

We're hiring!

We have new jobs popping up all the time on our [careers page!](#)



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:
careers-wellburncare.co.uk



Issue 27 | Winter 2022

WellburnPost



The free quarterly from Wellburn Care Homes

Follow us:
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Grimston Court

★
Invites
you to our

12-5pm

Sat
3
Dec

Festive Craft Market

Raising money and
donations for the
York Foodbank



FREE festive fun
for the whole family

Perfect for stocking fillers

Craft stalls
Live festive music
Hot food & drink
Visit Santa Claus
+ much more

Venue Grounds of Grimston Court Care
home, Hull Rd, Grimston, York YO19 5LE



wellburncare.co.uk

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Notes from the Editors

Welcome to our festive issue #27,
our winter edition. We catch up with
our Executive Chairman, as she
reflects back over the year, and looks
forward to Christmas in our homes
and what next year will bring, in her
regular Agenda piece (pg 5).

In our first main feature, we take
a look at how getting all creative
and crafty this Christmas, can not
only save money, but also benefit
our wellbeing and our planet (pg
6). Our 365 section delivers lots of
hints and tips on maintaining our
happiness and wellbeing over the
winter months, including two mini
features, one of which explores the
huge benefits of a daily walk in
winter (pg 16).

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

Our second feature explores just
some of the ways other cultures
celebrate New Year's Eve and the
passing over into a New Year, with
some unusual and spectacular
discoveries (pg 24).

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

We hope you enjoy our festive
issue and from both of us and the
entire team at Wellburn, we wish you
a very Merry Christmas and a happy
New Year!

Izzy & Sara x

Izzy Moran and Sara Nigohosyan
Editors / Marketing Team



In the community

Festive box drop

The relationship we enjoy with all of our local communities, are bonds that have been built over many years - and it's always a two-way street. Which is why we're always looking for ways to give something back, and this Christmas over at our Nightingale Hall and Eighton Lodge Care homes, we're doing just that. Throughout



December, we're distributing free festive box drops, filled with little festive goodies, from blankets to chocolates, all lovingly put together by our community team. Based on nominations, the boxes will be delivered to people that others from the community thought could perhaps do with a little reminder of how much they're loved or even serve as a little seasonal pick-me-up. As always, with initiatives like this, we see first-hand just how much our communities embrace these small acts of kindness - it serves as a reminder if ever needed, that a sense of community spirit is very much alive and kicking.



A G E N D A

FROM THE INSIDE

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

It's been another extremely eventful, tricky and turbulent year for all of us, both from a personal and business point of view - no sooner had we exited a pandemic, we slipped headfirst into a state of complete European and global unrest with the war in Ukraine. Subsequent spiralling fuel and food costs, have plunged many into difficult times.

The combination of rising living costs, staffing shortages across the entire care sector and exponential rise in all of our supplier costs, has all contributed to this having also been an extremely difficult and tricky year to navigate for all of us here at Wellburn, too.

I've been working hard with my talented teams to find solutions to the many hurdles we've been faced with. The recruiting crisis across the sector has been the result, in many ways, of a perfect storm of events outside anyone's control - the pandemic was the catalyst, and post-pandemic, competition from other sectors being able to offer more pay is just one of many problems we're tackling, when trying to attract potential candidates.

Throughout the year, together with our Head of HR, Mark Dewar, and his team, we've tackled the recruitment problem head on and we've seen some encouraging results.

Some of the solutions have included increasing both the amount of our Golden Hello (a one-off payment new staff receive after they pass their 3-month probation period), and our refer a friend scheme.

compromising and maintaining our usual standards of excellence has been a challenge, but one that, like all the other challenges my team have faced this year, has been met successfully.

I don't need a reminder, because there isn't a day that goes by that I don't appreciate having such talented and dedicated people around me, but the last few years really have been on a level to challenge even the best, and that we're all still here, smiling and relishing the challenges next year will bring, is a testament to all the staff at Wellburn.

Speaking of staff, after another long year, it's fantastic that for the first time in a while, we're able to enjoy and celebrate the festive run in the way we normally like to - big and loud! Our Deck the Halls competition is back, after being paused because of the pandemic. The competition sees all 14 of our homes compete to be the best festively decorated home, with the winning home receiving a trophy and a cash prize.

And we're hosting our Festive Craft Market over at our Grimston Court home in York (See inside cover ad for more details). With lots more on top of this planned, it promises to be a December to remember and the joy in our homes will be a moment to savour.

Whether you're joining us for our Festive Craft Market, or other festive events - whatever you're up to, enjoy it, and from myself and all of us here at Wellburn, a very merry Christmas and a happy and prosperous New Year. ■



Practising hobbies such as arts & crafts can do lots more for us than just practising a skill – taking part in creative activities like these have been scientifically proven to have a positive effect on our mental wellbeing. That's because crafting hobbies are a great way to express your feelings in a cathartic release, bringing about positive benefits to our mood. Studies have even found links between practising artistic hobbies and improvement to our cognitive abilities too.

Of course, the festive season often sees an increase in arts & crafts activities as people like to get creative, making DIY Christmas decorations, stockings, homemade festive wreaths and of course Christmas baking too. And for many of us, money will be tight these holidays, so this really is a great

opportunity to get creative and save some pennies by making your own Christmas arts & crafts. And not only will Christmas crafting save you some much needed cash but it's also a rewarding and meaningful way to prepare for the season of goodwill. So, this year, why not enjoy a homemade Christmas on a budget and experiment with your own DIY festive decorations, crafting, and even handmade gifts for your loved ones?

To help, we've picked out a few of our favourite ways you can save money this Christmas with some DIY arts & crafts. You'd be amazed at what you can create with some simple craft store supplies and a glue gun. Before you know it, you'll have a revolving collection of crafty decor for your home to inter-change with each season! →

For a lot of us, this winter will be all about keeping a watchful eye on budgets – and what better way to keep costs down than getting all creative and crafty this Christmas.

A very thrifty Christmas

→ By Isobel Moran



← Thoughtfully handmade gifts will bring a smile to anyone's face – there's something heart-warming about a handmade gift showing the care and time you put into it. Not to mention this can be a great cost saver too. Some ideas you could give a go are handmade bath bombs, Christmas gingerbread cookies, knitted or crochet mittens, embroidery pillows, lavender sachets, mason jar candles and even homemade jam - the options are endless! There are plenty of step-by-step instructions for all of these online and you might even already have the materials for some. The results from a handmade gift will be so much more personal than anything shop bought and the love and care put into it will be sure to make your loved one smile.

Share with us

If you try some of these nifty DIY activities over the holidays, we'd love for you to tag us in your creations on social media @wellburncare

▲ DIY Christmas decorations

Buying your own luxury Christmas decorations can really set you back. But there are plenty of DIY crafts you can make yourself - you really don't need to spend a fortune to create your own winter wonderland this year. Here are just a few examples of our favourite DIY festive décor:

Hanging salt dough ornaments – Start by making your salt dough. You'll need:

- 500 g Plain Flour
- 250 g Table Salt
- 125 ml Warm Water (hand warm)

Start by mixing the salt and flour together in a large bowl. Then gradually add the warm water as you mix it together by hand. Turn out on a lightly floured surface and knead for 5-10 minutes until you have a smooth dough.

Then use any glass object to create unique shapes in it – try paper doilies, leaves, needles or even crystal cut glassware. Then use a fancy biscuit cutter to create your hanging shape. Use a straw to make a hole at the top for a ribbon/ string hanger and if you like, you can paint your ornament too. Air dry or bake in the oven at 150 degrees/ 1 hour to harden. You can personalise these hanging salt dough ornaments however you like to create your own bespoke festive decorations at a fraction of the cost!

▼ Paper snowflakes

These beautiful intricate paper snowflakes will add dimension to your festive décor and can be hung from your window or mantel piece. Experiment with different festive colours or go for an all-white look. This is the perfect paper craft which can be made as detailed or as simple as you like– the latter being a great activity for kids too.

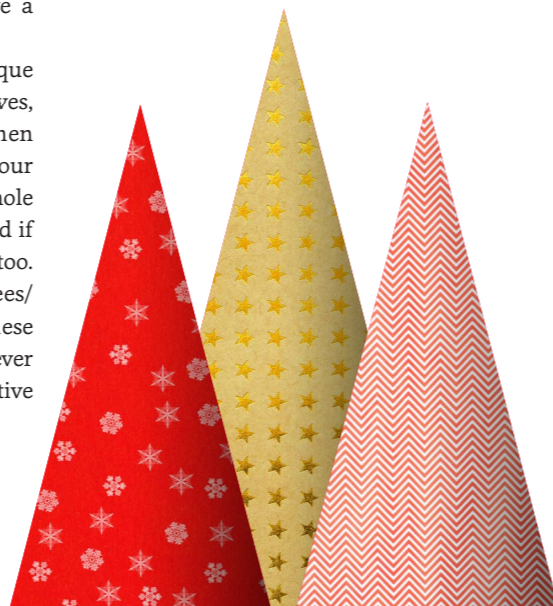
▼ DIY layered garland

Making your own layered garland not only looks festive but smells great too!

Bundle together 12-inch lengths of different greenery – you could use fresh cedar, pine, or grapevine twigs. Then use green metal wire to hold them together. Repeat this until you have your desired garland length and affix the bundles in an overlapping pattern with the wire. Next add lights, ribbon, berries, and pine cones, weaving the decorations into the greenery for the perfect festive garland!

▼ Wrapping paper trees

We love this one for finding use out of those annoying wrapping paper scraps. If you've got spare bits of wrapping paper too small to wrap anything with, don't throw them away - instead why not create some mini wrapping paper tree ornaments. Simply wrap your pieces of wrapping paper around a cone shaped cardboard 'tree' and place them amongst your other festive ornaments!



▼ Handmade Christmas wreath

Christmas wreaths are one of the easiest and most traditional types of festive holiday décor – and there are tons of options for making them too, depending on how creative you're feeling. To create a traditional classic Christmas wreath, you'll need to start with either a wire or natural wreath base. From here, use wire to attach sprigs of fir to the wreath, repeating this to cover the whole wreath. Next secure your decorations with more wire – these can be cones, crab apples, berries, ribbon, and sprigs of holly. The key is to use natural dried ingredients but the options are endless! Finish your wreath with a large festive bow and hang on your door for the most festive door on the street! And instead of a classic Christmas wreath, you can even get creative with some stylish modern designs too.



▲ Handmade Christmas cards

Sending a Christmas card in the post is a festive and wholesome tradition that really shows someone you care. This year, why not make it extra special with a handmade card which can be kept and treasured by your loved ones. Personalise each card with your own designs and sentiments- the options are endless; embroidered Christmas cards for the sewing lovers out there or if you're good at calligraphy, you can use your writing skills to make cards with beautiful hand-drawn personalised messages. And if you have spare leftover buttons lying around, you can repurpose them to make a button ornament card. Use a few pen strokes and stick your buttons to the card to become vintage looking ornaments! For a simple, yet elegant design, try sewing pieces of red and white gingham cloth shapes onto plain white cardstock backing. Finally, sponge printed cards- these are great for kids and can be made with just a sponge, some green and red paint, and a bunch of small decorations like stars and sequins to decorate your tree. Or you could use potato printing to cut out simple stars and tree designs and print onto your cards! →





← Doing DIY Christmas activities not only means you're embarking on a festive arts and craft project, which is a cosy way to spend a cold winter evening, a handmade Christmas is also a more sustainable way to show your loved ones you care, and a great way to save money this Christmas too.

Here at Wellburn, across all 14 of our homes, our residents' love getting involved in a variety of arts and crafts too, with plenty of their day-to-day activities centred around getting creative. Whether that's flower arranging, cupcake making, knitting, painting and this time of the year, festive crafts is hugely popular.

And these activities are integral to our residents' wellbeing too, enabling them to stay physically, mentally, and socially involved in a meaningful way. Practicing arts & crafts gives residents a sense of purpose and responsibility, but also gives them a new found freedom and confidence in their own abilities.

Providing that sense of accomplishment also helps to relive stress, anxiety and puts less focus on those daily worries – all contributing to an improved overall wellbeing. All giving a super positive boost to wellbeing levels, and it should be noted that this isn't exclusive to older people.



Getting creative also helps to stimulate the mind and keep our brains active, which is particularly important for our residents living with dementia - helping them to reminisce on past memories and retain new ones.

And this year, as we prepare for our biggest festive highlight, our residents will be making their very own Christmas arts & crafts for Wellburn to sell at our charity Festive Craft Market over at our Grimston Court home. With all profits from our stall being donated to the fantastic York Food Bank, who Wellburn are partnering with for the day. Residents in our homes are currently getting crafty decorating Christmas baubles, making mini terracotta

festive plant pot tree decorations, mini wooden decorated Christmas trees, festive felt stockings and even some mini wooden Santa Claus to sit on your mantlepiece!

These lovely handmade items from our residents will be sold alongside specially designed Christmas cards (above), gift tags (above left) and limited-edition prints.

If you'd like to get your hands on one of these lovely handmade items, simply pop along on the day of our festive craft market, Saturday 3rd December 12-5pm and show your support– we'd love to see you there! ■

For more event details, please visit: wellburncare.co.uk/festivemarket

365 **HAPPINESS** & Wellbeing



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

12 All about wellbeing

Some of our latest initiatives put in place to boost our residents and staff's wellbeing.

13 The season of goodwill

Why embracing goodwill, and making sure we're passing it on is important over winter.

15 Retail therapy

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

16 Step into Christmas

We look at the huge benefits a daily walk in winter can deliver to our wellbeing and health

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.

→ Stay warm Wednesdays

Here at Wellburn, we work hard to prioritise wellbeing - whether that's our residents or our staff, we want to make sure everyone knows how seriously we take their mental and physical health. But often, it's nice to spread kindness a bit further and make sure our community is taking care of its wellbeing, too. We recognise that this winter, more than ever, and particularly because of the cost of living and energy crisis, more of us than usual may well be feeling the pinch. Which is why over at our Eighton Lodge home,

we've launched a new winter initiative. Eighton's Home Manager Lee Dale explains, "To help in our own little way, we're offering warmth, comfort and good company, with our 'Stay Warm Wednesday' campaign. Each and every Wednesday right through winter from 2-4pm, we'll be using our community lounge to welcome anyone who would like a little respite from the cold, and enjoy free food, drink and some friendly faces, in a warm and cosy setting. We'll welcome all those who need us."



← Menopause champion

We've recently launched an internal Menopause campaign, aimed at offering real-time support for our staff who may need it and also to raise general awareness throughout the company. The campaign promotes a comfortable and safe environment for all staff to seek support and ask

questions they might have relating to the menopause. And with our new Menopause Champion, Karen Little, on board, we are now offering wellbeing support, too. We want each and every member of staff to feel comfortable to come forward and ask for help or to just be able to share their experiences.



When it comes to winter, there's such an array of emotions that accompany the season - the cold weather and lack of sunshine can bring melancholy, make journeys out seem less attractive and can reduce our motivations for things like exercise. December can also deliver a real contrast of emotions, with the highs and lows of pre and post Christmas feelings, sometimes even tipping into Seasonal affective disorder (SAD).

Balance is key, and it's important that during the winter months we look after our own wellbeing and those around us too. As winter charges towards us - this year especially, many more of us than usual, may be feeling a looming anxiety and worry about money, heating, and a number of other concerns. So it feels more important than ever to make sure we're kind to each other, to show and offer support to all of those we're close to, and in return, having all of that reciprocated back towards us.

Showing our goodwill and kindness to others can and will go an especially long way this winter - and being kind to others is by far one of the easiest and simplest

THE SEASON OF GOOD WILL

→ **By Sara Nigohosyan**

ways to improve someone's day and consequently their wellbeing. Something as small and seemingly insignificant as a compliment or a supportive hug can make a huge difference.

At times, we all need a bit of reassurance, kindness and support, and often it can come from the most unexpected sources. Perhaps we expect the most support from our families in times of hardship, but every now and then, it's a stranger, a colleague or an associate, who will surprise us with a thoughtful action or comment.

Random out of the blue moments like these, are also a reminder to us, of just how powerful small acts of kindness can

be - serving as a kind of reaffirmation that goodwill is very much out there and alive. Reminding us all that we have a duty, perhaps even an obligation, not only to ourselves, but to everyone around us to embrace goodwill, and make sure we're passing it on as much and as regularly as possible.

The Christmas season is notably prominent for being just that - an entire season of goodwill. So many films depict stories of strangers helping each other to become better, happier people. From the story of a small girl who helps a lonely Grinch's heart triple in size, to an angel showing a desperate man just how much worthwhile and rich his life is - stories of strangers helping each other and giving back around the Christmas season are endless.

It's difficult not to tie the holiday season in with the theme of giving, but it's important to remind ourselves that giving doesn't always have to be linked to the giving of material possessions. There is so much we can give beyond physical gifts - something as simple as a gesture or words of kindness can be as, if not more powerful, than any material gift. Go try it and see what happens....

Here at Wellburn, we use every approach possible to improve our residents' and staff's mental and physical health. Which is why we have various wellbeing initiatives running throughout all of our 14 homes. One initiative is our Pyjama Day - which encourages staff and residents to dedicate an entire day towards feeling as comfortable in the home as possible, embracing the relaxing satisfaction of snugness. It's easy to overlook these smaller, seemingly less significant initiatives, but we've found something as simple as

wearing pyjamas for the day, and being surrounded by others doing the same, can result in a decrease in stress levels, alleviated anxiety and improved overall mental health. There are so many benefits to having a constant stream of events, initiatives, and activities that focus on everyone's wellbeing, ensuring it stays at the forefront of everyone's minds, no matter how big or small they are. Each initiative is planned and created with a specific aim or goal in mind, and the results can be astonishing.



UBER
Relaxed

RETAIL

therapy

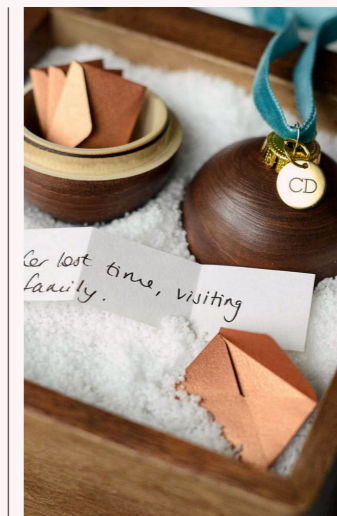
From the homemade to purpose made, there are a lot of things out there that can help improve our happiness and wellbeing this winter. Here are some of the best.



Cosy Women's Sleep Gift Set

→ Winter can be a stressful time of the year, and especially over Christmas, things can feel a little hectic and overwhelming. This quaint cosy sleep set box is the ideal gift for a loved one or even yourself to help unwind at night. The set includes cashmere socks, a microwavable wheat heat bag and cocoa butter cream.

£48
notonthehighstreet.com



Personalised Bauble

→ These Hopes, Wishes and Intentions Personalised Baubles are hollow and come with miniature envelopes where you can write your wishes and intentions. It's a great way to take a moment to reflect with loved ones, and to remind and perhaps recalibrate your aspirations and goals for the coming year ahead.

£17.95
notonthehighstreet.com



OOH, THAT'S NICE!

Hot water bottle

→ Crafted from the plushest faux fur you'll ever touch, The White Company's statement hot-water bottle cover has an extra-soft pile, and is made with recycled plastic bottles. Complete with a rubber hot-water bottle inside, it's designed to make you feel wonderfully cosy and warm throughout the winter months - making it a perfect addition to any bedroom or relaxing space.

£35
thewhitecompany.com

Brilliant Ideas
Sunset Lamp

→ As the days are shorter and our evenings are darker, it's important to remember those who struggle with seasonal depression. Lighting can help moods lift instantly and give your room back its warm glow it once had in the summer.

From £45
urbanoutfitters.com





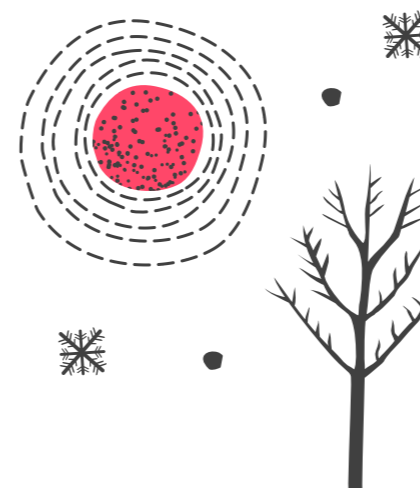
"Walking in the winter burns extra calories, since your body needs to work harder to maintain its core temperature."

STEP INTO CHRISTMAS

→ **By Isobel Moran**

Christmas is a time of joy and celebration – a time to indulge as we enjoy eating, drinking and relaxing as we spend time with friends, family and loved ones well into the new year. For some, this time of the year can prove rather stressful, and feelings of guilt can creep in, as we momentarily slip out of our usual routines and for a beat, forget about those diets, healthy eating habits and exercise – until the new year comes around once again.

However, it's important to remember that we can still enjoy some festive indulgence whilst still maintaining a reasonable level of health – something as simple as going for a walk each day can work wonders and could prove the difference between having to start from scratch in the new year, or not. Although walking is a great year-round activity with numerous proven benefits, during the winter months and across the festive period, in particular, walks are a great way to find that balance and counter those festive excesses. And with a vast number of benefits for both our physical and mental health, walking in the winter has been scientifically proven to burn extra calories, since your body needs to work that extra bit harder to maintain its core temperature. So, heading out on a frosty day might actually be a tactical



strategy for offsetting the effects of those extra Christmas pigs in blankets! Walking also boosts our immune system, again helping us to fight off pesky colds and cases of flu which tend to creep up at this time of year.

On the flip side of things, heading out on Christmas or Boxing Day for a walk is actually a festive family tradition for many people. A gentle winter walk can encourage conversation, reflection and a chance to make new memories, bringing the whole family together from children, parents, grandparents and aunts and uncles – something that few other activities can. Walking is an activity that's accessible for all too – there's no fancy gym membership required, you can get out and about anywhere at any time, and it's completely free, too.

Of course, as the days get shorter and the weather gets colder, it can be very tempting to stay cosy and tucked up indoors but going out for a walk in these colder months can bring pleasures and plenty of benefits of their own. Although Christmas is a joyful time for many, for some it can be stressful and lots of us will struggle mentally with the dark and cold nights during winter. And this winter in particular, with the cost of living and energy crisis, more of us than usual may well be feeling the pinch. Getting out and taking a walk is a great way to boost your mood and release endorphins to pick you up and help you feel that bit better and brighter.

It's important to also remember that when getting out and about, to match your chosen walk with your ability. Start off small, don't overstretch yourself and dress for the weather. Here are a few things you'll need to think about when getting out and about in winter:

Wrap up warm

A seemingly obvious tip, but after some time outside in the cold, your thick puffer coat might not be enough. Make sure to wear a thermal base layer, plus thick warm socks, gloves, a scarf and a hat.

Don't forget to layer in waterproofs too to avoid getting chilly if you're out in the rain.

Wear comfy shoes

Make sure you've got grippy walking boots with good ankle support which are comfy to walk in and water-resistant too. If you're planning on walking in the snow or ice, you might need something more heavy-duty, like snow spikes to attach to your boots.

Don't rush

Particularly at this time of year, the weather is wet and cold which can make walking paths slippery – not to mention snow and ice in the colder winter months. Take your time and remember it's not a race – this way you're less likely to have an accident!

Pay special attention when walking in the dark

As the days are shorter, it's more likely you'll be walking in the dark in winter. Wear bright, reflective clothing so you can be seen – a headlamp can be great for lighting up dark paths too. If you can walk with a friend then do and if not, always let someone know your route and how long you expect to be gone.

Plan your route

Plan out your route before you go and make sure you feel safe walking it based on the conditions and amount of light. And make sure to pick a route suited to your walking style and ability too. You might even like to download an app such as Strava to track your walks and see your progress.

There's no doubt, it's irrefutable – the benefits of walking are endless, it's not only good for our physical health, but also our mental health and overall wellbeing. So why not head out and enjoy everything our fantastic region has to offer – whether by yourself or with family and friends – a Christmas walk will give more than you may realise.

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



POP-UP RESTAURANT

The Little Fishy

Sometimes in the depths of winter, nothing beats home comfort food and the award winning The Little Fishy pop-up restaurant doesn't disappoint. Located in Tynemouth, North Shields, their ingredients are all locally sourced and have a reputation amongst the locals as being unrivalled. A stone's throw from the beach, The Little Fishy is the perfect way to warm up on a cold winter's day walk with the family, and with its reputation, it simply has to be a certain stop off over the winter.

Tynemouth,
North Shields, NE30 4BW
TheLittlefishy.com

BAR & RESTAURANT

Winter Hütte

Christmas in York is set to look very different this year with a brand-new offering taking pride of place at York Christmas Market. The Winter Hütte makes its debut as the place to be seen this Christmas. The pop-up, two-storeyed traditional Swiss Chalet is located at the bottom of Parliament Street and offers a spectacular upper terrace overlooking the Christmas Market. The bar area downstairs has a gourmet sausage stall for patrons as well as passers-by outside, and upstairs a new restaurant, with unique views, from one of Yorkshire's best known chefs, the Michelin-starred Andrew Pern.

Parliament St,
York, YO1 8RU
winterhutte.co.uk



BAR

Festive Bottomless Brunch at Hallgarth Manor



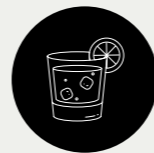
This Christmas, Hallgarth The Manor House are hosting a festive bottomless brunch, which promises all the seasonal trimmings and more. Running over two Saturdays in December, this promises to be a fantastic event. With unlimited prosecco or bottled beer, festive platters and live entertainment,

it's hard to see where a better time will be found.

Sat 10th Dec & Sat 17th Dec
12pm - 4pm

Tickets:
£45 per person

Hallgarth The Manor House,
Pittington, Durham, DH6 1AB
hallgarthdurham.co.uk



STAFF PICK

GARY GANLEY
ENQUIRIES OFFICER

→ **Kafeneon**

I absolutely love Kafeneon in Newcastle! It's a Greek kitchen and cocktail bar and the atmosphere and vibe is so lovely. It's like a little piece of Greece in the Bigg Market!"

8 Bigg Market, Newcastle
NE1 1UW. kafeneon.co.uk



EVENT

The Snowman at York Minster

Make it a Christmas to remember, with a special screening of family-favourite The Snowman, accompanied by a live orchestra. Presented by Carrot Productions – the world's leading performers of The Snowman film with a live orchestra – their award-winning show

features some of the UK's finest musicians. This magical show, set within York Minster, is ideal for the whole family to enjoy together, and is sure to create lasting memories.

York Minster, Deangate,
York YO1 7HH
yorkminster.org



OOH, THAT'S NICE!

Fortnum & Mason
Cheese Knife Set

→ This exclusive set of cheese knives, come with Fortnum & Mason engraved on each blade.

£60

fortnumandmason.com



BAR & RESTAURANT

Lola Jeans Newcastle

Lola Jeans is the perfect spot if you're looking for a warm and romantic setting this winter! With its beautiful large chandeliers, painted murals by local artists and its exceptional cocktails and international dishes, this venue is like no other place you'll find in Newcastle - with a style unobtainable by anyone else in the city.

1-3 Market St,
Newcastle, NE1 6JE
lolajeans.co.uk





EVENT

Yoga by Candlelight

This Christmas, Raby Hall are introducing a brand new festive experience as part of their seasonal programme. Although the festive season is the most magical time of the year, it can also be the busiest and most stressful time of the year too. Take a break from cooking and Christmas shopping and meet your friends for a relaxed and soothing yoga session in the castle - providing your wellbeing with a big festive boost!

Thur 1st Dec
6pm

Tickets:
From £20

Raby Castle,
Raby Park, Staindrop,
County Durham, DL2 3AH
raby.co.uk

BAR / RESTAURANT

The Beehive

Recently The Beehive was voted into the top 30 places in the UK for Sunday roast and it's nothing less than this little gem deserves. In view of St. Mary's Island and the golden Long Sands beach of Whitley Bay, the Beehive has been quietly going about its business, its star rising year on year. And this pub comes to life during the festive season, with its quaint décor, cosy atmosphere and its one-acre secret garden. They're dog and child friendly too, so it's the perfect destination for the whole family. With delicious award-winning food, it's our festive go-to.

Hartley Ln,
Whitley Bay
NE25 0SZ
beehiveearsdon.co.uk



EVENT

Newcastle Christmas Market



Newcastle's Christmas market is back - the ever popular market brings together local vendors and breweries with the Farmer's market, specialising over the festive season with culinary sundries dedicated to Christmas and New Year. Around 30 market stalls will once again be set up around

Grey's Monument to create Newcastle's very own winter wonderland, and curious audiences can take in locally made pottery, jewellery, local ales alongside choir singing and sizzling bratwurst.

Grainger St, Newcastle
NE1 5AF
newcastleworld.com

INTO THE wild



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

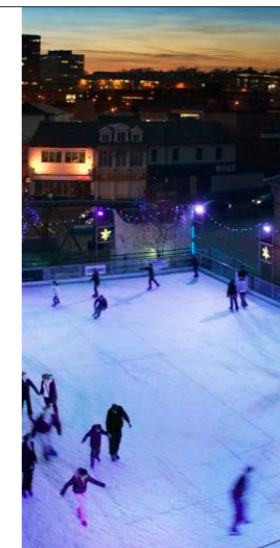
ACTIVITIES

Ice skating at Life

The much-loved, open-air ice skating rink in Newcastle is back for another year of festive fun! It opens in its usual spot from the 12th of November to 15th January. Situated in Times Square, just outside The Life Science Centre, the rink is ideal for ice skaters of all abilities and ages, so it's perfect to visit with family, friends,

on a date, or even skating solo. A lovely way to have fun while staying active during the cold winter days. Tickets for timed slots can be purchased online in advance of your visit. Some slots will be kept free for walk-ins, but booking is advised.

For more information visit:
life.org.uk/events



WALKS

Kielder Forest



Spending time in Kielder Forest is the perfect escape from the hustle and bustle of life and the ultimate destination to just get out and be at one with nature and all it has to offer. Keilder is home to England's largest forest and the biggest man-made lake in Northern Europe, Kielder Water & Forest Park

is a playground for cyclists, walkers and outdoor enthusiasts. A haven for wildlife, the best dark skies in England and award-winning art & architecture. And during the winter months, the landscape is absolutely stunning.

For more information visit:
visitkielder.com

ACTIVITIES

Winter sledging

Town Moor's Cow Hill commands spectacular views over Tyneside and Northumberland and over the winter months, when it snows, it's a hugely popular spot for sledging, skiing, snowboarding and snowman making. There's always a bustling and friendly atmosphere on the hill, making it great fun for the whole family.

For more information visit:
woodlandtrust.org.uk



WALKS

Cragside National Trust

Cragside is a fantastic place to explore in winter. Grabbing your walking boots and embracing the fresh air during the winter can be an ideal way to keep the winter blues at bay and make sure we're getting enough exercise. With a network of paths, the Pinetum walk, recreating a North American forest landscape is a particular highlight.

For more information visit:
nationaltrust.org.uk





Local partnerships in the community

Keeping it local

← Little Yorkshire Honey House

A lovely local business we'd like to shine a light on is Little Yorkshire Honey House - a small, independent York-based business selling a range of bee products including pure Yorkshire honey, beeswax candles, wraps, skincare and other bee-related gifts. Little Yorkshire Honey House are what's known as a 'micro-beekeeper' as they like to keep things small to provide the best care for their bees as possible. And they'll have a stall at our Grimston Festive Craft Market on 3rd December, so come along and get your hands on some lovely bee-related gifts in time for Christmas!

For more information visit:
littleyorkshirehoneyhouse.com



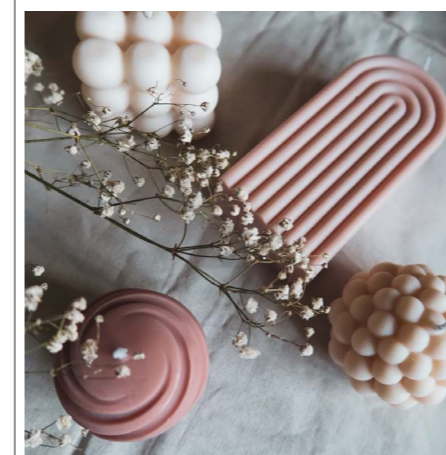
Here at Wellburn we love developing relationships with small, independent businesses in our local communities - here's some of our favourites



↑ Sugar Sweets and Treats

Based in Newcastle, with a thriving Etsy shop, 'Sugar Sweets and Treats' is run by owner Laura Ward who opened her sweet business during lockdown as a way to keep busy. She soon found her way in the market as well as a love for creating the perfect sweet pouches for any special occasion. Ranging from birthday parties and Christmas, to Halloween and weddings, you can find pretty much any themed sweet treat. Recently our staff were treated by their Home Manager to one of Laura's spooktacular sweet pouches to get them in the Halloween spirit, and they went down a storm!

For more information visit:
etsy.com/uk/shop/SugarSweetsTreats



← Valo Candle Company

Founded only recently in early 2022, Valo Candle Company is a small start-up run by Cassie selling a distinct and quirky range of handmade soy candles. You'll find everything from mini-shaped robots and Picasso candles to baubles and igloo-shaped Christmas candles! Every candle is eco-friendly, vegan, hand blended and poured with the addition of your chosen fragrance. Their packaging is sustainable too as Valo uses minimalist recyclable and reusable packaging to minimise their carbon footprint. You



can explore and purchase their entire collection of candles either by visiting the website or via their Etsy shop.

For more information visit:
etsy.com/shop/Valothecandlecompany



How do you do your new year?

→ By Sara Nigohosyan

Every new day brings endless possibilities and the opportunity to start something new, or even make a change that will better our lives and those around us. This sensation is especially strong in and around the New Year, when the opportunity to start anew feels more motivating than ever, almost traditional obligatory - for when that new day also marks a new year, everything somehow feels possible.

Whether that's breaking old habits or starting new positive ones, the change of calendars can often add the subconscious need and motivation for change. It's important to make use of this "new beginning" catalyst, and what can also often work in our favour is that for one time in the year, like a flock of geese instinctively migrating for the winter, those around us

are feeling exactly the same momentum - sharing our tasks and goals often leads to better results.

New Year's resolutions are a lovely celebratory tradition of welcoming the new year with a positive outlook and setting goals for the coming year - a tradition shared by many cultures around the world.

These New Year's resolutions give the impression of a relatively recent tradition, but some historians say it likely dates back more than 4000 years, from Babylonians to a variety of other cultures, embracing the New Year, new start idea.

What we also know is that as much as cultures can share common events and traditions, such as New Year's resolutions, they also have a myriad of their own traditions, providing a wide and often kaleidoscopic →



← array of New Year's traditions and how they celebrate the start of the coming year.

Here at Wellburn, we celebrate diversity, and encourage at every single turn, our staff and residents to bring elements of their culture into our homes, and we're especially excited when it's done during celebratory times, when culture can be shown in the most beautiful ways.

New Year's Eve and New Year's Day itself are celebrated by many different cultures, and it's a fantastic opportunity to explore and discover the ways just some of these cultures do it.

For all their differences and nuanced approaches, creating a multicultural patchwork of offerings, there does seem to be a common thread used to bind them altogether though.

A recurring theme tends to be centred around the endeavour for new beginnings, good luck, and sometimes even wish-making, which in a way closely relates to our own tradition in this country of creating resolutions and trying to achieve them - calling for a new beginning with new motivation, maybe new luck, and new wishes and aspirations that we'd like to achieve.

One of the most interesting and perhaps enthusiastic traditions in South America when it comes to the New Year, is Brazil's tradition of jumping seven waves - Brazilian people will go to the beach to celebrate the beautiful holiday and watch the sea of fireworks, while dressed in white for good luck. And when the new year strikes, everyone jumps over 7 waves in the sea,

“A tradition that would be slightly harder to promote if it involved the biting cold of the North Sea.”



to claim a wish with each wave they jump over - in hopes that in the coming new year, they will come true. A lovely tradition that is easier to embrace in warmer climates - and slightly harder to promote if it involved the biting cold of the North Sea.

Another fascinating tradition is the Danish tradition of leaping into the new year, along with breaking crockery. Standing on a chair during the countdown and then jumping from it is believed to bring good luck, as people jump into the new year with ambition and belief for what it has to bring.

This, in combination with their crockery-breaking tradition, creates an exciting and eventful New Years' Eve. In Denmark, the tradition calls for people to keep their chipped and unwanted items of crockery until that very last night of the year, and then smash them against the front doors of their friends on the last night of the year. Seemingly hostile, this tradition is actually said to be a measure of one's popularity - with people looking forward to finding a heap of broken china on their doorsteps at midnight. From traditions for good luck to bonds of friendship, Denmark certainly have their very own unique way of marking the start of a new year.

While some countries resort to their beaches and chairs, the Spanish start off



their new year by eating - 12 grapes to be specific, which symbolise each strike of the clock. The tradition dates back to the 1800's, when people believed this would bring good luck and ward off any evil, and it still goes on to this day. However, this custom, 'las doce uvas de la suerte' only works if all of the grapes are consumed in a matter of seconds - having them gone by the time the clock finishes striking midnight. Slightly less dramatic than the Danish, Spain's tradition is however still mixed with the usual celebrations of fireworks, drinks and parties.

Finally, a country that takes celebrating the New Year to a whole different level, China's celebrations are renowned the world over, for the variety and size of their festivities. Falling on a different date to →



← the rest of the world, China's new year also marks the beginning of spring and it's often referred to as the 'Spring Festival,' celebrating the start of a new life.

And, as it is such a big holiday, the Chinese New Year isn't celebrated solely on a single day, but is in fact spread out across 16 days of preparation and celebration, ending on the night when there is a full moon.

The first three days being bank holidays, makes them central to the celebration, but each and every day has a special tradition assigned to it. The whole 16 days are spent cleaning the house, traditionally of bad spirits, doing New Years shopping, decorating with red spring couplets, traditional family dinners, giving 'lucky' money to kids, setting off fireworks and firecrackers, offering sacrifices to ancestors, often by leaving extra food out for them when having their family reunion dinners, watching lion and dragon dances, said to bring prosperity and good luck, and finally the last day of celebration, marking the end of the festivities, is the Lantern Festival.

Most, if not all of these small traditions that build up to create this two-week-long tradition, call for good luck, prosperity, and positive change in the New Year, following the theme of striving for a better upcoming year.



"It's a reminder that diversity is the life blood of humanity. Difference and tradition should be celebrated."

It's fascinating to discover just some of the ways other cultures embrace and celebrate New Year's Eve - but it's also a reminder that diversity is the life blood of humanity. Difference and tradition should be celebrated and encouraged.

Whether you're celebrating the New Year by creating resolutions to achieve in the coming year, or focussing on creating a better year for you and those around you - the initial prompt may have come from a New Year's tradition, but making it happen is something that is always under our control. So whatever culture you belong to, and however you celebrate New Year's eve and the New Year, on behalf of all of us at Wellburn may your new year be happy, successful and prosperous. ■

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.

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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.

38
Book club

We review four books based on the theme of winter, 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.



NIGHTINGALE HALL

Festive Market

Over at our Nightingale Hall Care Home, another festive initiative is brewing. The ever popular Richmond Christmas Market will have a new stall this year! We'll be selling lots of crafty bits made by our staff and residents, with all profits going to the fabulous StoreHouse Food bank. Show your support for a brilliant charity, whilst picking up some lovely crafty Christmas presents too!



RIVERHEAD HALL

Step into Christmas

It's the festive season, so it can mean only one thing over at our Riverhead Hall home - the return of their magical Christmas sweet shop! Crafted by Riverhead's handyman, the shop is decorated with all sorts of Christmassy lights, stockings, decorations, tinsel and of course, a Christmas wreath. Once inside the shop, you're transported into a Christmas wonderland full of festive parcels, bags and jars of sweets. The shop has now become a mainstay and it really creates a festive buzz around



the home, and it's as loved by visitors as it is by our residents and staff. Our Chairman Rachel Beckett, applauds our homes when they show so much effort and individualism, "The team at Riverhead Hall have made such a wonderful effort with their Christmas shop. It really is a testament to the passion, skill and compassion, that they're prepared to go above and beyond to make the festive season for all of our residents and staff, as magical as it can be. It fills me with so much pride."



HEATHERDALE

Horsing around

Residents over at our Heatherdale home recently enjoyed a fabulous day out at 'Tea in the paddock' in Northumberland - a café situated alongside Paddock Hall Equestrian Centre. After enjoying a lovely afternoon tea in the quirky bistro, the residents went to visit the nearby horse-riding stables to meet the residents - they're already planning their next visit.



GARDEN HOUSE

Living the dream

Aggie, a hugely popular resident over at our Garden House home, has always wanted to meet her favourite Disney characters, and our amazing team at the home, recently made that dream come true! Aggie was given VIP treatment during the Let It Snow Productions, Treat and Trail in Saltwell Park. The heart warming initiative resulted in Metro Radio covering it, as well. Dreams really do come true!



ALL HOMES

Deck the Halls

Postponed during the pandemic, our ever popular Deck the Halls competition is back! The competition sees all 14 of our homes competing to be the best festively decorated home, and subsequently win the coveted Deck the Halls winners trophy and prize. Our homes take the competition so seriously, that the end results are spectacular. Good luck to all homes!



RIVERHEAD HALL

Read letter days

Over at our Riverhead Hall home, our team recently came up with a brilliant idea, that really has taken on a life of its own. The initiative was created to strengthen bonds between our homes, and strengthen bonds between residents. Residents from Riverhead Hall spent time writing messages in cards, that were addressed to residents from our other homes.

The initiative was a real success and really did forge stronger connections between our homes, which at times can feel a little disconnected from each other - primarily because they're spread all over the north east. So, by assigning residents pen pals from other homes and forming long-distance friendships, the issue with distance is now a help, not a hindrance.



WELLBURN HOUSE

Picking a great day out

One of the best things about late autumn is that it's pumpkin season - and here at Wellburn we love pumpkins! But before the homes start to plan what they're going to do with them, they first need to be picked, and the picking is somewhat of a tradition in some of our homes. One of which is our Wellburn House home in Ovingham. Staff and residents love getting out and about and during pumpkin

season, this means a trip to Brocksbushes Farm Shop and Tea Room. Some fresh air, out in nature and having fun doing it - they really do have a great day out. Of course on their return to Wellburn House, the fun doesn't stop, as everyone decides what to do with all the pumpkins - whether that's carving it, turning it into soup or pie, or painting it and decorating the home with it.

News

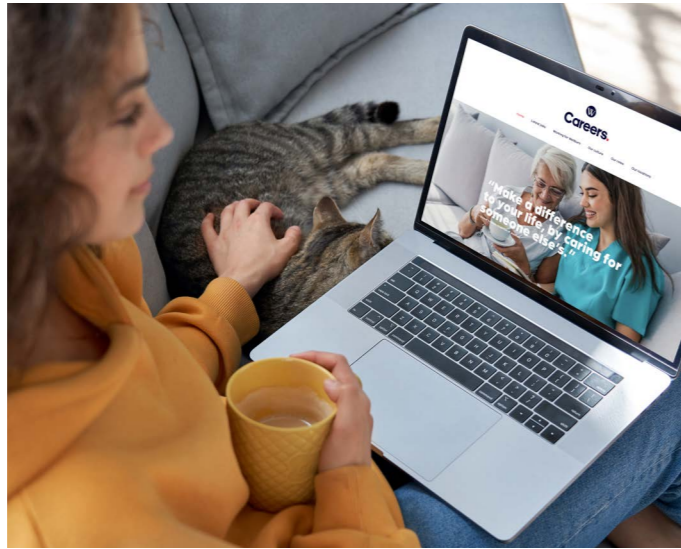
We catch up with all fourteen of our homes, to see what our residents and staff have been getting up to.

To keep up to date with what's going on across all of our homes, visit: wellburncare.co.uk/life or follow us: [f](https://www.facebook.com/wellburncare) [i](https://www.instagram.com/wellburncare) @wellburncare.co.uk

COMPANY NEWS

New website

We gave our careers side a whole new look and feel as we launched an abundance of recruitment initiatives this season. From videos of our staff members sharing more about their pathway into care to creating a full wellbeing and benefits page. Our new website is now live, so go check it out at careers-wellburncare.co.uk.



COMMUNITY NEWS

Stay Warm Wednesdays

We recognise that this winter, more than ever, and particularly because of the cost of living and energy crisis, more of us than usual may well be feeling the pinch. Which is why over at our Eighton Lodge home, we've launched a new winter initiative. Eighton's Home Manager Lee Dale explains, "To help in our own little way, we're offering warmth, comfort and good company, with our 'Stay

Warm Wednesday' campaign. Each and every Wednesday right through winter from 2-4pm, we'll be using our community lounge to welcome anyone who could use a little respite from the cold, and enjoy free food, drink and some friendly faces, in a warm and cosy setting. We'll welcome all those who need us, which at this point we still have no idea how many that might be."



COMMUNITY NEWS

Festive Market

This year we've teamed up with York food bank, with all profits from our Grimston Festive Craft Market being donated to help support the amazing and much-needed job they are doing. We'd love to see you down there on the day to show your support for the charity and of course, pick up some lovely Christmas pressies and enjoy all the festive fun too. For more info, visit: wellburncare.co.uk/festivemarket



COMMUNITY NEWS

Festive box drop

Here at Wellburn care homes, we want to spread a little bit of festive love across our community. We're asking for locals to nominate someone they think deserves a little festive cheer, and we'll organise for one of our FREE festive boxes, filled with lots of seasonal goodies, to be delivered direct to their door. You can nominate now on our social channels or by email to: marketing@wellburncare.co.uk



HOME NEWS

Raising awareness

The recent York City Council's Dementia Strategy Launch week, took place across multiple locations this autumn. The aim of the week was to raise awareness and increase understanding of dementia, by bringing lots of the region's stakeholders together, including charities, community groups and experts like ourselves, over the course of one week with events, workshops and online

seminars. Staff over at our specialist dementia home, St Catherine's in York, participated in the week, attending various events and having their own stall at the curtain closing event at New Earswick Folk Hall on the final day. Residents across all 14 of our homes also got involved, with our dementia-positive autumn memories activity, stimulating the body and the mind.



COMMUNITY NEWS

Pyjama day all for a good cause

Eighton Lodge have once again been embracing their charitable side, this time by organising a Pyjama day - raising money for the fantastic Willow Burn Hospice. Eighton Lodge's Lifestyle Coordinator, Summer McBeth said "This event was really close to home, as one of our night shift carers spent her final days in the hospice as they looked after her at the end of her life. We just wanted

to do something in memory of Angela, and to thank Willow Burn for their unbelievable support." Staff and residents all got involved in the event, including a bake sale, which ended up raising in excess of £250 pounds for the hospice. The day's event was thoroughly enjoyed by both staff and residents, and a day that Angela would have been proud of, we're sure.

JOIN OUR TEAM

→ If you're interested in a career in care, look no further than Wellburn. For all of our latest jobs, visit: careers-wellburncare.co.uk or follow us on Instagram [@wellburncarecareers](https://www.instagram.com/wellburncarecareers)



the Mind

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

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

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Picture Quiz
1. Tyne Bridge, Newcastle
2. Angel of the North, Gateshead
3. Sycamore Gap, Hadrian's Wall



↑ **Leslie Anderson**
Wellburn House

Here at Wellburn, we are home to so many interesting stories and experiences - our residents, throughout their long years of life, have so much to share. From being friends with members of the royal family to famous artists to revolutionary activists - their stories are endless, and we are here to tell them.

At our Wellburn House care home currently resides Leslie Anderson, whose passion has always revolved around horses and horse riding. Les really has done it all - focusing on endurance riding, and taking part in various competitions, but also enjoying leisure horse riding in his free time.

"I did it just for entertainment purposes as well as it was a big passion," says Leslie as he shows photos of him and his wife during the Scottish Endurance Championship of 1993.

He goes on to excitedly explain his success at the Championships, which both him and his wife, Florence, entered. 50 miles in two days, a massive challenge, but not for Les and Florence, who won 2nd and 3rd place. Amazingly, he also received a first place trophy for

Exmoor Golden Horseshoe, alongside his numerous other awards and competition wins. The more he was riding all over the UK, especially in Yorkshire and North of Scotland, the more his passions were fuelled, as he embraced them for so many years, that even he himself cannot recount.

Passion can oftentimes be so strong it even gets passed down from generation to generation, which is exactly what happened with the Andersons. The couple's passion got passed onto their own children, as they also adopted the active bonding hobby, bringing the family even closer.

Today, thanks to the dedicated team at Wellburn House, Leslie still gets to enjoy his lifelong passion. Having not been at the care home for too long, Les shared that it had been years since he had ridden on a horse, so our fantastic Lifestyle coordinator at Wellburn House, Lyndsay Perham, took him horse riding, making his dream come true once again - and helping him become the oldest horse rider they have ever had at Sinderhope Pony Trekking Centre!

Effortlessly getting back on the horse and riding it like he had never stopped, Les exclaimed, "Not bad for 87, is it?"

When it comes to the more regular activities, pony therapy is Les's next favourite, as they sustain his natural bond with horses, with their energy and presence. And whenever there are no horses around the home, he brings their presence to life by talking about them passionately to both staff and residents, reminiscing of his earlier years, and watching documentaries. With his own passions, Les manages to excite everyone about them, too, and everyone in the home loves how much character he brings.

RESIDENT FOCUS

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

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've just looked at the latest jobs page on your careers website. Do you have a list of all the roles there are in a care home?

A On our careers website, we have an 'Our roles' section, which offers up a huge selection of roles we have in our homes, with expanded information on each one. We also have a dedicated Careers Team, so if you have any further questions about a particular role, or would like more information about a career with us here at Wellburn, our team are ready to help you.

Q I'm currently looking for care for my father, do you have a brochure?

A We absolutely do have a brochure. In fact we have an enquiry pack full of lovely goodies, all designed to help make your search for a care home as easy and stress free as possible. Inside the

pack we have two main brochures, one of which will be a brochure for the specific home you're enquiring about and the other is our main company brochure. There will also be the latest copy of this magazine and also a copy of our popular pocket sized 'Guide to Choosing a Care Home', which is packed full of useful hints, tips and information, including a checklist to use when visiting potential care homes. You can get a hold of our enquiry pack by contacting our New Care Enquiries team.

Q I'm used to caring for my mum full time, so once she enters your home, how hands on can I be?

A Transitioning and settling into a care home can take some a little more time than most, and this is also true for those who have been primary carers too. We completely understand that to go from the main carer, to allowing

others to take on that role, can be emotional. Our team of experts will work with both the residents and their loved ones, to help and support everyone involved in the transition. It's important to remember that everyone is different and some find things easier or harder depending on who and what it is, but no matter what, we'll always be there to guide and support you through the entire process.

Q I read something about your Golden Hello for new starters. What's that about?

A We have to be realistic when recruiting, and we understand that the entire care sector is going through a difficult time when it comes to both recruiting and retention. So whatever we can do to make things easier and more attractive for anyone that may be considering a career in care, we do. One of those things is to offer a £500 Golden Hello, or handshake as it's often referred to. Every new starter will qualify for the £500 and it will hit their bank accounts after they pass their 3 month probation period.

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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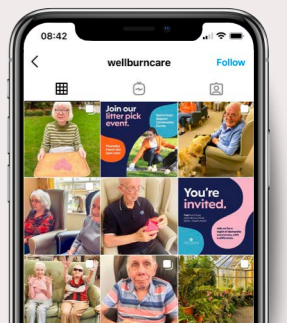
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the Dish

Slow-cooked winter beef ragout

Serves: 12
Prep time: 50 mins
Cook time: 4 hour 10 mins

↓ Ingredients

- 1.8kg (trimmed weight) beef braising steak, chopped into 3-4cm chunks, or 4 x 450g packs diced beef
- 3 tbsp olive oil
- 1 x 206g pack cubetti di pancetta, or 180g smoked cubetti di pancetta
- 2 large onions, diced
- 2 large carrots, peeled and diced
- 2 large sticks of celery, diced
- 5 garlic cloves, crushed
- 3 tbsp tomato purée
- 2 bay leaves
- 200ml red wine
- 2 x 400g tins chopped tomatoes
- 600ml fresh beef stock



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

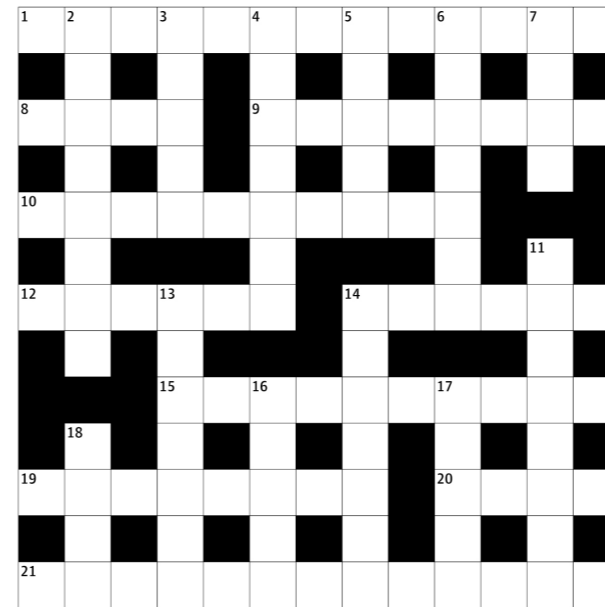
Preheat the oven to 160°C, fan 140°C, gas 3. Season the beef. Add 1 tablespoon of the oil to a large frying pan; brown the beef in batches over a medium-high heat. Using a draining spoon, transfer to a large casserole dish with a lid, leaving any oil in the pan. Continue to brown the remaining beef, adding a splash of oil to the pan between each batch, and transferring the beef to the casserole when done.

Add the pancetta to the frying pan and fry until the fat has rendered out, then add to the beef using a draining spoon. Add the onions, carrots and celery to the oil in the frying pan, stir, and cook over a low heat for 10-15 minutes until softened.

Increase the heat, add the garlic; cook for 2 minutes, then add the tomato purée and bay leaves and cook for 1 minute more. Add the wine; bubble to reduce by half.

Tip the vegetables into the casserole and add the tomatoes, stock and 150ml water. Season, stir, and bring to a simmer then cover with a lid; transfer to the middle of the oven. Cook for 3-3 1/2 hours, or until the meat is tender and the sauce slightly reduced.

Break up the meat with a couple of forks and stir into the sauce. Portion up as required.



Crossword

Across

- 1 Anything could now happen! (3,4,3,3)
- 8 The Thames at Oxford (4)
- 9 If absolutely necessary (2,1,5)
- 10 ESP (5,5)
- 12 (Self-appointed) expert (6)
- 14 Ancillaries (6)
- 15 Early instrument like a piano - rich oval CD (anag) (10)
- 19 Possess some similarity to (8)
- 20 Right-hand man / woman (4)
- 21 Lake in Hyde Park (3,10)

Down

- 2 Juicy (8)
- 3 Surround and harass (5)
- 4 Passage (7)
- 5 Once more (5)
- 6 Illustrious (7)
- 7 Countenance (4)
- 11 Virago - rain hard (anag) (8)
- 13 Author of Our Mutual Friend, d. 1870 (7)
- 14 Stare with power to harm? (4,3)
- 16 Light colour between red and green (5)
- 17 Earth (anag) - compassion (5)
- 18 Barrier made of connected strands of metal (4)

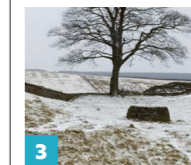
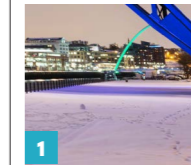
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Pic Quiz

Can you name these 3 local snowy locations?



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

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 33.

the Mind

BOOK
Club
WE OFFER UP 4
WINTER THEMED
READS FOR YOU



Snow Child

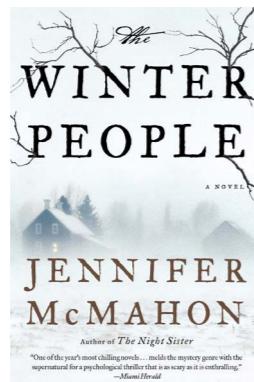
↑ **By Eowyn Ivey**

Ivey's debut novel is masterful from the very first page. Set in Northern Alaska, *The Snow Child* is so saturated with wilderness atmosphere, that you almost feel you've been there yourself. Ivey weaves in the cold and biting isolation of the landscape, throughout. Set in 1920 frontier Alaska, husband and wife, Jack and Mabel, struggle to adapt to their new life, following a move from Pennsylvania. A brief respite from their exhaustive efforts, as they play together in the snow, results in a twist that challenges what is fiction and fantasy.

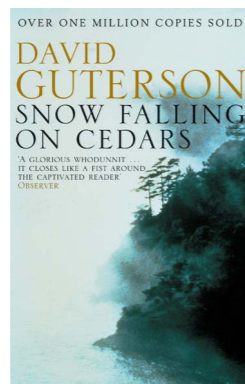
Winter People

↓ **By Jennifer McMahon**

The *Winter People* is a master of its genre. This spooky, chilling and mysterious novel is everything you could want in a ghost story. Often hypnotic, always gripping and at times hugely moving, *The Winter People* is set in a town that has always been prone to strange goings on, but can a recent disappearance stop history from repeating itself? Terrifyingly good.

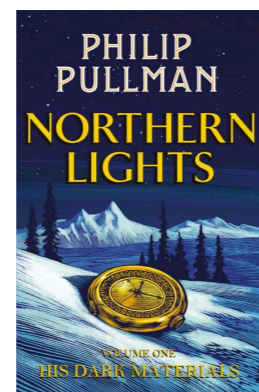


Snow Falling on Cedars



← **By David Guterson**

It's not the newest novel on the block, but Guterson's 1994 award winning novel, *Snow Falling on Cedars*, has become a timeless classic. Gripping, tragic and densely atmospheric, the novel is a masterpiece of suspense, that will leave you shaken and changed. The film adaptation doesn't come close to the book, so if you haven't read it, add it to your must-read list.



Northern Lights

↑ **By Philip Pullman**

Part of Pullman's acclaimed 'His Dark Materials' epic fantasy trilogy, the *Northern lights* is as spellbinding as it gets. Nothing since Tolkien's *Lord of the Rings*, has shown as much ambition and extraordinary imagination. A recent BBC adaptation will help continue to draw in a new generation of fans. If you haven't read it, then do it - now!



OOOH, THAT'S NICE!

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