

# Are you or a loved one considering a care home?

Here at Wellburn Care Homes, we're first for luxury and comfort. All of which means your kind of home.

We also understand that finding the right care home for you or a loved one can be difficult. But with our expert staff on hand to guide you every step of the way, we'll take all the pressure off and help you make the right choice.

Enquire now!  
Call our dedicated  
New Care Enquiry Team

Follow us:  
f @WellburnCare



And we'll have a home right on your doorstep.

With 14 homes covering all four corners of the North East, why not discover what a Wellburn Care home could offer you or your loved one.

Your kind of home

Watch our videos and discover more about our homes at:  
[wellburncare.co.uk/our-homes](https://wellburncare.co.uk/our-homes)

Or call our New Care enquiry team on:  
**0191 694 1052**



# WellburnPost

FREE | Issue 32 | Spring 2024

## The great escape

Things to do in the North East this spring

Perfect home

What ingredients are needed to create the perfect care home?

Spring in the step

We explore ways to boost your wellbeing

Book reviews, mind games, recipes, news and so much more



The free quarterly from Wellburn Care Homes





In the community

# Piece of cake

Recently, staff at our specialist young onset dementia home, The Manor, were delighted to present local York based charity and charity partner, Dementia Forward, with a cheque of £1000 following their successful Craft & Cake Fair in December! Having



worked closely with Dementia Forward to establish our specialist young onset dementia home, The Manor, and develop our services for people with young onset dementia, it's wonderful to offer support to them through this funding. This will allow Dementia Forward to continue to provide vital support services to individuals and families dealing with young onset dementia across North Yorkshire. This initiative is part of our broader charity partner programme running across all our 14 homes.

## What's in this issue

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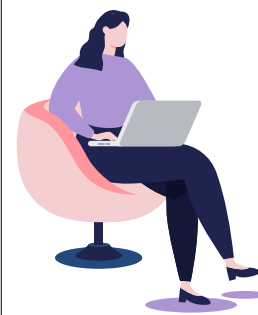
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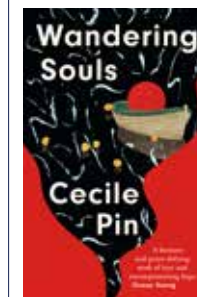
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↑ Our latest recipe in The Dish, is a perfect option to serve up on any table this spring.



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

## Notes from the Editors

Welcome to issue #32, our spring edition and first of the New Year. We have lots of lovely content as we look ahead and embrace spring. In our first feature (pg 5), we take a look at some of the most important ingredients needed to create the perfect care home, from recruitment to marketing and how the ingredients all work together.

Our 365 section delivers lots of hints and tips on maintaining our happiness and wellbeing throughout spring, including two mini features, one of which explores the benefits of gardening and how it can deliver huge benefits to our happiness (pg 11).

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

In our second feature, as we gear up to celebrate International Women's Day, we take a look at why gender equality, together with inclusivity and diversity, are crucial at Wellburn (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), serving up a perfect seasonal pie. And we round things off with our 'Book Club', offering some perfect reads and listens. We hope you enjoy reading this issue as much as we did putting it together!

### Izzy & Gary x

Izzy Moran & Gary Ganley  
Editors



AGENDA  
**FROM  
THE  
INSIDE**

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



As the economic landscape shifts and evolves, we as a business not only have to focus on the now, but the future. The problem with future gazing is that the economy and our own sector is currently so unpredictable, it makes any planning extremely challenging.

It is, however, part of my role as Executive Chairman to future proof the business regardless of outside forces - and part of my remit is to continually seek opportunities for expansion and growth. Amidst the challenges, I remain optimistic as we set our sights on a future brimming with potential. As I peek towards the horizon, there is one area of the business that has recently exceeded all of our expectations, and one that highlights the positive trajectory of our company, particularly with expansion in mind.

In the summer of last year, we launched a project that involved completely new territory, and when I say new, it wasn't only from a company perspective, but regionally, and nationally too. We celebrated the opening of the regions first ever and one of only a handful nationwide, dedicated home for those living with young onset dementia 'The Manor' - which sits proudly on the same site as our St Catherine's care home in York.

Expanding any business requires significant decision making and of course knowing when the right time to do it, not only depends on various factors specific to any business, industry, and market conditions, but intuition and a small slice of luck.

The luck element came when we were working on renovating our St Catherine's home, which involved completely

redesigning the home, transforming it from residential care, to catering solely for those living with dementia. It was during the R&D phase of the project that we first discovered some brutal facts and stats involved in young onset dementia care. The woeful lack of support and understanding surrounding young onset dementia in our country is extraordinary. My instincts were screaming from the rooftops that the stats and numbers were all pointing in one direction.

**"Amidst the challenges, I remain optimistic as we set our sights on a future brimming with potential."**

This resulted in an expansion plan and realising The Manor project. Fast forward to the present day and The Manor is thriving - not only running at a healthy capacity, but we've expanded on site, transforming a wing of St Catherine's to form an extension to The Manor's main building.

One of the main factors any business will take into account when considering expansion is market demand. In short, the starting question is always 'Is there a high demand that your current operations cannot fully meet?' And for us, when it comes to The Manor project, the answer is an unequivocal yes. With such a woeful lack of support and dedicated homes for those with young onset dementia, the demand is high. Since opening, the occupancy at The Manor has remained at a healthy capacity, with a waiting list to boot. Now is the time to act, with all of the elements that guide any business towards expansion, all pointing to the same destination.

Even though expansion of any business should be a strategic decision, driven by thorough analysis and data, rather than a reactive or impulsive move, when the two are aligned so perfectly, the evidence is both compelling and solid.

Which is why this year will be a big year in the timeline of Wellburn - with plans to expand The Manor further, into new areas. An evaluation of our current homes and viability of replicating The Manor on the same grounds on some of them is well under way. A big year lies ahead for us all here at Wellburn, and it's just another way in which I'm ensuring not only continued, but future success for our family run company. ■



→ **By Isobel Moran**

# The perfect care home

There are a lot of ingredients involved when it comes to running a successful care home - we explore some of the most important.

Most care homes will provide quality care, support and a comfortable living environment for its residents, but there's a little more to it if you want to be considered one of the best around.

When considering what the most important ingredients are that distinguishes a care home from the competition, there's a whole raft of factors involved. Some are more tangible than others, and far too many to list in this feature, but there are some core ingredients that are essential, not only to get right, but that set the benchmark. Standard bearers that pin the home's colours to the mast, colours that send a clear message to staff, residents, and the wider community that excellence is the standard.

Of course it's hard to list ingredients in any particular order, as each one plays a significant role in complimenting the other - a little like baking a cake. If we stay with this analogy, then to bake a cake you would need a certain set of ingredients for success. The first ingredient on our list is the equivalent of going to the supermarket to buy the actual ingredients - because without the ingredients, there simply is no cake. →



**“ Diversity and inclusion creates an open, loving environment that filters down to our residents and beyond, which is just lovely.”**



← They say that any care home is and can only ever be as good as its staff, which is why we're starting our ingredients with recruitment and staffing.

**1 Recruitment**

A clear strategy is needed to ensure the right people are hired for the right roles, every time. From the core team of carers, right through to supportive roles such as gardeners and handy people who will maintain the grounds and gardens, it's essential that people with the right set of skills are handpicked. Any potential recruits will understand the attributes needed for a career in care. Compassion, understanding and empathy ride high, almost a prerequisite even. But other attributes are essential too, with other personality traits high on the agenda, such as work ethic, being a team player and having spoonfuls of passion to help create and maintain a diverse and highly tolerant culture, and for the residents a welcoming, loving and safe environment.

**2 Diversity and inclusion**

Being ethically and morally aligned to diversity is essential - whether we're talking about staff or residents, everyone should feel

safe, welcomed and loved, no matter their sexual orientation, ethnicity or background. Wellburn's HR Director, Mark Dewar explains why this is important from a company perspective, "Employees are more likely to feel valued and included in environments where equality, diversity and inclusion are prioritised. This sense of belonging leads to higher levels of engagement, job satisfaction, and ultimately, retention. And it also creates an open, loving environment that filters down to our residents and beyond, which is just lovely."

**3 Safe and comfortable environment**

Diversity and inclusion are just one part that makes up a safe and comfortable environment for both residents and staff.

Other factors that need to be prioritised are safety and security. This includes ensuring that the home is well-maintained, equipped with necessary safety features, and free from hazards that could pose risks to residents. With a team of handy people, gardeners and support staff, the home will stay on top of all this with efficiency and a clear strategy.

**4 Person-centred care**

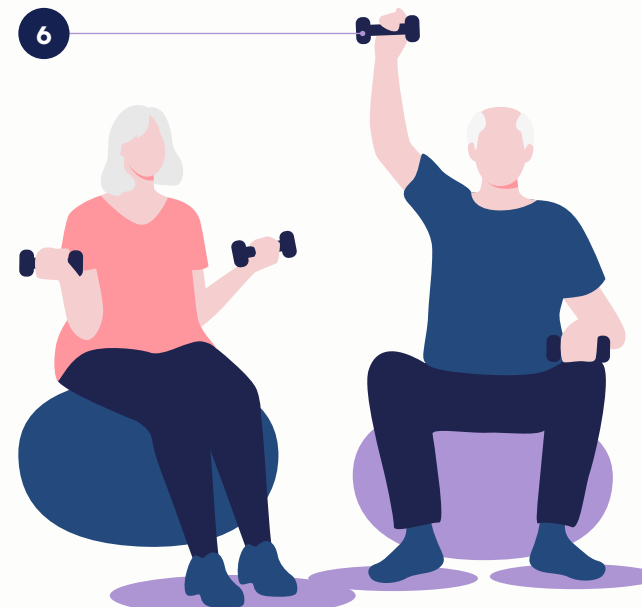
Residents should always be treated with dignity, respect, and autonomy. The home will spend a lot of time and resources to make sure that the focus on individual preferences, routines, and choices is at the core of its care strategy. This will allow residents to maintain a sense of independence and control over their lives as much as possible.

**5 Nutritious meals and hydration**

Providing well-balanced and nutritious meals that cater to the dietary needs and preferences of residents is crucial for their overall health and well-being. Additionally, staff should encourage residents to stay hydrated throughout the day.

**6 Activities and social events**

An extensive recreation activities programme is central to day-to-day life in a care home. Supporting and encouraging residents to carry on enjoying the everyday routines is essential to their physical and mental wellbeing. Investing time and resources into running a programme of regular events and clubs, in addition to meeting the individual lifestyle profile for each person living in the home is key. A dedicated Lifestyle Coordinator within the home, will plan each day based on the lifestyle preferences and abilities of the residents. A programme of social events and entertainment, taking place both in and out of the home is also important, and should include things like visits to the theatre, exhibitions, summer BBQ's, local community events and other places of interest depending on the home's location.



**7 Hobbies and pastimes**

Supporting and encouraging residents to continue hobbies and pastimes and exploring new experiences, is another vital ingredient. Providing a sense of achievement, accomplishment and pride are all key components to delivering regular boosts to residents physical and mental wellness.

**8 Homely, clean and well-maintained**

Hygiene and cleanliness are paramount in a care home environment. Not only to prevent the spread of any infections, but also to maintain a warm, safe and healthy living space for residents, creating that all important home from home feeling. All staff members will treat the care home as they would their own - with a dedicated support team of cleaners, housekeeping and maintenance, staff will work hard to maintain the home, ensuring standards never slip.

**9 Effective communication**

Open and clear communication between care home staff, residents, and their families and loved ones is essential for ensuring

**“ Keeping residents families and loved ones informed every step of the way is so very important.”**

transparency, addressing concerns, and making informed decisions about the care provided. When any new residents join the home, they will usually have a small support group, made up of family members and close friends. A home should look to communicate with these stakeholders on a regular basis, which in turn will allow all those involved to feel comforted and reassured that their loved on is being looked after and feels safe, comfortable and settled. Wellburn's Chairman, Rachel Beckett explains, "What we've found is that keeping resident's families and loved ones abreast of what's going on and informed every step of the way, is so very important. Caring for a resident alone is simply not enough and we have to consider the feelings and happiness of their extended family and friends too. ■"





**“Marketing can have a really positive impact on both occupancy levels and staff retention.”**



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we strip it right down to the two core vitals for any care home - occupancy levels and staff retention, marketing can have a really positive impact on both.” In simple terms, an effective marketing will help attract more residents to the care home, leading to higher occupancy rates, greater revenue and a more vibrant and bustling community within the home. When it comes to staff retention, which is currently an industry wide problem, a well-marketed care home can attract higher-quality staff, leading to better care for residents. Higher occupancy rates and a positive reputation can contribute to the financial stability of a home, enabling continued investment in staff, facilities, and programs, ensuring its long-term viability.



10

**10 Marketing**

These channels of communication will fall under the remit of the marketing team, and are just one aspect of their overall responsibility, which is a vital part in the running of any successful home. A home that has a well-run marketing team and strategy will have significant advantages. Good marketing can have far-reaching benefits for care homes, including increased occupancy, enhanced reputation, better resident care, improved satisfaction among residents and families, community engagement, financial stability, and the ability to adapt and innovate. A key member of Wellburn’s Marketing Team, Isobel Moran explains, “Obviously there’s a myriad of things we need to consider, but if

**11 Family and loved ones involvement**

Families, friends and loved ones provide emotional support to residents, which can significantly improve their wellbeing and quality of life. The presence of loved ones can also reduce feelings of loneliness and isolation, contributing to better mental health outcomes too. Encouraging them to get involved in activities and social events such as summer BBQs and craft fairs can also help promote and facilitate socialising opportunities for residents. Visits also play a huge role too and can create a sense of community within the home and promote meaningful interactions among residents and their families. All of which promotes a holistic approach to care, focusing on the individual’s physical, emotional, and

social wellbeing. It strengthens the support network around the resident, leading to improved outcomes and a higher quality of life and care.

**12 Good design**

Good design in a care home is fundamental for creating a supportive, safe, and engaging environment that enhances the quality of life for residents and supports the delivery of high-quality care. Using and embracing the latest technology and design research in key areas such a dementia will also deliver huge benefits and help foster cutting edge approaches and optimise spaces for the best care possible.

**13 Continuous improvement**

A care home should have systems in place for monitoring and evaluating the quality of the care they provide, as well as mechanisms for receiving feedback from residents, families, and staff to identify areas for improvement and implement necessary changes. This in turn allows the home to continuously make improvements when needed, ensuring they maintain the benchmark and remain an exceptional choice for those choosing care either for themselves or their loved ones.

**14 In summary**

A home that gets their ingredients right, will be in prime position to welcome new residents into an exceptionally run care home that has strategies in place to make sure that the care and lifestyle they provide is nothing short of industry leading.



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# 365

**WELLNESS**

*& Wellbeing*

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

**10 Wellness in spring**

We explore some of the small but significant things we can do to help our spring wellbeing.

**11 Green fingered**

As spring calls, we take a look at how gardening can boost our happiness and wellbeing.

**13 Retail therapy**

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

**14 Future proofing**

We take a look at some simple things we can all do now to benefit our health later in life.



# in spring

With spring just around the corner, now is the perfect time to start thinking more about our health and wellbeing. There's plenty of small things we can do to boost our health and immunity and get our bodies ready for the warmer months ahead.



← **Get set for quality sleep**

As the clocks spring forward at the end of March, this can mean disrupted sleep for many. To make the adjustment easier, experts suggest gradually moving your bedtime earlier by about 10 minutes each day and waking up a bit earlier each morning. Avoiding heavy meals and drinking before bed will also help in a smoother transition to a good night's sleep. And as the days get brighter, consider investing in blackout curtains or an eye mask to reduce light disturbance!



← **Listen to your gut**

A long winter of lingering seasonal bugs and infections may well have left your gut in need of some extra support by the time spring comes around. Keeping your gut healthy is key as it not only impacts our digestion, but it's also linked to our immunity and overall wellbeing too. You can boost your gut friendly

bacteria by eating a diet rich in probiotics found in fermented foods like kimchi, kefir, yoghurt, sauerkraut and olives. You then need to feed those probiotics with prebiotics – high fibre foods such as fruits, vegetables and wholegrains. Think asparagus, onions, leeks, garlic, bananas, beans and whole wheat.

↑ **Eat with the season**

Spring brings an abundance of nutrient rich fruits and veggies to choose from. And eating with the season not only ensures high quality produce, but also greater flavour too, so make the most of the spring offerings! Asparagus, spinach, radishes, rhubarb, leeks and even purple sprouting broccoli are just some that come into season in spring. The price of seasonal foods also tends to be cheaper, and if you're looking to eat more sustainably, eating with the season will help you do this. Mixing spring onions into mashed potatoes or adding leeks to curries and stews are examples of some simple, everyday tweaks you can make to embrace seasonal eating.



## WELLBEING THROUGH GARDENING

→ **By Isobel Moran**

With so much growing and changing, spring is the perfect season to step outside, embrace nature and clear the mind. And here at Wellburn, our gardeners are gearing up to prep our homes gardens for the season ahead.

This annual ritual is particularly important as our gardens play a big part in our activity schedules across our homes providing both sensory experiences and a chance for residents to unwind and relax. Taking part in gardening comes with many of its own

wellbeing benefits, making it the perfect outdoor springtime activity. And for our residents, the benefits extend beyond just the physical exercise and mental stimulation it provides.

Nurturing and tending to plants provides a sense of purpose and connection to the natural world, promoting feelings of peace and contentment, particularly important for those living with dementia.

And the joys of gardening go beyond the immediate act itself. Blooming flowers, greenery and fresh produce all offer endless possibilities for additional activities too. Consider using flowers from your garden to try new things like flower arranging or exploring dried flower arts and crafts to add a creative dimension to the gardening experience.

As the season blooms, flower arranging becomes a favoured pastime for many of our residents here at Wellburn, offering relaxation and a connection to nature especially for those who perhaps might not venture outdoors and into the garden as often. This activity also helps improve hand dexterity, important as we get older and our mobility decreases.

And for those interested in growing their own produce, allotment gardening is both a rewarding and cost-effective way to stock up on fresh, homegrown fruit and veg.

Simply put, whether it's getting your hands dirty in the soil or unleashing newfound creativity through floral arrangements, the garden in spring offers so many opportunities to connect with nature, nurture your wellbeing and provide an outlet for creativity.



SPRING  
watch

Another springtime activity enjoyed by residents across our homes is bird watching. Providing numerous health benefits and fulfilment, bird watching also serves as a form of animal therapy too. Research indicates getting outside, connecting with nature and observing wildlife has a positive impact on our mental health and wellbeing. Additionally, it offers opportunities for fresh air, gentle exercise, fun and social engagement with others of similar interests. Stepping away from the distractions of everyday life, bird watching is the perfect calming activity to immerse ourselves fully in nature

and foster a respect for the environment. Providing that therapeutic escape and an appreciation for the present moment whether enjoyed alone or with company. Whether you're a beginner or an experienced birdwatcher, we can all appreciate the beauty in this activity and share experiences with fellow bird enthusiasts. The act of bird watching also improves cognitive abilities - requiring attention to detail, memory, and concentration to identify the different species. It can also serve as a platform for learning more about the local wildlife and the importance of conservation efforts. Bird watching is far more than just a hobby; it promotes overall wellbeing and connection with nature. For our residents at Wellburn, discovering new bird species and sharing experiences brings purpose, accomplishment, and joy. So, grab a pair of binoculars, head outdoors, and start bird watching!



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.

Autofocus 35mm Camera



→ Go analogue and shoot film with this reusable 35mm camera featuring a built-in flash and autofocus so you always get the shot. This is a lovely gift for someone who would appreciate going a little retro and would enjoy getting out and about in nature to take photos of everything springtime has to offer and beyond. And all to film, too!

£35  
urbanoutfitters.com



Grow Your Own Gardening Kit

→ This kit is just the absolute perfect gardening gift set for yourself or a loved one. It's an ideal starter kit or for anyone who may already be a budding gardener. As well as a huge range of plant seeds, this grow kit comes with gardening gloves with claws and detailed growing instructions. It's all you need to get into your garden and start growing.

£28  
notonthehighstreet.com

Personalised Garden Bee Hotel

→ This adorable Bee House and Planter would make the perfect gift for a wildlife conscious loved one. Designed to create a welcome 'stopover' for nesting bees and provides a nectar-rich snack when they emerge! How nice is this?

£46  
notonthehighstreet.com



OOOH, THAT'S NICE!

Burn after writing

→ This journal has now sold more than a million copies and become a Tik Tok sensation. Burn After Writing allows you to spend less time scrolling and more time self-reflecting. Through incisive questions and thought experiments, this journal helps you learn new things while letting others go. This is not a diary, and there is no posting required. And when you're finished, toss it, hide it, or Burn After Writing.

£10.99  
urbanoutfitters.com



**“Taking part in regular exercise, no matter how big or small, is a cornerstone of healthy aging.”**



Investing in our health as early as possible, sets us in good stead for our later years. And it's never too late to start - forming healthy habits sooner rather than later will help build a solid foundation for wellbeing down the road.

#### **The power of habits**

Habits form the backbone of a healthy lifestyle and shape our routines for the long run. A study from the European Journal of Social Psychology found on average, it takes 66 days to form a habit. They also found skipping the behaviour once didn't have a big impact on habit formation, so don't beat yourself up if initially you miss a day or two. So, whatever it is - a walk, eating more healthily or forming a regular sleeping pattern, these small actions build up over time to boost our health and wellbeing.

#### **Genetics vs lifestyle**

Many people think life expectancy is largely determined by genetics, but genes actually play a much smaller role in determining lifespan compared with environmental factors such as diet and lifestyle. Research has shown that making positive changes to our lifestyle can massively influence our health as we age.

#### **Mindful eating**

Overeating doesn't only impact our weight but can also affect lifespan too. Human populations known for longevity, have also been found to practice limiting calorie intake, leading to a lower risk of disease and longer life. By being mindful of our portions, and choosing nutrient rich foods, we can support our overall health and wellbeing.

#### **Move your body**

Taking part in regular exercise, no matter how big or small, is a cornerstone of healthy aging. From improved

# Future proofing

We take a look at some simple yet impactful things we can all do now to benefit our health later in life.

→ **By Isobel Moran**

cardiovascular health, strength and better cognitive function, the benefits are huge. And it's important to do exercise we enjoy or, simply put, we just won't stick to it. So, whether it's walking, swimming, yoga, or strength training, engaging in regular exercise not only promotes longevity but actually improves our quality of life as we age. Staying active isn't just about adding years to our life but adding life to our years too!

#### **Put your mental wellbeing first**

We've put a lot of emphasis on physical health, but caring for our mental health is equally as important for long-term wellbeing. With chronic stress being linked to various health conditions such as heart disease and cognitive

decline, incorporating practices such as meditation, deep breathing, or spending time in nature can be really beneficial for protecting our mental and emotional health as we age. Seeking help when we need it and building strong social connections with others have also been shown to play important roles in maintaining mental wellbeing through to later life.

#### **Nourish your body**

Finally, a balanced diet, full of nutrient rich foods is one of the most important factors in healthy aging. Focus on incorporating a variety of fruits, veggies, wholegrains, lean proteins and healthy fats into your meals. Still enjoying a treat or two, but limiting processed foods,

sugar and unhealthy fats will help reduce the risk of chronic diseases and support overall health. There's also been a significant buzz around gut health recently, highlighting the crucial role our gut plays in maintaining both our mental and physical wellbeing. Fermented foods such as sauerkraut, kimchi, kefir and yoghurt all have live bacteria in which contribute to a healthy gut microbiome, whilst fibre rich foods such as fruits, veggies, wholegrains and beans help to feed our gut bacteria, allowing them to thrive and grow.

#### **In summary**

As we navigate the journey of life, investing in our health early on, sets us up for a fulfilling future and more importantly, an enriched quality of life whilst on that journey too. Whilst genetics do play a role, the power we have over our environmental lifestyle choices is bigger, which gives us the power to make positive changes. By adopting small, healthy habits such as watching our portions, staying active and prioritising our mental state, we're doing all the right things for a prosperous life ahead. ■





# THE GREAT Escape

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



RESTAURANT & BAR

## The Blue Lion

Three-time winner of The Good Pub Guide's Dining Pub of the Year Award, this is not one to miss. Set in the stunning Yorkshire Dales National Park, it's the perfect spot in which to unwind beside the fire after a long day of exploring, with a carefully curated list of guest ales and outstanding seasonal food.



Main Road, East Witton, Leyburn DL8 4SN  
thebluelion.co.uk

DAY OUT

## Tanfield Railway

When the Tanfield Railway was built in 1725, it was hailed as a triumph of engineering – a clear signal that a new industrial age was upon the world. Claiming to be the oldest railway in the world, you can board the vintage steam train for an unforgettable journey in one of the Victorian carriages. Enjoy a 6-mile round trip through the beautiful rolling Durham countryside and a spectacular wooded valley.

Book online for 10% off

Tickets:

£13.50 for adult  
£11.70 for seniors  
£5 for children

Old Marley Hill, Gateshead NE16 5ET  
tanfield-railway.co.uk



RESTAURANT & BAR

## Redhouse Newcastle



This is the perfect spot for a cosy after-work pint, with a great central location in Newcastle. The rustic, Grade II-listed building has exposed wooden beams, roaring fires and plenty of hidden corners for settling in. If you'd like to try something new, the pub has an excellent selection of cask ales and limited-

edition beers as well as all of your old faithfuls. You can't visit without trying the handmade quality pies made by local suppliers, Pink Lane Bakery - they're mouth-wateringly good.

32 Sandhill, Newcastle upon Tyne NE1 3JF  
redhousesncl.co.uk

RESTAURANT

## Forge at Middleton

Forge is set on the Middleton Lodge Estate, and its Michelin Green star dining is exceptional. Their menus and tasting menus are heavily influenced by seasonal produce from their surrounding 200-acre landscape and the two-acre kitchen garden.

Middleton Lodge Estate, Kneeton Ln, Middleton Tyas, Richmond DL10 6NJ  
middletonlodge.co.uk



RESTAURANT & BAR

## The Olde Ship Inn

In the popular seaside town of Seahouses, you can find this historic pub, perfect for a pint after a long stroll on the nearby beach. Right on the town's harbour, it has been serving fantastic pints since 1812. The front bar with its cosy fire is piled high with maritime history; great for curious

visitors and locals alike. The main saloon bar and its adjoining Cabin bar, has tremendous character lit by stained glass windows and a great place to eat and drink.

Main St, Seahouses NE68 7RD  
theoldeship.co.uk

DAY OUT

## Seaton Delaval Hall



With a fascinating history of extravagance, ruin and survival, this 18th century hall was home to the Delaval family, and the Grade I-listed mansion has hosted many extravagant parties and been the site of many scandals in its past, giving it a notorious reputation. But it's not just the architectural design

and dramatic history of the hall that make this such a popular day trip destination. The newly renovated gardens, new Delaval Playdium and walking trails are well worth a visit too.

Seaton Sluice, Whitley Bay NE26 4QR  
nationaltrust.org.uk



RESTAURANT

## Mýse

Newly awarded a Michelin star for 2024, Mýse is a restaurant with rooms from chef and sommelier team Joshua and Victoria Overington, set in the pretty village of Hovingham. Named after the Anglo-Saxon word for 'eating at the table', 'time and place' shape the menus, with the ingredients and flavours available on each individual day dictating the produce-driven style of cooking. The team have created a unique offering in a relaxed and welcoming atmosphere.

Main St, Hovingham, York YO62 4LF  
restaurantmyse.co.uk







DAY OUT

## Berwick

In one favourite border town of Berwick, lies the infamous Berwick Barracks - among the first in England to be purpose-built. Historically fascinating, the barracks are now home to By Beat of Drum – a permanent exhibition that gives you an insight into the life of British soldiers from the Civil War to the First World War. Other attractions housed here include The King's Own Scottish Borderers Museum and the Berwick Museum and Art Gallery with a changing programme of exhibitions. The Lowry trail is well worth investigating and you can walk the town's Elizabethan walls with their far-reaching views across the town, the harbour and out to sea.

Parade, Berwick TD15 1DF  
[english-heritage.org.uk](http://english-heritage.org.uk)

RESTAURANT & BAR

## The Bay Horse

Set in a wonderful 15th century coaching inn, The Bay Horse at Hurworth has both retained its traditional charm and embraced modern architecture to give two elegant dining areas. This classic gastropub is tucked away in a quiet village, just outside Darlington and has steadily built a reputation for its quality food. Featured in The Times Top 50 Gastropubs and previously Living North's Pub of the Year as well as receiving the Gastropub Chef of the Year, the interior is simple yet stylish and the food is fantastic. We couldn't recommend more!

45 The Grn,  
Hurworth-on-Tees,  
Darlington DL2 2AA  
[thebayhorsehurworth.com](http://thebayhorsehurworth.com)



DAY OUT

## Adventure Valley



With play zones including an undercover farmyard and indoor play town, there's something for everyone at the North East's biggest family adventure park. Highlights include the Wild West Play Town, Cannon Saloon, Runaway Ranch and their 18-hole adventure golf course. There's plenty of

opportunity to make a myriad of new furry friends at the Creature Corner too. Go visit and enjoy!

**Tickets:**  
**£9.95 for adult / child**  
**£8.95 for seniors**

Union Hall Farm, Brasside  
DH1 5SG  
[adventurevalley.co.uk](http://adventurevalley.co.uk)

# INTO THE wild



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

WALKS

## Rainton Meadows Nature Reserve

On the site of a former coal mine, Rainton Meadows Nature Reserve has come to life over the last 20 years, and the wetlands and grasslands there now support over 200 species of birds throughout the year (all five species of UK owl can be seen here). The reserve has mixed terrain with a number of level surfaced pathways

up to the highest point offering fabulous views across the site and beyond. There's also three nature trails (heron, shrew and dragonfly) and walking routes with interactive rubbing posts for children available from the summer of 2014.

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



WALKS

## Dunstanburgh Castle



Perched atop the whin sill jutting into the sea, the ruins of Dunstanburgh Castle (made famous by JMW Turner) overlook the sweeping Embleton Bay to the north and the tiny fishing village of Craster to the south. The castle was built by Earl Thomas of Lancaster in 1322 and made full use of the natural

defences afforded by the majestic rocky whin sill. The walk from Craster to Dunstanburgh is spectacular, but make sure you explore the castle itself – including the twin-towered, three-storey keep.

For more information visit:  
[english-heritage.org.uk](http://english-heritage.org.uk)

WALKS

## The Cheviots

From the highest point in this range of rolling hills (atop The Cheviot, which stands at 815 metres) you can see as far as the Lake District and Edinburgh on a clear day. These hills are a walker's wonderland, with plenty of guided walks and mapped walking routes, some easier than others, but be sure to check out the dramatic waterfall at Linhope Spout.

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



WALKS

## Cauldron Snout

The longest waterfall in England - the Cauldron Snout is well worth the two-mile trek from the car park to see it, immediately below the dam of the Cow Green Reservoir. It boasts beautiful wildflowers and glorious views.

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





in the  
community



**← The Manor at St Catherine's**  
In December, The Manor at St Catherine's in York hosted their very own Christmas Market. The market featured a wide variety of festive items, including a specially designed pack of Christmas cards, lots of yummy treats, and handmade gifts. The turnout was fantastic, and the whole market was a complete success. Visitors enjoyed live entertainment, drinks, and even a surprise visit from Santa, which delighted the children. To top it off, the event raised a staggering £1,000 for their chosen charity, Dementia Forward. These funds will help Dementia Forward continue to provide crucial support services and resources for individuals and families affected by dementia throughout York and North Yorkshire.

**Charity Partner**  
Dementia Forward



Local charity partner initiative

# Charity partners

Our 'Charity Partner' initiative is part of our ongoing commitment to give something back to the local communities we are part of.

**More about the initiative**

All 14 of our homes are participating and have chosen their 'charity partner' for this year. It's a choice that each home took time to decide, and have chosen diligently, with each selecting a charity close to their hearts. Throughout the year, every fundraiser and event hosted by our homes will raise money for their chosen charity partners.

**↑ Whorlton Grange**

Our Whorlton Grange home in Newcastle recently arranged to support their chosen charity, CDW Foodbank, which aims to fight food poverty in the outer West Newcastle area. To raise awareness, staff and residents completed a sponsored walk, both indoors and outdoors. Each step taken, contributing towards the charity's mission, and making a long-lasting difference.

**Charity Partner**  
CDW Foodbank



**← Eighton Lodge**

Recently, our Eighton Lodge home in Gateshead held a raffle, inviting everyone to raise funds and awareness for their chosen charity, Youth Focus: North East, an independent charity that focuses on improving the lives of young people through high-quality youth work. Close to £200 was raised on the day, with every penny making a huge difference to such a great cause.

**Charity Partner**  
Youth Focus: North East



**"It shows the love we have for those who need support, and most importantly, being in a local community makes it all the more special."**

**Kylie**  
Lifestyle Coordinator at Eighton Lodge



**“By fostering a culture of fairness and equality, we feel that we’re contributing to positive social change.”**



# All for change

As we embrace and celebrate International Women’s Day, we take a look at why gender equality, together with inclusivity, and diversity are crucial elements for creating a healthy and thriving workplace environment.

→ **By Isobel Moran**

Often, when gender, diversity and inclusivity are being discussed, it almost feels as if some utopian world is being imagined, when in reality, it shouldn’t be regarded as anything but the absolute norm.

Here at Wellburn, we put a lot of time and effort into making sure everyone in our homes feel welcome – whether they are staff or residents. As a company, we champion diversity and witness first-hand the power of inclusivity and gender equality, and the exponential benefits it delivers across all of our homes and the company as a whole.

When individuals from diverse backgrounds, including different genders, races, cultures, and experiences, come together, they bring a variety of perspectives and ideas. This diversity of thought fosters innovation and creativity within the organisation, leading to better problem-solving and decision-making processes.

Here at Wellburn, we strongly believe that prioritising gender equality, inclusivity, and diversity makes us more attractive to potential employees too. Promoting a diverse and inclusive culture, sends a clear signal to any potential new employees that we value all individuals - and this message filters down through our entire company, so

that current staff are also on board, which is vital, not only for our diversity messaging, but also because we have found that when our staff feel valued and respected regardless of their gender or background, they are much more likely to stay with us over the long-term, which improves retention and reduces turnover rates and all the associated costs with replacing members of staff.

By prioritising gender equality, inclusivity, and diversity, this also sends a clear message regarding our commitment to social responsibility and ethical business practices. By fostering a culture of fairness and equality, we feel that we’re contributing to positive social change, which will eventually, albeit not as fast as we’d prefer, help build a more equitable society.

Unlike many businesses and sectors, the unique juxtaposition of working in care, means the inner workings of how we go about our business and our ethical practices has an immediate effect on the way our staff and residents interact.

It’s the equivalent of asking a big company like Nike or Google to not only sell you their products, but to come into your home and live the product with you 24-7.

Put simply, most of our customers (residents) are with us around the clock and we view that in much the same way as us working in their home. And when you’re caring for residents from a hugely diverse background, all with varying preferences and needs, having a workforce that understands and embraces the →





**“We do not condone any form of prejudice and will take appropriate action to address it in the workplace.”**

**Left:** Caring for residents with disabilities **Below left:** Staff recently participating in a training session **Below right:** A recent activities session exploring Sri Lanka, including food tasting

← importance of gender equality, inclusivity, and diversity is essential. It means they're in prime position to reflect the diversity of our residents, which in turn allows us to better understand them and tailor our services to meet their unique requirements.

Indeed, here at Wellburn we have many residents and staff from diverse backgrounds, whether that's cultural, those from the LGBTQ+ community or those with disabilities for example, and without a robust and proactive approach to diversity and inclusivity, the outcomes would be devastating for all those involved.

Whether it's fighting for the right of gender equality or championing diversity, we take our responsibilities extremely seriously.

Wellburn's HR Director spearheads this push and is the primary driving force to make sure the messaging gets through at every stage, whether that's a new incoming member of staff, or current member of the team. He explains, "We have a firm stance when it comes to this subject. Gender equality, diversity and inclusivity are principles both myself and the company are deeply committed to. Even though we're proud of our track record, we recognise that



societal problems can sometimes impact our workplace dynamics. However, we have a robust strategy in place. If anyone fails to meet our high standards, we respond swiftly and decisively. We do not condone any form of prejudice and will take appropriate action to address it in the workplace."

Part of that strategy is to take a holistic approach, which influences all aspects of how we run our homes - it's wide ranging and leaves no stone unturned. For example, we recently sent key staff on an unconscious bias training course, enabling them to identify areas that could be affecting their decision making on an unconscious level. The benefits of that particular course have been hugely successful. Of course, this is not and should never be exclusive to our



staff. We find that some residents may need help with their views too, which is crucial when fitting into any shared environment, so another example is how we often utilise our activities to celebrate and learn about different cultures and traditions. One of our favourite ways to do this is through themed activity days for our residents, which explore and celebrate cultures around the world - with experiential activities involving food and music.

So, while we celebrate International Women's Day, we'd rather not have to. But while forms of discrimination exist, we'll keep on keeping on doing our bit to make everyone, no matter who they are, or what their background is, feel loved, appreciated and equal. ■

# Life

To keep up to date with what's going on across all of our homes, visit:  
→ [wellburncare.co.uk/life](https://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 spring.

**34**  
**Book club**

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



# Activities

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



ALL HOMES

## Love in bloom

Recently, love was in full bloom across our homes as all 14 celebrated Valentine's Day, finding different ways to get creative and spread the love. From writing and receiving Valentine's Day cards with loved ones and friends, to sharing flowers, gifts and even baking some pink Valentine's themed treats too. Occasions like these are opportunities to express care and affection for one other – and provide us all with another lovely day filled with love and compassion.



THE MANOR

## Sweets galore

Friday fun at the Helmsley Traditional Sweet Shop! Our clients from The Manor enjoyed a trip down memory lane as they visited the lovely family-run traditional sweet shop in the beautiful market town of Helmsley in North Yorkshire on their day out. So much to choose from but they managed to narrow it down to their top 5 in the end! A lovely day out, evoking lots of childhood memories.



ALL HOMES

## Flippin' fun

Once again, Pancake Day was a hit across all of our homes, with residents enjoying the chance to try all their favourite pancake toppings, from whipped cream and fruit to chocolate spread and golden syrup. We tried all sorts of options, and a few residents even took on the challenge of flipping pancakes for themselves, with varying degrees of success. Such a fun day across our homes!



ALL HOMES

## New Year

All of our homes recently took part in celebrations to see in the Chinese New Year, welcoming the year of the wood dragon, with various themed activities. They tried some traditional Chinese dishes, crafted Chinese paper lanterns and watched the vibrant celebrations on TV. Celebrating days like these are a great way to learn about different cultures and traditions, whilst having fun too!



ALL HOMES

## Burns Night

On the 25th of January, we celebrated Burns Night across all 14 of our homes in true Scottish style! From themed quizzes to flag decorating, haggis tasting, dancing and singalongs – we did it all! Particularly apt for our Garden House home, which is located on the borders. What a fantastic way to celebrate Scotland's rich heritage and our homes had a lot of fun.



ST GEORGE'S

## Intergenerational fun

Recently, staff and residents over at our St George's home enjoyed a lovely visit from the students of Usworth Colliery Primary School, thanks to our friends over at Little Movers UK. Little Movers is a preschool dance and movement company, providing activities specifically designed to engage preschool children and their families to encourage them to dance and

play to keep fit every day. Part of their remit is to engage with the local community. We always look forward their visits, and the sessions are always so much fun, filled with singing, dancing, and plenty of laughter as everyone joins in. Intergenerational activities like these are so important for our residents too, who absolutely adore having the little ones come to visit!

WHORLTON GRANGE

## A special visit

Recently, three lucky residents from our Whorlton Grange home visited the Newcastle United Memory Café at St James's Park, specially designed to support those with dementia. They enjoyed catching up over a cuppa and reminiscing over their favourite Newcastle United moments. They were also thrilled to meet the legendary Bobby Moncur, regarded as one of Newcastle's greatest captains.



WHORLTON GRANGE

## Crafting love

In preparation for Valentine's Day, staff and residents at our Whorlton Grange home had a special visit from the local students at West Denton Primary School! Together, they made some heart shaped arts and crafts, writing down their favourite things on each heart before hanging them on a "tree of love," all set for Valentine's Day. What a lovely, themed activity to spread the love!





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

COMPANY NEWS

## The Manor born

Exciting things are happening over at our specialist young onset dementia home, The Manor at St Catherine's, in York. We've added on a new extension which includes 4 new ensuite bedrooms, plus a separate kitchenette and living area. This expansion was in response to the growing demand for young-onset services across the country, allowing us to offer care and support to more young people and their families.



COMMUNITY NEWS

## All for a good cause

Recently, our specialist young onset dementia home, The Manor at St Catherine's in York, were delighted and thrilled to present our friends over at Dementia Forward with a cheque of £1000 following their successful Craft and Cake Fair in December! Dementia Forward is North Yorkshire's leading dementia charity, providing vital support and information to anybody affected by dementia

across the county. They offer a comprehensive range of services, all with people living with dementia at their heart and are a hugely significant partner, so it was an honour for us to be able to give something back. A huge thank you to everyone involved in making the day such a success - including our staff, clients, their families and loved ones. A brilliant day raising funds for our favourite charity!

COMPANY NEWS

## In the bag

We are excited to announce the launch of our latest branded tote bag design! Whether you're heading to work or running errands, our new tote bag is the perfect accessory. And we're offering a complimentary bag to our valued readers! If you'd like a bag, simply drop an email across to us at: [marketing@wellburncare.co.uk](mailto:marketing@wellburncare.co.uk) with your postal address, and we'll send one out to you for free.



STAFF NEWS

## New arrival

Back in January, Bryony Dale, our Activities and Marketing Manager based in our Head Office, welcomed her first baby, the lovely Maeve Riley Ross. A huge congratulations from all of us here at Wellburn to both Mum and Dad and we were even treated to a visit from Mum and Maeve at Head Office recently. Such a lovely surprise and it's always so nice to see the other side of our colleagues lives, especially when it's so cute!



STAFF NEWS

## National Caregivers Day

On 16th February, our homes celebrated National Caregivers Day, a special day dedicated to recognising caregivers across the country and acknowledging their tireless efforts in caring for our loved ones every single day. As a token of appreciation, each of our staff members were gifted a personal card of thanks, and a small gift from their Home Manager. For so much of the year, our dedicated and talented teams go about

their business and a lot of what they do goes under the radar and perhaps is a little under appreciated by some. Absolutely not us though and we see the commitment every single day. The effort and passion it takes to work in the care sector should never be taken for granted and we appreciate everything they do. So, a huge thank you to all our incredible staff for their unwavering commitment and hard work, as always!



HOME NEWS

## Rising to the challenge

The end of our yearlong 'Interhome challenges' back in December, saw our Riverhead Hall home in Driffield take away the much coveted title as they were crowned overall winners! It was very stiff competition and they were pushed all the way by some sterling efforts, with our Ryton Towers home finishing a close second, followed by our Eighton Lodge home completing the podium.

A New Year and with the points at zero it's all to play for again. Our 'Interhome Challenges' are now underway, with our spring themed challenge next up. These challenges are a great way to connect all 14 of our homes, whilst encouraging teamwork, creativity and of course a bit of friendly competition! Follow our careers channel @wellburncarecareers to see what we get up to over the year.

JOIN OUR TEAM

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



## the Mind

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

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

REPEATS	CA	SA	AV	OR	POINT	ER	IL	LEGAL	TR	ATE	LIT	U	INITI	ATE	STORM	N	L	F	R	O	EXTREME	L	Y	L	ING	SOME	TH	ING	L	GO	N	W	AM	IN	AL	E	NON	ST	OP	N	L	A	Y	AMEN	IT	Y	RECOVER	E	RYAN	N	A	Y
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Picture Quiz  
1. Hydrangea  
2. Peony  
3. Peony





## FIGHTING DEMENTIA

We catch up with Elaine Collins, daughter of one of our Ryton Towers residents, as we discuss her personal journey into Alzheimer's research.

After Elaine's father sadly passed away last year due to vascular dementia, her mother was subsequently diagnosed with Alzheimer's just the day after his funeral. Elaine returned from her life in Spain to provide care/ support for her father, witnessing the devastating impact of dementia first hand.

Reflecting on her parents' experiences with dementia, Elaine highlights how different types of dementia can manifest so differently. Her father, once the life of the party, became withdrawn, showing symptoms that initially went unrecognised as dementia. When dementia took over, Elaine recalls him not wanting to leave the house and forgetting he had ordered items on Amazon. Meanwhile, her mother's symptoms, initially attributed to the stress of caring for Elaine's dad alone, were later revealed to be Alzheimer's.

During this time, Elaine was told by the doctor that given her family history, there was a high likelihood she would

also carry the genes for Alzheimer's or dementia, making Elaine an interesting candidate for research. Encouraged by the recommendation of Dr Andrew Byrne, Consultant Old Age Psychiatrist, Elaine is now involved in groundbreaking research conducted by Scottish Brain Sciences – a research organisation dedicated to early detection and treatment of Alzheimer's and related conditions.

Part of this groundbreaking research involves blood tests to detect amyloid proteins in the blood – a key indicator in Alzheimer's progression. By being able to detect these amyloids early, long before symptoms of Alzheimer's actually appear, researchers hope to pave the way for prevention early on. Which means we're looking at possible cures in the near future. At the time of writing, Elaine has already had blood and cognitive tests and will return soon for more scans. Although this is purely research, any results could lead to

corrective action such as possible trial drug treatments.

Elaine also tells us of separate research she's involved with at Newcastle. Having already finished cognitive tests, she has been wearing a special watch to track sleep patterns, which may also be linked to Alzheimer's. She recently spent a day at Newcastle Hospital for more research including various brain scans and clinical evaluations – any findings from this will also shape further research.

One day, Elaine hopes a simple blood test that can detect Alzheimer's early will be standard, just like other blood tests we do. If her results come back to show she does have amyloid in her blood, she's ready to keep researching and trying new treatments for life.

Speaking from personal heartbreak watching loved ones deteriorate from this disease, Elaine is determined to help others in a similar situation, pushing for more awareness and support. Now, involved in research to benefit future generations, she hopes her story will bring comfort to people on a similar journey, reassuring them that they are not alone. We'll be following Elaine's journey as she continues to fight for a better understanding of Alzheimer's, taking part in life changing research along the way.

The new BBC Panorama documentary, "Alzheimer's: a Turning Point?", is about two new drugs that have shown, for the first time, to slow the progression of the disease. Fergus Walsh follows patients in UK trials, questioning if this is a turning point in treatments of the disease. This program mirrors Elaine's journey and is the exact research she is currently undergoing now, in the fight against dementia.



**Watch now!**  
Scan the QR code to watch BBC's "Alzheimer's: a Turning Point?"

# The useful stuff

We understand that finding care for a loved one can be a challenging and difficult time as you navigate all the different information out there. We're here for you every step of the way..

### What we offer

Across all 14 of our homes, we offer a range of services including:

- Residential, permanent, respite, and day care.
- Specialist care for convalescent, dementia, and post-operative needs.
- A 'Time to Think' trial period – a chance to get to know our homes better and decide if they're the right fit.

### Day care

Our day care packages across our homes cost £80 a day, running from 8.30am to 6pm, seven days a week and include all meals and snacks. They are the perfect opportunity for your loved ones to socialise, take part in activities and enjoy day trips out and about with us.

### Specialist dementia services

We offer specialist dementia care at our St Catherine's home in York. Some of our dementia specialist facilities

include a sensory room, sensory garden, cinema lounge, and interactive market square. We also offer specialist young onset dementia care at The Manor, which is located on the grounds of St Catherine's.

### Get in touch

To discuss any of these options further, simply contact our New Care Enquiries Team by calling us on: 0191 694 1052 or email us at: enquiries@wellburncare.co.uk.

### For professionals

For social workers, we know just how busy you are and the challenges of the referral process. That's why we've created a social team's pack, spelling out exactly what we offer. If you'd like a pack for one of our homes, just pop an email across to us at: marketing@wellburncare.co.uk with your postal address, and we'll pop a pack out to you.

### Considering a career in care?

We know there are many questions, that's why we've created a super helpful pack to help you make an informed decision that's right for you. For more info and to order your pack, visit: careers-wellburn.co.uk. If you have any further career related questions, simply call our careers team now on: 0191 229 3544 or pop an email to us at: careers@wellburncare.co.uk.

### Keeping up to date

We invest over £200,000 annually in social activities and events across our homes, which means there's always something fun going on. From live entertainment to sensory experiences and summer BBQs! Head across to our website and explore the our 'Life' blog or follow us at: @wellburncare @wellburnCareHome

## WellburnPost

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The Wellburn Post is published every quarter by Wellburn Care Homes Limited. Tyne View House, 9 Grange Road, Newburn, Newcastle Upon Tyne NE15 8ND  
0191 2293530

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





# the Dish

## Spring chicken pie

**Serves: 4**  
**Prep time: 30 mins**  
**Cook time: 1 hour 35 min**

- ↓ Ingredients**
- 2 lemons
  - 500g Jersey Royal potatoes
  - ½ a bunch of fresh tarragon
  - 1 bunch of fresh, flat-leaf parsley
  - 8 free-range chicken thighs, bone in, skin on, from sustainable sources
  - 6 cloves of garlic
  - Olive oil
  - 50g unsalted butter
  - 2 tablespoons plain flour
  - 400ml organic chicken stock
  - 2 teaspoons Dijon mustard
  - 75g watercress
  - 5 sheets of filo pastry



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



**↓ Method**  
 Preheat the oven to 190°C/375°F/gas 5.

Halve the lemons, quarter the Jersey Royals, then pick and finely chop the tarragon and parsley.

Put the chicken, unpeeled garlic cloves, lemon and potatoes in a large baking tray, drizzle with oil, season with sea salt and black pepper, then toss together.

Pop in the oven for 45 minutes, or until golden, crispy and cooked. Remove from the oven and allow to cool.

Melt the butter in a large non-stick pan until bubbling.

Add the flour and stir for 1 to 2 minutes to form a paste, then slowly pour in the stock, whisking until thickened. Add the mustard, then season.

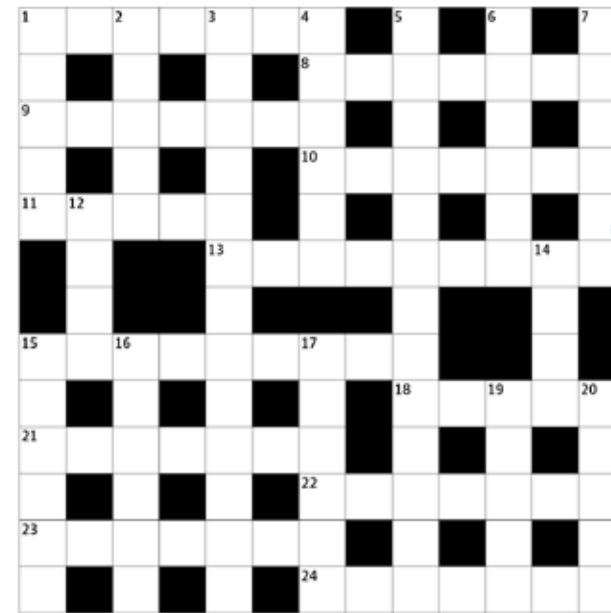
Once the chicken is cool enough to handle, remove and reserve the skin and discard any gristle. Shred the meat, discarding the bones.

Squeeze the garlic from its skins back into the roasting tray and squeeze over all the juice from the lemons and toss well.

Pour over the thickened stock and add the herbs and watercress. Check the seasoning, then finely chop the chicken skins and sprinkle over the filling.

Lay out sheets of filo on a clean surface and cut each one in half. Lightly scrunch up and place on top of the pie filling, brushing with a little oil.

Bake for 25 minutes, or until crispy and golden, then serve with a crisp green salad.



## Crossword

- |  |   |
|--|---|
| <p><b>Across</b></p> <p>1 Peers at (anag) – old TV programmes (7)</p> <p>8 Clue (7)</p> <p>9 Criminal (7)</p> <p>10 Ape – channel (7)</p> <p>11 Violent reaction (5)</p> <p>13 Ultra(9)</p> <p>15 1969 Beatles song by George Harrison (9)</p> <p>18 Altogether (2,3)</p> <p>21 Ceaseless(3-4)</p> <p>22 Convenience (7)</p> <p>23 Get back – and get better (7) 24 Dictatorship (7)</p> | <p><b>Down</b></p> <p>1 Behave strangely when one goes off them? (5)</p> <p>2 Infectious disease of the nervous system (5)</p> <p>3 Vegetarian tum (anag) – not easy-going (13)</p> <p>4 Wooden firelighter (6)</p> <p>5 Isambard Kingdom Brunel, for instance (5,8)</p> <p>6 Fire at from the air (6)</p> <p>7 The aorta, for instance (6)</p> <p>12 Still remaining (2,2)</p> <p>14 Hang loosely (4)</p> <p>15 One's set to keep watch (6)</p> <p>16 Harmful individual or thing (6)</p> <p>17 Convey (6)</p> <p>19 Unfamiliar (5)</p> <p>20 Stop at the roadside (3-2)</p> |
|--|---|

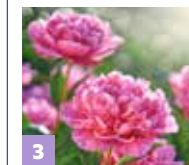
**TRY OUR teasers**

IT'S IMPORTANT TO KEEP YOUR BRAIN ACTIVE



## Pic Quiz

It's spring! Can you name these 3 flower types?



## OOH, THAT'S NICE!

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

**Free**  
 wordle.com

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

## Sudoku

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

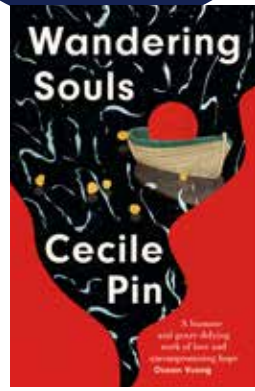
## ANSWERS

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

# the Mind



**BOOK Club**  
WE OFFER UP 4 READS, PERFECT FOR SPRING

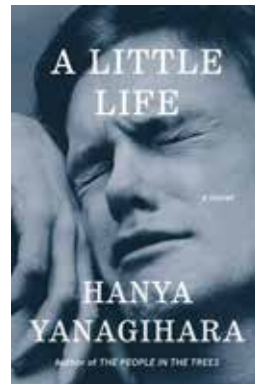


**Wandering Souls**

↑ **By Cecile Pin**  
An extraordinary and heartbreaking debut novel about the bonds that connect people even when separated by seas or death itself. Heartbreaking and exquisitely constructed, Pin's accomplished novel follows a group of Vietnamese refugees as they navigate their way through the cold individuality of Thatcher's Britain, guided only by the voice of their deceased younger brother. Wandering Souls paints a heart-wrenching portrait of a family in huge adversity while exploring the healing power of stories.

**A Little Life**

↓ **By Hanya Yanagihara**  
This million copy bestseller by Hanya Yanagihara, is an immensely powerful and heartbreaking novel of brotherly love and the limits of human endurance. The story focuses on a quartet of graduates as they embrace the seemingly limitless possibilities of New York City futures, A Little Life descends into a dark and involving tale of toxic relationships and the vicious scars of childhood.



**Tomorrow, and Tomorrow...**



← **By Gabrielle Zevin**  
A heartwarming tale of human connection, creativity and collaboration as two children who meet in a hospital, go on to pursue their dreams and identities through the production of video games. Tomorrow, and Tomorrow, and Tomorrow takes us on a dazzling imaginative quest, examining identity, creativity and our need to connect.



**The Satsuma complex**

↑ **By Bob Mortimer**  
From one of the North East's favourite sons, The Satsuma Complex is rich in Mortimer's unique brand of surreal whimsy, as nondescript legal assistant Gary seeks a girl he met by chance, through the estates and pie shops of South London. A real page-turner with a cast of unforgettable characters, this is a brilliantly funny first novel by bestselling author and comedian Bob Mortimer.

**LISTEN TO THIS...**



**Podcast**  
↑ **Radio 4's Open Book**  
Quintessentially Radio 4, Open Book has an austere but classy feel to it. It's solid, well made. Hosted by Mariella Frostrup, the format usually includes a topic for discussion with bestselling authors, interviews and news.

**Podcast**  
→ **KCRW Bookworm**  
Michael Silverblatt, the host of Bookworm is dubbed "America's greatest reader" and has been entertaining and astounding guests and listeners, each week for 20 years. He avoids questions, instead opting to float ideas and theories, to the pleasure of his guests. Dipping into the enormous Bookworm archive is a total pleasure and unlike any other author interview you will hear.

**Audiobooks**  
→ **Audible**  
For those who prefer to listen to books, rather than read, Audible is the go-to place for audiobooks, allowing users to purchase and stream audiobooks and other forms of spoken word.



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