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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 31 | Winter 2023

WellburnPost



The free quarterly from
Wellburn Care Homes



In the community

Festive Box Drop

As we find ourselves in the midst of the giving season once more, we're excited to announce the return of our much-loved 'Festive Box Drop' initiative, now in its third consecutive year. In an effort to give a little back to our local communities, our homes are



distributing free festive boxes brimming with little festive goodies throughout the month of December. In response to nominations gathered on social media, these boxes will be delivered to people in our local communities who could use a touch of festive joy or a gentle reminder of how much they mean to someone. As always, initiatives like this show just how much impact these small but meaningful acts of kindness can have. Keep an eye out on our social media to see some of our lucky nominees receiving their festive boxes!



What's in this issue

Notes from the Editors

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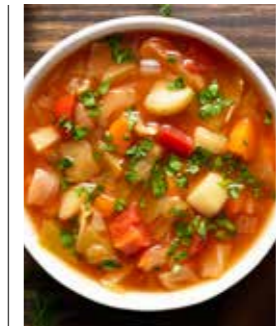
From the inside

Wellburn's Chairman Rachel Beckett looks ahead to the festive period and beyond.

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The great escape

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



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Perfect festive vibes

↓ We look into how to create the perfect festive vibes, with food, drink, music, TV and more.



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The Dish

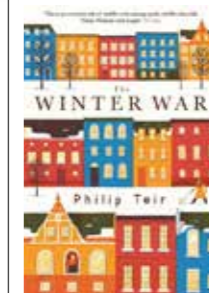
↑ Our latest recipe in The Dish, is a perfect option to serve up on cold wintery nights.



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Baking memories

↓ Discover the benefits of firing up your ovens and popping on your aprons this Christmas.



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Happiness & wellbeing

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



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Book Club

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

Welcome to issue #31, our winter edition and last of 2023. We have lots of lovely festive content as we go all out for Christmas. In our first feature (pg 5), we take a look at some of the ingredients needed to create the perfect festive vibes, as we offer up some of our favourites from food, music, TV and much more.

Our 365 section delivers lots of hints and tips on maintaining our happiness and wellbeing throughout winter, including two mini features, one of which explores the benefits of firing up our ovens, popping on our aprons and indulging in some festive baking (pg 14).

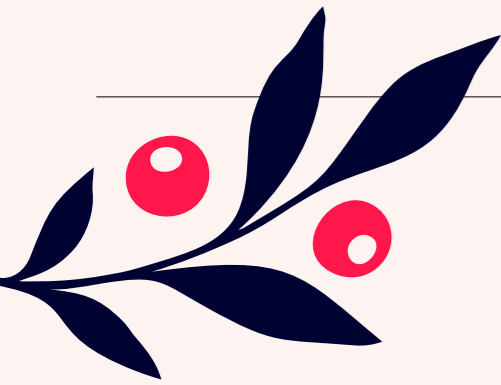
In The Great Escape, we discover some of the best places to eat, drink and explore across our region, this winter, with some festive entertainment too (pg 16).

In our second feature, The Art of Giving at Christmas, we take a look at some alternative ways of gifting this Christmas that won't break the bank and that will also provide a super personal touch (pg 22). We also catch up with all the latest goings on across all of our homes in our life section (pg 25). And we bring you a delicious recipe in our regular 'The Dish' (pg 32), perfect for those cold winter months.

And of course, from ourselves and all of us here at Wellburn, we wish you a very Merry Christmas and a happy and prosperous New Year.

Izzy & Bryony x

Izzy Moran & Bryony Dale
Editors



AGENDA

FROM THE INSIDE

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

In the words of the valiant Jon Snow, from Game of Thrones, 'winter is coming'. And for those of us who recently witnessed the first proper cold snap of the year, delivering some unexpected early snowfall, it looks like we have quite a winter ahead of us. Which of course means lots of lovely snow filled scenery and nice festive vibes ramping up in and around our homes and the communities they sit proudly in - however the cold snap brings another level of coordination needed from my staff on the ground.

From a logistical point of view, winter brings a myriad of challenges - making sure our staff can travel to and from work safely, making sure our homes remain fully functional and operational, even in the most extreme weather conditions and that our residents are still able to get out and about, which we know delivers such a huge boost to their physical and mental wellbeing - are just some of things myself and my team have to think about.

Our long and rich history in the region means we have a huge amount of experience to draw upon. We also have a thorough contingency strategy in place to cover off every possible scenario. Planning for the winter period starts months in advance. I recall one particular meeting regarding one aspect of the strategy being discussed at board level in June when it was 38 degrees outside. At the time it always feels quite an abstract concept. It's equally abstract when my Marketing Team are working on festive

collateral towards the back end of summer. But this is the type of forward thinking and planning that enables us to enjoy continued success and if there's one lesson above all that I've learnt, is that planning is absolutely essential and central to any successful outcome.

So as the nights begin to get colder and the festivities are ramping up in and around our homes, I'm filled with confidence that both our strategy, and every single member of our very talented and dedicated team, will be ready for every eventuality and hurdle the often harsh and brutal North East winter throws at us.

Speaking of festivities, this really is the most special time to be in our homes. Both residents, staff and the families and friends of Wellburn all embracing the spirit of Christmas, is something to behold. Each home preparing their decorations for our annual 'Deck the Halls' competition is always a thrill

(you can read more about the competition on page 29). Then we have month long festivities that will include Christmas parties, markets, quizzes and lots of other events, some of which will be earmarked to raise as much money for our charity partners as possible. As ever these events are something we always encourage everyone to participate in and we love nothing more than to see the hustle and bustle of families and friends visiting their loved ones and joining in with the festivities.

One of the festive activities we launched last year really did seem to take on a life of its own - our 'Tree of Festive Kindness' proved a huge success with residents, staff and loved ones. Born out of the simplest idea - to provide an opportunity to share kind thoughts and messages with each other, then hanging them on a tree for all to read - yet it became such a runaway success, we're doing it across all of our homes again this year! You can read more about the 'Tree of Festive Kindness' on page 10.

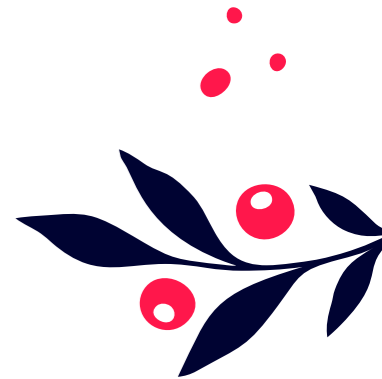
Of course, as much as we all love to get wrapped up in the festivities, here at Wellburn HO our attention has already turned to 2024, with some super exciting projects scheduled to begin in January and February. Although some of the plans are too early to share, I can say with complete confidence that the year ahead holds some truly exciting times, as I hope it does for you too. For now though, I'd like to personally wish you a very sincere Merry Christmas and a prosperous, healthy and happy New Year, from myself and my entire team here at Wellburn Care homes. ■



→ By Bryony Dale

Perfect festive vibes

We explore some of the ingredients that can help create those perfect Christmas vibes.



Christmas is that one time of the year that most of us are on the same page. Whether we're united in the spirit of Christmas when popping into the local for a cheery festive tittle or two, wishing shopkeepers a Merry Christmas or gathering around with family or friends to watch a festive film - the season of goodwill comes alive. We take a look at some of the things we can all do to help provide those perfect festive vibes.

And what better place to start than with food. It is after all the season of cosy, heartwarming dishes and pickies - from pigs in blankets, to turkey and cranberry toasties to the full Christmas lunch works - food is a huge deal over the festive period. You just have to take a walk down your local high street restaurants, pubs and cafe's - all offering their own festive culinary treats.

Of course we all have our own traditions but it's always nice to spread our wings when it comes to our palettes, and amusing off the wall treats this year might involve taking a visit to Greggs 'Christmas fine dining' pop-up in Newcastle's Fenwick's department store - serving an à la carte menu based on their classics. →

← We all have our traditions and ways in which we like to do things over the festive period, but one of the mainstay of British culture is the always in-fashion traditional Christmas cake, and here's one tried and tested recipe that we love over here at Wellburn, and it's finished off with a decadent gold leaf, which will prove a show stopper that Prue and Paul would be proud of. →

Christmas cake

Prep time 30 mins, plus icing and decoration

Cooking time 2-2¼ hours, plus 12 hours cooling

Serves 12

For the fruit cake

125g butter
125g soft brown sugar
3 eggs
2 tbsp brandy or apple juice
1 tsp mixed spice
1 lemon rind and juice

To ice and decorate

3 tbsp apricot jam
500g marzipan
500g fondant icing
Icing sugar, to dust
Edible gold leaf sheet (optional)
Gold ribbon (optional)

150g raisins
150g sultanas
100g currants
100g glacé cherries
100g mixed peel
100g flaked almonds
150g plain flour

Method

- Preheat the oven to 150°C/130°C Fan/Gas Mark 2. Add the raisins, sultanas, currants, cherries, mixed peel and almonds into a mixing bowl. Add the flour, stir to combine and set aside.
- Line a 20cm round cake tin with parchment paper. Chop the butter into cubes. Put the butter cubes and sugar into a mixing bowl and beat together until light and fluffy.
- Break the eggs into the bowl one at a time and beat well, ensuring each is well incorporated before adding the next.
- Add the brandy or apple juice, mixed spice, lemon rind and the juice to the bowl and beat again. Stir in the prepared fruit.



- Tip the mixture into the prepared tin, pushing it down and smoothing the top. Bake for 2-2¼ hours.
- Allow the cake to cool in the tin for 12 hours.
- Carefully remove the cake from the tin, wrap in kitchen foil and store in an airtight container until you're ready to ice it.
- To cover with marzipan, warm the apricot jam and spread it over the cake. Cut off a quarter of the marzipan and roll it into a 20cm circle, put the cake tin on the marzipan and cut around the tin. Lift onto the top of the cake.
- Roll the remaining marzipan into a 40cm circle and lift onto the cake to cover the top and sides, pressing and shaping into

place. Trim any excess around the base of the cake.

- Loosely cover the cake and leave it for at least 12 hours for the marzipan to set.
- To cover with fondant icing, lightly dust a clean work surface with icing sugar. Roll the fondant into a 40cm circle and lift over the marzipan, allowing it to take the shape of the cake. Press and smooth until it is flat on the top and sides of the cake.
- To store, wrap in parchment paper and a double layer of kitchen foil before storing it in an airtight container where it will keep for several weeks.
- Decorate the cake with small pieces of edible gold leaf and a ribbon, or other decoration of your choice before serving.



Cranberry ginger Mojito

Prep time 5 mins
Cooking time 5 mins
Serves 8

For the syrup

2 cups cranberries, used frozen
1 cup sugar
2 cups water
1-2 tbsp grated ginger
Juice of 1 lemon

For the Mojito

2 parts cranberry and ginger syrup
1-2 parts white rum
1 tbsp lime juice
Soda water
Frozen cranberries
Lime wedges
Fresh mint leaves
Ice cubes

Method

- For the syrup, combine all the ingredients in a saucepan and bring to a boil.
- Allow to simmer for 5 minutes then remove from the heat and allow to cool slightly.
- Blend the mixture until smooth, then strain to remove all the fruit pulp.
- Allow to cool completely.
- To make the mojito, pour syrup into the bottom of a tall glass, add ice, cranberries, mint leaves and lime wedges. Add the rum and top with soda water. Then serve.

← Which brings us neatly onto music. This time of the year proves practically impossible to escape the likes of Mariah Carey or Michael Bublé, and for most of us, we wouldn't want to. Whether that's you or not, there's no doubt that music plays an incredibly important role over the festive season.

Music contributes massively to festive vibes, and some would even argue that it's essential. As much as we love Wham!'s Last Christmas, there's only so much you can have the classics on repeat.

With a vast spectrum of slightly alternative festive music out there, why not slip on something a little less familiar to spruce up the festive vibes.

The Choir of Kings College Cambridge offer up some traditional carols, which are spellbinding, or perhaps albums such as Folkjul, which delves into Swedish folk for festive inspiration. One of our favourites is Latvian, titled 'Christmas Joy in Latvia'.



Every track on Ziemassvētki Sabraukusi's Christmas Joy in Latvia holds a surprise. The first cantata, "On Christmas Eve," opens like a Broadway musical. Track 12, "Gentle Lamb of God" is easily the catchiest tune on the album. Finally, with "Our Lord's Nativity" by Rihards Dubra, the music ascends to the heavens.

By far our favourite Christmas album and one you'll want to play again and again. As long as the music has a festive theme, whether it's Slade of Choral music, you're always on the way to good festive vibes. →

“Whatever you do and wherever you are, we wish you a very Merry Christmas and that your festive vibes are perfect.”

→ We have the food, the drinks and the music well underway, so now it's time to sort out the all important festive viewing.

Back in the day, the Radio Times would be the go-to guide for all things TV and film over the Christmas period. However, with the advent (no pun intended) of Netflix, Amazon Prime, Disney+ and so much more, the choice has never been bigger - which also means there's a huge risk of being so overwhelmed with choice that there's a danger we miss some of the best highlights. Luckily, navigating our way around is helped with bundle Christmas options on our TV menu's.

Obviously there's some of the classics that will just always be classics - 'Die Hard', 'It's



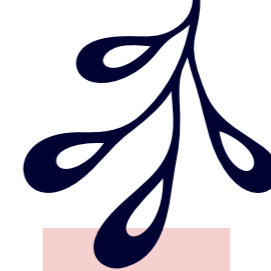
a Wonderful Life' and 'The Grinch' are just some of the 'it's not Christmas unless we've watched them' titles. But new shows and films are well worth checking out. Netflix's 'Dash and Lily' is a fantastic recent addition and the brand new take on Charles Dickens' Oliver Twist 'The Artful Dodger', now available on Disney+ is a real festive binge worthy treat. Perfect viewing for the cold, dark, cosy night in front of the TV and the Christmas tree lights.

So that's the perfect festive vibes sorted - well, almost. All that's left is the big day itself - which involves gifting the right gifts, making the Christmas lunch and setting the table fit for it and your guests. But we're so busy over here at Wellburn making our

plans and preparing all 14 of our homes to provide our residents and staff with those perfect vibes, that we'll leave some of it to you. Whatever you do and wherever you are, we wish you a very Merry Christmas and that your festive vibes are perfect. ■

► Another big part of the festive period is gifting and because of the current economic situation, some of us may be having to make sacrifices or scaling down our spending this year. On page 22 we discover some fantastic alternative ways to save money through crafting and going down the homemade route - which saves money and adds that personal touch.

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 Winter is coming

As nature and time slow down, winter calls us to enjoy the peace that it brings.

13 Retail therapy

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

14 Baking memories

We discover the benefits of firing up your ovens and popping on your aprons this Christmas.

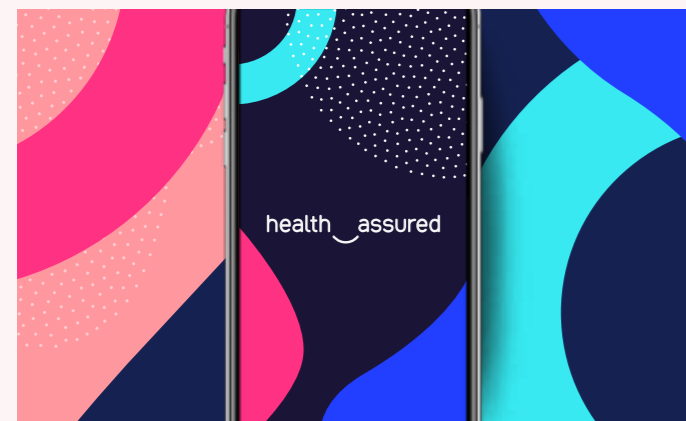
on the inside

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.

→ Festive initiatives

We've got lots of Christmas initiatives happening across our homes over the festive period, for both our staff and residents, with one of the highlights being our 'Tree of Festive Kindness' initiative. Each of our homes have one hundred festive tree tags with one side left blank for staff and residents to write a kind message for anyone they like - this can be a family member who visits the home, or a member of staff or colleague. The tags are then added to our homes Christmas trees, forming

a 'Festive Tree of Kindness' helping to spread the love this Christmas! Additionally, our staff and residents have been busy crafting and decorating their homes for our annual Christmas 'Deck the Halls' inter-home challenge, which is then judged towards the end of December, with the winner receiving our coveted Deck the Halls trophy. These challenges and initiatives help promote love and kindness to one another and have, over previous years, shown to help boost physical and mental wellbeing across our homes.



→ Listening to our staff

With the winter months upon us and the ongoing cost of living challenges, it's now more important than ever to look after our wellbeing. Which is why we offer the 'Health Assured' Employee Assistance Programme for all our staff to utilise all year round. The programme provides access to a host of mental health

and wellbeing resources, especially important now as the winter weather can at times negatively impact our mood. There's also lots of exclusive app discounts from top brands, energy-saving deals and plenty of financial advice for those who might be feeling the pinch over the winter months and Christmas.



As we step into the season of winter, we are welcomed with a cosy blanket of frosty beauty that covers our surroundings. Just like autumn, winter has a special charm that captures the senses and turns the world into a frosty spectacle. As nature and time slow down, winter calls us to enjoy the peace that comes with cold, snowy nights and extra-long evenings.

One of the most enchanting aspects of winter is the softness that accompanies it. Everything around us seems to slow down and take a breath, as temperatures drop and gentle snow falling from the sky turns our once familiar landscapes into a magical winter wonderland.

But winter also has its own warmth too. A cosy feeling found by wrapping up in layers of clothes and the soft glow of lights and candles on a cold evening. It's the perfect time to relax with a cup of hot chocolate, feeling the warmth from the inside out.

The fireplace with its flickering flames creates a cosy and reassuring spot on a chilly evening - the ideal time for sharing stories and reflections.

these snowy days give us the perfect excuse to stay indoors, curl up with a good book, or enjoy quality time, making new memories with loved ones, family and friends. And winter goes beyond its scenic beauty; it brings plenty of health benefits for our mental and physical wellbeing too. Surprisingly, the cold boosts brain activity, helping us to focus and think more clearly.

Exercising outside in winter also makes our heart muscles stronger because they work harder to pump blood and maintain our body's temperature, also meaning we burn more calories too.

The cold even helps rejuvenate the skin by increasing blood flow, giving us that healthy winter glow! With so many benefits, it's time to bundle up and enjoy some cold air to give your wellbeing a boost!

Winter is also a time for reflection as the year draws to a close, and a new chapter unfolds. It's a gentle reminder to appreciate life's simple joys and discover serenity in quiet moments.

So wrap up warm, embrace the brisk winds, and greet winter as the season to find peace in its calming and simplistic beauty.

WINTER IS COMING

→ By Isobel Moran

And much like its counterpart autumn, winter brings its fair share of rainy days.

But this time the sky may be filled with snow instead of rain - the gentle tapping of snowflakes on windows and roof tops creating that soothing rhythm. And

Venturing outdoors in winter holds a wealth of benefits for both our mental and physical wellbeing. And across our homes, our residents also love to get out and about, embracing the crisp winter air and appreciating the frosty beauty of wintry landscapes often through the simple act of walking. Scientifically proven, regular walks have many wellbeing benefits, ranging from therapeutic advantages to improved physical health by keeping our bodies active and better mental clarity. And the simple act of being outdoors over the festive season, brings

that extra bit of magic to improve our mood, and helps foster a sense of connection with nature. As part of our commitment to wellbeing, our activity programmes across our homes are packed full of wintry walks. Whether it's a leisurely stroll around the local area or a visit to a cosy café or pub for hot chocolate or a delicious pub lunch, our residents love these little excursions! And embracing the outdoors, not only enhances our wellbeing, but also creates opportunities for shared moments, conversations and reminiscing, which is perfect over the festive period.

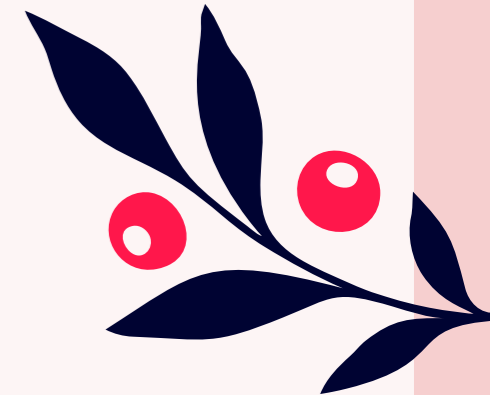
WINTER walking



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.



Mind Cards

→ This set of 45 cards has been created to help introduce positive habits into your daily routine. Learn to focus on the present, spreading positivity and self-care throughout life, making it easier to introduce positivity into your everyday. Mind Cards give the self-gift of creating the healthiest, most fulfilling life, and make the perfect gift.

£9.99
etsy.com/uk



Porcelain Matchbox Gift

→ This gift is the perfect way to show someone how much you care. The heartwarming sentiment and miniature figurine makes it an ideal gift, whether you want to brighten someone's day or just let them know you're thinking of them - nice!

£9
etsy.com/uk



Aromatherapy Candles

→ These wellbeing candles are poured in the company's Manchester workshop, and the green glass candles are made using pure essential oil blended carefully to provide health benefits and a wellbeing boost. Their aromatherapy candles can boost moods, increase energy, help sleep, reduce stress and much more.

£21.00
etsy.com/uk



OOH, THAT'S NICE!

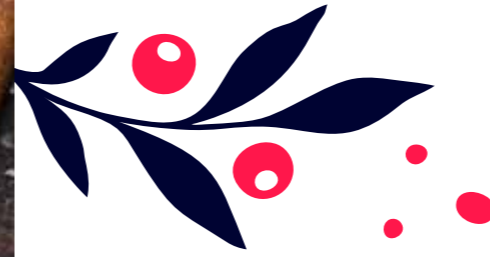
Reviving Shower Scents

→ This trending collection from Neal's Yard is the perfect gift for a loved one who likes to spend a little down time in the shower. The set includes a geranium & orange shower gel, a rosemary & elderflower shower gel and an aromatic shower gel. All created with ingredients and scents that promote and encourage the body and mind to wind down and relax from the day's stresses and strains. A perfect stocking filler too!

£22.50
marksandspencer.com

BAKING MEMORIES

→ [By Bryony Dale](#)



There's a magical aroma that permeates the air when it comes to the festive season. Not only scents, but flavours too can transport us back to cherished memories shared with loved ones.

The kitchen is often the hub of activity in most households and especially around the festive period, the kitchen can transform into a wintery haven. It's a safe space which epitomises connection, joy and togetherness, where shared experiences are born and passed on, that binds not only families and friends, but generations, together. And there's nothing quite like the act of baking, a process which requires preparation and thought, creates a paradise for our senses, whilst also delivering on scrumptious results which can be enjoyed by many!

Baking is a tradition steeped in nostalgia and warmth, which encourages unity and collaboration, playing a pivotal role in amplifying the holiday spirit by bringing people together. As well as indulging in delightful treats hot from the oven, baking becomes a time-honoured ritual, connecting generations through shared memories ignited by delicious flavours and smells.

Behind every cherished Christmas treat, there often lies a treasured family recipe. These lists are more than just words on a page but are a tangible connection to the past. Whether that's a Great Grandparents recipe of meticulously crafted gingerbread cookies, a hearty fruitcake, or impressive sweet mince pies, each bite can be a taste of familial history. The act of recreating such meaningful recipes not only preserves tradition but also

provides an opportunity to share stories and encourage teamwork with the younger generation, creating a bond that transcends the kitchen.

One of the most enchanting moments around Christmas time is reminiscing, which we do a lot of here at Wellburn with the residents across our homes. Baking is a multisensory experience and so particular scents and flavours can truly transport us in time and evoke core memories. This is especially invaluable for those that may be living with a dementia diagnosis, where tapping into experiences of the past can be very difficult for some. The smells of cinnamon, nutmeg and turkey can trigger recollections, possibly bringing familiar faces to the fore which can be a welcome surprise when our long-term memory has been altered. The act of kneading dough, feeling the flour between our fingers, and cutting cookies into festive shapes can also jolt memories of our younger, creative selves. Combining the vibrant colours of festive decoration, feeling the warmth emanating from the oven and listening to festive carols against a backdrop of chitter chatter all contribute to the sensory delight of the season. What a magical feeling, to be able to connect something so simple as baking, to specific moments in time – perhaps transporting you all the way back to first lending a hand in the kitchen, to the present day, where we still gain that familiar sense of achievement, purpose and pride when loved ones happily indulge in the finished goods!

Although we might feel like baking needs to follow some precise ingredients lists and regimented recipe methods, this really isn't the case. So, as well

as creating a perfect concoction to reminisce, baking also allows you the opportunity to get creative and put your own stamp on tradition. Families can introduce innovative twists to the usual classics, by infusing more modern flavours or incorporating different cultural influences. The kitchen then also lends itself to becoming a laboratory, a space for experimentation and creativity to excel. And beyond the joy of baking for ourselves and our loved ones, the Christmas period is a great opportunity to spread festive cheer by gifting homemade treats to others and those in need. Whether you drop off a tray of handcrafted cookies to neighbours, friend-swap recipes as part of a 'Secret Santa' event, or donate hearty goods to your local food bank, baking can foster a wider sense of community too.

So, fire up your ovens, pop on your aprons and bring loved ones together as you indulge in all the joyous benefits baking can bring. Whether you're a seasoned professional or a humble beginner, grab a culinary partner and get to work, transforming your empty kitchen benches into a festive wonderland of ingredients, scales and utensils. Remember, getting messy is just part of the fun, and a yummy treat at the end will make up for any miscalculated measurements or slightly overdone crusts!



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



RESTAURANT

The Rabbit Hole

This Shanghai- inspired 1920's supper club, is hidden behind Durham's first dim sum parlour. This niche restaurant has a dual personality, part Oriental grill and the other part a speakeasy. With live jazz, this place is extraordinary and a proper little gem that provides a truly unique experience. A must try!



17 Hallgarth Street,
Durham, DH1 3AT
therabbitholedurham.co.uk

EVENT

Ice skating

The much-loved, open-air ice skating rink in Newcastle is back for another year of festive fun! It opens in its usual spot from the 11th of November to 7th January. Situated in Times Square, just outside The Life Science Centre, the rink is ideal for ice skaters of all abilities and ages, so it's perfect to visit with family, friends, on a date, or even skating solo. A lovely way to have fun while staying active during the cold winter days.

Sat 11 Nov - Sun 7 Jan

Tickets:
£15.00 adult / £13.50 child

Life Science Centre
International Centre for Life
Times Square,
Newcastle upon Tyne
NE1 4EP



RESTAURANT & BAR

Festive Bottomless Brunch at Hallgarth Manor



This Christmas, Hallgarth The Manor House are hosting a whole range of Christmas festivities that offer something for everyone, from traditional hearty lunches and festive party nights, to afternoon tea and seasonal getaway deals. Somehow the Hallgarth always seem to pitch their festive

offerings perfectly and with delicious food and drink, great service and a truly welcoming atmosphere, it's the ideal destination throughout the month of December and into winter.

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

RESTAURANT & BAR

Fossgate Social



In the morning at Fossgate Social, sourdough breakfasts and flat whites fly out of the kitchen, and then come the afternoon, the drink starts flowing. With neon-lit walls adorned with work by local artists, the setting helps create a unique vibe. The Social is easily one of the hipper bars in York's

'foodie quarter', based on Fossgate, the best street in York for food and drink. Its sister venue on Micklegate is also worth exploring – with a vast array of live events it puts on in the basement.

Fossgate Social,
25 Fossgate, York YO1 9TA
fossgatesocial.com



OOOH, LET'S MAKE IT!

→ **Jamie's Mulled Wine**

Come the festive season, there's nothing better than a spiced, warming glass of mulled wine. Let's get the ingredients ready and follow Jamie Oliver's recipe by scanning the QR code.

Ingredients

- 1 bottle of dry red wine
- 1/4 cup brandy
- 1 orange, sliced
- 8 whole cloves
- 2 cinnamon sticks
- 2 star anise
- 2 to 4 tbsp sugar or honey

Optional garnishes:

- Citrus slices, extra
- cinnamon sticks, extra
- star anise

EVENT

Christmas Market

The ever-popular Newcastle Christmas market brings together local vendors and breweries with the Farmer's market, specialising over the festive season with culinary sundries dedicated to Christmas. 30 plus market stalls have once again been set up around Grey's Monument



to create Newcastle's very own winter wonderland, and visitors can take in locally made pottery, jewellery and local ales alongside choirs singing and sizzling bratwurst.

Grainger St, Newcastle
NE1 5AF
newcastleworld.com



OOOH, THAT'S NICE!

Fortnum & Mason

Fortnum's Cocktail Jigger

→ Measure shots to absolute perfection with this elegant cocktail jigger - the perfect gift for cocktail lovers.

£22.95

fortnumandmason.com



RESTAURANT & BAR

Sotano

Hidden behind a thick metal door, Sotano is a candle-lit underground bar with an impeccable beer and gin selection. On-tap brews flow from converted steel pipes, while long dining room-style tables encourage visitors to socialise outside their social groups. If you're peckish, there's a menu of tapas 'with a Yorkshire twist'.

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



EVENT

Forest of Light

Ancient woodland will be transformed with light and sound this winter when this festive treat makes a comeback to the grounds of Beamish Hall Hotel in County Durham. Making a trail through trees will be illuminations, including flashing lights and strobes, with projections and music and the darker it gets, the better it will look. The Christmas trail will launch on November 11th and then will be open from Friday to Sunday until December 17th, followed by daily opening from December 18th until December 31st.

Sat Nov 11 - Sun 31 Dec

Tickets: £12.00

Beamish Hall Hotel
Coppo Ln,
Beamish, Stanley DH9 0YB
beamish-hall.co.uk

EVENT

Wallington House

Enjoy festive magic and sparkle both indoors and out at Wallington. Explore the House dressed in its splendour, enjoy live music, stories with Mrs Christmas and spot the main man himself. Outdoors, look out for thousands of twinkling lights, a huge Christmas tree and 'Magnificence' the reindeer pulling the Wallington sleigh. For an extra special experience, pick up a festive afternoon tea or join a Christmas craft workshop.

Sat 2 Dec - Sat 23 Dec

Tickets:
£16.00 adult / £8 child

Wallington,
Cambo, near Morpeth,
Northumberland, NE61 4AR
nationaltrust.org.uk



RESTAURANT & BAR

Kiln restaurant & bar



If you're looking for that perfect cosy restaurant vibe this winter, then Kiln, based in Ouseburn, a short walk from Newcastle's Quayside, is the perfect destination. This stylish yet relaxed Mediterranean bar and kitchen serves freshly prepared meals, in a beautifully charming setting with the perfect

ambience. Next door lives 1265 Degrees North, a pottery and ceramics workshop, where all of the ceramics used in the cafe's service are carefully crafted and charmingly available to purchase in house.

4 Hume St, Byker,
Newcastle upon Tyne
NE6 1LN

INTO THE wild



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

WALKS

Walking in Kielder Forest

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

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

For more information visit:
visitkielder.com



WALKS

Hamsterley Forest



Set in County Durham, Hamsterley Forest is one of the county's crown jewels. All year round the forest is an ideal place to visit for those who love nothing better than popping on their walking boots and getting out into nature. But it's especially stunning during winter as the forest offers up a magical

experience, particularly when the snow falls. Take the Bedburn Valley Trail and experience breathtaking views - and there's even a brand-new wellbeing trail that provides an opportunity to connect with nature.

For more information visit:
forestryengland.uk

WALKS

Cragside National Trust

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

For more information visit:
nationaltrust.org.uk



WALKS

Jesmond Dene

Jesmond Dene is the jewel in the crown of Newcastle's parks and green spaces - packed full of historic and natural features, wildlife and ancient woodland. It's a magical place to escape to this winter.

For more information visit:
jesmonddene.org.uk



PINK LANE BAKERY

* * *
 Christmas Sandwiches
 * * *
 - Glazed Ham with festive slaw + chutney
 - Stilton Waldorf Salad with walnut butter
 * * *

Local partnerships in the community

Keeping it local



← Pink Lane Bakery

One of the lovely local businesses we've worked with recently is the wonderful Pink Lane Bakery - an independent, artisan bakery nestled in the heart of Newcastle. Located on Pink Lane, they have a delightful array of sourdough bread, cakes, pastries, coffee and other treats - offering a takeaway service throughout the week. They've recently expanded, opening another branch in Gosforth. Pink Lane Bakery recently prepared some gingerbread cookies for our staff which will be handed out by our Chairman over the Christmas season to spread a little festive cheer.

For more information visit:
pinklanebakery.com



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



↑ Aroma of Haxby

Aroma of Haxby, nestled in the heart of Haxby, York, near our Rosevale home is a delightful little café and gift shop, specialising in fairtrade coffee and teas, as well as a range of delicious homemade cakes and locally sourced light lunches, all lovingly made by volunteer bakers. The welcoming spot also offers an array of fairtrade products and gifts, allowing visitors to support ethically sourced items. A firm favourite with our York based staff, Aroma of Haxby is the perfect stop for those looking for unique and ethically conscious stocking fillers for Christmas!

For more information visit:
aromaofhaxby.uk



← Penny's Prints

Founded in 2020 by dog lover, Laura, 'Penny's Prints' is a charming local venture inspired by Laura's miniature dachshund - Penny Longbottom! This local treasure specialises in premium, hand-printed homewares and clothing, encompassing themes from pet lovers to fitness enthusiasts, bridal essentials, stylish accessories, tote bags, cushions, tea towels, and more! Each item is hand printed in Laura's tiny studio in the North East, offering a personal touch. Adding to her endeavours, Laura also runs a



successful dog walking business on the side called 'Penny's Pet Services'. Take a look at their Instagram here: [@pennys_prints](https://www.instagram.com/pennys_prints)

For more information visit:
[facebook.com/Phasedclothing](https://www.facebook.com/Phasedclothing)

The art of giving at Christmas

→ By **Isobel Moran**

Christmas is a period of celebration, filled with nostalgia and sentimentality as we spend precious times with loved ones, family and friends. Yet with the holiday season upon us, we begin to navigate the endless gifting options around us. It's easy to get wrapped up in the excessive consumption as we splurge on new, box-fresh presents to gift to loved ones and friends. The presence of social media hasn't helped with feeling the Christmas-guilts about how much you're spending and how big the present pile is, when people online look as though indulging at Christmas hasn't affected them financially at all. And this is where the real message of Christmas can often get lost...

The juxtaposition of celebrating this time of year with festive merriment whilst feeling the financial strain is becoming even more apparent as we navigate the current cost of living crisis. With inflation increasing, housing costs and the rising price of everyday goods, the current crisis is a global issue affecting people from all walks of life and is only exacerbated around the holiday season when there's an endless list of gifts to buy and events to attend.

With thoughtful planning however and shifting our focus from cost and volume to gifts that have a deeper, more sentimental meaning, we can ease the pressure from our purse strings and avoid feeling overwhelmed this festive season. Not all gifts need to be a tangible item, and instead can be something to spark memories or

create an experience. Being resourceful this time of year is invaluable and perhaps now is the perfect time to turn to alternative gift options such as experiential, homemade, or second-hand gifts. Let's remind ourselves of the true spirit of Christmas which celebrates love, togetherness, and gratitude.

Below we'll explore handy hints and tips of how to better spend this Christmas season whilst still embracing the gift of giving.

Second hand gifting

With sustainability now at the forefront of our minds, experimenting with second-hand gifting is not only a wallet friendly choice but a conscious one too. Second-hand and charity shops are filled with gifts and little trinkets that hold value not because of their price, but because of their connection to people, places and the past. And the rise in popularity of second-hand clothing platforms such as Vinted and Depop demonstrates a cultural shift towards people appreciating the value of preloved items. And what better way to spread festive cheer than gifting something with a story to tell? The once-forgotten jumper, now a cosy winter warmer waiting to be unwrapped and the neglected toy in the corner, picking up dust now a child's newfound companion. These are the gifts that keep on giving!

Experiential gifting

And in the spirit of sustainability, why not consider crafting memories as gifts too. In a



Left: Twine-wrapped light bulbs **Below left:** Festive candle centerpiece **Below centre:** Mini pinecone swan ornaments **Right:** Paper Bag Snowflakes



world of instant gratification and material possessions, experiences and moments can hold immeasurable value. This Christmas, why not gift your time instead – host an intimate dinner serving up a warming home cooked meal, schedule in a cosy movie night with friends or an evening filled with shared stories and laughter against the backdrop of a crackling fire. These types of gifts foster connections and make lasting memories with our loved ones, family and friends that go beyond the physical. Which after all, really is what Christmas is all about.

Homemade gifting

And for those who enjoy getting creative, now is the perfect opportunity to put those DIY skills into practice with some fun festive arts and crafts, giving the gift of 'homemade' this Christmas. Why not get thrifty and transform second-hand finds into personalised masterpieces by saving old jars to create festive scented candles or filling them with sentimental trinkets, ticket stubs or notes and gift them to your loved one in a 'memory jar' of cherished past moments. Set yourself a fun, resourceful challenge and go on the hunt for crafty materials, vintage steals and second-hand finds that you can use to make your homemade creations!

Or start from scratch with the ingredients in your kitchen to whip up some delicious festive treats to gift to someone special. Because after all, nothing says Christmas like a tin of homemade buttery fudge

or salted caramel truffles adorned with a festive bow! Not only is Christmas the perfect time to indulge in a little treat or two, but homemade gifts like these show the time and effort you've invested into them, which adds a whole extra layer of meaning to your generosity.

For some inspiration, scan the QR codes to discover our favourite Christmas crafting ideas – perfect for gifting to a loved one or decorating your home with this holiday season. From dough ornaments to paper snowflakes and upcycled bottle candle holders, these simple ideas are the perfect starting point for your festive crafts, many making the most of ingredients you'll likely already have lying around the house. →



Scan to visit:
BBC Good Food



Scan to visit:
Good Housekeeping



Top left: Craft stick wreath Top right: Chalk paint ornaments Above: Mid century-inspired paper ornaments



→ And here at Wellburn, we love the festive season as it presents the perfect time to experiment with arts and crafts, festive baking, decorating and more. Our homes come alive with creativity throughout the Christmas period as our staff and residents get stuck into various arts and crafts projects. Activities like these are an integral part of our activities schedule and play a vital role in enhancing the mental and physical wellbeing of our residents too.

And beyond the fun of crafting, these activities further add to a more sustainable and meaningful gifting experience to help reduce waste. Across our homes, it's important for us to create an environment where creativity thrives, and this is especially true at Christmas time where each homemade craft made by our residents tells a different and unique story.

And in the midst of the festive hustle and bustle, the art of giving also takes on a new meaning for us here at Wellburn. With the cost-of-living crisis looming large, it's particularly important for us to support our staff during Christmas which is why we have various health and wellbeing initiatives that do just this. Our award-winning Employee Assistance Programme (EAP) is available for

our staff all year round, giving them access to plenty of wellbeing support including financial support over the winter period and access to a 24/7 helpline too. Furthermore, our staff can benefit from a range of discounts and perks through the Blue Light Card scheme, designed for those in the care sector, emergency services and the NHS, offering a helping hand in navigating the challenges of the holiday season.

So, as we become wrapped up in the hustle and bustle of festivities this Christmas, let's remember the true meaning of Christmas lies not in the glory of gifts, but in the thoughtfulness behind them. This season let's rewrite the narrative and embrace the simplicity of giving from the heart. From second hand and homemade gifts, to crafting intangible memories, there's an art of giving that goes beyond material possessions to encompass the true spirit of the season.

Let's celebrate this Christmas with creativity, meaningful connections, conscious giving, and quality time with loved ones to make it the best one yet. ■

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



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.

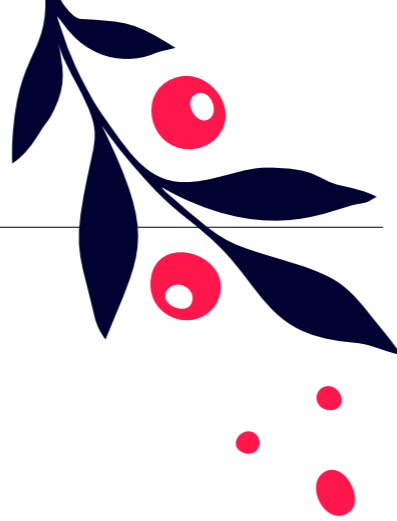
32
The Dish

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

34
Book club

We review four books that make perfect cosy reading over the cold winter nights.

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.



ROSEVALE

A right display

An evening full of fireworks and sweet treats! Our Wellburn House home marked bonfire night by making their own edible sparklers, creatively dipping breadsticks into gorgeous melted chocolate and sprinkles to top it all off! These went down a real hit with our staff and residents and made the evening that much more exciting.

GARDEN HOUSE

Lest we forget

We saw some lovely Remembrance Day activities taking place across our homes in November. Over at our Garden House home, residents were busy crafting stained glass effect poppies and beautiful poppy wreaths. These poppy wreaths were then used to make a poppy display outside the home's entrance in honour of Remembrance Day. What a lovely idea! Some residents even visited Spittal War Memorial to observe the beautiful poppy display and pay their respects.



GARDEN HOUSE/HEATHERDALE

Spot on

Over at our Garden House and Heatherdale homes in Berwick, staff and residents recently dressed up in support of Children in Need. Pudsey Bear spots were the latest fashion trend for the day, along with face painting, some adorable Pudsey Bear cupcakes and the odd glass or two of mulled wine, to round off what was a fantastic effort from everyone involved!



HEATHERDALE

Flipping lovely

Earlier this year, the staff and residents at our Heatherdale home were thrilled when one of our staff members Abby, made a special appearance at the home on her wedding day with her new wife, Becca! Fast forward a couple of months, and the residents were recently delighted as they flipped through Abby's wedding album, reliving her special day. Such lovely memories, now shared!



GLENHOLME HOUSE

Busy Bees

Our residents over at our Glenholme House home love their monthly visits from their friends at Little Movers & Busy Bees Nursery! Residents and students partnered up for a day packed full of intergenerational fun and some friendly competition. Thomas and little Seb were awarded the "Dancers of the Day" and were thrilled to take home this month's trophy!



EIGHTON LODGE

Raising awareness in style

In recognition of Breast Cancer Awareness month in October, our Eighton Lodge home hosted a 'pink party' to express solidarity for the 'Wear it Pink' campaign. The annual 'Wear it Pink' campaign is held each year to raise awareness and help further our understanding of breast cancer and the need to offer as much support as possible. Both the staff and

residents got involved, adorning themselves in themed props and indulging in treats, all of which involved a pink twist of course. The best way to combat breast cancer is to diagnose it early, which means spreading greater awareness of checking our bodies regularly and acting fast is hugely important. Learn more about the work they do by visiting: breastcancer.org

ALL HOMES

Spooky season

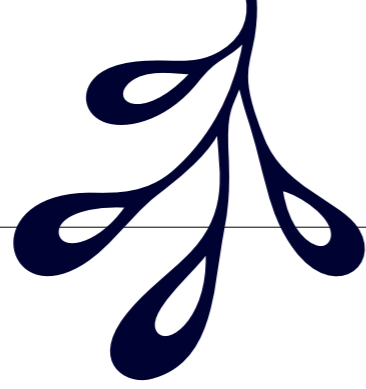
Throughout the month of October, our homes were buzzing with all kinds of spooktacular activities! From pumpkin carving and baking Halloween treats, to decking out our homes with eerie decorations - Halloween was in full swing and our residents and staff were loving it. With some fantastic Halloween parties, and good times had by all, we had so much fun across our homes.



ST CATHERINE'S

Nala's day out

A lovely day unfolded at our St Catherine's home as our staff, residents and clients enjoyed the company of Nala, the bearded dragon for the day! Nala, on a special visit for some well needed animal therapy quickly became the centre of attention, spreading smiles all round. Although all the attention eventually did tire her out! We are already looking forward to Nala's return soon...



News

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.co.uk)

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

CHARITY NEWS

Getting crafty

Over at our specialist young onset dementia home, The Manor, our clients have been creating some lovely Christmas gifts for charity. The handmade crafts were then sold at The Manor's Craft and Cake Fair with all proceeds donated to their local charity partner - Dementia Forward, with an incredible £1000 raised. For a glimpse of the crafty fun, visit our Instagram page [@stcatherinescarehome](https://www.instagram.com/stcatherinescarehome)

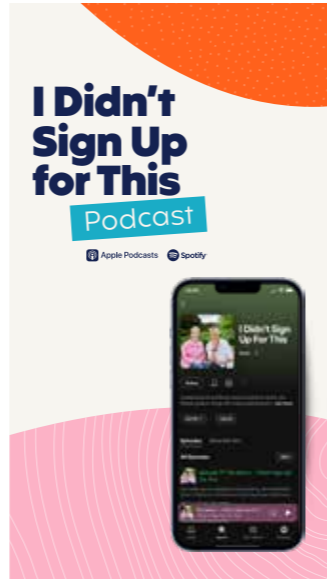


STAFF NEWS

Staff sports day

A huge congratulations to the staff over at our Glenholme House home in Roker, Sunderland, for their recent victory in our third inter-home challenge of the year - the highly anticipated staff sports day! Our staff sports day saw all 14 of our homes going head-to-head with each other, participating in games like ring toss, bean bag throw, relay races, and obstacle courses. The sports

day was fiercely competitive with each home chasing bragging rights, with fantastic team efforts displayed across all our homes. Even though Glenholme walked away as winners, every home should be proud of the effort they made. And now, as we near the year's final inter-home challenge, the ever popular 'Deck the Halls,' we're eager to see who will be crowned the overall winner!



COMPANY NEWS

On air

Our Chairman, Rachel Beckett, recently made a guest appearance on the 'I Didn't Sign Up for This' podcast hosted by our friends Jo and Emma. In the episode, they discuss our groundbreaking young onset dementia home, The Manor. Jo and Emma use their podcast to raise awareness about young onset dementia and we're huge fans. Pop onto your podcast store and give it a listen!



HOME NEWS

Outstanding

We recently hosted a Hollywood glamour party for the team over at our Ryton Towers home to celebrate the home securing an "Outstanding" rating in the Responsive category in their recent CQC report. The event was filled with music, delicious party food, fun staff awards, a charity raffle for the home's charity partner 'Brighten Ryton,' and a heartfelt shout out to our dedicated staff for all their hard work. Well done everyone!



COMMUNITY NEWS

Spreading Christmas cheer

In its third consecutive year, we're excited to be running our hugely popular 'Festive Box Drop' campaign. Throughout December, our homes will be delivering free festive boxes filled with goodies, designed to spread some festive cheer to those who could do with a little extra love this Christmas. As in previous years, we put a call out across our socials to invite people to nominate someone who they think would

appreciate a box across all of our local communities. This year the initiative also sits within our '12 days of Christmas' social media campaign, which will highlight some of the other festive initiatives happening across our homes throughout December, also featuring festive giveaways and so much more. You can explore more about the campaign and discover the full story over on our social channels [@wellburncare](https://www.instagram.com/wellburncare)



HOME NEWS

Deck the halls

Our annual 'Deck the Halls' competition is back, and as the festive season is in full swing, the competition challenges each of our 14 homes around the North East to be crowned the overall best festively decorated home - the winner not only claims the bragging rights, but also the prestigious 'Deck the Halls' winner's trophy. Our homes have been hard at work, crafting and decorating

to showcase their fantastic Christmas displays, which will all be judged towards the end of December by our Chairman, Rachel Beckett. The competition as always will be fierce with some now legendary friendly rivalry, and we can't wait to see the results. You can keep up to date with the competition and all of the festive goings on across the Facebook pages of our individual homes.

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?

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



Picture Quiz
1. Die Hard
2. Elf
3. Trading Places



RESIDENT FOCUS

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

↑ Neville Lawrence Whorlton Grange

In this issue's resident focus piece, we meet 92-year-old Neville, a cheerful member of our Whorlton Grange family in Newcastle. Neville has a fascinating life story, mainly centred around his lifetime career as a GP which appears to run in the family as Neville tells us his brother was also a GP! Neville spent most of his working years in this career which seemed like the natural fit as he enjoyed helping people. "I enjoyed it – I would choose the same job again if I could!" Neville's journey in medicine lasted until he was 58, when he had to retire because of Multiple Sclerosis.

Reflecting back on his childhood, Neville shares stories of his younger years, especially during the war when his father was in the army. Moving around a lot between Glasgow and across Scotland, Neville attended seven different schools in just five years!

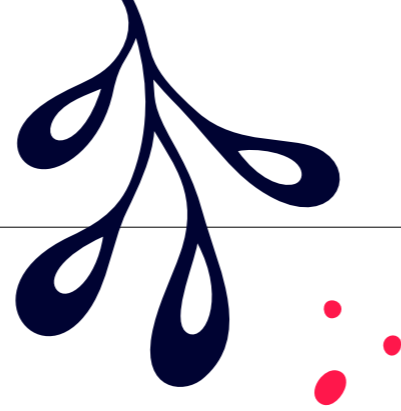
One of the highlights of Neville's career was when he travelled to Germany during his National service. Whilst there,

he worked in a hospital for 3 years, even picking up some of the German language, though he says it wasn't as hard as some other languages to learn!

Neville goes on to talk warmly about his wife, Jean. They first crossed paths at a school dance and got married in 1955 in Newcastle, a day Neville fondly describes as "lovely". Neville and Jean welcomed three children - Michael, Pamela, and Graham, two of which now reside close by in Ovingham and Gateshead. And although his children live in different places, they make sure to visit Neville every week to have a catch up.

When it comes to hobbies, we discover Neville has a real love for skiing. For 35 years, he and his family enjoyed skiing holidays all over Europe covering the Alps, France, Italy, and Germany. His favourite skiing spot was 'The 3 Valleys' in France, where he has made lots of happy memories. Neville also tells us he is "well-travelled" as he reminisces touring across Europe with his family in their VW bus, mostly across France.

Now happily settled in our Whorlton Grange home in Newcastle, Neville's love for antiques shines, and he enjoys watching shows like the Antique Road Show. He also loves getting out and about on the occasional bus trip, especially in the warmer summer weather, visiting the coast for some fish and chips and ice cream. Neville's life filled with adventure, love and family is just one of the lovely stories our remarkable residents across our homes have to tell.



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 What types of care do your homes provide?

A Our homes provide residential care, respite care for shorter periods, as well as convalescent or post-operative care. We also provide day care services, which are a great opportunity for your loved one to socialise, participate in activities and join us on fun day trips. We also specialise in dementia and young onset dementia care with dedicated facilities.

Q How can I book a visit at one of your homes?

A We strongly encourage visits to our homes to get a real feel for the place. You can contact our New Care Enquiries Team either via phone or email to book-in your visit. You can also book via our website's Booking Page, choosing your preferred home, date and time. We encourage booking ahead so we can ensure we have a Manager on hand to show you round and answer any

queries you may have. We do operate an open-door policy, meaning you're more than welcome to pop by our homes at any time for a visit. Please note however, without pre-booking we may not have a Manager available to complete your show around.

Q How can I apply for a job at one of your homes?

A You can find all our available jobs on our website by visiting the 'Latest Jobs' section. Once you've identified a role or roles that interest you, simply click 'apply', pop a few of your personal details in and attach your CV. A member of our careers team will then be in touch. And if you have any further questions about a particular role, our dedicated careers team are on hand to help.

Q What perks come with working at Wellburn?

A At Wellburn, our staff enjoy a range of benefits starting with a £500 golden hello

bonus for all new starters! As part of our ongoing 365 Wellbeing Programme, we also have various ongoing health and wellbeing initiatives across our homes. This includes our monthly staff recognition (Halo) awards, our award-winning Employee Assistance Programme, 365 Wellbeing 1-1 sessions led by our dedicated Wellbeing Support Officer, a new Employee Voice Forum, and access to exciting schemes like our cycle to work and tech salary exchange. For a full list of benefits, explore 'Wellbeing' 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

WellburnPost

Editors

Isobel Moran
Bryony Dale

Design and art direction

studiomikey.co.uk

To get in touch with us:

marketing@wellburncare.co.uk

Visit us at:

wellburncare.co.uk

Or call us direct on:

0191 229 3541

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the Dish

Deliciously cosy winter vegetable soup

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

↓ Ingredients

- 2 tbsp oil
- 1 onion, finely sliced
- 3 garlic cloves, sliced
- 1 large potato
- 1 large parsnip
- 2 turnips
- 2 heaped tsp hot paprika
- 1 400g tin of chopped tomatoes
- 1 tbsp tomato puree
- 1 pack of bacon rashers, diced
- Pouch of puy lentils (100g)
- 3 pints of chicken stock
- 100g cavolo nero or kale, chopped
- Salt and pepper



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



↓ Method

Heat the oil in a large saucepan, then fry the onions and garlic gently for five minutes, stirring occasionally (they should be soft, but not golden) Add the bacon too (if using).

While the onion is frying, cut the carrots, turnips, potatoes and parsnips.

Add the vegetables to the pan and cook over a low heat for 5 minutes, stirring occasionally.

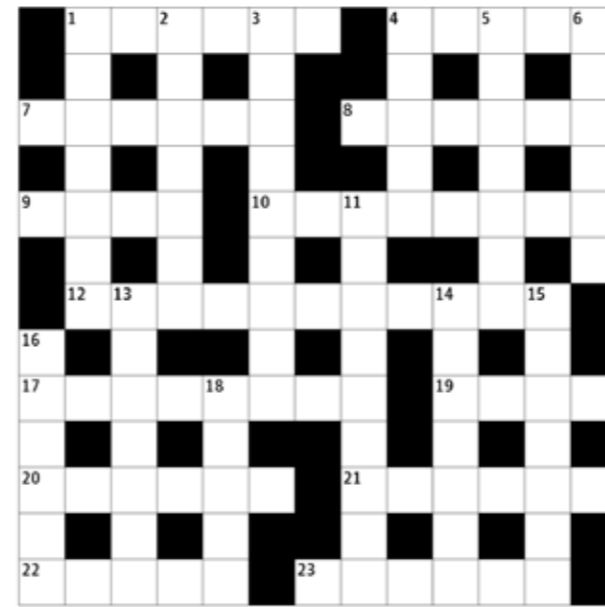
Now stir in the paprika and fry for a further two minutes. Then add the tomatoes and puree, increasing the heat a little for two to three more minutes, stirring regularly.

Add the puy lentils and stock into the pan and bring to boil. Reduce the heat and now simmer gently for 45 mins, stirring every now and then.

Then add the cavolo nero and cook for five more mins, stirring regularly.

Season with lots of salt and ground black pepper.

Serve with fries or crusty bread.



Crossword

Across

- 1 Frank (6)
- 4 Lift abruptly (5)
- 7 Turned sharply (6)
- 8 Inconsistent (6)
- 9 Branch of Islam (4)
- 10 No-show (8)
- 12 Russian port on the Sea of Japan (11)
- 17 Expensive and exclusive (8)
- 19 £25 (4)
- 20 Patterned with blooms (6)
- 21 Glazed cotton fabric (6)
- 22 Lifting device (5)
- 23 Deeply sad (6)

Down

- 1 Russian playwright, d.1904 (7)
- 2 Buddhist bliss (7)
- 3 Black fluid used for drawing (6,3)
- 4 Thus (5)
- 5 Happening outside the living organism (2,5)
- 6 Where the setter may be found? (6)
- 11 Small, powerful vehicle (6,3)
- 13 Parody (7)
- 14 Wonderful – pizza choice (7)
- 15 Relating to motion (7)
- 16 Law forbidding going out (6)
- 18 Get to (5)

TRY OUR teasers

IT'S IMPORTANT TO KEEP YOUR BRAIN ACTIVE



Pic Quiz

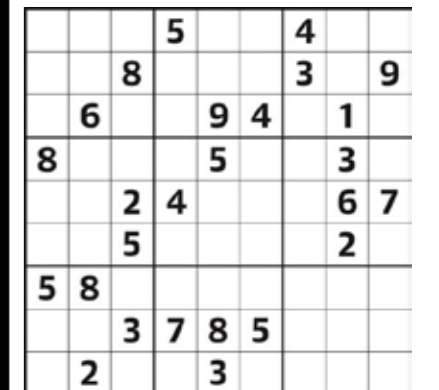
Can you name these 3 Christmas movies?



OOOH, THAT'S NICE!

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

Free
 wordle.com



Sudoku

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

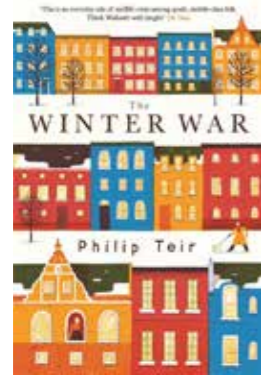
ANSWERS

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

the Mind

BOOK Club

WE OFFER UP 4 READS, PERFECT FOR WINTER



The Winter War

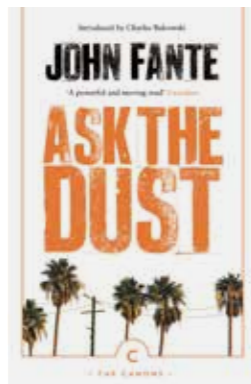
↑ By Philip Teir

On the surface, the Paul family are living the liberal, middle-class Scandinavian dream. Max Paul is a renowned sociologist and author, but as he approaches his sixtieth birthday, the certainties of life begin to dissolve. So, when a former student turned journalist shows up and offers him a seductive lifeline, Max starts down a dangerous path from which he may never find a way back. Funny, sharp, and brilliantly truthful, Teir's debut novel is a real page turner that you'll find hard to put down.

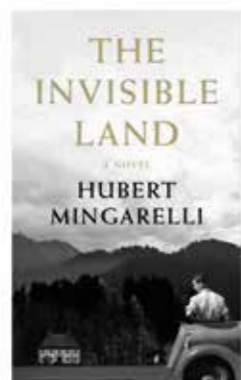
Ask the Dust

↓ By John Fante

The lead protagonist in Fante's powerful and gripping novel, Arturo Bandini, arrives in Los Angeles with big dreams. But the reality he finds is a city gripped by poverty. When he makes a small fortune, he begins a journey that marches relentlessly towards downfall - an unforgettable novel about outsiders looking in on a town built on celluloid dreams and chasing them.

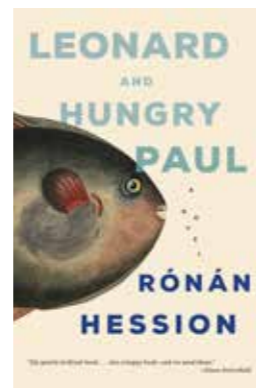


The Invisible Land



← By Hubert Mingarelli

Mingarelli's novel is both devastating and beautifully exquisite - and follows the journey of an English war photographer at the end of the Second World War as he travels around Germany meeting ordinary citizens. Mingarelli's poignant tale combines the stark realism of the aftermath of violence with enduring curiosity towards life. A must read!



Leonard & Hungry Paul

↑ By Rónán Hession

A celebration of the minutiae of everyday life and the idle dreams and small victories of ordinary people, Leonard and Hungry Paul constructs perfectly formed mini-dramas out of the most mundane situations. Strikingly original and highly unconventional in tone, Hession's beautifully observed novel is an understated triumph.



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