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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!

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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.

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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



WellburnPost

Issue 28 | Spring 2023



The free quarterly from Wellburn Care Homes



In the community

Tree planting

We're always looking at ways to build on our relationships in our local communities, and a recent tree-planting initiative was the result of just that! Over at our Grimston Court home in York, we paired up with the wonderful volunteers at the Dunnington Green Initiatives Group, Treemendous, and the Dunnington Explorer Scouts to plant a range of holly,



hazel, field maple, and yew trees and a signature Oak tree across our grounds. As well as adding to the natural beauty of Grimston's gardens, the trees promote biodiversity by supporting wildlife and improving air quality. These trees are now a part of the Queen's Green Canopy, an initiative introduced in the summer of 2021 across the UK in honour of Her Majesty's Platinum Jubilee with the aim to protect and increase the number of native trees. It was a brilliant day and a great way to make new connections. We're proud to be contributing towards a more sustainable future and our residents are enjoying the results too!

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From the inside

Wellburn's Executive Chairman Rachel Beckett looks ahead to an exciting opening.

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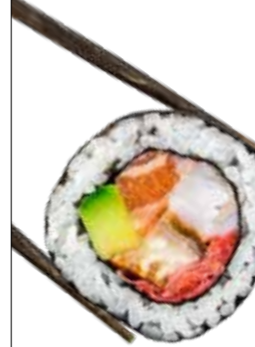
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The Dish

↑ Our latest recipe in The Dish, is a vegetarian option, perfectly seasonal for spring.



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Book Club

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

Notes from the Editors

Welcome to our new issue #28, our spring edition. We catch up with our Executive Chairman, as she looks forward to the year, with the opening of our brand new home, The Manor, in her regular Agenda piece (pg 4).

In our first main feature, we're celebrating Earth Day, by exploring some tough questions and how not only we as a company, but all of us as individuals have the power and the responsibility to protect our planet for future generations to come (pg 5). Our 365 section delivers lots of hints and tips on maintaining our happiness and wellbeing throughout spring, including two mini features, one of which explores the huge benefits of wild swimming (pg 14).

In The Great Escape, we discover some of the best places to eat, drink and explore across our region, this spring (pg 16). In our second feature, we take a look at why memory and reminiscing plays such a vital role in the care of those living with dementia, and at some of the ways we introduce it into our daily activities (pg 22).

We also catch up with all the latest goings on across all of our homes in our life section (pg 29). We hope you enjoy our spring issue as much as we did putting it all together.

Izzy & Bryony x

Izzy Moran & Bryony Dale
Editors



AGENDA

FROM THE INSIDE

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

The season of spring represents new beginnings, new hope and fresh starts. As much as we all here at Wellburn want to embrace the season and all it brings, the recent leaked WhatsApp messages from former Health Secretary Matt Hancock, meant that the recent struggles that all of us in the sector went through during the pandemic, is still lingering.

And whilst both preliminary and public hearings for the COVID-19 inquiry continue, and run throughout 2023, it will always be hard for any of us to mentally move on from the whole episode. What is clear through the leaked messages, is that at the very least, there seems to be huge discrepancies as to what was being said privately and publicly, both at the time of the pandemic and since.

We do however, owe it to ourselves as those who work in the care sector and to all of our residents, to move on regardless and make sure we're embracing each and every day. Whatever the outcome is regarding the enquiry, it will neither bring those who we lost back, or provide little comfort to those of us who worked through it, who questioned so much of the government's guidance at the time.

One of the main lessons we learned from the lockdowns, is to enjoy our freedom and the small pleasures it affords us, in doing our jobs. And in that spirit, I'm determined to move us on from it all as a company - to spend less time dwelling on the past and embrace with both hands what is an

extremely exciting chapter in Wellburn's history. Following on from the opening of our dementia specialist care home, St Catherine's, we're now in a position to announce the official opening of The Manor. Housed on the grounds of our St Catherine's home in Shipton, York, The Manor has been designed and created specifically for those with young onset dementia, which includes 7 private en-suite bedrooms, communal lounges, dining room, sensory garden and we even have a cinema room. The home caters solely to under 65 year olds - something that until now, didn't exist in our region.

And we're inviting those interested to an exclusive opportunity to be the first to take a look around our new ground breaking home, and experience something new for our region that is the capturing the imagination and garnering high praise, from all professionals within the field of dementia.

Our free Housewarming Afternoon Tea event will take place on Thursday 30th

March, from 2pm to 5pm. On the day, we'll be serving up afternoon tea, and I'll be hosting the event, along with my team, taking guests on a guided tour of the home, before it officially opens in April 2023.

Each guest will receive a tote bag full of information and free goodies, and will also receive a raffle voucher to be in with the chance of winning a bespoke hamper from The Little Yorkshire Hamper Company worth £250! If you'd like to join us for an afternoon of fun, whilst being the first to experience the pioneering services at The Manor, simply RSVP to marketing@wellburncare.co.uk.

The excitement and buzz around the place coincides perfectly with the spirit of spring, and all it signifies. The warmer weather enables our lifestyle coordinators to slowly move activities outside, allowing our residents to enjoy our relaxing sensory gardens as the flowers start to bloom and head out in the minibus on day trips to the seaside and the countryside.

In fact, there's a whole heap of scientifically proven evidence that spring is the season that has the most transformative effects on both our mental and physical wellbeing. Our Editor Izzy Moran takes a closer look at this in her 'you are my sunshine' piece on page 11, and we bring you plenty of inspiration for places to visit if you're planning on getting out and about and exploring our wonderful region this spring. Whatever you do, embrace spring and all of the opportunities it brings - we certainly will be. ■



Protecting our future, today...

As we celebrate Earth Day, the time to protect our planet for future generations is now. Time has run out and any delays is simply now not an option.

→ By **Isobel Moran**

Each year on April 22, Earth Day is celebrated around the world by people, organisations and communities who recognise the importance of protecting our planet and committing to a more sustainable future.

This year's theme – 'Invest in our Planet' – is a continuation of last year's successful theme, designed to engage businesses, governments and people all over the world to understand the importance of investing in our planet now, giving our descendants the best chance of a better and safer future.

Each year, there are plenty of different activities and events centred around Earth Day – some people like to attend conservation and awareness events, with →

“As individuals, we have the power to make a change through our personal interactions, our choices, and actions”

← others organising local clean ups, planting trees or heading recycling efforts, as we call attention to the issues plaguing the planet—including climate change.

Sharing these efforts on social media is a vital way to spread awareness, the messages and to bring local and global communities together, as we work towards the same common goal - saving our planet, before it's too late. And it's time for business to act now too, with studies showing a direct link between sustainable business practices and business performance, with supportive evidence that companies who develop strong Environmental Social Governance (ESG) standards, actually end up with better profitability, stronger financial footings and ultimately, happier employees. It's now no longer a choice between going green and growing long term profits – sustainability is the path to success for both humanitarian and business reasons.

Essentially, an ESG Report takes into consideration a company's performance on all things environmental, social and governance, including policies, procedures, relationships with staff and customers, and aligning their values with the UN Sustainable Development Goals (SDGs).

And here at Wellburn, we're doing our bit to take action and embrace the benefits of a green economy which started with a full review of our current ESG efforts. Working alongside the company, Sustainable Advantage, we now have key findings and recommendations from our report to take away as we work on implementing more sustainable business practices into Wellburn's future. To list a few of the initiatives Wellburn is implementing on their journey to becoming more sustainable: the company is now embarking on their Net Zero journey, setting targets for the short and long-term taking into account emission rates, renewable energy sources and our overall carbon footprint.



We're also establishing an Employee Voice Committee which is made up of a selection of staff across our homes and head office, spanning various roles and lengths of service to provide feedback and suggestions on current operations, as well as acting as a sounding board for new initiatives and longer-term goals. We're also giving our staff the opportunity to become Wellbeing Champions of their home, receiving additional wellbeing aid training and taking on the responsibility to share advice and support for their teams where necessary.

You too can make an impact, no matter how big or small - recently, our Grimston Court home in York teamed up with the fantastic Dunnington Explorer Scouts,

Dunnington Green Initiatives Group and Tremendous volunteers to plant a range of biodiversity boosting trees across our impressive grounds including holly, hazel, yew trees and field maple as well as a signature, statement Oak tree! Trees are so valuable to the overall ecosystem as they improve air quality through providing oxygen and reducing carbon dioxide in the atmosphere, offer shelter and crops for wildlife, minimise soil erosion and improve water quality. The trees planted at Grimston Court will promote biodiversity on our lush grounds and can now be added to the Queen's Green Canopy, an initiative that began in May 2021 in honour of the Platinum Jubilee of Queen Elizabeth II with the aim to protect



Far left: Volunteers head out into the community to help with an organised litter pick event. **Left:** Two members of our staff getting involved in some vegan recipes. **Below:** Team of volunteers at our recent tree planting initiative at our Grimston Court home.



and increase the number of native trees. We are always looking for new ways to build relationships in our local communities, so this initiative was a great way to do just that, whilst doing our bit to contribute towards a more sustainable future. Not to mention, our residents can now enjoy exploring the new additions to their beautiful gardens!

There are lots of actions, big or small, you can take, to make a better world for everyone. As individuals, we have the power to make a change through our personal interactions, our choices, and actions. Because what we do and how we do it has a ripple effect on our ecosystems. Practicing simple 'acts of green' everyday can make more a difference than you might initially think, such as reusing a water bottle, using environmentally friendly cleaning products, turning lights off when you're not using them, always carrying a reusable bag with you, recycling, and buying and wearing sustainable fashion all aids in the fight for a greener planet.

The food we eat has a large impact on our carbon footprint but going vegan can actually reduce our carbon footprint from food by up to 73%. And going vegan can even do more to protect our environment than giving up driving would! That's because animal →

Right: The effects of plastic pollution are felt far and wide, and it's something we can all help control.

"switching to a vegan diet would reduce your emissions as a global consumer by 28%"

← agriculture is responsible for a whopping 14.5% of greenhouse gas emissions globally which by some estimates is more than the combined emissions from all forms of transportation. And reducing animal agriculture is just one of the many reasons a vegan diet helps our environment. Going vegan massively reduces deforestation, soil degradation, and greenhouse gas emissions associated with meat production. And to give some stats, switching to a vegan diet would reduce your emissions as a global consumer by 28%, land use by 75% and water pollution by around 60%. All of which helps to slow climate change and secure our all-important global food supply.

Here at Wellburn, we experimented with our own plant-based alternatives in January which marked the month of Veganuary. Residents and staff across all our homes got stuck in, trying out their vegan baking skills to help out in our latest staff wellbeing Veganuary challenge. Each of our homes got creative, using different vegan ingredients to design their own vegan recipe, ready to be made and taste tested by our staff at Head Office. Amongst the recipes was vegan shepherd's pie, sticky tofu & cucumber pickle, pumpkin katsu curry, pita pizzas and



even biscoff cupcakes! Using Veganuary as the focus of this wellbeing challenge encourages compassionate food choices amongst both our staff and residents in a fun and engaging way - all with the aim of improving our health, reducing overwhelming agricultural farming and in turn, protecting our planet. Our residents love trying new things too so it was great fun for them to explore some plant-based alternatives which a vegan diet can offer.

There's plenty of larger scale community-based events and activities that you can be a part of too. These include joining The Great Global Cleanup aimed at ridding the environment of waste and plastic pollution for good, planting a forest with 'The Canopy

Project', volunteering with Earthday.org, donating or even becoming a citizen scientist where you can gather invaluable environmental data near you using the Global Earth Challenge app. Download the app today available on Android and IOS devices, to start measuring air quality and plastic pollution near you, and be a part of the world's largest citizen science effort.

Whatever you choose to do, try to make everyday choices with Earth Day in mind, and even implementing one small change to help our planet into your everyday life, is a great start! ■

To calculate your carbon footprint, visit: www.carbonfootprint.com

365 **HAPPINESS** & Wellbeing

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

10
All about wellbeing

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

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You are my sunshine

Why spring offers up so many benefits for our physical and mental wellbeing.

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Retail therapy

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

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A dive into the unknown

We explore the increasingly popular hobby of wild swimming and its benefits.

on the inside

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

→ Up for a challenge

Throughout the year, we embark on a whole raft of individual Wellbeing initiatives under the umbrella of our 365 Wellbeing programme, to help our staffs' physical and mental health. This year, our ever-popular inter-home staff wellbeing challenges return, taking place quarterly, they give our homes a chance to compete in various wellbeing themed activities, with points and prizes up for grabs over the course of the year! Our 365 challenges are a great way of promoting healthy competition amongst our

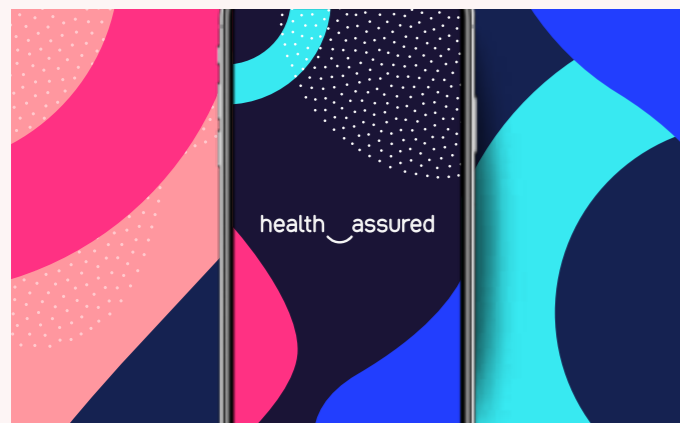
different homes whilst also covering various wellbeing topics, which our residents often get involved with too. This year, the challenges will focus on wellbeing themes in line with the seasons - for example our first January challenge was centred around 'Veganuary', where we experimented with vegan recipes and explored some plant-based alternatives that a vegan diet can offer. Follow our careers social media channels to see what our homes get up to over the year @wellburncareers



← Looking after our staff

Another impressive initiative providing our staff with a huge amount of wellbeing support, is our partnership with award winning employee assistance programme 'Health Assured'. The partnership gives our staff access to a vast amount of mental, physical and financial wellbeing advice and support, including a

free 24/7 counselling, legal and information line. The programme is designed to complement our existing wellbeing initiatives, and we're promoting and encouraging all of our staff across all 14 homes, including Head Office to get involved and use the programme, to benefit their individual wellbeing needs.



Noticing and celebrating the changing of the seasons has always been an integral part of human life. And we have lots to celebrate as we enter the season of spring - a time which represents new beginnings, possible new chapters and a fresh start.

The days become longer and brighter and our habits become more external, as we start to get out and about more - exploring everything the season of spring has to offer.

But longer days are just one of the many benefits spring as a season delivers - this season in particular is key for our mental and physical wellbeing. Our mental health can certainly take a hit during winter's darkest days so longer and brighter days with more sunshine are very welcome by the time spring arrives. More sunshine also means more Vitamin D - which is important for improving our sleep patterns and increasing serotonin levels in our brain, thus giving our emotional wellbeing a boost. And getting outdoors and being close to nature has a host of wellbeing benefits of its own since our mental and physical wellbeing is directly linked to the

YOU ARE MY SUNSHINE

→ By Isobel Moran

time we spend outdoors. There are plenty of reasons to be outside and getting out and about in nature is a simple way to nurture our body whilst making the most of the longer daylight hours. This can be as simple as taking a long walk, going for a run, or playing your favourite outdoor sport - whatever you do, what's important is reaping the benefits of the fresh air and sunshine.

And as we say goodbye to the cold winter months, the promise of a warm summer appears as those higher temperatures start to creep through. And

these more temperate days make us actually want to get up and go outside - not uncomfortably warm but not so cold that you need to layer up.

We begin to see animals who took a well-deserved nap over the winter season emerge - baby lambs being born, and the sound of happy chirping birds fill our early mornings again. Vibrant, colourful spring flowers begin to bloom, with cherry blossom season just around the corner. And these beautiful flowers are not only mood boosting but have other benefits too - nourishing bees and birds which are an important contributor to our ecosystem.

Spring is also the season of the famous 'spring clean' which has become an annual ritual for many. An activity great for the mind and soul, a spring clean is the perfect way to get your home in order before the summer - cleaning, organising and donating your unwanted items. Open your windows afterwards and feel the fresh spring breeze waft through your home. So, embrace the season of spring as our natural world wakes up and we welcome all the mental and physical wellbeing potential it has to offer.

Here at Wellburn, our residents regularly take part in seasonal self-care activities such as flower arranging – an activity which becomes increasingly popular as the warmer months approach, allowing for beautiful flower arrangements of daffodils, tulips and other spring colours and blossoms to brighten up the home. And with daffodils being one of the first spring flowers to bloom – they signify a fresh start, new season or chapter making the perfect addition to any spring bouquet. And not only beautiful to look at, but the

process of flower arranging also delivers plenty of benefits for both our physical and mental wellbeing too. In addition to brightening up our surroundings, this mood boosting activity is great for improving happiness, reducing stress and promoting sensory stimulation whilst also improving dexterity in hands for the elderly. Not to mention, flower arranging can also be a great form of meditation – combining vibrant colours, aromas and textures can make for a calm and creative hobby, promoting a sense of being close to nature.

HELLO
flower

RETAIL

therapy

From the homemade to purpose made, there are a lot of things out there that can help improve our happiness and wellbeing – here's a selection of our current favourites.



Two Person Picnic Hamper

→ With spring fast approaching and the days growing longer, it's time for us get out and about again. This gorgeous picnic hamper brought to us from Cotswold Edge Hampers, provides the perfect encouragement to get out and about, and what better way to enjoy springtime than amongst nature, relaxing over good food, good drinks and good company.

£49
etsy.com/uk

Reusable Beeswax Wrap

→ These organic wraps offer an environmentally friendly alternative – so whether it's to wrap up your lunch for work or cover jars of homemade jam, opening others and ourselves up to healthier options for our planet can really benefit our wellbeing.

From £4
notonthehighstreet.com



Gardening Apron DIY Kit

→ This 'Stitch as you go' apron gift from Chasing Threads, is a creative and fun gift for anyone that loves their gardening. As spring approaches, the gardeners amongst us get busy in the warming springtime weather. This gift is a great and innovative way to let someone you love reflect and relax after a day in the garden!

£38
notonthehighstreet.com



OOOH, THAT'S NICE!

Purifying Clay Face Mask

→ As the seasons change, so does our skin, and it's super important to pay attention when our skin is crying out for some extra care. This face mask from makers Rose & Skin, is the perfect gift for someone who may be struggling with breakouts or sensitivity. Having a fresh complexion can lift someone's confidence dramatically, which is why this facemask is a great gift for wellness!

£12.95
notonthehighstreet.com

"As your body fights to keep itself warm, that exerted energy increases your metabolic rate and burns calories, improving your physical endurance levels, whilst also easing the pain of sore damaged muscles."

A DIVE INTO THE UNKNOWN

→ By Bryony Dale

The amount of people taking the plunge or rediscovering the enjoyment of outdoor swimming has seen a spike in recent years, with wild swimming participation increasing a massive 94% between 2019 and 2020 alone.

This huge spike is inevitably a direct result of the COVID pandemic, which threw up all sorts of weird and wonderful trends - the surge in bicycle sales and usage being another perfect example. With the hustle and bustle of everyday life being put on pause, people suddenly were looking to fill time that a lot of us previously didn't have. COVID lockdowns also presented the real challenge of staying indoors, with people eagerly anticipating the opportunity to get outdoors - and because it was so unusual and prohibiting, our mental health took a real pounding. Perhaps our need to reconnect with nature and the great outdoors was connected to the spikes too.

One thing is for sure, a lot of us revelled in the chance for a change of scenery, escaping the mundane and meeting up with missed faces, and some of us found comfort in the world of wild swimming.

Swimming has of course always been a popular sport here in the UK, yet the mere thought of wild swimming, can turn some people into full-body shivers.

For some though, the adrenaline rush it provides, has made wild swimming

a regular hobby. But what defines wild swimming? It is essentially swimming in a natural body of cold water, whether that be lakes, lochs, rivers, reservoirs or the beach. The activity provides a multitude of scientifically proven health benefits, and not just physically too, but also mentally. It's a super easy activity to pick up, especially for beginners - all you really need is a swimsuit and the determination to throw yourself in.

So, let's dip our toes into the natural therapy wild swimming offers. Despite the freezing temperatures, people can find the exercise oddly calming, and swimming in nature actually teaches the body to cope with challenging situations. That initial shock to the system, drives us into a state of survival mode, which might sound intense, but it's just your body doing its job.

As your body tries to regulate its temperature, it pumps blood around your system to improve circulation. As your body fights to keep itself warm, that exerted energy increases your metabolic rate and burns calories, improving your physical endurance levels, whilst also easing the pain of sore or damaged muscles - making it the ideal exercise for anyone with weight and fitness goals too! Gradually, breathing becomes more controlled, and the swimmer can enter a meditative-like state, drowning out our often distracting brain noise, and allowing any stresses or anxieties to be washed away.

Although there is not yet enough evidence to prove this theory, a study published in the British Medical Journal noted that cold water swimming may also be an effective treatment for depression. The philosophy is that by experiencing one form of stress (in this case, the shock of cold water), relieves the body from another, that being the stress response associated with the person's depression. And current research is being carried out by the Outdoor Swimming Society around the benefits of cold-water swimming, for other mental and physical

conditions, including anxiety, arthritis, menopausal symptoms, multiple sclerosis and migraines.

Wild swimming is not without its risks of course - swimmers need to be mindful of riptides, currents, and risks of hypothermia, so studying possible locations and a bit of research will be needed before taking the plunge. And just like any positive form of physical exercise, wild swimming is not a cure for all mental health issues, but if you have the appetite, it can certainly help with reframing your mind-set and keeping negative thoughts at bay. And when coming out of the water you can carry with you that calmness and sense of being unbreakable, to take into the rest of the day.

As well as the many health benefits, the many sites in which wild swimming is available to us are incredibly varied and beautiful allowing you to explore coastlines, countrysides, and hidden gems you might never have otherwise discovered. Wild swimming not only allows the swimmer to reconnect with themselves, but with others too - it is a sport enjoyed most in a group setting, and with various clubs popping up in our local areas, it has a real growing community, and having a group of friends encouraging you out of your comfort zone, and with a promise of a warm congratulations and a hot drink afterwards, will help if any motivation to take the plunge is needed.

It may well be one of those very few silver linings to an otherwise very dark COVID cloud, but those who are passionate about wild swimming are just happy that the awareness is there and that the numbers of swimmers participating up and down the country, is exponentially growing at a rate never seen before. Wild swimming offers an opportunity to try something new, to challenge yourself, immerse yourself in a community of enthusiasts, and reap the many wellbeing benefits it brings. Is it time you took a dip?

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



RESTAURANT

Sushi Me Rollin'

In 2018, two young friends set out on a journey to bring the freshest tasting sushi to Newcastle - and boy have they succeeded! The youthful confidence and talent of both founders shines through in this modern and trendy restaurant, that's nestled in the heart of Newcastle city centre. Their Japanese cuisine is some of the best around and its popularity has grown and grown, to such an extent, they've now opened a second 'baby sister' restaurant in Whitley Bay. A must eat at venue!

25 Grey St, Newcastle upon Tyne NE1 6EE
sushimerollin.co.uk

BAR & RESTAURANT

The Market Cat

The fabulous Market Cat in York is a joint venture between the award winning Thornbridge Brewery, York based Pub Co and specialist beer importer Pivovar. And it shows, because these guys really know what they're doing. The Market Cat is slightly odd (in a good way) in that it has the feeling of a proper traditional city centre pub, but feels anything but traditional. It's modern twist is quirky, making it the perfect place to catch up with friends, unwind after work or simply find a comfortable space to indulge with an excellent selection of craft beer (Their Market Porter is a treat) and delicious homemade pizzas.

6 Jubbergate, York YO1 8RT
marketcatyork.co.uk



EVENT

Living North Live Spring Fair 2023



This annual event is back, even bigger and better than ever, bringing you the best of Living North magazine, including all kinds of design, shopping, gardens, lifestyle, and it also includes the North East's festival of food. You'll have the opportunity to pick up top tips from professional chefs and designers, find

special gifts and sample food. It's one for the diary!

Fri 19th - Sun 21st May

Tickets: £5 per person

High Gosforth Park, Gosforth, Newcastle Upon Tyne, NE3 5HP
www.livingnorth.com



STAFF PICK

EMMA PREECE
DEPUTY MANAGER

→ **Curious Coffee**

"If you love a treat, this independent coffee shop will be right up your street. Their homemade cakes and brownies are incredible and their staff are just so lovely."

8 Haxby Shopping Centre, Haxby York YO32 2LU
curiouscoffee.co



BAR & RESTAURANT

The Stables Bar & Restaurant

This old 18th century stable block, has been converted into a beautiful venue that offers delicious dishes and a long list of drinks to choose from. It also has a fantastic courtyard, that offers the perfect spot to soak in the spring sun. A glorious restaurant in

an idyllic setting, makes this the perfect stop off whether you're with family or friends, whether it's day or night.

The Stables Bar & Restaurant
Beamish Hall Hotel, Beamish, Stanley DH9 0YB
beamish-hall.co.uk

EVENT

Easter masterclass, chocolate egg decorating



This fantastic Easter experience will allow you to dive into the world of chocolate and learn how to decorate the perfect Easter egg, from Master Chocolatiers! You'll learn new techniques that you can take home with you, and on the day of the masterclass, you'll even get to make your very

own truffles to share with friends and family. What a truly sweet day out!

Mon 3rd - Sun 9th April

Tickets: £25 per person

King's Square, York, YO1 7LD
visityork.org



OOOH, THAT'S NICE!

Cocoa Loco

Marbled Chocolate Egg

→ Rated as the best Easter egg in 2023 by Good Housekeeping magazine - it's yummy!

£6.50

fairtradeatstmichaels.co.uk



BAR & RESTAURANT

Route Restaurant

If super non-fussy is your thing, then look no further than Route Restaurant. Set in the heart of Newcastle City centre, Route offers British seasonal food with an elegant twist. With their stripped away décor and paired back approach, their simplistic yet innovative ambiance must be experienced and makes for a truly unique night out.

35 Side, Newcastle upon Tyne NE1 3JE
routenewcastle.co.uk



EVENT

Afternoon Tea at Easter

Visit High Force Hotel & Waterfall for their traditional take on afternoon tea this Easter. With a selection of savoury sandwiches, scones, and sweet treats, you'll be served a choice of Yorkshire Tea, Earl Grey and other speciality teas along with a selection of dainty sandwiches, freshly baked homemade fruit and plain scones with Yorkshire Clotted Cream and strawberry preserve. All tickets include admission to the incredible High Force Waterfall.

Sun 9th April

Pre-booking required

High Force Hotel, Forest in Teesdale, County Durham, DL12 0XH
thisisdurham.com

BAR & RESTAURANT

Pairings Wine Bar

This award-winning wine bar and deli, run by sisters Kelly and Kate, is a stone's throw from Clifford's Tower in Central York. Pairings is a relaxed table service bar with an appreciation for fine wines, beer, whisky, gin and cocktails. They offer small plates and sharing boards, featuring the best in class locally sourced charcuterie, cheese, fish and desserts. Passionate about pairing wine and food, the Pairings concept allows you to explore and compare a selection of the finest wines and spirits alongside recommended food pairings, which makes for an experience you'll never forget!

28 Castlegate, York YO1 9RP
pairings.co.uk



RESTAURANT

Shaun Rankin at Grantley Hall



Celebrity, Michelin starred Chef, Shaun Rankin, returned to his Yorkshire roots when he opened up his new restaurant, the self-titled Shaun Rankin at Grantley Hall. His seasonal tasting menus showcase the best of Yorkshire's finest produce from a small number of individually selected local suppliers. The

food and dining experience is truly outstanding, with course after course delivering sensational flavours. It might be a little on the pricey side, but for a special occasion, it feels pitch perfect.

Grantley Hall, Ripon HG4 3ET
grantleyhall.co.uk

INTO THE wild



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

ACTIVITIES

Botanic Gardens Durham

Durham University's 10 hectare Botanic Garden is set amongst beautiful mature woodlands on the outskirts of Durham City. Open to the public, the Botanic Garden offers a wide variety of landscapes to explore and discover, with something for the whole family. The Gardens are the perfect Spring setting for a pleasant picnic

on a sunny day, and it's always a bonus when it's an easy to reach location. The Gardens are also super child friendly too, which makes it a great place for a day out over the Easter Holidays. If you haven't visited The Gardens before, we'd highly recommend it!

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



WALKS

Whitburn beach



Sometimes, there's no better feeling than standing on a beach no matter where it is, taking in deep breaths of fresh air, feeling the sea breeze and just slowly allowing yourself to unwind, both physically and mentally. Whitburn beach in South Tyneside offers just that

very opportunity - and it's within easy reach of all the local amenities, making it a great day for the whole family, or perhaps it's a great opportunity to grab some of that much needed and highly valuable 'me time'.

For more information visit: visitsouthtyneside.co.uk

WALKS

Low Burnhall

Low Burnhall is owned and run by the Woodland Trust, and is a stunningly



beautiful and tranquil woodland, nestled within easy reach of Durham City centre and is steeped in history. It's trails and walks are known for their beauty in the spring season and a visit to the woodland is a great way to reset and recharge your mind.

For more information visit: woodlandtrust.org.uk

WALKS

Durham Riverside

Of all the places we choose to walk, sometimes it's the most obvious we miss or ignore. A walk along Durham's Riverside is an absolute joy - setting off from the City Centre, you can hire a rowboat along the way too, and because it's within such easy reach of the centre, refreshments, entertainment and of course a little retail therapy is never too far away.

For more information visit: thisisdurham.com



Local partnerships in the community

Keeping it local

← **The Coffee Porter**

Another lovely local business we'd like to shine a light on, who we were lucky to have serving at our festive craft market at Grimston Court, is The Coffee Porter. Based in Wetherby, The Coffee Porter serves artisan coffee, tea and luxurious hot chocolate – all from a beautifully converted horse trailer! They also source all their products from local suppliers who share their fair trade and sustainable ethos, whilst also using fully compostable lids, cups and recyclable napkins, bags and cutlery too meaning zero waste. Perfect for hiring for special occasions, events or just a get together.

For more information visit:
thecoffeeporter.co.uk

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



↑ **Berwick Garden Centre**

Visiting Garden Centres has always been a firm favourite activity amongst residents across all of our homes and over in Berwick, our residents love to visit their local Berwick Garden Centre. The perfect stop on the A1 between Scotland and England, Berwick Garden Centre has been proudly serving its shoppers for almost 40 years, with an excellent supply of seasonal plants, outdoor furniture, compost and wild bird food. They even have a popular restaurant serving delicious hot and cold meals, drinks and snacks which of course our residents love to visit too.

For more information visit:
berwickgardencentre.co.uk



← **For the Love of the North**

Nestled in the heart of Whitley Bay's iconic Spanish city you'll find the very splendid 'For the Love of the North' – an independent gift shop offering a beautiful range of North East themed gifts, cards and prints all sourced directly from artists who live and work in the North East of England. Run by husband-and-wife duo Paul and Lucy Hull, this quirky little shop was created out of a desire to support the North East's talented artists and creatives, giving them a platform to showcase their work



and celebrate everything the North East has to offer! Perfect for anyone who loves the North or buying gifts and souvenirs.

For more information visit:
fortheloveofthenorth.co.uk



Walk down memory lane

→ By Bryony Dale

Do you ever find yourself in a moment of complete nostalgia, but can't quite place your finger on what triggered the mental shift to a time and place from your past? We might find it's the smell of a perfume we haven't come across in a while, a piece of music from when we were younger is playing in the background, or maybe we stumble across an old photograph of our younger self surrounded with old friends from school.

Memories from our childhood and formative years can be so deep-rooted into our minds, that often it takes a significant knock to the senses to bring the moment back to the forefront. So, when it does happen, we can often wonder why such a seemingly long forgotten memory can be recalled back in such vivid detail. Experts tell us that we store a huge amount of core memory information, most of which will just sit there quietly in the background, sometimes for months and years without any recall.

Nerves on your first day at school, having a tooth knocked out during a game of rounders, or something as simple as a comforting hug from a loved one, the way we felt emotionally in these moments can to

a certain extent shape the way we navigate through life as an adult with the way we react and respond to our environment.

At Wellburn, revisiting core memories is a fundamental part of how we care for our residents, and central to our daily and weekly activities. Particularly for residents with dementia, reminiscence-based activities can provide a huge amount of benefits, including less anxiety, stress and an increase in happiness and memory retention.

To help find these core memories, we need to be able to offer our residents regular prompts and familiarity at every turn - almost in the same way an air hostess gestures down the aisle to help you find

your seat. Of course there are numerous reminiscence-based initiatives that we could adopt, but some of the regular methods we use have provided us with excellent results, and here's some examples:

Activities

Flicking through the pages of a photo album can provide a huge sense of comfort, commenting on the faces of loved ones and trying to recall the time, place or event the photo was taken at. Memory boxes can hold memories beyond a photograph, with a mixture of greetings cards, postcards, old currency or even a collection of stamps, tickets, or certificates can all deliver huge sensory boosts. Items can bring back fond

memories and help trigger names and places that might unknowingly, be drifting from our memory. For many of our residents, as long as they have an enthusiastic audience with an ear to bend, they can spend hours sharing their stories. It sounds super simple, but just dedicating time to really listening is often one of the most rewarding and beneficial things we can do for our residents.

As one of our five main senses, our noses can play a huge part in memory recall too. After a smell enters our nose it travels through the cranial nerve through the olfactory bulb, which is part of our limbic system, and also home to the entorhinal cortex and the amygdala. In layman terms, the entorhinal cortex acts as a memory hub,



and the amygdala is our emotional centre of the brain. This means our sense of smell can process memories and deliver an emotional response quicker and stronger than any of our other senses. So what might seem a pretty basic tool, can prove extremely powerful for someone with dementia; the smell of freshly baked bread, the smell of a particular flower in the garden, or playing a scent guessing game with a variation of perfumes, can all bring forgotten faces and memories back to the forefront of our minds.

Environment

The environment our residents live in, plays a vital role in their journey of reminiscence. Across all of our homes, we have accessible

domestic items which residents can engage with in their own time, whether that's a hamper full of laundry waiting to be folded, the pairing of socks, or sheets of paper wanting to be organised and filed away.

Even in our older age, feeling a sense of purpose is extremely important, and can deliver numerous benefits, such as heightened self-esteem, pride and an increase in general happiness.

Despite living in a care home, with the luxury of staff tending to their every needs and housekeeping, many residents find pleasure in being resourceful. At Wellburn, we also make an effort to create an environment that encourages previous hobbies and interests of our residents, →



→ To learn more about our homes and the activities on offer, pop an email across to our New Care Enquiry Team at: enquiries@wellburncare.co.uk

residents on a virtual trip to their favourite summer holidays destinations, exploring the beaches of Brighton or taking a stroll along Bournemouth's Promenade. Some may recall moving over to unfamiliar territories like the US and Australia to seek new job prospects or a new challenge in life. This is where it gets really interesting, because if we combine VR technology with real time experience, such as a sand box, heat lamp, or the sound of waves crashing through a speaker, we can create a truly immersive experience. For many of our residents who didn't grow up in the age of technology, things like our VR headsets and the experience itself, can seem daunting at first, but the vast majority of those who try it, love it and it's a regular feature on their activities list.

At Wellburn, we're continuously looking for new ways to improve and add to our already wide range of reminiscing initiatives and exercises. A lot of this research and development is done over at our flagship dementia specialist home - St Catherine's, which sits at the forefront of dementia care in the region, as well as our newly opened sister home, The Manor catering to those with early onset dementia. ■

← because again, it's something that can help stimulate memories, whether that's through the addition of a desk similar to that of an old workplace, or gardening tools to reinvigorate those green fingers.

reminiscing, not to mention days like this are usually just a lot of fun for both residents and staff.

Mixing the old with the new

Virtual Reality has seen a significant surge in popularity across care homes, and here at Wellburn, we've embraced the technology. VR allows our residents to be transported to the past, or a whole new world for that matter. VR has proved a huge success with our residents and it allows them to easily take a step back in time, visit any city or town from their childhood and take a walk around familiar surroundings and streets, all within the comfort of their own room. Thanks to VR, we're even able to take our

Excursions

Getting out and about in the fresh air is not only beneficial to our physical health, but to our mental health and overall wellbeing too. A change of scene and natural daylight can reinvigorate our senses, especially when revisiting favourite hotspots from our past. Taking trips out to places which hold significance to a resident, whether that's to a local park, old school grounds, a café or a community hall, can all prove helpful when

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

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

28
Latest news

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

32
The Dish

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

34
Book club

We review four books to get stuck into this spring, in the latest edition of Bookclub.

Activities

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



ALL HOMES

Pancake Day

Pancake day certainly went down a treat across all of our homes, as our residents' tried pancakes with all sorts of different toppings. From fresh fruit to whipped cream, maple syrup and chocolate spread – we tried everything! And some of our residents even had a go at flipping their pancakes themselves! It's safe to say a fun and very tasty Tuesday was had by everyone involved!



ALL HOMES

Celebrating Veganuary

January marked the month of the increasingly popular Veganuary - aimed at raising awareness of the benefits both to our diets and our planet. And residents across our homes got stuck in, trying out their vegan baking skills to help with our latest staff Wellbeing Veganuary challenge! Each of our homes got creative, using different vegan ingredients to design their very own vegan recipe ready to be made and taste tested by our staff at Head Office. Amongst the recipes

was vegan shepherd's pie, sticky tofu & cucumber pickle, pumpkin katsu curry and even biscoff cupcakes! Using Veganuary as the focus of this wellbeing challenge encourages compassionate food choices amongst our staff and residents in a fun and engaging way - with the aim of protecting our planet, improving our health and reducing animal farming. Our residents love trying new things too, so it was great fun for them to explore some yummy plant-based alternatives.



RIVERHEAD HALL

Virtual travels

The endless possibilities of virtual reality were thoroughly enjoyed by the residents at Riverhead Hall who showed no fear in trying something new! The lovely people at Recreo VR facilitated the session taking residents back in time to their local towns, visiting historic landmarks, ticking off some bucket-list destinations & even playing games. Well done Donna on this exciting activity!



ALL HOMES

New Year

Our homes recently celebrated Chinese New Year and welcomed in the year of the Rabbit - the luckiest animal in the zodiac. We had various themed activities such as making traditional Chinese paper lanterns, trying Chinese food and watching Chinese traditions on TV. Celebrations like this provide a great opportunity to learn more about different cultures, their cuisines, and to just have fun!



ALL HOMES

Love is in the air

All 14 of our homes celebrated Valentine's Day this year in style, finding different ways to get creative and spread the love. There was plenty of Valentine's arts and crafts, exchanging of flowers, gifts, cards and of course some Valentine's baking too. Even the dining tables were set to the theme of 'Love'. Such a beautiful day filled with love and kindness.



WELLBURN HOUSE

Cycling without age

Residents at our Wellburn House home were delighted to experience another fantastic adventure with Cycling Without Age – a movement started back in 2012 to help the elderly get out and about on a bicycle, and find a solution to their limited mobility by using an auto-battery trishaw. Not everyone is able to get outside on their own and cycle, but Cycling Without

Age makes it possible for just about everyone. And here at Wellburn, we want to make cycling accessible for everyone including our staff. Which is why we are part of the fantastic Cycle to Work scheme, enabling all of our staff to make huge savings on a new bike so they can get out and about too! Thank you again to Cycling Without Age Prudhoe for this amazing opportunity.



EIGHTON LODGE

Haway the lads

Residents at our Eighton Lodge home came together to cheer on Newcastle United, as they watched the highly anticipated Carabao Cup Final, as our team took on the mighty Manchester United. It was the first final Newcastle have appeared in this century with the last meaningful trophy they won, way back in 1969 - you have to go back even further for the last major trophy win, which

was the FA Cup back in 1955 - which many of our residents remarkably remember from their childhood! As the match kicked off, residents drank Newcastle Brown Ale, wore Newcastle United shirts, waved flags to show their support and even enjoyed some Newcastle themed cupcakes! It wasn't to be on the day, as Manchester ran out as victors, but it didn't stop our residents having a fun day!

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

COMMUNITY NEWS

Tree planting

Our Grimston Court home recently welcomed visitors from Dunnington Green Initiatives Group, Treemendous & the Explorer Scouts, to plant new trees across our grounds to support biodiversity and contribute to the Queen's Green Canopy initiative. (You can read more about this story on our community feature by turning to the inside front cover.)



STAFF NEWS

365 Interhome challenges

The end of our year long, quarterly basis, instead of monthly 365 Staff Inter-home Challenges in December saw our Heatherdale home crowned overall winner - followed closely behind by Ryton Towers in 2nd and Riverhead Hall in 3rd place, with each home choosing a hamper filled with goodies as their prize to share out amongst their staff. This year, the competition continues but this time it will be taking place on a

quarterly basis, instead of monthly, focusing on various wellbeing themes in line with the seasons. Our 365 challenges are a great way of promoting healthy competition amongst our homes whilst encouraging teamwork, creativity and of course plenty of fun. Keep an eye out across our social media channels to see what our homes get up to over the course of the year @wellburncarecareers



STAFF NEWS

Caregivers Day

February 17th marked National Caregivers' Day, which honours the selfless work caregivers do across the country, helping our loved ones day in and day out. As a token of appreciation, each of our staff members were gifted a personal card of thanks and a small gift from their Home Manager. A huge thank you to all of our fantastic staff for their consistent hard work and dedication. We love you all!



STAFF NEWS

Milestones

Wellburn would like to say a huge congratulations to Home Managers Maureen Simmie from our Garden House home, Christine Barbrook from our Craghall home and Allison Moore from our Heatherdale home who have all recently celebrated an incredible 20 years working for Wellburn! Congratulations to you all and thank you for all your hard work and commitment to Wellburn. Well done ladies!



COMPANY NEWS

Finalists in the Pinders awards

Wellburn are delighted to announce that our St Catherine's dementia specialist care home has been selected as a finalist in the category of 'Best Regeneration Project' for the Pinders Healthcare Design Awards 2023. The Pinders Healthcare Design Awards are recognised as one of the most prestigious design awards in the industry, so this is fantastic recognition for all the hard work from everyone involved in the

project from start to finish - all of whom we would like to say a huge thank you to, once again. We were recently presented with a finalist's trophy and a £500 cheque for our nominated charity, which of course went to the fantastic York based Dementia Forward, who do some absolutely invaluable work in the local community, and were heavily involved as a source of advice and guidance throughout the entire project.



COMPANY NEWS

Wellburn's ESG review

Here at Wellburn, we're always looking for ways to improve, which is why we are working with the company Sustainable Advantage to develop an ESG strategy (Environmental, Social and Governance) which we hope will make a positive impact for both our staff, customers, and the communities that we are a part of. The first step in the process involved a full audit and scoring to measure Wellburn's

current performance and to identify areas of opportunity, with key recommendations for us to take away. We will of course be keeping you updated throughout the process as we work on each of these areas and towards a more sustainable future. You can find out more about ESG and how Sustainable Advantage is helping us on our sustainable journey at: sustainable-advantage.com

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



the Mind

Here are the answers to all of our teasers from page 33. Did you get them right?

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



Picture Quiz
1. Steph Houghton
2. Jill Scott
3. Lucy Bronze



↑ **Jean Parsons**
Craghall

In this issue's resident focus, we popped in to our Craghall home, in Jesmond, to meet one of our residents, Jean Parsons. Jean has plenty of stories from what has and continues to be an extremely fulfilling life, and in particular, her career as a fencing teacher - we sat down with her to share some of her stories and memories with us.

Immediately Jean starts to talk about her career and you can see from the enthusiasm on her face just how much she enjoyed this part of her life. Jean's passion for fencing started young and a progression into teaching it seems was the natural move for Jean, who spent most of her years teaching in London, with many of Jean's students going to compete for England and even Great Britain at the Olympics.

As Jean reminisces about her younger years, she tells us of how she met her husband Ray when she was just 16 at their local youth club, where Ray would take Jean ballroom dancing - a hobby they would enjoy doing together for many years to come. And it was whilst dancing together, they learned of their

shared passion for fencing. Ray was a fantastic fencer, going on to compete in many competitions and even became a senior fencing coach across many parts of the UK. He inspired Jean to continue with fencing and pursue a successful career in the combat sport as she went on to take part in many competitions herself, even getting to the semi-finals of many national fencing competitions as she describes to us how apprehensive she felt before competing!

One of Jean's favourite stories she likes to tell, is that of one of her fencing students - Richard Sage who Jean began teaching when he was just 11 years old. Richard now fences for England as a Veteran and has even qualified for his 5th World Veterans Championships in 2018! Jean tells us of how, not long ago when she was living in Keswick in the Lake District, she heard a knock on her door one day, opened it and to her surprise, it was Richard who had managed to find out where Jean lived after all these years, and travelled up to give her a lovely, surprise visit!

And now, residing at our Craghall home in Jesmond, Jean still enjoys watching her favourite sport whenever it's on TV, helping her to reminisce on her life and passion shared with her husband. Ray and Jean have two sons - Ian, an electronic engineer who lives over in Florida, America and Andy - an accountant who went to Oxford University, and now resides close to Jean in Gosforth. Jean is frequently visited by her 2 sons, with Andy dropping off complicated jigsaw puzzles which she loves to complete - her competitive streak showing! And when Jean isn't engrossed with her jigsaw, she loves a game of Craghall bingo - which she gets very competitive over of course.

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 We're considering care for one of my family members. Where do we start looking?

A carehome.co.uk is a good place to start - they're the leading UK care home review website. Of course, there's nothing like getting out and visiting homes - each potential resident will have their very specific needs and requirements, so a home that is right for one person, won't necessarily be right for another. Our enquiry pack also includes our 'Little guide' booklet offering tips, advice and a checklist to use when visiting care homes, designed to help you make an informed decision that's right for you and your loved one.

Q I'm potentially interested in a career in care, but I have no idea whether it would be right for me.

A Here at Wellburn we strongly believe in avoiding sugar coating things, so

yes, working in care can sometimes be tough, hard work and emotional, but the flip side is that it is always hugely rewarding, and to have a role that makes such a difference to others lives is pretty special and unique. We also believe that a little bit of information and understanding goes a long way, in helping to make the right decision, which is why we've put together a pack for this very reason. For anyone considering a career in care, we have a pack that can be downloaded or popped in the post. For more info, visit: careers-wellburn.co.uk

Q How can I find out what your rates are and what they include?

A The cost of care at Wellburn is paid for through the residents' room rate, which is dependent on the chosen room itself, as opposed to the level of care needed as all of our residents are

provided with the same level of high-quality, person-centred care regardless of who they are and their needs. The room rate includes 24-hour personal care which also involves administering medication, arranging healthcare visits, and regularly reviewing a resident's health. They receive 3 meals a day along with the regular drinks and snack trolleys, a full laundry service and a comprehensive and tailored activities and wellbeing programme. All rooms are fully furnished with a bed, bedside table, armchair, wardrobe, and chest of drawers, and include an aid call for assistance. The rate also considers the contribution to council tax, utilities bills and communal TV licenses, phone and Wi-Fi. The rate does not include personal expenses such as hairdresser and chiropodist visits for example. To find out about the room rates for your preferred home, you can contact our New Care Enquiries Team on 0191 694 1052 or email your questions directly to them at: enquiries@wellburncare.co.uk

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



Homemade Vegetarian Chili



Serves: 4 to 6
Prep time: 20 mins
Cook time: 40 mins

- ↓ Ingredients**
- 2 tablespoons extra-virgin olive oil
 - 1 medium red onion, chopped
 - 1 large red bell pepper, chopped
 - 2 medium carrots, chopped
 - 2 ribs celery, chopped
 - ½ teaspoon salt, divided
 - 4 cloves garlic, pressed or minced
 - 2 tablespoons chili powder
 - 2 teaspoons ground cumin
 - 1 ½ teaspoons smoked paprika
 - 1 teaspoon dried oregano
 - 1 tin of chopped tomatoes
 - 2 tins of black beans, drained
 - 1 tin of pinto beans, drained
 - 600ml of vegetable stock
 - 1 to 2 tsp of red wine vinegar

If desired, serve with:
 Sliced avocado, tortilla chips, crème fraîche, grated cheddar cheese etc. You can also serve with white rice or jacket potato.

f @
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

Place a large heavy-bottomed pot over a medium heat, adding the olive oil.

Once the oil is hot, add the chopped onion, bell pepper, carrot, celery and ¼ teaspoon of the salt. Stir to combine and cook, stirring occasionally, until the vegetables are tender and the onion is translucent, about 7 to 10 minutes.

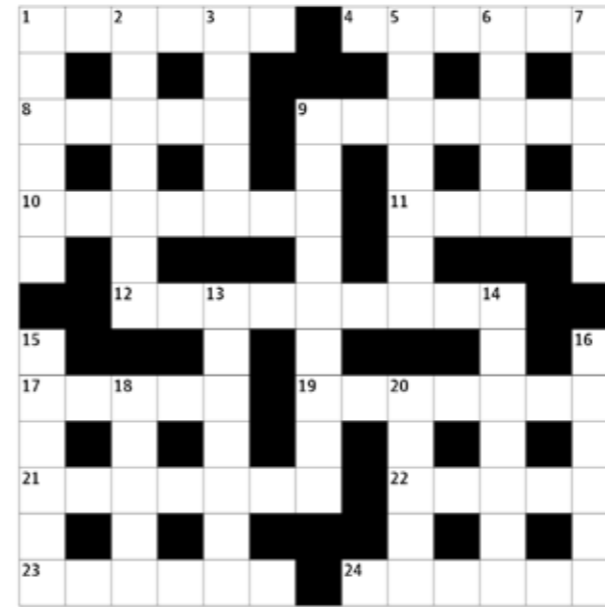
Now add the garlic, chili powder, cumin, smoked paprika and oregano, and cook for about 1 minute, stirring constantly.

Add the chopped tomatoes, black beans, pinto beans and vegetable stock. Stir to combine and let the mixture come to a simmer.

Continue cooking, stirring occasionally and reducing the heat as necessary to maintain a gentle simmer, for 30 minutes.

Remove the chili from the heat. For the best texture and flavour, transfer 1 ½ cups of the chili to a blender, making sure to get some of the liquid portion. Securely fasten the lid and blend until smooth, then pour the blended mixture back into the pot. (Or mash the chili with a potato masher until it reaches a thicker, more chili-like consistency.)

Once back in the pan, mix in the red wine vinegar, to taste. Add salt to taste, too. You're now ready to serve up and enjoy!



Crossword

- | | |
|--|--|
| Across | Down |
| 1 Pointless talk (6) | 1 Fanciful notion (6) |
| 4 Protection granted to political refugees (6) | 2 Dandy-like (7) |
| 8 Express indirectly (5) | 3 Store for the future (3,2) |
| 9 Devoid of expression (7) | 5 I'm Santa (anag) (7) |
| 10 Made a mistake (7) | 6 Accept with pleasure (3,2) |
| 11 Contribution (5) | 7 Note of who said what at a meeting (6) |
| 12 Child's seat at table (4,5) | 9 Loyal – cadet died (anag) (9) |
| 17 Biscuit eaten by Jews during Passover (5) | 13 Small ball (7) |
| 19 Flower of Scotland (7) | 14 Go back over (7) |
| 21 Confiscate(7) | 15 Playful—mischievous(6) |
| 22 Follow – path (5) | 16 In a feeble manner (6) |
| 23 Place offering temporary accommodation (6) | 18 Spanish appetisers (5) |
| 24 Funny business? (6) | 20 Start to a popular song (5) |

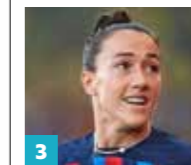
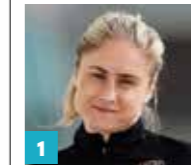
TRY OUR teasers

IT'S IMPORTANT TO KEEP YOUR BRAIN ACTIVE



Pic Quiz

Can you name these North East born footballers?



OOOH, THAT'S NICE!

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

Free
 wordle.com



Sudoku

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

ANSWERS

You'll find the solutions and answers to all of the teasers on this page over on page 29.

the Mind

BOOK
Club
WE OFFER UP 4
READS, PERFECT
FOR SPRING



Otherlands

↑ **By Thomas Halliday**
From Ice Age Alaska to the birthplace of humanity, award-winning young palaeobiologist Halliday takes the reader on a spectacular tour of deep time, in this dazzlingly original, stunning and epic encounter with the Earth as it used to be. This is the past as we've never seen it before. Otherlands is a staggeringly imaginative feat, and provides an emotional journey that underscores the tenacity of life - yet also the fragility of seemingly permanent ecosystems, including our own. The best book on the history of life on Earth, by a long way too! A must read.

The Old Ways

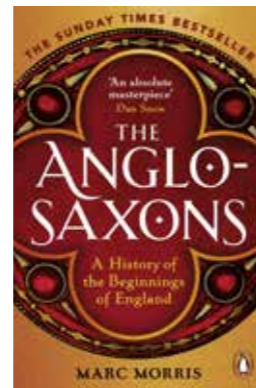
↓ **By Robert Macfarlane**
The genre-defining book by acclaimed nature writer Robert Macfarlane is nothing short of magnificent. Taking the reader on a tour of Britain - across its ancient paths - to discover tracks and sea paths that form part of a vast ancient network of routes criss-crossing the British Isles and beyond. Macfarlane discovers a lost world - places and journeys which inspire and inhabit our imaginations.



Small Things Like These



← **By Claire Keegan**
Set in a small Irish town and following a coal and timber merchant confronted by the past, this superbly written tale of determination and quiet heroism from Claire Keegan - author of Foster, is as hopeful as it is haunting. The kind of book that stays with you long after you've read the last page. It's an unforgettable story of hope, heroism and tenderness.



The Anglo-Saxons

↑ **By Marc Morris**
Sixteen hundred years ago Britain left the Roman Empire and swiftly fell into ruin. Grand cities and luxurious villas were deserted and left to crumble, and civil society collapsed into chaos. The Anglo-Saxons traces the turbulent, brutal and often unstable history of what happened next and tells the extraordinary story of how the foundations of England as we know it were laid.



OOOH, THAT'S NICE!

Bibliophile Vase
Jane Mount on Amazon
→ Fill this ceramic vase with fresh flowers to add literary charm to any room. Illustrated by avowed bibliophile Jane Mount and adorned with elegant touches of gold, makes this the perfect gift for those book lovers in your life.

£36.25
amazon.com

BOOKS IN OUR HOMES

Our Lifestyle Coordinators run Bookclubs in all of our homes. Residents take part by either reading or listening to a selection of books, often from this page, and discussing their experiences together.

All books are available for you to buy at:
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