joins our team

will be given all the help they need to further their careers with us.

Q How do I know when either myself or a loved one is ready for a care home?

A Everyone is different and there are no hard and fast rules - however there may be some telltale signs, that may suggest you or a loved one should be at least thinking about the option of a care home. You may find that you or a loved one is struggling to cope at home. Especially with completing normal daily tasks such as washing, dressing and feeding. And there may also be signs of forgetfulness and in some instances more extreme changes in mood. You or a loved one may have also exhausted options of support from close friends and relatives, or it may be in fact that more specialist support is needed. This is where our New Care Enquiries Team come in. We'll walk you through all the options, including how to navigate each step in the process of a potential evaluation.

For questions regarding care:

Call our New Care Enquiries team now on 0191 694 1052 or pop an email to us at: enquiries@wellburncare.co.uk

For all careers questions:

Call our careers team now on 0191 229 3544 or pop an email to us at: careers@wellburncare.co.uk

WellburnPost

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the Dish

Hairy Bikers' sausage casserole

Serves: 6
Prep time: 30 mins
Cook time: 1 hour

↓ Ingredients

- 1–2 tbsp sunflower oil
- 12 good-quality pork sausages
- 6 rashers rindless streaky bacon, cut into 2.5cm/1in lengths
- 2 onions, thinly sliced
- 2 garlic cloves, crushed
- ½–1 tsp hot chilli powder or smoked paprika
- 400g tin chopped tomatoes
- 300ml/10fl oz chicken stock
- 2 tbsp tomato purée
- 1 tbsp Worcestershire sauce
- 1 tsp dark muscovado sugar
- 1 tsp dried mixed herbs
- 2 bay leaves
- 3–4 fresh thyme sprigs
- 100ml/3½fl oz red or white wine
- 400g tin butter beans or mixed beans, drained and rinsed
- Salt and freshly ground black Pepper
- Rice or rustic bread slices, to serve



Make, share, eat
 If you're going to give this recipe a go, share your pic with us on our socials! Simply tag us in **@wellburncare**



↓ Method

Heat 1 tablespoon of the oil in a large non-stick frying pan and fry the sausages gently for 10 minutes, turning every now and then until nicely browned all over. Transfer to a large saucepan or a flameproof casserole dish and set aside.

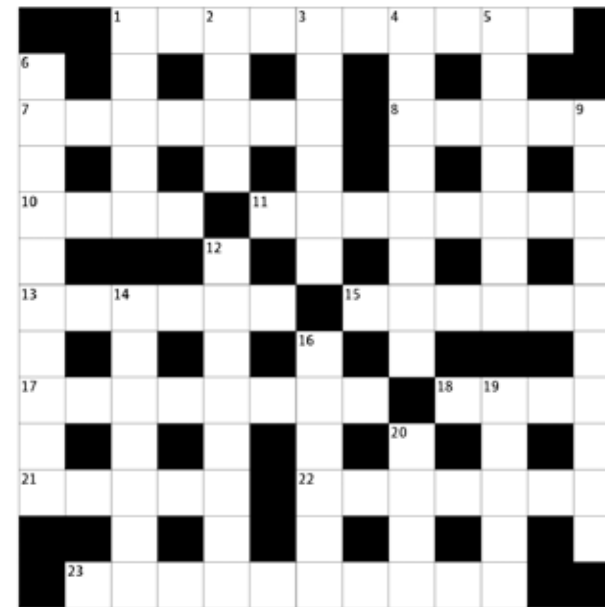
Fry the bacon in the frying pan until starting to brown and crisp and then add to the dish with the sausages.

Add the onions to the frying pan and fry over a medium heat for 5 minutes until they start to soften, stirring often. You should have enough fat in the pan, but if not, add a little more oil. Add the garlic and cook for 2–3 minutes until the onions turn pale golden brown, stirring frequently. Sprinkle

over the chilli powder and cook together for a few seconds longer. Stir in the tomatoes, stock, tomato purée, Worcestershire sauce, brown sugar and herbs. Pour in the wine, or some water if you're not using wine, and bring to a simmer.

Tip the tomato mixture carefully into the pan with the sausages and bacon and return to a simmer. Reduce the heat, cover the pan loosely with a lid and leave to simmer very gently for 20 minutes, stirring from time to time. Stir the beans into the casserole, and continue to cook for 10 minutes, stirring occasionally, until the sauce is thick.

Season to taste with salt and freshly ground black pepper and serve with rice or slices of rustic bread.



Crossword

Across

- 1 Hale and hearty? (4-6)
- 7 Scram! (7)
- 8 Curved sword (5)
- 10 Batons (4)
- 11 Hertfordshire cathedral city (2,6)
- 13 Cover on a car wheel (6)
- 15 Spread all over the place (6)
- 17 End of the line (8)
- 18 ___ Laine, jazz and pop singer (4)
- 21 (Originally RAF slang for a) crash (5)
- 22 Grouse (7)
- 23 Lying (10)

Down

- 1 Provided with weapons (5)
- 2 Landlocked Asian socialist country (4)
- 3 Air intake (that one may want to save?) (6)
- 4 Forlorn (8)
- 5 Hug (7)
- 6 Excessive (4,3,3)
- 9 US president, 1953-61 (10)
- 12 Pretend to be ill (8)
- 14 Good buy (7)
- 16 Financial plan (6)
- 19 Defamation (5)
- 20 Browse the internet (4)

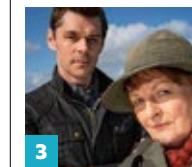
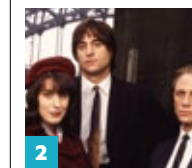
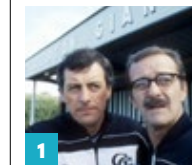
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teasers

IT'S IMPORTANT
 TO KEEP YOUR
 BRAIN ACTIVE



Pic Quiz

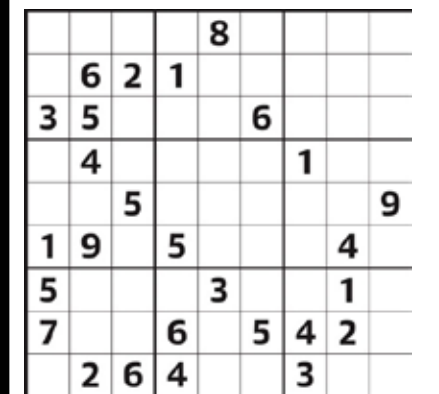
Can you name these North East based TV shows?



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Sudoku

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

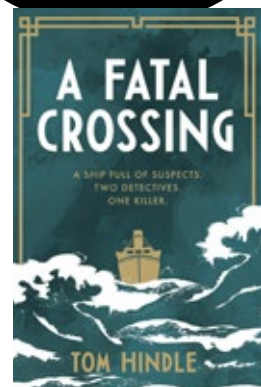
the Mind

ANSWERS

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

BOOK Club

WE OFFER UP 4 AUTUMN THEMED READS FOR YOU



The Lido

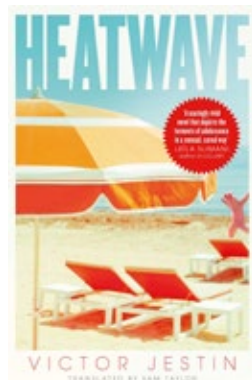
↑ **By Tom Hindle**

It's November 1924 and the Endeavour sets sail for New York, with 2,000 passengers - and a killer - on board. When a body is found on deck, ship's officer Timothy Birch is ready to declare the death a tragic accident. But Scotland Yard inspector James Temple is certain there's more to this misfortune than meets the eye. Hindle's *A Fatal Crossing* is a triumph - a rollicking period detective drama filled with deviously devised plots and boasts a final twist worthy of Agatha Christie herself. An ingenious thriller and we highly recommended it.

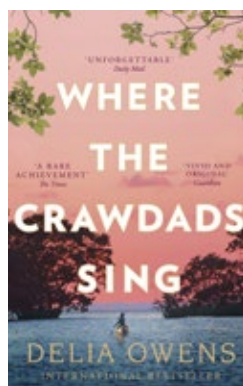
Heatwave

↓ **By Victor Jestin**

Following the struggles of a seventeen year old who witnesses a suicide when camping in the South of France, Jestin's *Heatwave* is played out over the space of a long weekend. This intense and brilliant novel is the story of an adolescent struggling to fit in - a gripping psychological thriller that poses one simple existential question: Is doing nothing sometimes the very worst thing you can do? Well?



Where the Crawdads Sing



← **By Delia Owens**

Owens' painfully beautiful first novel is a murder mystery, a coming-of-age narrative and a celebration of nature. Set in the desolate marshlands of the North Carolina coast, the story is told through the eyes of an abandoned child. As the secret wonders and dangers of her private world unfold, the story is as engrossing as it is moving.



It Ends With Us

↑ **By Colleen Hoover**

It Ends with Us is both a brave and heartbreaking novel that digs its claws into you from page one and doesn't let go, long after you've finished it. Exquisitely written, Hoover's touching novel of desire, lost loves and second chances focuses on a brilliantly realised love triangle and how we must always live with the ghosts of our past. Read it!



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