

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

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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
run home

Issue 30 | Autumn 2023

WellburnPost



The free quarterly from
Wellburn Care Homes



In the community

Charity partners

We're so excited to share that we have recently launched a new 'charity partner' initiative across all of our homes as part of our ongoing commitment to give something back to our local communities. As part of this initiative, each of our homes will be taking part in various fundraising activities over the coming year to raise

money for their chosen 'charity partner' – a local charity or cause that means something special to them. Our homes will then be donating all funds to their chosen charity partners at the end of the year. While we'll continue supporting other causes too, we're really looking forward to this initiative and believe it's a great way for us to make a bigger and more meaningful impact in the communities we're part of. Keep a look out across our social media pages to see our fundraising efforts over the coming year and how you can get involved too!



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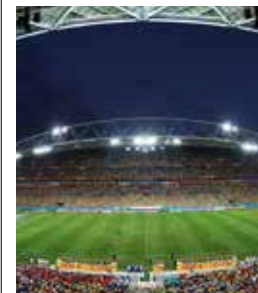
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↑ We offer up four great reads for you to sit back, relax and enjoy this autumn.

Notes from the Editors

Welcome to our new issue #30, our autumn edition. As always, we catch up with our Executive Chairman, as she looks forward to exciting times over at The Manor at St Catherine's, in her regular Agenda piece (pg 4).

In our first main feature, we're exploring the various ways women have made history this year, and how sport and the entertainment industry are helping to break down gender barriers (pg 5).

Our 365 section delivers lots of hints and tips on maintaining our happiness and wellbeing throughout autumn, including two mini features, one of which explores ways in which we can boost our wellbeing as the season changes (pg 14).

In The Great Escape, we discover some of the best places to eat, drink and explore across our region, this autumn (pg 16). In our second feature, we mark World Mental Health Day, by taking a look at some of the ways we as a company, look after our staff's mental health (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 autumnal recipe in our regular 'The Dish' (pg 32), with just the right amount of cosy.

Whatever your plans over the next few months, have a fantastic autumn, and embrace the season.

Izzy & Bryony x

Izzy Moran & Bryony Dale
Editors



AGENDA
**FROM
THE
INSIDE**

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

The opening of our specialist dementia care home, St Catherine's marked a new beginning for our company and the results have been phenomenal. Many parts of the project have without doubt involved steep learning curves for myself and the team over at the home, but the journey has been exciting, challenging and one that we're happy we embarked on. The home is now established and truly sits at the forefront of dementia care in the region.

The journey from conception to realisation for St Catherine's was exciting, sometimes daunting, but always fascinating - and it was during the R&D phase of the project that we first discovered some of the brutal facts and stats involved in young onset dementia care. Our focus throughout was centred around dementia care for the elderly, so much of what we learned about young onset dementia, needed to be set to one side, with a view to circling back around to it at some point post project, but the seed had been planted.

Earlier this year, we had done more than just circled back - we celebrated the opening of the regions first ever dedicated home for those living with young onset dementia 'The Manor' - which sits proudly on the same site as St Catherine's. Reading this you might think you misread, but rather unbelievably it's not only the first of its kind in the region, but one of only a handful across the entire country.

The woeful lack of support and understanding surrounding young onset dementia in our country is stark - and we

knew from our research that the numbers simply didn't stack up. The demand was there, so there must be a reason why there's not more support out there? The simple and hugely disappointing truth is that there's no reason. Even during the planning stage of The Manor, we encountered so many doubters across the sector that seemed to write our idea off as one big gamble. Investing so much time, money and resources into something that nobody could say for sure would work or would be needed.

And herein lies the fundamental problem with young onset dementia - it's there and there's a surprisingly large amount of people living with it, but industry wide understanding of young onset dementia is still in its infancy.

And for a sector built on understanding and certainty, frontier, ground breaking work often requires someone to stand out from the crowd and take a chance - to push boundaries.

Which is what we have done unequivocally at The Manor. Until we opened our doors, as certain as we were, nobody really knew for sure that rooms would fill and those living with young onset dementia would come - but they have. In fact, so much so, we're now expanding our home to cater for what has and continues to be overwhelming demand.

The Manor is truly ground breaking for the region, and we've already been contacted by other providers, to gain more understanding, with a view to opening their own specialist homes. The Manor could possibly have opened the floodgates for more support, better understanding and greater awareness in our region and that fills me with immense pride.

Of course, anything breaking new ground will require a constant drive. One of the key battle grounds is how young onset dementia is funded by local authorities. For example, if you're unlucky enough to be in a car crash and suffer trauma to the brain causing a neurological disorder, the NHS will pay for every step of your care. Young onset dementia is also classed as a neurological disorder, but is sits within social care's responsibility. The lack of understanding and budget will invariably mean a battle for any kind of funding, let alone the right kind.

But there is hope. I truly believe The Manor has started a young onset dementia revolution in our region, which will mean more support, awareness and understanding, so the future looks bright - finally. ■



→ By Bryony Dale

Breaking barriers

Left: The 2023 FIFA Women's World Cup witnessed record attendances, with most stadiums throughout the tournament selling out.

We could almost brand 2023 as "The Year of the Woman" with the incredible levels of female domination we have borne witness to so far. From media, entertainment, sport, business and popular culture, women are making their mark and rewriting the narrative of what is possible. And not only is this list of successful women ever-growing, but we're also witnessing a resurgence of feminist ideals through the powerful messages and actions coming from such prominent figures. The movement strives for equality for all, recognising the struggles faced by women across races, class, sexuality and other dimensions of identity, and allowing marginalised voices to be heard. 2023 has become a pivotal year, marked by significant achievements, milestones and breakthroughs led by this unstoppable force of women making history.

In the realm of sports, women are rewriting the history books with female athletes breaking records and shattering stereotypes, proving time and time again that gender is not a limitation to our aspirations and achievements. The participation and recognition of women in traditionally male-dominated sports are at an all-time high, →

“And yet, prior to the competition, there had been a stand-off with European broadcasters reluctant to meet FIFA’s asking price for the rights to show the games.”



← and having these female faces on a world stage is nothing short of extraordinary.

The recent Women’s World Cup saw a record attendance of almost 2 million fans attending matches across Australia and New Zealand, a remarkable disparity when compared with the 2022 Women’s Euros and the controversy around major games being played in academy and smaller stadiums. Players at the time spoke honestly and openly about this being “embarrassing” and “disrespectful” to the female game. Fast forward merely a year, and FIFA’s chief women’s football officer, Sarai Bareman, remarks the World Cup having exceeded all expectations, “we have witnessed record-breaking crowds, significant global broadcast and staggering digital metrics highlighting the truly global impact of this ground-breaking event”. And yet, prior to the competition, there had been a stand-off with European broadcasters reluctant to meet FIFA’s asking price for the rights to show the games.

Even our own England Lionesses challenged gender stereotypes with Chloe Kelly’s groundbreaking penalty against Nigeria becoming the most powerful goal scored in the entire Premier League last

season with a record-breaking speed of 69mph, leaving fans and experts astounded. Retail giants Nike will be kicking themselves too, having initially refused to sell England’s goalkeeper shirts and then making a quick U-turn once the extraordinary Mary Earps won the tournament’s Golden Glove award and has been named FIFA’s best goalkeeper. Earps’ concerns were around young kids with a passion for goalkeeping, but being told their dreams aren’t as important as the other positions on the pitch, where sport should be focused on diversity and inclusivity and not restrictive because of the sales of shirts. These star players continue to inspire the next generation, not only through their athletic prowess but also their

leadership skills, resilience and grit to keep fighting for gender equality in sports.

We have also seen a surge in women entrepreneurs and business leaders who are breaking new ground and leading multinational corporations. There is a rapid growth in female founded start-ups gaining success to venture capital and disrupting industry norms which have historically been dominated by men, creating a more inclusive and diverse global marketplace.

It’s been a pioneering year within the music industry and the Grammy’s ticked off multiple breaking records. Viola Davis became the third black female to achieve EGOT status with her Grammy win for her audiobook ‘Finding Me’, a personal

memoir which pays homage to her 6-year-old self, “to honour her life, her joy, her trauma” recalling the racism and bullying she endured growing up, to making her way into a household name and entertainment legend. We witnessed the first openly transsexual woman to win an award, going to Kim Petras, alongside Sam Smith as Best Pop Duo Performance. And of course, entertainment icon Beyonce, whose music deals with themes of female empowerment, LGBTQ rights and black culture became the most awarded artist in the whole of Grammy’s history having just secured her 32nd trophy win. And not forgetting Taylor Swift, who has never shied away from sharing her political and societal views



Far left: Spain went on to win the FIFA World Cup 2023 against the backdrop of troubles. **Left:** England’s Mary Earps winning the FIFA World Cup 2023 Golden Glove Award. **Below left:** Beyonce becoming the most awarded artist in Grammy history with 32 wins. **Below:** Michelle Yeoh became the first South-East Asian woman to win an Oscar.



encouraging the next generation to reach for their goals no matter where you’re from and the lack of diversity we may see across the history of Oscar winners. Disney’s ‘The Little Mermaid’ had its live action remake which saw Halle Bailey star in the leading role, and despite the film and her performance receiving critical acclaim, the internet turned ugly with people complaining that the red-headed lead of Ariel would be played by a black actress. Halle has graciously let these comments roll off her back and proved all cynics wrong with her triumphant performance with the reviews to match, but it does question why we’re still having such disturbing and outdated debates around race and representation in this creative and ever-developing world of 2023.

outside of her star-studded career, is on her way to surpassing Sir Elton John with having the highest-grossing concert tour in history and breaking records at the box office for “The Eras Tour” film. Going beyond their talents, such stars are now emerging as female role models and mentors for the younger generation.

Turning to the big screen, we’ve seen Michelle Yeoh becoming the first south-east Asian woman to win the Best Actress Oscar for her stellar performance in the action-comedy ‘Everything, Everywhere, All at Once’. Yeoh left viewers with a very clear message where she dreams this win will become a “beacon of hope” to “all the little boys and girls who look like me”,

Perhaps the most impressionable piece to come out of 2023 in terms of success and empowerment has to be the undeniably successful ‘Barbie’ movie. It is not only the highest grossing film of 2023 but is also Warner Bros highest grossing movie of all time, and the most successful film directed by a woman. ‘Barbie’ has shattered records and not simply because of the success of an iconic toy, but for the powerful messages of feminism, →

Right: Margot Robbie stars as Barbie, in the box office record breaking global hit.

“Ultimately, the Barbie movie is more than simply a cinematic experience, it’s a powerful vehicle for empowering women and girls.”

← self-acceptance and challenging patriarchal norms set in a highly stylised, campy and hilarious blockbuster. For decades, Barbie has been more than just a doll, she’s been a symbol of aspirational femininity for young girls, and this compelling message has only been heightened and reinvigorated through Greta Gerwig’s own version of Barbieland. The film embraces diversity massively through its casting, reflecting different ethnicities, abilities, and body types to reflect a more realistic portrayal of beauty. Where the plastic doll may have caused some controversy over perpetuating gender stereotypes previously, the film aims to break such labels with women excelling in roles that may normally be seen as male-dominated fields in our ‘real world’ such as scientists, politicians, engineers and explorers. Themes of friendship and collaboration are very prominent, which encourages younger viewers to cherish their relationships and connections, teaching us that strength comes from working together and sharing any worries and anxieties to help make us stronger and more resilient versions of ourselves. Yet, Barbie herself is both celebrated and condemned across the



film’s plot, with powerful consequences and messaging focused on what it means to be a woman in today’s world. America Ferrera’s heart-wrenching monologue encapsulates what this means, from unrealistic beauty standards, imposter syndrome, to motherhood and simply trying to exist under the male gaze. Ultimately, the Barbie movie is more than simply a cinematic experience, it’s a powerful vehicle for empowering women and girls. By embracing diversity and inclusivity, challenging gender stereotypes, promoting self-expression and ambition and questioning the roles of women in society, the film urges the viewers to be confident and unafraid to pursue their dreams.

Modern feminism has evolved from its historical roots and has become a potent force for positive change in society. These achievements are inspiring the world to embrace diversity, equity and inclusion and paving the way for the next generation of feminists and activists by amplifying the voices of those advocating for change and breaking societal expectations. As we celebrate the accomplishments of women in 2023, we must also recognise the journey towards true gender equality is an ongoing battle. This year however will undoubtedly be remembered as a pivotal moment with women stepping into the spotlight to show the world there are no limits to our capabilities and dreams. ■

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 A season of change

Why autumn 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 autumn.

14 Tuning into autumn

We explore some things we can all do to boost our physical and mental wellbeing this autumn.

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.

→ Flour Power

Taking part in creative activities such as crafting and baking, play an essential and central role when it comes to keeping our residents' busy and helping to boost their mental and physical wellbeing. Baking is not only a therapeutic process great for relieving built up stress, but it's also a form of meditation, providing calming feelings and even helping to stimulate past memories for our residents with dementia. And at our specialist young onset dementia home, The Manor, our staff and clients

have recently launched their very own 'Flour Power' baking competition where they'll be hosting regular bake off's within their home, crowning a winner following a thorough taste-testing judging session! Harnessing a love for cooking and baking, the 'Flour Power' competition is a fun initiative for others to get involved with, whilst also encouraging creativity and community engagement for our younger clients. All part of our wider wellbeing programme of activities that run across all of our homes.



voice.
employee

→ Looking after our staff

At Wellburn, we're always looking for new ways to enhance the wellbeing of our staff, and gaining direct feedback from our staff is one of the best ways to do this. Which is why we've recently launched our 'Employee Voice Forum' - an exclusive platform for our staff to voice their thoughts, suggestions

and feedback directly to our management team. In each of our homes, chosen representatives will gather and share valuable feedback from their colleagues during quarterly meetings. This initiative is designed to ensure that every employee's voice is heard and valued, which can only be a positive thing.



As we enter the season of autumn, it brings with it a unique charm and palette of colours that paint our lives in shades of yellow, brown, orange, and red. As the days grow cooler and shorter, we find ourselves transitioning from the vibrant energy of summer into a season of tranquillity and calm. Autumn invites us to unlock the beauty of simple, ordinary moments that connect us with the changing world around us.

One of the best parts of autumn is the sound of leaves under our feet. The crisp crunch as we walk through parks and forests is a sensory delight, reminding us of the surrounding trees shedding their summer attire in preparation for the long winter ahead. Autumn also brings with it the perfect excuse to savour a steaming hot cup of chocolate - it's warmth like a cosy hug from the inside, providing solace on those chilly days when the breeze gives us chills. And when the evening gets frosty, there's nothing quite like the crackling warmth of a cosy fire, sharing stories and marshmallow toasting.

At night, autumn brings us a special gift—a brighter moon. Its captivating

A SEASON OF CHANGE

→ By Isobel Moran

glow lights up the sky and casts a soft light on the world below. This season also reveals more stars in the night sky, inviting us to look up and star gaze, pondering the universe's mysteries. As we enjoy the beauty of autumn, we also become acquainted with those oh-so-familiar rainy days. Grey and heavy clouds gather in the sky, bringing the soothing sound of raindrops on windows and roofs. These rainy days offer the perfect excuse to snuggle up with a good book or spend quality time indoors with loved ones.

And one of autumn's most iconic features is the transformation of trees.

Almost every tree takes part in this spectacular show of changing leaves into vibrant hues of autumnal colours. The landscape becomes a canvas of incredible colour almost as if nature itself is putting on a grand finale before the stillness of winter.

Autumn is also known as the season of harvest. Farmers work tirelessly to collect their crops, filling our tables with delicious fruits and vegetables. Many people also take the opportunity to grow their own produce during this season. Planting baby spinach, snow peas, radishes, garlic, and kale is not only a satisfying task but also a therapeutic process that connects us with the earth and its cycles.

During this season, we find ourselves surrounded by change and transformation, both in nature and in our own lives. It's a moment to take a step back, enjoy the simple pleasures and appreciate the beauty in transition. As we embrace the fresh breezes, vibrant foliage, and snug evenings, let us extend a warm welcome to autumn as the season that invites us to connect with the world around us and discover calmness amidst change.

ANIMAL
therapy

Spending time with animals can have a really positive impact on how we feel, both mentally and physically. Scientifically proven, spending quality time with animals offers numerous therapeutic benefits, alleviating conditions such as anxiety, depression, and loneliness. And here at Wellburn, we've forged invaluable partnerships with local animal therapists and businesses who are an integral part of our activities schedule. Among our residents, the arrival

of friendly dogs is always a highly anticipated event. These furry friends create a warm and happy atmosphere that sticks around long after they leave. But it's not just dogs our residents adore; they also enjoy hanging out with ponies, alpacas, and even reptiles during animal therapy sessions! These moments of animal interaction are perfect for providing us with a sense of well-being, benefitting us both physically and emotionally.

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.



Self Care Package

→ This relaxation gift set will make the perfect treat for yourself or a loved one. What better way to spend a cosy autumnal evening, than by winding down after a busy day and finding the time for some self-love. Being able to find these moments is essential for our physical and mental wellbeing - mind, body and soul nourishment.

£33
etsy.com/uk

Autumn Signature Candle

→ Sometimes the simplest of things can bring us the most joy. Gifting yourself or a friend this gloriously bright and fruity scented candle, would make the perfect seasonal gift. A cosy night in, watching a spooky classic under candle light - nice!

£22
thewhitecompany.com



Embroidered Sweatshirt

→ This beautifully handmade crewneck jumper is perfect for someone that loves all things autumnal! A gift to not only acknowledge the change in seasons but to keep someone cosy as the days grow colder. A piece of clothing can be another special way of sending a big warm hug to someone you hold dear in your heart.

£36.00
etsy.com/uk



OOOH, THAT'S NICE!

Pumpkin Bread Kit

→ This kit is a fun and tasty way to enjoy the autumn months! Gifting someone a quirky gift such as this one, could not only help brighten their day but also encourage new hobbies. Seasonal depression is pretty common, and a lot of people mourn the long days of Summer. Finding joy in the evenings, even when the days are growing shorter can boost physical and mental wellbeing.

£18
notonthehighstreet.com

TUNING INTO AUTUMN

By Isabel Moran

"Once we've figured out how we are feeling, we'll then be better equipped to know which type of self-care activity will best support our wellbeing at that time."

Autumn's cosy ambiance and soothing transitions accompanied by the tranquillity of nature make it the perfect time to embrace mindfulness and self-care. But for self-care to really have the best effect, we must first recognise what type our body needs, by tuning into how we are feeling - both physically and mentally.

Once we've figured out how we are feeling, we'll then be better equipped to know which type of self-care activity will best support our wellbeing at that time. Below, we explore an array of mood boosting activities to nourish our wellbeing and help us find calm and balance with the changing of seasons.

Autumnal nourishment

This autumn, embrace mindful nourishment by choosing to eat seasonal produce such as pumpkins, butternut squash, dark leafy greens, cabbage, apples, and blackberries. Experiment in the kitchen with these ingredients and enjoy the rewarding and therapeutic benefits you get from practising the art of baking and cooking.

Focus on comforting stews and homemade soups to curb hunger and provide plenty of healthy nourishment for those colder days or bake a delicious homemade apple and blackberry crumble. Sit back and relax with a steaming cup of hot cocoa or a herbal tea - the simple act of sipping on a warm drink can offer soothing comfort to compliment your wellbeing whilst herbal teas offer a whole other raft of unique health benefits.

By aligning your eating habits with the season, you can nurture your body and improve your overall sense of wellness.

Reflective nature walks

Step outdoors and take a leisurely stroll allowing for self-reflection or challenge yourself with a hike, taking in the colourful foliage and inhaling the crisp autumn air. Exploring the outdoors isn't just about the views - connecting with the outside world promotes introspection, making it the perfect time to self-reflect and practice mindfulness.

Studies show nature walks boost our mood by regulating our emotions, reducing stress and improving our overall wellbeing, all of which makes walking the perfect gentle outdoor activity to enjoy during this vibrant and colourful season. And noticing the peacefulness of the natural world can really help us escape from the distractions of everyday life, allowing us to feel truly present and in the moment.

Being out in nature can mean anything from sandy beaches to forest woodlands and urban parks - even the simplest act of sitting amongst flowers or trees means we can still reap the positive effects of the outdoors.

Outdoor photography

Capturing the serenity of autumn through the art of photography is another great avenue to practice mindfulness during this season. The process of pausing to frame and capture a photo, encourages us to fully immerse ourselves in the present and appreciate the details and vivid hues of nature around us. And being out in nature or even experiencing the outside world through photographs and videos has shown people are therefore more connected to nature and tend to have more positive feelings and life satisfaction compared to those who were less connected to nature.

Designing your self-care space

Transform your home into a space that reflects the tranquillity of autumn, using warm cosy textures, chunky knitted blankets, and calming colour

patterns to provide you with a sense of physical warmth to soothe the body and soul. Add a touch of nature with ceramic pumpkins, woven baskets and rustic wooden ornaments to create that seasonal ambiance, bringing the outdoors inside. Use essential oils and scented candles with fragrances like cinnamon, apple spice and pumpkin to create a cosy, comforting atmosphere, reflecting the season of autumn and invoking a sense of nostalgia.

By intentionally designing your self-care space to reflect the season of autumn, you can create an environment to support your wellbeing on many different levels- through comforting textures, aromas, and touch.

Guided meditations

Practicing calming breathing exercises in a cosy space within your home or the peaceful outdoors is the perfect way to connect with your inner calm and reduce built up stress. And with tons of follow-along online tutorials on YouTube and free meditation audio files out there, it's easy for anyone to learn how to meditate.

Psychologists say that feelings of discomfort can often crop up in autumn, stemming from our uncertainty of change, and almost a sense of grief that appears as we lose the warmth of summer and long sunlight-filled days. This makes autumn meditation the perfect time for letting go, allowing room for growth and considering new ways of moving forward and embracing change.

Whether you choose to be indoors or outdoors this autumn, these range of activities all offer a unique set of benefits to help you transition into the changing season and contribute to your sense of balance, self-care and mindfulness, all whilst allowing you to fully embrace the beauty of autumn.

Take these activities as an invitation to slow down, embrace the world around you and engage in some well needed self-care after the busyness of summer.

THE GREAT Escape

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



RESTAURANT

The Muddler

The Muddler sits proudly in the heart of Newcastle's city centre. It's a beautiful Pan-Asian restaurant, with a real touch of class and a place to go if you're looking for delicious and authentic Pan-Asian dishes. Their menus offer so much and are accompanied with an equally exciting array of unique cocktails - twin this with their well known reputation for friendly staff and welcoming environment. If you haven't given this restaurant a try, we highly recommend you do, soon!

69 Grey Street, Newcastle upon Tyne, NE1 6EF
themuddlernewcastle.co.uk

RESTAURANT & BAR

Lobo Rojo

Lobo Rojo hit North Shields with a bang back in 2019, offering authentic Mexican street food in a relaxed and modern setting. Their menu is jam packed with mouth-watering Mexican dishes, served along with a wide range of bespoke cocktails. The experience and the food is so good, that Lobo Rojo is garnering opinion that it's the best Mexican food in the region. A bold claim, but hard to dispute and one that once you visit, you probably won't want to. If there's a better way to celebrate the changing autumnal season, experiencing an authentic Mexican experience with delicious, cosy dishes, we'd like to know too.

40 Fish Quay, North Shields NE30 1HB
loborojo.co.uk



EVENT

Spooky spotlight talks



Alnwick Castle will be hosting nights of spooky spotlight talks! The event always sells out fast, so keep an eye on their website for ticket release dates. Enjoy ghostly tales set within a dramatic state dining room as you listen to old stories about unseen creatures, vampires and Tudor ghosts that stalk

the halls in Alnwick Castle - book a ticket if you dare!

Dates: Yet to be announced

Tickets: Available soon, check website for more info

Alnwick Castle, Alnwick, Northumberland NE66 1NQ
alnwickcastle.com



HIDDEN GEM

→ **Sotano - York**
An authentic and laid back independent tapas bar and restaurant in the heart of York city centre, with unrivalled Spanish wine offerings, Mediterranean small dishes and classically inspired cocktails.

1 Little Stonegate, York YO1 8AX
sotano.co.uk



RESTAURANT

Skosh

Skosh offers contemporary British cooking with a tasty international twist! Known for their fantastic choice of small plates, you're transported into an experiential explosion of taste and flavours. It's little wonder this small independent restaurant is on the radar of Michelin,

currently holding their prestigious Michelin Bib Gourmand award. Skosh is a must visit and the staff will go out of their way to make sure you enjoy every second of it.

98 Micklegate, York YO1 6JX
skoshyork.co.uk

EVENT

Whitby Abbey and Halloween half term



This Halloween half term, gather up your little ghouls for an amazing and spooky Whitby Abbey family experience. Gather round for tales from spooky storytellers and solve creepy clues in their Halloween quest. Experience Victorian ghost hunters, listen to some spooky stories, take

part in a Halloween quest and discover magical potions - a great day out for the family.

Sat 21 Oct - Sun 5 Nov

Tickets: £12.50 adult / £7.50 child

Abbey Ln, Whitby YO22 4JT
english-heritage.org.uk



OOOH, THAT'S NICE!

Fortnum & Mason
Autumn Nectar Cocktail
→ This autumnal cocktail comes blended and aged to perfection and is the perfect seasonal drink.

£29.50
fortnumandmason



EVENT

Pumpkin Workshop

'Candles & Plants' are hosting an evening of Halloween fun! Held within their studio space, you'll be guided through the process of creating your own individual pumpkin centrepiece.

Fri 6th Oct

Tickets: £40

'Candles & Plants' at 65 South Promenade, Newcastle, BT33 OEY
thelittleshopofplants.co.uk



EVENT

Rustic & Country Lifestyle Event

This autumn, The Shire Hall in Howden is hosting a rustic and country lifestyle fair that offers the chance to discover the most amazing, unique and gorgeous finds for your home and gifts for yourself or a loved one. Whether you're passionate about interior design, have a love for country house style or even just want to browse in search of that perfect gift, a trip to this pretty Georgian Town offers up the perfect day out for the whole family!

Sat 7th Oct

Tickets: free entry

The Shire Hall,
13 Market Pl, Howden,
Goole DN14 7BJ
howdenshirehall.co.uk

BAR & RESTAURANT

Pleased to Meet You

Pleased to Meet You, is a bar and restaurant in Newcastle city centre offering a cosy atmosphere, with a delicious selection of warm hearty meals, perfect for the autumnal change. They proudly source their seasonal ingredients from the best local suppliers, offering up a wide and varied choice of dishes to suit all palettes. The staff are super friendly and welcoming, and together with a quirky interior and what seems a constant nice vibe, it's hard to think of a single reason why this shouldn't be on your list of go to places this autumn - and more than once too!

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



RESTAURANT

Lola Jeans



This popular Newcastle city centre venue is located a stone's throw away from the Theatre Royal, meaning the venue is situated perfectly for city centre shoppers, cocktail drinkers and hungry burger fans alike. Opening from mid-day until late, they cover all bases from lunch to snacks, group dining, private

functions, coffees and cocktails. All of their mouth-watering food is prepared in house from butcher, to prep, to smoke, to service which creates the most indulgent American inspired comfort food around.

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

INTO THE wild



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

ACTIVITIES

Star gazing experience

Experience the incredible starry skies above Northumberland with astronomers from the Stargazing team at the Twice Brewed Inn. Located within the protected Dark Sky Park, the venue benefits from minimal light pollution, meaning you'll have a clear view of the Milky Way arching across the sky and see thousands

more stars than can normally be spotted from our towns and cities. Enjoy an inspiring astronomical presentation, before heading outdoors for a laser guided tour of the constellations, observing planets, galaxies, nebulae and star clusters.

For more information visit: twicebrewedinn.co.uk



WALKS

Hareshaw Linn Walk



If you haven't visited Hareshaw Linn before, it's truly a beautiful place to visit, surrounded by nature and woodland - and right in the heart of the woodland is the magical Hareshaw Linn Walk. This 3 mile route offers so much and the reward for your efforts is a spectacular waterfall! Nature lovers

will also be able to take in the views of rare ferns, lichen and the Linn is even home to red squirrels, great spotted woodpeckers and so much more. This Site of Special Scientific Interest is a must visit.

For more information visit: northumberlandnationalpark.org.uk

WALKS

Kielder Forest

This beautiful forest nestled within North Northumberland is the perfect way to spend time



switching off from the business of life. There are several family-friendly walks to choose from and sometimes there's nothing better than witnessing the gorgeous autumnal colours surrounded by nature.

For more information visit: visitkielder.com

WALKS

Pennine Way Walk

This walk starts at Baldersdale and finishes at Langdon Beck in County Durham, and is perfect for those who want to go on a more extended walk and to make a day of it. With a distance of approximately 15 miles, the walk takes in so much scenery, with plenty of stop off options for picnics or even the odd photo. A great walk!

For more information visit: thisisdurham.com



Local partnerships in the community

Keeping it local

← Coffee on the corner

Nestled in the heart of Lemington in Newcastle, "Coffee on the Corner" is the perfect, go-to café for our local residents. This cosy little coffee haven not only serves exceptional coffee but also a delightful assortment of homemade cakes and bakes. And beyond the sweet treats, their menu offers a selection of warm and cold sandwiches alongside other savoury bites. With its commitment to homemade goodness "Coffee on the Corner" manages to keep prices reasonable without compromising on taste. The perfect spot for a proper coffee and bite to eat!

For more information visit:
coffeotc.co.uk



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



↑ Greetings of Haxby

Another lovely local business our Rosevale home often uses is a family-run gift shop established over 30 years ago called 'Greetings of Haxby'. They're known for their excellent range of cards and gifts, with a vast array of party balloons, gift wrap, tissue paper, banners, gift bags and boxes. They also have a huge selection of popular retro sweets which will whisk you back to the good old days. The shop is also located in the picturesque village of Haxby, on the outskirts of York, with its delicious coffee shops, local businesses, it's a lovely place to visit.

For more information visit:
facebook.com/greetingsofhaxby



← Norland Hobbies

Norland Hobbies, a charming little knitting and crafts shop, local to our Ryton Towers home, had its humble beginnings as an electronics store before transforming into a haven for knitting and crafting in January 2022. This family-run establishment is under the loving care of Shelia and Lisa, a mother-daughter duo who share a love for knitting, embroidery and meeting new people. At Norland Hobbies, you'll find all sorts of crafting supplies to fuel your creative endeavours including a



range of wools and yarns, featuring both bamboo and classic needles, crochet essentials, embroidery materials, an array of threads, buttons, and lots more to complete all your crafty projects.

For more information visit:
norlandhobbies.co.uk

Healthy body and mind

→ By Bryony Dale

World Mental Health Day was established by the World Federation for Mental Health in 1992, and is observed on the 10th October annually. It is a global initiative aimed at raising awareness and education around mental health challenges, advocating to eliminate stigma around diagnosis and overall promoting positive mental wellbeing. This day serves as a reminder that mental health is integral to how we function and is not to be overlooked.

The theme for 2023 is “mental health is a universal human right”. This powerful message means it is a fundamental right for all citizens of the world to have access to mental health support, and ultimately there’s a vision to create a culture that values and nurtures wellbeing for all.

In today’s fast-paced world, our mental health can really take a hit with everyday stressors building-up, alongside the cost-of-living crisis becoming more and more prevalent, and the often overwhelming and daunting stories we hear daily given the access to global news at our fingertips. In this digital age it can be incredibly difficult to switch off and be present within ourselves, even more so trying to detach ourselves from the social media world where it feels like everyone is doing better than the other and the ceiling for perfection feels increasingly further and further away.

With Mental Health Day, the aim is to not only engage individuals, but also communities, institutions and stakeholders

worldwide to empower grassroots support for the cause of mental health and its intersection with human rights.

Here at Wellburn, supporting and looking after the mental health of our staff and residents is something we believe in at our core. We realise a job role must go beyond simply a pay check, and especially for the everyday heroes who work across our homes who show so much love, dedication and resilience in their roles. We understand that when caring for others, our own mental health can often be neglected because we’re consistently putting others before ourselves.

Which is why Wellburn has a whole host of benefits and initiatives for our staff, that go beyond the usual methods and make a real difference to our culture and working environments, including:

Employee Voice Forum – this initiative has been created to provide a platform for all Wellburn staff to have a voice. A representative from each of our homes gather thoughts and opinions from their peers to share ideas and provide feedback to management at regular forums. The aim is to create positive changes which affect the working environment, job satisfaction and overall employee wellbeing. The initiative promotes more collaboration amongst teams, as well as a productive and inclusive workforce.

ASK – To ensure all our staff feel safe and comfortable, we have established the ASK



staff service, which is an impartial way staff can submit a question or concern to management, whilst remaining anonymous.

Health Assured EAP – Wellburn invest heavily in a cohesive and award-winning employee assistance programme which provides our staff with a huge amount of advice, support and tips when it comes to their overall wellbeing, including informative articles, trackers and a brilliant 24/7 counselling line for more urgent support.

Wellbeing 1 to 1 Sessions – We have our own dedicated Wellbeing Support Officer who offers virtual 1-1 sessions each and every week. Anyone can book in anonymously to

our wider HR team, to discuss any issues they’re experiencing or feelings which are causing them concern. For some people, they may find that having someone to hear out their worries on a regular basis makes them feel a bit better with encouragement and understanding given, or for those who may require additional support, our Wellbeing Support Officer will signpost staff to the best point of call for further advice.

Feedback Friday – Our HR team runs regular Feedback Friday workshops at individual homes where all staff are invited to share their thoughts and feedback to create a culture which promotes sharing and listening.



Halo Awards – Our monthly staff recognition awards provide our staff, their colleagues, residents and visitors an opportunity to nominate a member of staff who has gone above and beyond in their role and a chance to celebrate their incredible work.

365 Wellbeing Staff Initiatives – Throughout the year we’ll embark on a whole raft of initiatives, including quarterly inter-home staff challenges to encourage friendly competition across teams and the chance of winning prizes, as well as celebrating key dates like National Caregivers Day and our own Wellburn Staff Appreciation Week.

When it comes to nurturing the mental health and wellbeing of our residents, we recognise that although the usual practices we would use for ourselves can be transferable, they can however look and feel quite differently to those we care for. This may particularly be the case for someone with a dementia diagnosis which impacts their cognitive understanding, or be managing a physical disability which may prevent them from carrying out certain tasks.

On top of encouraging better sleep patterns and promoting nutritious meals, here are some of the ways we prioritise the wellbeing of residents, to encourage healthy practices and routines which can help ease anxieties and frustrations, leading to a more calming, safe and comforting way of life:

Physical activity – As is the case with anyone, getting your body moving releases those happy endorphins which are essentially chemicals in the brain which make us feel happy and can boost our self-esteem whilst also supporting a better digestive system and sleeping patterns. Gentle exercises such as seated yoga, using resistance bands and motor strength training are all simple tasks to get the minds and bodies of our residents active. This can also bring about a sense of achievement which is vitally important to those who may feel disheartened at their ageing bodies, but gradual physical activity can garner that sense of pride and accomplishment.

Engaging with nature – Getting outside, breathing in the fresh air and exposure to nature hold many wellbeing benefits including improved attention, lower →



← stress levels, and boosting serotonin levels. Just like physical activity, getting outdoors can build strength and mobility for our residents which in turn can help reduce the risk of falls and sores through inactivity. Our residents love regular 'wellbeing walks' where they can wrap up cosy and warm and get outside with their peers and loved ones, so they're socialising and engaging with others as well as their surroundings.

Therapeutic services – It can be quite simple for residents to follow along with some deep-breathing exercises which can help refocus the mind and relieve panic before it can become overwhelming. Paired with activities like 'pamper days' which we love to host across our homes, which serve as an excuse for some much-needed self-care. Simple hand massages can go a long way in relieving fatigue, pain and tension and increasing strength which ultimately can reduce feelings of stress and boost confidence. Combined with aromatherapy to accentuate the experience, by using essential oils in massages or in diffusers to create a truly soothing and peaceful atmosphere.

Reminiscence – There are a whole raft of ways we can reminisce with residents which can be so invaluable to their overall mental health, particularly for those who struggle with feelings of anxiety due to issues with their memory, and agitation and fear when they do not recognise their immediate environment. Recalling memories through photographs, talking about core life events and being around familiar faces and voices can really ease feelings of stress. For many residents, completing familiar tasks can bring about a sense of purpose, as they feel needed and that they have contributed to daily living, whether that be folding the laundry, sorting cutlery, fixing a loose doorknob or brushing up the leaves, these simple tasks can truly boost someone's sense of self.

As well as things like getting our hair done, nails painted, or picking out a new outfit, these aesthetic activities may not seem like much but can boost residents' confidence and happiness through embracing a sense of identity and belonging.

Socialising – We recognise that loneliness and isolation largely affects the elder population, and for many they can often

feel neglected before coming into one of our homes. Socialising with others hugely benefits our mental health by stimulating our minds, encouraging conversations whilst maintaining and building meaningful relationships. You'll often find themed clubs, discussion workshops and grouped activities on our Wellbeing Planners across our homes to encourage group participation, a fantastic opportunity to make new friends. As well as engaging in community initiatives which can create stronger connections and a sense of fulfilment by being able to interact or give back to our local communities in various ways.

Person-centred care – Through care assessments and regularly updated care plans, our staff can identify unique stressors and potential triggers related to the individual resident and can combat these with known practices that can ease stress and calm anxieties through a firm understanding of our residents' life histories. Where some residents may prefer to keep busy and socialise day-to-day, for others it may just be a friendly face checking-in and lending an ear. We're also aware of limiting negative influences which could be overwhelming and overstimulating and by doing so we can create a safe and comforting environment with controlled sensory engagement.

By prioritising things like self-care, movement, connecting with others and embracing positivity and encouraging others to do the same, we can all contribute to a world where our mental health takes priority. And for those who continue to put others first, we ensure our staff feel they have a voice and are listened to, so we can all work hand-in-hand to better our working environments too.

You can keep up with how our homes will be celebrating World Mental Health Day and supporting the cause through our social media channels. ■

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.

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Latest news

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The Dish

We bring you a super tasty, delicious and healthy recipe, perfect for autumn.

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Book club

We review four books that make perfect cosy reading as the autumnal nights draw in.

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.



RIVERHEAD HALL

Aloha!

The staff and residents over at Riverhead Hall recently had a fantastic bank holiday weekend, celebrating in style with a Caribbean-themed day! The dining room was adorned with vibrant Caribbean decorations, and guests enjoyed delicious Caribbean-inspired food and drinks. Friends and family also joined in for an afternoon filled with singing, dancing, and making new memories.



GLENHOLME HOUSE

All for a good cause

Our staff and residents over at our Glenholme House home recently enjoyed a wonderful afternoon, as they hosted their annual Summer BBQ! It transformed into a day of family fun, with sponsored activities, games, a BBQ, drinks, and plenty of singing and dancing. All the festivities were part of a charity fundraiser for their remarkable friend, Theo Richardson. Theo received a rare bone cancer diagnosis in August 2022, motivating Glenholme to rally around to help raise enough

money to enable the purchase of a prosthetic blade which would mean Theo can continue playing football. It's been so heartwarming just how much of an interest there has been in Theo's story, and how generous everyone has been. The whole day was a huge success and we'd like to say a huge thank you to everyone who came along and donated to such an incredible cause! Until Theo's total has been reached, we'll be continuing to help with various fundraising events coming soon.



WELLBURN HOUSE

Out and about

Our residents at Wellburn House had a wonderful time on their recent trip to Northumberland Zoo, which is home to an impressive collection of more than 80 species. During their visit, they had the chance to meet lots of new animals, including tortoises, alpacas, donkeys, and ponies. The sunny weather made it the perfect day for an ice cream pit stop, making the perfect day out!



ST CATHERINE'S

Life's a beach

Our recent St Catherine's beach day certainly went down a treat! Guests danced to music, sang, welcomed Jenny the donkey, and enjoyed a delicious BBQ and drinks. They also used the occasion to raise as much money as possible to help support staff members Emma and Lisa, who are gearing up for a charity skydive at the start of October to raise money for Alzheimer's Society.



HEATHERDALE

A special visit

Staff and residents over at Heatherdale were recently surprised as Abby, one of Heatherdale's staff members, made a special visit during her wedding day with her wife Becca! It was such a beautiful moment and everyone was so excited to be part of the special celebration. A massive and heartfelt congratulations to Abby and Becca from all of us!



WELLBURN HOUSE

A trip down memory lane

Some of our residents over at Wellburn House home recently enjoyed a fantastic day out, as they embarked on a nostalgic journey through Newcastle City Centre, exploring amongst other things the famous St James' Park, whilst proudly wearing their iconic black and white Newcastle United shirts. Afterwards, they were treated to some coffee and cake before

heading home. A lovely day out, evoking lots of happy childhood memories of the city centre and recalling stories of the area. Reminiscing not only helps boost our residents physical and mental wellbeing, but sharing stories and experiences from the past can also be great for improving social interactions and strengthening relationships with other residents and staff.



THE MANOR

Flour Power

It's safe to say our first "Flour Power" baking challenge at The Manor was a success! Two teams cooked up two yummy lasagnas, and were joined by our guest chef Debbie. It's no secret our clients love baking and cooking, so this new initiative is a great way to have fun in the kitchen and get others involved too. Stay tuned on our @stcatherines social accounts with more culinary adventures to come.



WHORLTON GRANGE

Keeping it tidy

Some of our male residents over at Whorlton Grange decided to tidy up their local area, by going on a 'litter pick' walk along a local popular path near the home. They were determined to make a difference and they certainly did! In just 20 minutes, they managed to fill a black bag full of discarded litter, including crisp packets, drinks cans, and even a few pieces of broken glass. Good work gentlemen!

News

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

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

COMPANY NEWS

Awards success

We're thrilled to announce that Wellburn recently won the award in the category 'Excellence in Resourcing & Reward' at this year's North East HR&D Awards. This fantastic achievement wouldn't have been possible without the hard work of our HR team, who helped secure sponsorship certificates and accommodate new staff members in private flats across our homes. A huge congratulations to the team!



COMPANY NEWS

Uniting for a good cause

We're excited to announce the launch of our new 'charity partner' initiative, which involves all 14 of our homes selecting a local charity to support over the coming year. Each of our homes will take part in various fundraising activities, with all money raised directly benefitting their chosen charity partner at the end of the year. While we'll continue supporting other causes on an ad hoc basis,

our new initiative enables us to have a more strategic and focussed plan when it comes to raising awareness and money for our charity partners - therefore making a bigger and more meaningful impact on our selected charities and the communities we are part of. Keep a look out to see our fundraising efforts over the coming year and how you can get involved too!

STAFF NEWS

Cheers!

From all of us here at Wellburn, we'd like to say a huge congratulations to Helen and Karen over in our Head Office. Accounts Assistant Helen and our HR Officer Karen, recently celebrated an incredible 20 years working for Wellburn! Their contribution, loyalty and dedication over the years has been immense and from all of us, a big thank you to both and here's to many more years!



HOME NEWS

Let's talk

We've recently rolled out our 'Talking Point' initiative across all 14 of our homes, welcoming friends, families, and our local communities to join us for a series of coordinated sessions, designed to raise awareness and offer valuable insights and advice on all things dementia. Each session is hosted by our in-house trainer, Michael Scott and the Home Manager. The sessions so far have been a huge success, with more coming up.



COMPANY NEWS

Giving something back

Our dementia specialist St Catherine's care home and our brand new young onset dementia home, The Manor, which sits on the grounds of St Catherine's in Shipton, York, were recent proud title sponsors of Wigginton's annual summer football gala, which is organised by the lovely people over at local club Wigginton Grasshoppers FC. It was a fantastic opportunity for us to be involved in and as a company, we were extremely

proud to get involved in such a fantastic community event, supporting the younger generation and making a day of it too. Our clients from The Manor had a great day out, culminating in them taking part in the medal and trophy presentations, handing them out to the days victors. A lovely opportunity for us to give something back in a celebration of both local youth football and our community.

STAFF NEWS

Flying high for dementia care

Over at our dementia specialist home St Catherine's, staff members Emma and Lisa are preparing for an incredible fundraising event to support the Alzheimer's Society. On Sunday 8th October, our staff will take part in an organised skydive above Bridlington Airfield and we're aiming to raise as much money and awareness as we can for such a great cause! By the time of reading this, they may

have already made the leap, but we'll be keeping our donation page for a little while after the jump, so please do show your support for a fantastic and vital cause, by donating on our page. No matter what the size of donation, small or big, every single penny will make a big difference. Donate by visiting our Just Giving page at: justgiving.com/page/stcatherines-skydive

JOIN OUR TEAM

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



the Mind

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

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

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

Picture Quiz
1. Brian Johnson
2. Lauren Lavener
3. Sbryan Ferry



RESIDENT FOCUS

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

↑ Jacky Walker Rosevale

In this issue's resident focus piece, we introduce Jacky, a cherished member of our Rosevale Care Home in Haxby, York. Born in Nottingham, England, Jacky's life journey has taken her to places all over the world, making her a true adventurer!

Jacky's childhood was marked by moving around a lot due to her father's service in the army. Jacky vividly remembers these younger years which saw her living in places all over the world including Germany, France, Kenya, Canada and Italy. One of her favourite memories was spending 3 years in Kenya, when she was just 6 years old, attending school set up in different 'huts.' Jacky recalls the incredible safaris she got to experience, where she saw animals such as elephants, monkeys, and her personal favourites – giraffes!

When Jacky was just 17, her journey into the working world began when her father

helped her secure a job at NATO where she served as a secretary to 3 generals over the course of her career! Despite the high rank of her superiors, Jacky found them to be lovely people to work with, but also shared that her role was stressful at times and involved keeping many secrets due to the sensitive nature of the work.

Jacky continued her career at NATO for many years, both in Germany and later back in England where she moved to Haxby, York at the age of 40. Her dedication to NATO was evident throughout her life, as she spent most of her professional years there until eventually retiring in her later years.

Family has always been important to Jacky too who has two sisters, Sarah and Avril, who she shares a close bond with to this day. Sarah resides in London, while Avril lives closer to Rosevale, frequently visiting Jacky with her partner, Chris. Jacky explains how she loved having the support and companionship of her 2 sisters, especially whilst travelling all over the world.

Today, Jacky resides happily at our Rosevale Care Home, where she's well-liked by both the staff and fellow residents, as she says, "I love the people here!". She also enjoys participating in a wide range of activities at the home – one of her favourites are bus trips to seaside spots like Filey and Scarborough, where she never forgets to enjoy some delicious fish and chips!

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 Do you offer a trial period or a way for my loved one to experience the home before committing?

A Certainly, if your loved one isn't quite ready to commit to permanent residency, they can stay with us for a 'Time to Think' trial period. This is a recommended 6-week settling-in period which gives them the opportunity to get to know the home better and decide whether a permanent commitment would suit them and their needs.

Q Where can I see what jobs are available in your homes and what they involve?

A You can discover all our available jobs on our careers website under the 'Latest jobs' section. There, you can filter by job type and location, apply directly, and explore an extensive range of roles in our homes with detailed information in the 'Our roles'

section to see whether a specific job would be the right fit for you. We also have a dedicated Careers Team, so if you have any further questions about a particular role, our team are ready to help.

Q What social and recreational activities are available for residents?

A We invest over £200,000 a year on social activities and events across all of our homes and have a dedicated Lifestyle Coordinator in each home who plans each day based on the lifestyle preferences and abilities of each of our residents. We also have a varied programme of social events and entertainment taking place both inside and outside of our homes including summer BBQ's, visits to the theatre, local community events and places of interest, so there really is something for everyone. We always actively encourage family members

and our local communities to get involved too.

Q Do your homes offer day care?

A Absolutely! Our day care package costs £80 a day, 8.30am to 6pm seven days a week and includes all meals, regular snacks and refreshments. Day care is a great opportunity to socialise, participate in a range of engaging activities and also join us on our day trips out. To book your place or to discuss our day package, please contact us via the below:

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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the Dish



Perfect boeuf bourguignon

Serves: 6 to 8
Prep time: 30 mins
Cook time: 2 hours

↓ Ingredients

- 1.6kg of good-quality braising steak
- 4–5 tbsp sunflower oil
- 200g smoked streaky bacon, cut into 2cm pieces
- 1 large onion, finely chopped
- 2 garlic cloves, crushed
- 75cl bottle red wine
- 2 tbsp tomato purée
- 1 beef stock cube
- 2 large bay leaves
- 3 bushy sprigs fresh thyme
- 25g butter
- 24 baby onions
- 300g chestnut mushrooms, wiped and halved or quartered if large
- 2 heaped tbsp cornflour
- 2 tbsp cold water
- Flaked sea salt and freshly ground Black pepper
- Chopped fresh parsley, to garnish



↓ Method

Preheat the oven to 170C/150C Fan/Gas mark 3.

Cut the braising steak into chunks, each around 4–5cm. Season with salt and pepper.

Heat two tablespoons of the oil in a large frying pan. Fry the beef in three batches over a medium–high heat until nicely browned on all sides, turning every now and then and adding more oil if necessary. As soon as the beef is browned, transfer to a large flameproof casserole dish.

Pour a little more oil into the pan in which the beef was browned and fry the bacon for 2–3 minutes, or until the fat crisps and browns. Scatter the bacon over the meat.

Add a touch more oil to the frying pan and fry the chopped onion over a low heat for 5–6 minutes, stirring often until softened. Stir the garlic into the pan and cook for 1 minute more.

Add the onion and garlic to the pan with the meat and pour over the wine. Stir in the tomato purée and 150ml of water. Crumble over the stock cube, add the herbs and bring to a simmer. Stir well, cover

with a lid and transfer to the oven. Cook for 1½–1¾ hours, or until the beef is almost tender.

Now peel the baby onions. Put the onions in a heatproof bowl and cover with just-boiled water. Leave to stand for five minutes and then drain. When the onions are cooled peel off the skin.

A few minutes before the beef is ready, melt half of the butter in a large non-stick frying pan with a touch of oil and fry the onions over a medium heat for about 5 minutes, then tip into a bowl.

Add the remaining butter and mushrooms to the pan and cook for 2–3 minutes over a fairly high heat until golden brown, turning often.

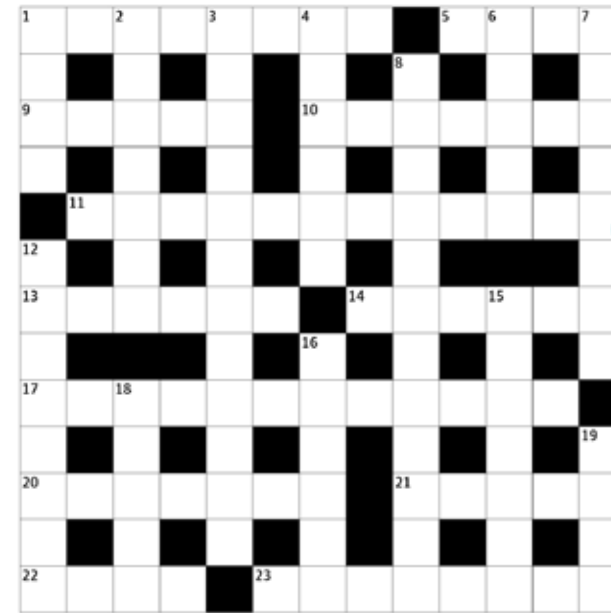
Mix the cornflour with the water in a small bowl until smooth.

Remove the casserole from the oven and stir in the cornflour mixture, followed by the onions and mushrooms. Return to the oven and cook for 45 minutes more, or until the beef is meltingly tender and the sauce is thick.

Garnish with parsley, before serving.



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**



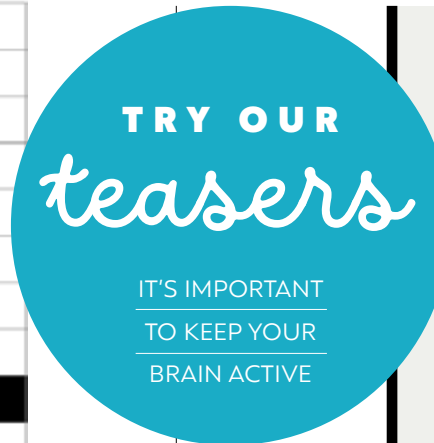
Crossword

Across

- 1 First night (8)
- 5 Persia today (4)
- 9 Fill again to previous level (3,2)
- 10 Medieval weapon (7)
- 11 Givenvotingrights(12)
- 13 European peninsula(6)
- 14 A courageous underdog, say (6)
- 17 Party game with writing on paper that gets folded (12)
- 20 Cure-all (7)
- 21 River in Switzerland that reaches the North Sea near Rotterdam (5)
- 22 Website used for buying and selling things (4)
- 23 Before birth (8)

Down

- 1 (Lots of) cooking vessels (4)
- 2 Remove by erasure (7)
- 3 Cheek (12)
- 4 Give in (to pressure?) (6)
- 6 Picture puzzle (5)
- 7 Currently (8)
- 8 Overtime (2,3,4,3)
- 12 Follower (8)
- 15 Shop selling medicines, toiletries etc (7)
- 16 Young foreign home help (2,4)
- 18 Medieval Japanese mercenary warrior (5)
- 19 Calf meat (4)



Pic Quiz

They're musical and from the North East...



ANSWERS

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



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
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Sudoku

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

the Mind

BOOK Club
WE OFFER UP 4 READS, PERFECT FOR AUTUMN



Elizabeth Finch

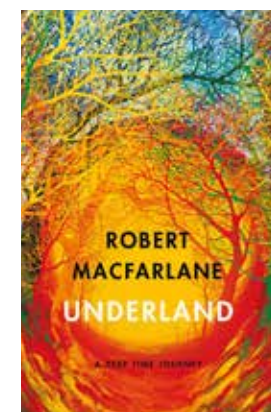
↑ **By Julian Barnes**
Barnes' novel follows the story of a remarkable teacher through the recollections of her former student. This stunning novel from the Man Booker Prize-winning author of *The Sense of an Ending*, is a breathtaking testament to the power of human connection - a loving tribute to philosophy, a careful evaluation of history, an invitation to think for ourselves, and provides the reader with a moment to reflect and to gently explore their own theories and assumptions. Simply a must read!

The Swimmers

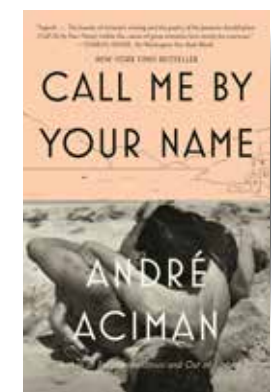
↓ **By Julie Otsuka**
Otsuka is a novelist at the height of her powers. *The Swimmers* is a novel that can only be achieved from these heights - it follows the story about mothers and daughters, grief and memory, love and implacable loss - it is both spellbinding and utterly unforgettable. This is without doubt Otsuka's best book to date - a pure and effortless read that will have you turning page after page quick fire.



Underland



← **By Robert MacFarlane**
Blending personal memoir, travelogue and nature writing, MacFarlane takes you on a journey infused with the powerful ability to read the essential messages about our changing planet, and our place within it. *Underland* is both astonishing and unforgettable - bringing together the ancient and the urgent.



Call me by your name

↑ **By André Aciman**
Heart-breaking and evocative, *Call Me By Your Name* chronicles the sexual awakening of seventeen-year-old Elio at the hands of the experienced Oliver in the warmth of the Italian Riviera. Aciman delivers a pitch-perfect account of a lost summer in this elegant, sensual and astute novel - a contemporary classic of love, identity, fate and memory, and a novel that needs to be read.



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- Dementia Support Advisors
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- Signposting to local services
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- Advice pre-diagnosis
- Weekly wellbeing groups
- Specialist young onset support
- Dementia education



North Yorkshire's leading dementia charity

Website: www.dementiaforward.org.uk
Email: info@dementiaforward.org.uk
Social media: [@dementiaforward](https://twitter.com/dementiaforward)

Registered Charity No: 1148225