

For more info, call our New  
Care Enquiries Team now on:  
0191 694 1052  
enquiries@wellburncare.co.uk  
wellburncare.co.uk/our-homes

Follow us:  
f @StCatherinesCareHome

# THE MANOR

At St Catherine's  
Care home.



The Manor at St Catherine's, is our brand new care home  
at the forefront of young onset dementia care in the region.



A Wellburn  
Care home

Issue 29 | Summer 2023

# WellburnPost



The free quarterly from  
Wellburn Care Homes



In the community

# Choir project

Our Ryton Towers home recently teamed up with Ryton Federation Primary School and Equal Arts - a creative aging charity, to be a part of an exciting new project. The 'Care Home Choir' project, run by our friends over at Equal Arts is a fantastic initiative which aims to promote intergenerational activities by providing care home choir



sessions, which give residents the opportunity to sing and talk together, alongside local school children. Our residents had a fantastic time being part of this lovely community project, and they were even visited by ITV, who filmed the event on the day. Locals were also able to vote for the 'Care Home Choir project', to receive much needed funding from the 'People's Projects' - a partnership between ITV and The National Lottery Community Fund which gives the public the opportunity to decide how National Lottery funding is spent. To watch the video, visit our Facebook page: [facebook.com/WellburnCare](https://facebook.com/WellburnCare)

## What's in this issue

### 4

#### From the inside

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

### 5

#### Cover Story

↓ We explore some of our residents favourite summer destinations across our region.



### 9

#### Happiness & wellbeing

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

### 16

#### The great escape

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



### 22

#### Young onset dementia

↓ We take a look at the lesser known young onset dementia and what help is available.



### 32

#### The Dish

↑ Our latest recipe in The Dish, is a perfect option to serve up this summer.



### 34

#### Book Club

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

## Notes from the Editors

Welcome to our new issue #29, our summer edition. As always, we catch up with our Executive Chairman, as she looks forward to the summer and all the hustle and bustle it brings to our homes, in her regular Agenda piece (pg 4).

In our first main feature, we're exploring some of our regions favourite places our residents like to visit, when they're out and about in the minibus on their day trips (pg 5). Our 365 section delivers lots of hints and tips on maintaining our happiness and wellbeing throughout summer, including two mini features, one of which explores the huge benefits of yoga (pg 14).

In The Great Escape, we discover some of the best places to eat, drink and explore across our region, this summer (pg 16). In our second feature, we take a look at young onset dementia and what progress is being made to cater for younger people living with dementia (pg 22).

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

And we bring you a delicious summer recipe in our regular 'The Dish' (pg 32), perfect for garden parties and BBQs.

Whatever your plans over the next few months, have a fantastic summer, and enjoy the sun.

## Izzy & Bryony x

Izzy Moran & Bryony Dale  
Editors



A G E N D A

## FROM THE INSIDE

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

Summer is here and what a joy it is to see all of our homes embracing the warm weather. Our Lifestyle Coordinators are busily working behind the scenes to create a whole raft of activities that enable our residents to take full advantage of the long sunny days.

As Chairman, summertime is a lovely time of the year across our homes, watching all of my teams do their thing. The sun seems to inject an extra spark of life, not only into our residents, but across the whole company.

Summer also means our gardens are in full bloom, and when I'm out and about visiting our homes, catching up with the gardeners is always a treat. We'll just collectively take a step back and admire all of their hard work - over the gruelling winter months, during the planting and planning months of spring and then summer arrives and all of their hard work and talent is laid bare for us all to see. The colours are explosive, the scents are sweet and they all culminate to provide a sensory overload. Spectacular results that fill me with pride and it's yet another job well done by one of my teams.

Returning to our Lifestyle Coordinators, one of their aims across the summer months, is to take advantage of our garden and outdoor spaces, and one of those advantages is that it affords us more room to create community and family based activities. One example will be our garden and BBQ parties. As well as these events being full of fun and good times, they also play an extremely important role, because they provide the

opportunity to invite resident's families and loved ones, and of course members of the local community.

As a care provider, our first priority is and always will be our residents, but it's also important to include their families and loved ones on the journey. These social events allow us to form bonds and relationships with everyone connected to our residents. Keeping everyone in the picture and up to date with what's going on is a really vital part of the process, and for our residents, to spend time in a social environment is both mentally and physically beneficial too.

As so often is the case with everything we do, from coffee mornings and day trips, to

BBQs and garden parties, nothing happens by accident. They're always planned out in advance, and will invariably be aligned to a wider strategy - to make sure that everything we do, whether that's an event or a day trip, it must deliver positive benefits to our residents.

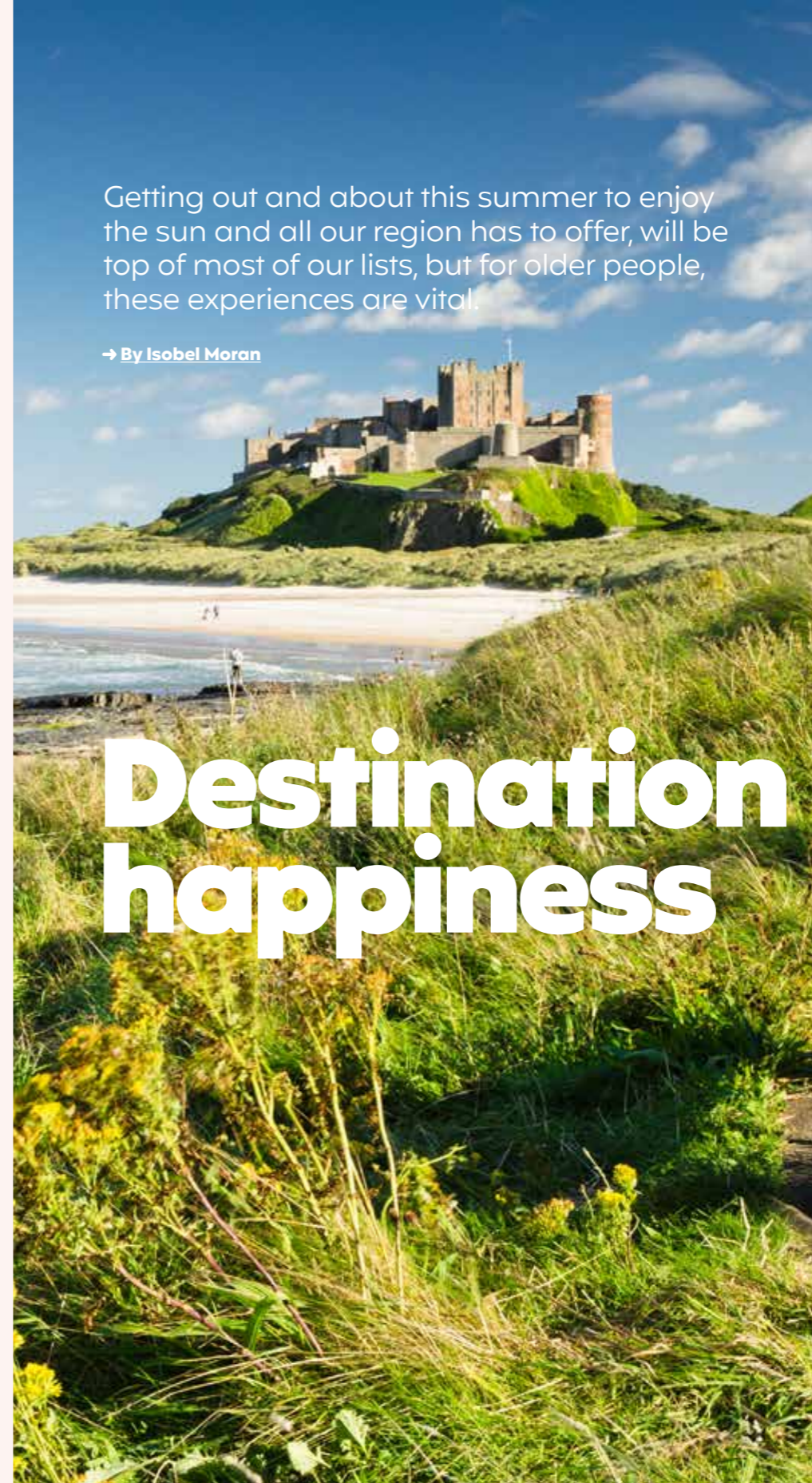
On the subject of benefits, we're noticing a ripple of real-time benefits across all of our homes, being delivered from our dementia specialist care home St Catherine's - which now includes our recently opened The Manor, which caters for those living with young onset dementia. The vast wealth of understanding our staff in both homes have now regarding dementia, is extraordinary - and because both are so cutting edge, learnings as we progress are providing all of our other homes with an unrivalled level of expertise, and have created a knowledge pool that all can access, which is proving invaluable. And as we move forward, that knowledge pool will increase month on month, which bodes well, not only for St Catherine's and The Manor, but every single one of our homes.

Things are certainly looking bright, sunny and extremely positive here at Wellburn and we're all looking forward to a long, enjoyable, fun filled summer together.

And of course, if you're able to join in with one or more of our summer events, then we can't wait to see you down with us. Whatever you're up to this summer, have a great one and enjoy the sun! ■

Getting out and about this summer to enjoy the sun and all our region has to offer, will be top of most of our lists, but for older people, these experiences are vital.

→ By Isobel Moran



**Left:** Bamburgh Castle is steeped in history, flanked by beautiful award winning beaches, and is one of the most recognisable and visited attractions in the region.

Visiting a much-loved place or taking a stroll along the beach are all simple pleasures in life but ones that can be very meaningful to someone, particularly to older people, often helping them regain a sense of their lost childhood and reminisce on fond past memories with loved ones.

Here at Wellburn, getting out and about is an important part of our activity schedules across all of our homes, and there really is nothing our resident's love more than a trip out on our minibus, especially when it involves a stop off at the seaside for an ice cream!

There are plenty of places across the North East that we like to explore on our days out, but we've picked out a few of our favourites below and included some things we like to do whilst visiting. Maybe you'd like to visit one of these places you haven't yet tried this summer?

### Northumberland Coast

Safeguarded as a designated Area of Outstanding Natural Beauty (AONB), there are so many beautiful places to visit along the vast 40-mile stretch of Northumberland coastline, which runs all the way from →

## “The Yorkshire dales offers the perfect mix of fascinating heritage sites, beautiful scenery and family-friendly activities”

← Berwick upon Tweed to Amble. From endless beaches to discrete bays and drifting dunes, you can cycle or walk across the stunning coastal paths, paddle by historic castles on kayaks and even spot wildlife along the coasts protected wildlife and habitat sanctuaries.

Some of our resident's favourite beach locations to visit along Northumberland coast include a visit to Bamburgh to see the stunning Bamburgh castle, marvelling at the flowers and rock pools along the beach, or a trip to Newbiggin by the sea, sightseeing and sharing some of our favourite memories of Northumberland before heading home.

Another firm favourite is a visit to the popular seaside town of Amble, home to an authentic little fishing harbour filled with fish shacks, seafood eateries, pastel painted beach huts and brimming with fascinating coastal wildlife to see. Our residents also love to stop by the bustling Amble market on a Sunday selling a range of fresh locally sourced produce, unique, quirky gifts and handmade goods. And our trips to the coast wouldn't be complete without stopping for fish & chips and a delicious ice cream on the way home at our favourite Morwick Dairy parlour in Acklington! Visiting the seaside



has to be one of our favourite activities here at Wellburn, as it brings back many happy memories for our residents, providing them with a new lease of life.

And travelling slightly further inland, situated close to the Northumberland Coast lies the picturesque, cobbled market town of Alnwick in the heart of Northumberland, also just a short bus trip away for our residents in Berwick. Here, there's plenty to do including a visit to Alnwick castle, rich in history and famous for its appearances in movies like Harry Potter and Downton Abbey! And in the spring and summer months, we like to stop by the magnificent Alnwick gardens, where you can marvel at everything from deadly poisonous plants

and treetop walkways to beautiful roses and towering delphiniums.

### Yorkshire Dales

Being one of the top tourist destinations in the UK, The Yorkshire dales countryside has an array of attractions and things you can do throughout the whole year which include fascinating heritage sites, beautiful scenery and family-friendly activities. Craggy cliff faces, farmland laced with limestone walls and patchwork green valleys all make up the scenic beauty which is the Yorkshire Dales. Take a trip to Malham cove to appreciate the stunning views of the valley below or visit the famous set of scattered rocks that are Brimham rocks. And for the perfect



**Far left:** The Yorkshire Dales offers rolling hills, winding country roads and stunning scenery. **Left:** Tynemouth beach is a popular seaside destination in the summer. **Below:** The recently refurbished Spanish City is now the centrepiece of a redeveloped and burgeoning Whitley Bay.



place to enjoy a woodland or riverside walk or relax with a picnic, visit the beautiful Bolton Abbey, in the heart of the Yorkshire Dales. Walks in the Yorkshire Dales will take you across stunning valleys, meadows, moorland, and streams with miles of dry stone walls and waterfalls dotted across the landscape. And with a variety of historic attractions including the medieval Skipton Castle and the Norman fortress of Richmond Castle, lovers of history will never get bored. There's even something for the little ones too with Hesketh Farm Park and Holme Open Farm making the perfect family day out.

And being right on the doorstep to our York homes, The Yorkshire dales makes the perfect day trip destination for our residents. Whether that's driving along country lanes and passing places our residents grew up or going further afield to marvel at the beautiful York minister or even visit the fascinating natural history museum, it's always a treat.

### Whitley Bay & Tynemouth

It's no surprise that visiting the beach is one of our favourite activities here at Wellburn, and two of our favourite coastal trips up North take us to the famous seaside towns

of Tynemouth and Whitley Bay. Making the perfect day trip destination, Tynemouth is famous for its fish & chips, golden beaches, and picturesque village packed with pubs, bars and restaurants. Visit Tynemouth's famous Longsands and King Edwards Bay for a stroll along a mile of golden sands, perfect for dog walkers, surfers and family fun. You'll also find the famous 'Riley's Fish Shack' on King Edwards Bay, selling all sorts of delicious fresh seafood, right on the seafrost.

Travelling 3 miles further North, nearby lies the next coastal town of Whitley Bay, home to arcades, award winning fish & chips, mini golf and the famous Spanish City where you'll find plenty of family-friendly restaurants, fine dining, a tearoom, event spaces and even a champagne bar. And one of the town's most famous landmarks is St Mary's Lighthouse, surrounded by a nature reserve and rock pools where seals can often be spotted basking on the rocks. When visiting Whitley Bay, our residents like to enjoy an ice cream beside the lighthouse, taking in the sunny views and looking back on how much Whitley Bay has changed over the years, reminiscing on our favourite childhood beaches and sandy sandwiches! →

**Right:** The picturesque market town of Richmond is home to the Norman fortress of Richmond Castle and is surrounded by the stunning Yorkshire Dales.

## “The Norman fortress of Richmond Castle sits in the heart of the picturesque market town of Richmond.”



← And often, the best part of our bus trips is the journey to our destination, full of chatter and excitement for the day ahead and the possibility of new memories to be made. The journey is where we let our mind soak up the scenery, taking in the open road, enjoying the moment and connecting with the world around us. Even stopping along the journey, taking a diversion as you find a new place to explore, or pass right through a place you thought looked very different to how you imagined it to be.

And not only do we love to get out and about sightseeing and stopping for our favourite fish & chips and ice cream but getting outdoors is so important for our resident’s overall health and happiness too. Day trips, sightseeing, shopping, and community events are all vital activities which promote a sense of freedom and fun, helping to improve overall quality of life and provide some much-needed structure to a resident’s day.

And day trips out can be particularly beneficial for our residents with dementia too – taking a trip down memory lane to a place or location that is familiar and means something to them. This could be a trip to a place they grew up, their favourite beach,

coupled with stories of their past and family history are all great ways to provide our loved ones with reassurance of their past. And keeping social is just as important for the elderly as it is for the younger generation. Staying active and participating in meaningful group activities is so important as we get older and has been scientifically proven to boost our physical and emotional wellbeing and reduce feelings of loneliness.

Social interactions can even improve memory recall and cognitive abilities, helping to reduce the risk of dementia. At Wellburn, we understand the importance of this, which is why we have a jam-packed calendar of social activities organised by our in-home Lifestyle Coordinators and tailored

to the wants and needs of our residents too.

And on those rainy, gloomy days where we can’t get out on the bus, we can still get our outdoor fix when our friends over at Recreo VR come to visit, providing accessible virtual reality fun for care homes. Wearing just a headset, our residents are able to immerse themselves in a world of virtual reality, experiencing places they’ve always wanted to visit, and even revisiting some of their favourite childhood destinations.

So, whether we’re out and about or making use of technology, our social calendar is full this summer. ■

You can follow it all on our socials at: @wellburncare

# 365 **HAPPINESS** & Wellbeing

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

## 10 Wellness on the inside

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

## 11 The season of summer

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

## 13 Retail therapy

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

## 14 Mind, body and soul

We explore the benefits yoga can deliver, especially across the summer months.

# 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.

## → Getting out and about

As we step into summer and the weather gets warmer, it's important for us to encourage our residents to get outdoors and connect with nature as much as possible. And there's a whole host of different ways we go about it, whether that's outdoor activities organised by our Lifestyle Coordinators, such as bus trips and walks along the beach, simply sitting in our gardens enjoying the flowers and the sensory joy of being in and around nature, or shorter walks into our local communities to parks and cafes. We know

and understand the many wellbeing benefits being outdoors can bring. As well as delivering all important mood boosting benefits, being in the outdoors can offer some fundamental benefits when it comes to reminiscing – something as simple as going to a location or a familiar place that our residents visited when they were younger, can trigger lots of fond memories for our residents and especially for those living with dementia, reminiscing plays a huge important role in their progress.



## → 365 wellbeing challenges

Throughout the year, our ever-popular 365 inter-home staff challenges continue to provide healthy competition amongst our homes, whilst also focusing on various wellbeing topics to boost our staff's physical and mental health. Our most recent Easter themed challenge, encouraged all of our homes

to get crafty, competing to create their best 'Easter bonnets'. There were some fabulous entries, but the overall winner was awarded to our Heatherdale home, after impressing judges with their enthusiasm and effort. For more photos and info, check out our careers socials @wellburncareers



**T**he season of summer is officially upon us and it's the season many of us have been waiting for. Gone are the days of cold, dark winter nights and rainy spring days – summer is all about beautiful weather, longer and brighter days. And longer days mean everyone has more time to spend outdoors, socialising with loved ones, family and friends, trying something new, connecting with nature and simply enjoying everything this glorious time of year has to offer in abundance.

And embracing the outdoors is one of the greatest ways we can welcome the season of summer. Clear blue skies and holidays, time off school with the kids, days at the beach, BBQs with friends and family, day trips to new destinations, walking, picnics in the park or simply sitting in a sunny beer garden with friends, laughing, chatting and soaking up the summer sun. Whatever you choose to do this summer, the possibilities are just endless!

Everybody's mood seems happier at this time of year too – perhaps the boost of serotonin from the sunlight's vitamin D, the fact there's no longer a need to wrap

## THE SEASON OF SUMMER

→ **By Isobel Moran**

up anymore, or the promise of a long, sunny summer ahead, full of exciting plans and new memories with friends and loved ones.

Nature has to be one of summer's greatest displays with everything around us whispering to go outdoors and explore. Full of bright colours, birds singing, flowers blooming, plants and trees gifting us with fresh summer fruits as everything around us flourishes. And waking up to the morning sunlight streaming through the trees is sure to brighten anyone's day before it's even started. But be ready for

summer thunderstorms too – nature's phenomenon to help it survive this hotter period which in turn helps crops to grow better, and later give a better harvest.

And we've all heard how much our physical and mental health are connected and this time of year is the perfect opportunity to practice what we preach. Taking a moment to step outdoors, move our bodies, feel the sand under our toes or watch the sunset are all things that can provide us with a sense of calm and wellbeing.

Pick a new hobby that will get you outdoors in the fresh air – whether that's something simple like gardening or walking or taking up paddle boarding or surfing, spending time being active outdoors is an essential element of self care and a great way to boost both your mental and physical wellbeing this summer. With the weather being so glorious, the outdoor opportunities are endless so it's important to make the most of them while we can.

So, get out and about in nature and nurture your body this summer whilst making the most of the longer daylight hours. Because after all, who doesn't love summer?

OUT &  
about

Here at Wellburn, we embrace all seasons, but when summer arrives, it opens up so many more opportunities for our residents to get out and about. We take regular trips to all of our favourite places, including the seaside, countryside and other popular stop off's, including the wonderful City of Durham. Our days out give our residents and staff the opportunity to explore everything our beautiful region has to offer, but there's also a host of mental and physical wellbeing benefits to our days out too. Getting out of the homes, gives our residents the opportunity to enjoy different sensory experiences, often taking in

routes and destinations, that help spark memories and promote reminiscing, which is scientifically proven to help in old age, especially for those living with dementia. As well as the obvious physical benefits of taking in the fresh air, surrounding ourselves in nature and getting out and about for a stroll, chatting with shop staff, the local waiter in a cafe or the community in general, are all interactions that provide a boost to our wellbeing and leave lasting feel good vibes. Days out and about, enjoying the North East summer, delivers so much more than we might think, and it's all on our doorstep - so here's to our summer full of out and about adventures!

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.



Letterbox Message Cookies

→ These handmade cookies are the perfect way to send and share a little love to someone you care about! There's always an excuse to treat a loved one and this tasty 'Thinking of You' cookie box is definitely worth the hype! There's also more messages and a wide selection of colours too, which will brighten anyone's day!

£16  
notonthehighstreet.com

Grow Your Own Birth Flower

→ For that someone special in your life who loves their garden, this grow your own gift is perfect. The unique take, is that it's specific to their birth month, so it will have a real personal feel to it - the ideal pressie to add something special to any garden.

£12.95  
etsy.com/uk



Linen Meditation Cushion

→ This gift is a great way to help yourself or someone else feel more connected with themselves through meditation. And because the cushion is machine washable, it can be taken outdoors. It's proven spending time in nature can increase your serotonin levels and with summer now upon us, what better way to enjoy meditation!

£45.00  
etsy.com/uk



OOOH, THAT'S NICE!

The switch off kit

→ Everything you need to help you switch off in the evening, is in this well-being body care kit. Prepare yourself for some rest and relaxation before heading to bed for a good night's sleep, so you wake up feeling rejuvenated. The kit includes a 99% naturally derived Pyjamarama dry body oil, restoring hand cream for intense overnight hydration and a calming sleep spray, with soothing frankincense. Perfect!

£30  
bloomandblossom.com

"Yoga offers so many positive boosts to both our minds and bodies, and summer is the perfect season to embrace all that it has to offer - whether you're a beginner or a regular."

# MIND, BODY AND SOUL

By Bryony Dale



**W**ith the sun shining bright and summer breezes caressing our skin, summer is the perfect time to rejuvenate ourselves both physically and mentally. As we strive to find balance in our lives, yoga becomes an ideal companion for embracing the serenity of the season.

Yoga is an ancient practice and has gained immense popularity in more recent years for its transformative effects on our overall wellbeing. Beyond the physical benefits, yoga serves as a holistic discipline that nurtures the mind, body and soul.

Whether you're a seasoned yogi or a beginner, incorporating yoga into your summertime wellness routine can provide huge benefits. So, roll out your mat, take a deep breath and join us on this blissful journey.

#### Cultivating strength & flexibility

For those who are not already aware of the profound health benefits of taking up yoga, some may be surprised to hear just how much strength is built through this regular practice. Asanas, or 'yoga poses' work on different muscle groups to promote increased balance and coordination as well as toning and sculpting the body. Gentle stretches and more challenging postures enhance flexibility, stamina and can help prevent risk to injury.

#### Mental clarity & emotional balance

Living in a fast-paced society, where global news sits within the palm of our hands and connections are sustained more through the digital world, finding mental clarity and emotional balance is crucial to our wellbeing.

Yoga offers a sanctuary for the mind as we learn how to develop focus, concentration and mindfulness. The synchronization of breath work and movement cultivates a state of deeper awareness, quieting the outside world and the incessant chatter in our minds to find inner peace. The meditative aspects of yoga can act as a powerful antidote to help reduce anxiety, alleviate the stresses of modern life, and promotes a sense of calm and serenity.

Yoga is not merely a physical practice, it also allows us to cultivate a deeper understanding of our bodies, minds and emotions. Regular practice helps us develop resilience and composure, allowing us to hopefully better manage everyday stress points and restore balance.

#### Embracing the elements

Summer offers a unique opportunity to connect with the elements of nature whilst working on our physical health. Yoga can be enjoyed across all seasons but has a whole other host of benefits when enjoyed outdoors!

You can take your mat to a sandy beach and hear the waves crashing on the shore, or retreat to a park and feel the grass beneath your feet and between your toes. By taking yoga outdoors, this allows you to immerse yourself in the beauty of the natural world, whether you stay local or venture farther afield. You can explore new territories whilst enjoying a gentle flow of a sun salutation and basking in the morning sunrise, or engage in grounding poses, such as Tree pose, to feel the stability of the earth beneath you and become at one with your surroundings.

#### Energizing routines

With the longer days the summer brings, this abundance in sunlight means your mornings are a perfect opportunity to invigorate your mind and body, and get yourself energized for the day ahead.

There is an ever-growing number of people suffering with insomnia and disrupted sleep patterns, so taking up yoga can essentially improve our sleep quality and establish healthy routines.

#### Cooling pranayama

As much as us Brits crave this rarity of heat we're fortunate to experience across these summer months, it's important to keep our bodies cool as temperatures are on the rise. Pranayama is a practice which controls breathing to help cool the body and soothe the mind. Why not try out a Sheetali Pranayama which can be achieved by rolling your tongue and inhaling through it to provide an instant cooling effect. Or test out a nostril breathing technique like a Nadi Shodhana which helps balance the body's energy channels and promotes relaxation.

#### Detoxifying poses

Especially in these summer months, it's essential to stay hydrated and aid the body's natural detoxification processes. Certain yoga poses can help with this whilst stimulating digestion and improving circulation. Twisting poses like a Bharadvajasana or revolved abdominal poses such as a Ardha Matsyendrasana can massage your internal organs, aiding digestion. Forward bends such as Uttanasana or Prasarita Padottanasana increase blood flow to your head, refreshing the mind, cleansing the body and reducing stress.

Summer is a time of joy, warmth and rejuvenation. Qualities that can be heightened by connecting with your mind and body on a deeper level. Let the summer sun be your guiding light whilst you embark on a summer of yoga.



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



BAR

### 33 Durham Speakeasy Bar

Dating back to prohibition-era America in the 1920's, the term "speakeasy" was a common name to describe a place to get a bootleg drink. This quirky bar in the centre of Durham plays on the theme, with a code needed for entry via a keypad - the code is readily available on their website, so access is easy. Inside the copper pipes, dark wood and pinned leather interior inspires thoughts of former bootleg days and adds to the charm of the place, and why it's one of our favourite bars.

33 Neville St,  
Durham, DH1 4EY  
33durham.co.uk

RESTAURANT & BAR

### The Lord Crewe

Set against a stunning backdrop of Bamburgh Castle, and the picturesque Northumberland coastline, The Lord Crewe is a must visit for all food and drink lovers. Led by the former Head Chef of The Crab & Lobster Restaurant in Asenby, The Lord Crewe specialise in luxurious seafood dishes, with a strong focus on high-quality and local produce. The service is second to none, as are the surroundings, and because they use only the best ingredients on the market, this is an unforgettable dining experience. It's so popular, our tip to be sure, is to book your table well in advance.

Front St, Bamburgh  
NE69 7BL  
lord-crewe.co.uk



EVENT

### Northern Pride 2023



It's that time of year again that all of us here at Wellburn get super excited about! Northern Pride brings the community together and gives us all the opportunity to celebrate diversity and show our support for the LGBTQIA+ community and allies, which we're proud to be one of. Tickets for

the Festival Arena are on sale now, with free access to the Community Village.

**Sat 22nd & Sun 23rd July**

**Tickets: £6 for each day or £10 for a weekend pass**

The Town Moor, Grandstand Rd, Newcastle, NE3 4NB  
northern-pride.com/pride23



STAFF PICK

RACHEL BECKETT  
CHAIRMAN

→ **The Blue Bell Inn**

"If you're a big fan of a proper Sunday roast, then this little hidden away gem offers one of the best around and their giant Yorkshire puddings need to be seen to be believed."

17 Mount Pleasant, West  
Mickley, Stocksfield NE43 7LP  
01661 598821



RESTAURANT

### Little Italy

This charming Italian restaurant is located in the heart of York City Centre, and offers an authentic taste of Italy with its delicious dishes and warm ambiance. The interior design is cosy and intimate, perfect for a romantic dinner or a night out with friends. Little Italy

sits on a busy street, which not only makes it super easy to get to, but means you can make a night of it after your meal and take in more of what York has to offer. A must visit!

12 Goodramgate,  
York, YO1 7LQ  
littleitalyrestaurantyork.co.uk

EVENT

### Chapterhouse - A Midsummer Night's Dream



This one is for theatre lovers! Prepare to be whisked away when this magically romantic comedy is brought to life - with the most beautiful costumes and dreamy setting, this will be a truly spectacular summer evening to enjoy. Spend time unwinding with friends or family in this picturesque open-air

venue, and you're even welcome to bring your own drinks and picnics.

**Thu 27th July - 7pm**

**Tickets: £18 adult / £11 child**

Gibside nr Rowlands Gill,  
Gateshead, NE16 6BG  
visityork.org



OOOH, THAT'S NICE!

Threshers

**Aperol Spritz Gift Pack**  
→ Summer is here and this set is the perfect gift to celebrate the sun and good times!

£30

threshers.co.uk



EVENT

### York River Art Market

This unique, award winning, open air market is a true summer time gem. A must visit market that is set in a stunning riverside, city centre location, minutes away from the train station, and it's all free too!

**Sat 5th - Sun 6th Aug**

**Tickets: Free**

Dame Judi Dench Walk,  
York, YO30 7DY  
visityork.org



EVENT

### Circus Vegas

Circus Vegas is perfect for those looking for something a little different to do this summer. This is a one-of-a-kind performance, featuring the most talented dare devil performers from across the globe. And it's in town as part of its one-off world tour, so it's your only chance to see it. Merging Las Vegas traditions and contemporary styles with extreme stunts and classic clown escapades, the show leaves you amazed by the jam-packed, show-stopping performances that have you on the edge of your seat, and its great fun for the whole family!

Wed 26th - Mon 31st July

Tickets: from £10

Nuns Moor Park, Brighton Grove, Newcastle, NE4 5AH  
circusvegasuk.com

BAR & RESTAURANT

### Number 29 Tapas Bar

Set in the dip of Frenchgate, just out of the Market Place in the beautiful town of Richmond, Yorkshire, Number 29 is small but immediately inviting thanks to the aroma of spices and garlic coming from the kitchen to the rear of the bar. A former café, the space is small but with a bar seating area at the window, bench seating on one side, a couple of tables and a more private booth on the other, it is perfectly formed. This place is a real find and perhaps one of the best kept secrets, their garlicky prawns are a particular highlight, but then again, the whole place is!

29 Frenchgate,  
Richmond, DL10 4HZ  
01748 850491



RESTAURANT

### 1910 Steak & Seafood



Just a stone's throw from Whitley Bay's coastline, 1910 sits within the renowned Spanish City and is one of the only North East fine-dining restaurants that specialises in steak and seafood. It's named after the date that Spanish City was originally built. Stand-out dishes include lobster Thermidor, Lindisfarne

oysters and 28-day aged sirloin steak, all made with the freshest seasonal ingredients. End your meal with the decadent chocolate and salted caramel sphere as you gaze out across the North Sea.

Spanish City, Spanish City Plaza, Whitley Bay NE26 1BG  
spanishcity.co.uk

# INTO THE wild



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

ACTIVITIES

### Durham CAMRA Beer Trail

For lovers of walking, beer and food, what better way to spend your summer day than taking on the now infamous CAMRA Beer Trail in Durham. The trail stops off at 23 of Durham's Real Ale Pubs including 10 of the most current best rated establishments. The trail also passes many of Taste Durham Assured Eating Establishments

including Oldfields Eating House, Zen, Gadds Townhouse, Cafe Cenno, Undercroft Restaurant and Bishop Cosin's Almshouses Cafe. With plenty of options on route, food certainly will be the order of the day, for those choosing to sample the odd tipple as they go.

For more information visit: [camradurham.org.uk](http://camradurham.org.uk)



WALKS

### James Herriot Woodland Walk Swaledale



This walk takes in the breathtaking scenery of the Yorkshire Dales, and is named after James Herriot (real name Alf Wight OBE), the author of the All Creatures Great and Small series of books. In fact, the trail takes in multiple locations used in the books and there's ample opportunity along

the way for stop off's, with a selection of shops, pubs and cafe's. The start and finish point of this 5 mile looped trail is the Yorkshire Dales National Park car park in Reeth, Swaledale. A fantastic way to spend a summer day.

For more information visit: [yorkshiredales.org.uk](http://yorkshiredales.org.uk)

WALKS

### Victoria Viaduct Loop

This fascinating 4 mile long heritage trail takes you through areas rich



with Wearside's industrial history such as the disused Penshaw railway line, the Victoria Viaduct and the picturesque riverside setting of Coxgreen with its coal mining and ship building past. The trail starts and ends at Penshaw Monument.

For more information visit: [mysunderland.co.uk](http://mysunderland.co.uk)

ACTIVITIES

### Gibside National Trust

For a day of family fun this summer, look no further than Gibside. With its picnic areas, trails, garden cafe and stunning views of Derwent Valley, this is a real local treasure. There's lots for kids too, with a low rope course and play area. Entry is free to National Trust members, and £14 for adults and £7 for children for all non-members.

For more information visit: [nationaltrust.org.uk](http://nationaltrust.org.uk)



Local partnerships in the community

# Keeping it local

← **The BALTIC Shop**

Located on the ground floor of the BALTIC Centre for Contemporary Art in Gateshead, BALTIC shop is a must visit if you're on the hunt for cool and quirky gifts inspired by art, culture and design. This vibrant local shop is packed with a variety of gifts and souvenirs, ranging from books and magazines to unique cards, jewellery, homeware, stationery, posters and prints and even eco-friendly and sustainable products, all created by local talented artists. Whether shopping for yourself or picking out a gift for someone else, you'll be sure to be inspired by their selection of goodies.

For more information visit:  
[shop.balticmill.com](http://shop.balticmill.com)

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



↑ **Katherines Florists**

Starting life as a small family run business in the heart of Newcastle, Katherines Florists has been proudly serving the North East for more than 50 years with their stunning bouquets and flower arrangements. From humble beginnings, selling fresh cut flowers in Grainger Market, they now work with some of the biggest names on the global stage. Katherines Florists specialize in providing customers with the best quality, fresh flowers with a premium feel, but not premium prices. The best florist in the Newcastle area by a country mile!

For more information visit:  
[katherinesflorists.co.uk](http://katherinesflorists.co.uk)



← **Little Yorkshire Hamper Company**

A lovely Yorkshire based supplier we recently had the pleasure of working with, is The Little Yorkshire Hamper Company. They supplied us with a fabulous hamper full of Yorkshire goodies to gift to our lucky raffle winner at our housewarming event for The Manor. Their hampers are made up of local tried and tested products from a variety of Yorkshire based producers including the very best chocolates, cheeses, wines, gins and chutneys. You can browse their range of delicious



hampers on their website or get in touch to create your own bespoke hamper for any special occasion!

For more information visit:  
[fortheloveofthenorth.co.uk](http://fortheloveofthenorth.co.uk)

# Young Onset Dementia

→ By Bryony Dale

There are currently around 900,000 people living with dementia in the UK. A neurodivergent disorder, dementia affects a person's cognitive abilities which can affect memory, personality, thinking and behaviour.

Here at Wellburn, we have years of experience and are now considered at the forefront of dementia in the region. This experience has led us to come face-to-face with a lesser-known variant of dementia which, despite its rarity, is becoming an increasing focus for the care industry and something as an entire society we all need to actively learn more about.

Young Onset Dementia (YOD) predominantly affects people under the age of 65 with over 42,000 people in the UK currently living with the disease. Due to this younger age range, YOD presents a unique set of challenges as the person is often still an active contributor to society through their professional and social lives, and therefore requires a different type of support than those of an older age.

## So, what is Young Onset Dementia?

Generally, dementia is frequently or incorrectly thought of as a condition that

only affects older people and solely relates to memory loss in old age, which is a very narrow-minded view of reality and causes issues around diagnosis because of this stigma associated with dementia. YOD comes in various forms, including frontotemporal, vascular, Lewy bodies and early-onset familial Alzheimer's disease. It is also a progressive condition as it develops overtime, meaning a person will gradually require more support and become more dependent on others.

Another term used to describe YOD is 'working-age dementia' as the retirement age in the UK was previously 65, however this is ever-changing and therefore YOD is not biologically fixed to this age range but does act as an approximation.

The early symptoms of YOD may not be obvious at first, mainly because they are more behaviour and personality-based than affecting a person's memory. They can often be mistaken initially as stress, depression, or other mental health conditions that may allude to difficulties a person is experiencing, whether it's in their relationships, work, family-life or even menopause in women. This confusion however can often delay diagnosis and



prolongs this period of uncertainty for the person and their loved ones. This is why it is so important to talk with family and friends about any changes you feel in yourself, or have observed in a loved one, which go outside their usual patterns. The two most common forms of YOD are Alzheimer's disease and Frontotemporal dementia.

The lesser known Frontotemporal dementia is actually a more common form of dementia in younger people than those of an older age and is caused by damage to the frontal and/or temporal lobes of the brain. This causes changes in a person's behaviours, mood and personality, possibly including complications with language production and comprehension, issues with

visual and spatial awareness, difficulties around their relationships and struggles with motivation, concentration, decision making and problem solving.

If you, or a loved one feels like you're displaying these changes in behaviour or ability, and there isn't an obvious lifestyle situation which may be affecting your general mental health and wellbeing, then it may be time to contact your GP to discuss your health further. YOD is affecting higher numbers of people year on year, so please don't ever feel alone in questioning changes in yourself which aren't quite adding up. The best support you can give yourself is at first acknowledging something doesn't feel right.

## Importance of Raising Awareness

Getting a timely and accurate diagnosis of dementia is incredibly valuable, however because of the rarity of YOD, and essentially its infancy in the world of dementia research there are various challenges. Healthcare professionals are still learning and understanding symptoms in younger people, with the existing dementia care infrastructure primarily designed for older adults. This means there's currently a lack of specialised care which only exacerbates the difficulties faced by younger individuals. There are specialist services available across the UK, however these are location-dependent so may include travel to find the right support.



## Ground-breaking 'The Manor'

There is a clear gap in the care industry to offer more specialised services to meet the unique needs of those with YOD, rather than contributing to a systemic problem, which results in young people having little to no option, but to reside in elderly residential homes. We at Wellburn, have invested heavily in research and development of how we can cater to those living with YOD which has led to the creation of our new care home, The Manor at St Catherine's.

This cutting-edge home is the first of its kind in the region, and only one of a handful nationwide. The entire environment has been specifically designed for a younger client incorporating familiar décor, calming spaces and sensory enhancements to promote comfort and wellbeing.

Our approach to this younger age range is reflected across the board, with age-appropriate activities and wellbeing programmes, promotion of physical activity and outbound trips and of course the type of care we offer. The Manor provides an incredibly special setting where individuals are able to exercise their independence in a safe environment, surrounded by other →



← younger, like-minded clients. All team members at The Manor convey qualities of passion, empathy and expertise, and all current and new staff receive advanced dementia training to truly be specialists in their field. We recognise the many challenges faced for those coming to terms with either a diagnosis, or the early stages of recognising symptoms, so our teams also offer valuable guidance and support for not only our clients but their support networks too.

#### Living with Young Onset Dementia

It can feel like an enormous challenge to adjust to living with a YOD diagnosis which is why finding the best support and care

services is invaluable to leading a happy and positive life. It is also strongly advised to provide advice to the person's support network too so that they can learn how YOD will affect the individual's lifestyle moving forward and to discuss expectations.

For those with young families, it can feel quite overwhelming having to explain a diagnosis and what changes this will bring. Understandably, children may feel upset or confused and are unsure how to process the information, but finding appropriate support and counselling can help you cope with these more difficult conversations.

The last thing a person should do is disassociate themselves from their loved ones because they feel guilty or frustrated

→ To learn more about YOD and our specialist home The Manor at St Catherine's, contact our New Care Enquiries team on: **0191 694 1052** or pop an email to: [enquiries@wellburncare.co.uk](mailto:enquiries@wellburncare.co.uk)

at their condition, and instead try to be transparent and take their loved ones on the journey with them.

For some, the need to continue to work can be incredibly important as they want to maintain their independence and sense of purpose. Some people can continue working for many years after their diagnosis, whereas others choose the healthiest option for them is to stop, or that they simply cannot continue based on their current condition. Other than earning a wage, for many people their employment is part of their identity and something they are passionate about, so it is understandably a complex decision for anyone to make.

#### We're in this together

YOD presents a distinct set of challenges for individuals, their loved ones and support group. Raising awareness about YOD, developing specialised services and continuing advancements in research are essential steps towards ensuring timely diagnosis, appropriate care and improved quality of life for those affected. Our hope is that The Manor plays a big part in the conversation and continues to lead and inspires others to follow. ■

# Life

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

→ [wellburncare.co.uk/life](http://wellburncare.co.uk/life)

or follow us:

f @wellburncare



**26**  
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 a super tasty, delicious and healthy recipe, perfect for summer.

**34**  
Book club

We review four books to get stuck into this summer, 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.



**VARIOUS HOMES**

## Fluffy friends

Residents over at our St Catherine's, Whorlton Grange and Craghall homes have recently welcomed the arrival of baby ducklings as part of our animal therapy initiative. Animal therapy and being close to nature is so important for our residents, so the ducklings made the perfect company over the Easter holidays, bringing lots of smiles and joy all round.



**ALL HOMES**

## Quite the Eurovision

Our ever popular Wellburn Eurovision Song Contest returned this year with a bang! With all of our homes taking inspiration from some of the contest's most famous performances, they battled it out to create their own fabulous Eurovision entries. This is one activity both our staff and residents love getting involved with and this year's participation was at record levels! Everyone sent over their performances over the Eurovision finale weekend, with every entry

judged by the other homes and Head Office. Staff and residents were eventually crowned the winner, with a fantastic performance that impressed us all. They were closely followed by Ryton Towers' entry, which came out as runners up and Grimston Court's entry finished in 3rd place. A huge well done to all homes for some brilliant entries. Entry videos from all of our homes can be found on our Facebook page. [facebook.com/WellburnCare](https://facebook.com/WellburnCare)



**WHORLTON GRANGE**

## Supermac

Residents from our Whorlton Grange home have been enjoying visits to Newcastle United's new monthly memory cafe, held at St James' Park. The initiative is designed to support people with dementia and Alzheimer's. Our residents love their monthly visits and on their latest visit, were lucky enough to meet Newcastle and England legend Malcolm 'Supermac' Macdonald - starstruck!



**ALL HOMES**

## Fit for a royal

Our homes all had a fantastic time celebrating King Charles III's coronation over the bank holiday weekend. Activities included royal themed games and quizzes, designing and making DIY decorations and some British themed baking too! On the day our homes enjoyed plenty of singing, dancing and of course some delicious afternoon teas and treats in true British style.



**EIGHTON LODGE**

## Hat's a wrap

Over at our Eighton Lodge home, residents and staff took our recent inter-home Easter bonnet crafts challenge to another level, inviting children in the local area over to help for the day! And the children had such a fantastic time, they even returned to show off their creations in Eighton Lodge's Easter bonnet parade the next day - brilliant!



**VARIOUS HOMES**

## Put on your red shoes...

Residents and staff over at our St George's and Glenholme House homes, love it when their friends at Little Movers Washington and Sunderland come to visit them. The partnership has been designed to promote intergenerational activities, which has been scientifically proven to not only benefit our residents, but also the little ones too. Little Movers

is an organisation working with young children, that encourages a healthy lifestyle through dance and play. Our residents love these intergenerational dance sessions and get lots of benefit from them, both physically and mentally. What a lovely way to see a room full of fun, and people of all ages creating so much energy, engagement and happiness!



**VARIOUS HOMES**

## Forget me not

Throughout the month of May, most of our homes took part in the Alzheimer's Society 'Forget Me Not' crafts challenge. The idea behind the challenge is to promote new craft learnings and to help raise awareness. Both staff and residents got involved and crafted various forget me not themed items, which they then went on to sell to raise money for the Forget Me Not appeal. The forget me not

flower is part of the Alzheimer's Society's logo and is hugely symbolic. This small blue flower is now firmly associated with dementia - for those living with dementia, memory loss is all too real, so the forget me not is the perfect flower to represent this all important cause. To support the Forget Me Not Appeal, and to receive your free Forget Me Not badge, visit: [alzheimer.org.uk](https://alzheimer.org.uk)

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](http://wellburncare.co.uk/life) or follow us: [f](https://www.facebook.com/wellburncare) [i](https://www.instagram.com/wellburncare) @wellburncare.co.uk

## HOME NEWS

### Awards season

Wellburn have been shortlisted as finalists in the North East HR&D Awards 2023. The awards recognise organisations delivering excellent HR performance, and is a pat on the back for our HR team's continuous hard work helping to acquire sponsorship certificates and accommodating our new staff members in private flats across our York homes. Well done to Mark and his team in HR and good luck for the finals!



## HOME NEWS

### Dementia Action Week



May 15th to the 21st recently marked Dementia Action Week - a week run by our friends over at Alzheimer's Society, and is dedicated to raising awareness surrounding dementia, and encourages those with potentially undiagnosed dementia to get the help they may need. To show our support over the week, we released a mini 'dementia awareness series' on social media, not

only to help raise awareness, but to also signpost in the right direction, for resources and support. Throughout the month of May, some of our homes also took part in the Alzheimer's Society 'Forget Me Not' crafts challenge where they crafted various Forget Me Not themed items to raise money for Alzheimer's Society. You can read more about this on page 27 on our Activities pages.

## STAFF NEWS

### Driving force

From all of us here at Wellburn, we'd like to say a huge congratulations to our bus driver, Michael, who has recently celebrated an incredible 20 years working for Wellburn! Michael is very popular with both our staff and residents, playing a central role, he takes our residents out and about on day trips and always goes that extra mile, both literally and figuratively - thank you Michael!



## HOME NEWS

### Good cause

Whorlton Grange recently held their Spring fair at the end of April, inviting family and friends to enjoy fabulous entertainment, games, refreshments, a charity tombola and even a special stall selling handmade arts and crafts by residents! The successful event managed to raise an incredible £600 with all proceeds from the fair donated to Alzheimer's Society. Well done to Lifestyle Coordinator Bethan for organising the day!



## STAFF NEWS

### Supporting with Pride

We recognise that everyone is unique and special in their own right, and celebrating diversity is one of our cornerstones. Which is why we're all looking forward to Pride month which runs throughout June, and then into July the celebrations will culminate with the hugely popular and successful Northern Pride Festival and the march over the weekend of the 22nd and 23rd. Pride month always gives us an opportunity to help

raise awareness and improve everyone's understanding, through listening and sharing of stories and celebrating different identities across the entire LGBTQIA+ community. We'll be celebrating this all across our homes, which promises to be a month filled with music, fashion, colour and love. Of course, we'll also be hosting Pride parties too, so keep an eye out on our social media channels @wellburncare

## COMPANY NEWS

### The Manor open its doors



We're delighted to announce that our specialist care home, The Manor, is now open! The Manor at St Catherine's has been designed specifically for those with young onset dementia - which is a first in the region and one of only a handful in the country. And to mark the opening, we hosted a housewarming event, welcoming those interested in our specialist services for an

afternoon of fun, to find out more and answer any questions they might have, over a delicious afternoon tea and games. With cutting edge design, research and dementia care, The Manor is a hugely exciting project for us and we're so proud to be able to launch such an incredible venture, that we hope will make a difference to many younger people moving forward, with vital age appropriate care.

## 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](http://careers-wellburncare.co.uk) or follow us on Instagram @wellburncarecareers



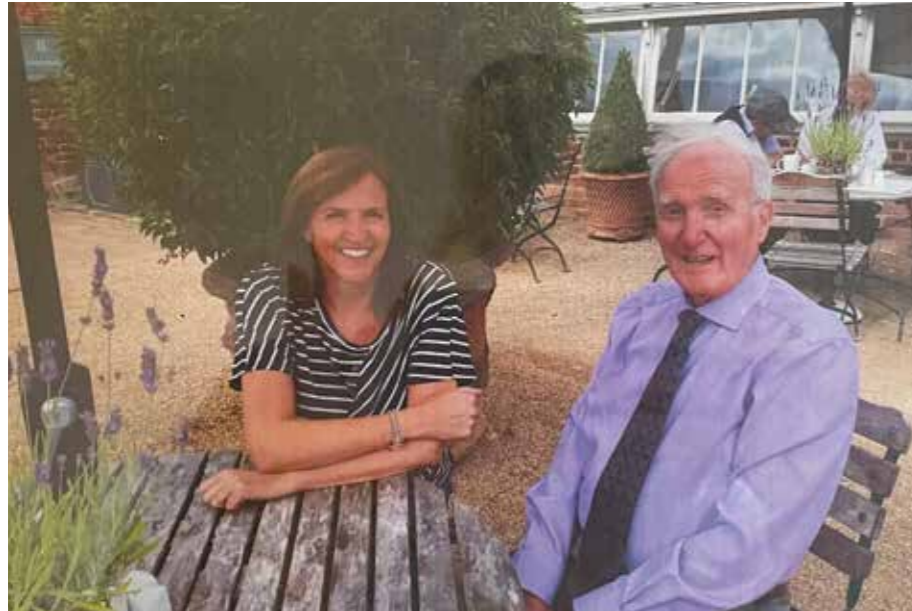
## the Mind

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

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

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

Picture Quiz  
1. Alnmouth Beach  
2. Tynemouth Beach  
3. Seaburn Beach



↑ **Tony Noakes**  
**Wellburn House**

Recently we caught up with one of our residents in our Wellburn House home, in Prudhoe. 97-year-old Tony Noakes, originally from East London, sat down with us for a moment of reflection.

Taking us back to where it all started, Tony explained that his father, Joseph, was a marine for 20 years, inspiring Tony to follow in his footsteps and join himself at the age of just 17.

Before joining the marines, Tony worked for a food transport company when the war broke out, later joining the marines in 1943, after surviving the air raids when he was just 14 years old. Tony underwent his training in Chatham, which marked the beginning of what would eventually be an impressive 13-year career with the marines.

As WW2 unfolded, Tony was dispatched onto a cruiser ship to help fight the Japanese. His journey took him from the Myanmar, in Burma, right along the east Indian ocean, ending up in Singapore. "I don't think there was any country I didn't visit!" Tony says as he describes meeting lots of lifelong friends during this time, particularly getting

along with his Maltese friends he met on his journey. Looking back fondly on his time in the marines, Tony reflects, "I would recommend it to anyone – it was a brilliant experience! You really get a love for the self-discipline it instilled into you."

It was during his time in the marines that Tony met his Australian wife of 40 years, Beryl, through a contact in the Women's Royal Naval Service. Beryl, who was living in the UK at the time, introduced Tony to the North East and whilst in the marines, they would write to each other as pen pals before finally getting married at Rowlands Gill, Gateshead in 1945, when Tony was 30 years old. Tony looks back fondly on his years spent with his wife describing them as "very happy days."

After leaving the marines, Tony joined the police force in Durham, working his way up to Chief Inspector, and stayed in the force for 30 years before retiring. Although Tony didn't deal with any major crimes, he describes the police as a "very interesting career", during which he was very close with all the locals, "everyone just knew everyone back then."

Tony and Beryl went on to have four children – two twin daughters, Anne and Claire and two sons – Dominic and John. Dominic even followed in his father's footsteps by joining the army and worked his way up to the rank of Major.

At 97 years old, Tony still likes to crack a joke and takes pride in his appearance, always dressing smartly. Going on to chat about his hobbies, Tony tells us he enjoys fishing, reminiscing of when he would go fishing in Hartlepool or pop down to Roker to hire out a boat during his time in the police force. Tony's taste in music includes easy listening, and he takes a keen interest in orchestral and classical music.

And of course, he likes to enjoy the occasional tippie, finishing off with a smile, "always a whiskey."

## 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'm interested in working for Wellburn, how can I apply for a job?**

**A** Our careers website has a 'latest jobs' section with all available job roles we have currently. From there, you can click on individual jobs to find out more about the role, the benefits we offer, salary, hours and apply directly from our website. Our dedicated careers team will then review your application and get back in touch. If you'd like to find out more about a specific job before applying, we also have 'Our roles' section, which explores various roles, giving you a better idea of what the role would typically entail.

**Q With so many care homes, how do I find the right one for my loved one?**

**A** There's lots to consider when choosing a care home for your loved one, and with so much information out there, it can feel daunting.

Our enquiry pack includes our handy 'Little guide' booklet, offering useful tips, advice and a checklist to use when visiting potential care homes, designed to help you make an informed decision. It's also a good idea to visit carehome.co.uk - the UK's leading care home review website to give you a good idea of which care homes would be best suited to your loved one. And our New Care Enquiries Team will also walk you through the process step by step, answering any questions you may have.

**Q How can I find out more about a specific home I'm interested in?**

**A** We have an enquiry pack for each of our homes, full of useful information designed to help make your search for a care home as simple and stress free as possible. Inside the pack, you'll find lots of useful brochures with information about our

company and the specific home you're interested in. You'll also get the latest copy of this magazine and our handy 'Little Guide' booklet' Order your pack by visiting our website or contacting our New Care Enquiries Team, who are also on hand to answer any questions.

**Q What sort of benefits do you get working for Wellburn?**

**A** Here at Wellburn, our staff enjoy a whole raft of benefits, starting with a £500 golden hello bonus for all new employees, alongside a £500 refer a friend payment scheme! We also have a range of regular health and wellbeing initiatives running across all of our homes, including our monthly staff recognition (Halo) awards, award winning Employee Assistance program, 365 wellbeing 1-1 sessions, with a dedicated Wellbeing Support Officer, as well as our cycle to work and tech salary exchange schemes. You can see the full list of our health and wellbeing initiatives by visiting the 'Wellbeing' section on our careers website.

**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

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0191 229 3541

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





# the Dish



## Next level potato salad



**Serves: 4 to 6**  
**Prep time: 10 mins**  
**Cook time: 12 mins**

- ↓ Ingredients**  
 800g Jersey Royals, Charlotte or Anya potatoes  
 2 tsp wholegrain mustard  
 2 tbsp muscatel or white wine vinegar  
 4 tbsp olive oil  
 1 shallot, very finely chopped  
 3 tbsp mayonnaise  
 2 tbsp soured cream  
 1 tbsp horseradish sauce  
 ¼ lemon, juiced  
 2 spring onions, finely sliced  
 handful of crispy fried onions

**↓ Method**  
 Tip the potatoes into a large pan of cold salted water. Bring to the boil, then simmer for 10 mins until tender to the tip of a knife.

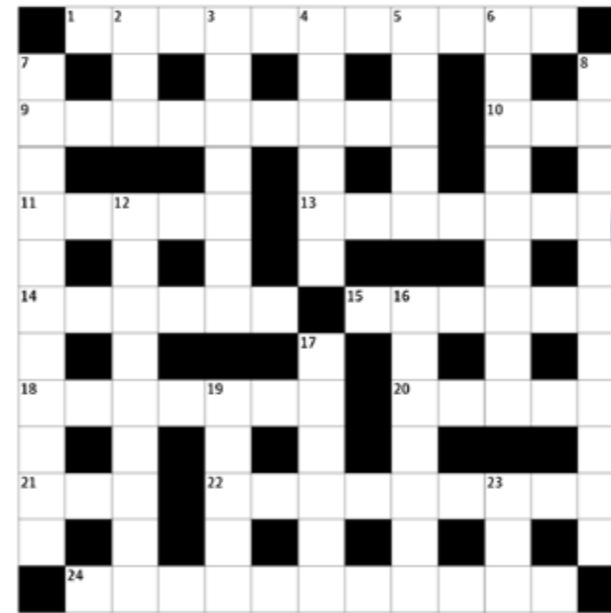
While the potatoes are cooking, whisk the mustard, vinegar, olive oil and chopped shallot together with a good pinch of salt and a grind of pepper.

When the potatoes are cool enough to handle, peel if you prefer, then halve, quarter or cut them into bite-sized chunks if large, then toss in the mustard dressing until completely coated. Leave to cool completely.

Meanwhile, mix the mayonnaise, soured cream, lemon juice and horseradish together. When the potatoes are cool, toss them through the mayonnaise mixture along with the spring onions.

Tip into a dish and scatter with the crispy onions just before serving, or serve the crispy onions on the side for sprinkling over at the table.

**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**



## Crossword

- |  |   |
|--|---|
| <b>Across</b>  | <b>Down</b>                               |
| 1 Former Communist country (4,7)                       | 2 Six-pack (abbr) (3)                     |
| 9 Seasonal chocolate treat (6,3)                       | 3 Sweet syrup (7)                         |
| 10 Hurried – 1985 Kurosawa film based on King Lear (3) | 4 Let off (6)                             |
| 11 Simple (5)  | 5 Pet cat (informal) (5)                  |
| 13 Affecting the human mind (7)                        | 6 Polaris (5,4)                           |
| 14 Flower – colour (6)                                 | 7 Vegetarian—robs our hive (anag) (11)    |
| 15 TV sale (anag) (6)                                  | 8 Get on with the job (7,4)               |
| 18 Sporting man in black? (7)                          | 12 Overly sensitive person? (9)           |
| 20 Rowed (5)   | 16 Marking the beginning of a new era (7) |
| 21 Capitalist country (3)                              | 17 Command—Thebes (anag) (6)              |
| 22 Coloured make-up (9)                                | 19 Discharge from the eyes or nose (5)    |
| 24 Branch of medicine to do with the skin (11)         | 23 Follow closely (3)                     |

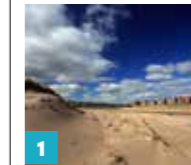
**TRY OUR teasers**

IT'S IMPORTANT TO KEEP YOUR BRAIN ACTIVE



## Pic Quiz

Can you name these North East beaches?



## OOH, THAT'S NICE!

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

**Free**  
 wordle.com

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

## 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 SUMMER



### Conversations on Love

**↑ By Natasha Lunn**  
Acclaimed Journalist Natasha Lunn gathers a stellar cast of literary giants, from Candice Carty-Williams to Alain de Botton, to discuss a wide range of themes intimately connected to love in this complex and multi-layered book. With *Conversations on Love*, Lunn set out to understand how relationships work and evolve over a lifetime. Turning to authors and experts, as well as her own experiences to ask some big questions: How do we find love? How do we sustain it? And how do we survive when we lose it?

### Nostalgia

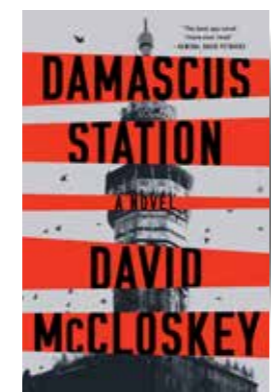
**↓ By Mircea Cărtărescu**  
Cartarescu is rightly considered one of the great literary voices of our time, and reading *Nostalgia*, you appreciate why. A dreamlike novel of memory and magic, *Nostalgia* turns the dark world of Communist Bucharest into a place of strange enchantments. Blending reality and symbolism, time and myth, this is a cult masterpiece from Romania's most celebrated author.



### Seven Moons of Maali Almeida



**← By Shehan Karunatilaka**  
With biting humour throughout, this kaleidoscopic whodunnit, is a truly extraordinary read and utterly unique. *Karunatilaka* delivers a blend of Agatha Christie, Salman Rushdie and John le Carré all in one novel, which speaks volumes and why he's now regarded as one of Sri Lanka's foremost contemporary authors.



### Damascus Station

**↑ By David McCloskey**  
Deighton and le Carré are the go to names for spy thrillers, but McCloskey is hot on their heels with this breathlessly gripping and truly terrifying page turner. *Damascus Station* revolves around a CIA operative and his latest recruit who find themselves enmeshed in lethal danger in Assad's Syria - which develops into a hugely thrilling game of cat and mouse.



### OOOH, THAT'S NICE!

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