

WELLBURN

Care without compromise

June 2011



Renewable Energy at Scalesceugh Hall

Later in the summer, work will begin on Wellburn's newest home, known as Scalesceugh Hall, which is near Carlisle, Cumbria.

When completed in 2012 the Home, which will also include six cottages providing close care accommodation, will have 47-bedrooms, all of which will be en-suite. Wellburn is spending over £2.5 million on the refurbishment of this beautiful Edwardian country house, which was previously owned by the Cumbria Cerebral Palsy Society.

This will be Wellburn's first Home in Cumbria and further demonstrates the company's growth and its commitment to owning and operating Homes of great character and distinction. As Karl Beckett so perfectly says, it is "not about numbers, but the right property in the right location."

One of the biggest challenges facing Development Manager David Robinson and his team, is not refurbishing the building, but coming up with ways of utilising renewable energy in the Home.

As chance would have it, an aquifer (a wet underground layer of water-bearing permeable rock, from which groundwater can be extracted) runs under the land at Scalesceugh. David is hoping and tests are ongoing, to determine if it is possible to suck the water out of the ground via a ground source heat pump.

If successful, these pumps will help to heat the home. Ground source heat pumps are 400% efficient, compared with a gas boiler, which is 95% efficient. David says: "Having a natural aquifer in the ground doesn't happen often, so this is a phenomenally exciting project."

Life stories

Inside every one of Wellburn's Homes, there is a rich tapestry of history – in the form of our residents.

Each one of our residents has a tale to tell in one form or another and it can be fascinating, educational and inspiring to hear their stories.

Throughout this newsletter you will find examples of these stories, including a lady who was involved in the making of the bouncing bomb.

When Georgina Stobart started work in a munitions factory at the outbreak of war in 1939, she could have never imagined that the work she would be doing would make history and even result in a film being made about it. To read more turn to page 10.



£640 raised for British Red Cross

Wellburn Care Homes proved that even in times of austerity, it is still possible to raise much-needed funds for charity.

Two charity events, organised in partnership with the British Red Cross, has resulted in £640 being raised for the volunteer-led humanitarian organisation.

Each year the British Red Cross invite organisations to open their private gardens to members of the public. In 2010 we were delighted to welcome visitors to see our award-winning gardens at Eighton Lodge in Gateshead and Grimston Court in York.

There was an excellent attendance at both events held in the summer and with people paying £3 for entry to the gardens and a cream tea, as well as a raffle, a total of £640 was raised for the British Red Cross.

Rachel Olney, the British Red Cross Senior Community Fundraiser for the Yorkshire region, said: "We are very happy with the donation and all the money will go towards helping vulnerable people in need in the areas where the money was raised."



page 4

Grimston Court Silver Surfers



page 6

Garden House Reindeer



page 7

Eighton Lodge Tea Dance



page 9

Craghall Fireworks



**Interview with
Simon
Beckett**
Chairman

Q. When did you found Wellburn Care Homes Ltd and why?

A. I've been a qualified surveyor for over 45 years - and have been in business on my own since 1970. We had a pretty tough time in the early '80s on the building side in the N.E. especially and Wellburn Care Homes was found in 1986 after I was persuaded by a business colleague to look at other alternatives albeit allied to property. I quickly realised that whilst taking on major renovation and improvement of Conservation or Listed buildings is hard work and often expensive, fortunately for us, the benefits are incomparable to new buildings, in the quality of the Home and environment and general ambience for residents in need of 24/7 Care.

Q. If you could go anywhere in the world where would it be?

A. British Columbia, Southern Alaska or New Zealand - I love the wild rugged outdoors and I have been to the nearest: most of Scandinavia, Iceland and Switzerland.

Q. What are your aspirations for the company?

A. I want the company to strengthen and grow - not just in size so much, as in services and scope of what we offer. Whilst we may buy 2 or more new Homes in the next growth phase, our focus will also be on Close Care and Day Care as well, for the future. I strongly believe in raising the bar when it comes to aspirations for a company. Never stand still or complacency threatens.

Q. If you could time travel what era would you go to?

A. I love the Victorian era - all that early industrial development and tremendous growth at such a fast pace, plus no red tape! It must have been a fascinating time to live and develop to the full.

Q. What is your favourite car?

A. Cars are the fastest losing asset you can buy - as long as it gets me there and back, is reliable in all weathers, I am happy. Although a dream would be a fully restored vintage MGA.

Q. In the care industry what do you think is the most important thing to remember?

A. Care without Compromise must mean in reality what it says. We must always remember how we would like and rightly expect, our own loved ones to be treated by others.

Q. If you could give any advice to a young person what would it be?

A. Study and get good qualifications when you are young - it is so much easier. Yes we have some in the Company who have done it the hard way and full credit to them, but for myself, make life easy and do it early. When you have finished your training or college, the quality of the Company you first join, is all important. Remember you can't buy experience and it is invaluable to your long term future. You also have to be able to believe in what you are doing to do it well. If you are not enjoying it, why are you there!

Richard joins civvy street as home manager



An army Sergeant Major has left the parade ground to look after the interests of residents living in Nightingale Hall and St Catherine's.

After 25 years spent serving his country all over the world - including seeing action in conflicts such as Bosnia, the Gulf and Kosovo - Richard Ellis has joined Wellburn Care Homes as Area Manager.

The 41-year-old will be responsible for overseeing the running of two of Wellburn's largest Homes, the 49-bedroom St Catherine's Care Home in Shipton by Beningbrough, near York and the 34-bedroom Nightingale Hall in Richmond, North Yorkshire.

Richard, who lives in Strensall, York, with his wife and teenage daughter, said: "I joined the army, when I was 16 years old and so this is my first job as a civilian and I am really looking forward to it. Many people come out of the army and go into related jobs, but I wanted a whole new challenge and you can't get more different than looking after the interests of elderly people living in Care Homes.

"Wellburn has got a fantastic reputation for putting its residents first in everything it does and I believe the man-management and personal skills I learned in the army, will stand me in good stead in my new role."

When he was in the army Richard was in the Green Howards, now known as the Yorkshire Regiment and in a twist of coincidence, one of the Homes he will be in charge of, Nightingale Hall, used to be the Officers Mess of the Green Howards before it was converted into a Care Home.

Joke - How Is Norma?

A sweet grandmother telephoned St. Joseph's Hospital. She timidly asked, "Is it possible to speak to someone who can tell me how a patient is doing?"

The operator said, "I'll be glad to help, dear. What's the name and room number of the patient?"

The grandmother in her weak, tremulous voice said, "Norma Findlay, Room 302."

The operator replied, "Let me put you on hold while I check with the nurse's station for that room."

After a few minutes, the operator returned to the phone and said, "I have good news. Her nurse just told me that Norma is doing well. Her blood pressure is fine; her blood test just came back normal and her Physician, Dr. Cohen, has scheduled her to be discharged tomorrow."

The grandmother said, "Thank you. That's wonderful. I was so worried. God bless you for the good news."

The operator replied, "You're more than welcome. Is Norma your daughter?"

The grandmother said, "No, I'm Norma Findlay in Room 302. No one tells me anything!



Facing up to long-term care

By Roy Duns, FCA Cert PFS – St James's Place Wealth Management

More of us than ever can now look forward to enjoying the benefits of improving life expectancy, but living longer isn't without its problems. As the population ages and medical advances help us to live longer, more and more people need either Nursing or Residential Care in their later years.

However, most of us aren't familiar with the complications and costs involved in long-term care until ourselves, or our loved ones, are faced with the reality of entering a specialist Care Home. This is often a very distressing and difficult time and without help or guidance through the maze of benefits and options available, it may not take very long before any capital built up is completely eroded by Care Home fees.

Many people believe that the state will help fund their long-term care needs, but in today's society, this is rarely the case.

Some state benefits are available, the main one being attendance allowance. This can be paid up to a maximum of £71.40 and is related to caring for yourself, either in your own home or in a Care Home. Furthermore, as this benefit is not means tested, your income or savings will not be taken into account in the assessment for this benefit.

If someone needs care, the local authority will carry out two main assessments. The first assessment looks at your need for care and the associated cost, where care is provided by the local authority. The second assessment looks

2010 Sunflower Competition Results



Class 1

Tallest sunflower St Catherine's

Class 2

Largest circumference sunflower
St Catherine's

Class 3

Best photos with residents and growing sunflowers – Eighton Lodge

at your capital and income, to establish how much you may be required to pay towards your care. Once the care need has been decided on, the financial assessment will take into account your bank and building society accounts, savings, investments and in some cases the value of your home. It will also look at the level of income you are receiving from pensions, some state benefits and investments. Where you have capital in excess of £23,250 in England and Northern Ireland, or sufficient income to meet the local authority cost of care, there is no financial assistance towards your care fees.

Fastest 50

Wellburn came 6th in 2010 list of fastest growing companies in the North East – a massive 20 places up on the previous year.

The Fastest 50 list is published by The Journal newspaper and is made up of the fastest growing regional companies, based on turnover growth.

Speaking at an event celebrating the Fastest 50, Dr Vince Cable MP, Secretary of State for Business, Innovation and Skills, said: "What will determine whether the region succeeds or fails economically are these people here. The successful growth of private businesses is what is going to create the wealth of the future. We need you as we have to grow out of this economic mess."



EASTER FAIR held on 9th April

Due to the cancellation of the winter fair last year, we arranged an Easter fair, which was even bigger and better! There was a raffle with fantastic prizes, ranging from huge Easter Bunnies and chocolate hampers to plenty of wine and pampering sets. The tombola was piled high with gifts, treats and luxurious toiletries and the cake stall, kindly run by Ann Mattam, was filled with delicious cakes, buns and sweet treats! Refreshments were served outside in the glorious sunshine, by Erika Taylor, who was a tremendous help.

The whole day was a real success and enjoyed by residents, staff and visitors alike. We raised over £230 in total to go towards the Residents fund, so ...THANK YOU EVERYONE!

SILVER Surfers



'Silver surfers' at Grimston Court are proving that age is no barrier when it comes to technology.

Since a state-of-the-art, touch-screen computer was installed in the Grimston Court, its residents have eagerly been surfing the internet, emailing and even using Skype to speak to their family and friends.

The computer has proved so successful, that Wellburn Care Homes is now beginning to roll it out to the other Homes it operates in Yorkshire and the North East.

The company is spending £22,000 on this technology, of which half is coming in the form of a grant from the Get Connected fund, which is administered by the Social Care Institute for Excellence (SCIE).

The touch-screen computers are provided by Simply Unite, a service that has been specifically designed to be much easier to use than a traditional computer. Users can send and receive emails using one computer, view family photographs and videos, make free telephone/video calls and browse the internet.

Pam Simkin, Manager at Grimston Court, said: "It understandably took a while for the residents to get to grips with the new technology, but encouraged by their families and friends, more and more are now using the computer.

"One of our residents used to love visiting art museums, but due to his age and mobility, he can no longer do that, however he uses the computer to take virtual tours of the museums and he loves it."

As well as the computers, Wellburn Care Homes is also providing its Homes with a laptop computer and a projector with large screen, so residents can watch films or look at photographs blown up on the screen.

Karl Beckett, Managing Director of Wellburn Care Homes, said: "Age should be no barrier to anything and we want our residents to be able to access activities that can provide stimulation and ultimately improve their quality of life."

Barking up the wrong tree



Residents at Grimston Court spent a few hours playing with dogs brought in by Guide Dogs for the Blind.

The residents had a wonderful time interacting with the dogs, who were a source of great comfort for them.

Pam Simpkin, Manager of Grimston Court, said: "Dogs are very loving animals and the residents loved having them in the Home. Because of their nature and training, guide dogs in particular are very soothing and great to be around."

Jenny Craven's birthday dinner for two at Grimston Court



Jenny Craven celebrated her 87th Birthday in style on Sunday 6th March, along with her husband Derrick. No expense was spared, as a lavish lunch for two was arranged in their lounge overlooking Grimston Court's stunning gardens.

They enjoyed a glass of wine, roast lamb with all the trimmings and a delicious heart shaped birthday cake too.

Surrounded by beautiful Orchids, sent from their family in the Philippines and other flower arrangements from relatives, the scene was set beautifully.

They had a wonderful day that will stay with them for a long time to come.



Eritrea

In 1941, at the tender age of 19, I embarked at Liverpool for an unknown destination. We sailed almost to Halifax in Canada, then turned south to make an involuntary stop at Freetown for engine repairs, before spending five glorious days at Durban. At sea again and half the convey headed for the Far East, probably Singapore, but we turned North along the East coast of Africa and after a total of six weeks at sea, we disembarked at Port Sudan. We were accommodated in tents where conditions were less than ideal. I remember walking through hordes of flies to get to the mess tent. We received Curtis Tomahawks CKD (completely knocked down) in packing cases from America and it was our job to assemble them for onward transmission. After a while and an attack of amoebic dysentery, I was posted to Summit, about halfway between Port Sudan and Atbara. Here the aircraft from Port Sudan

were prepared, refuelled and sent to the Western Desert. Transit aircraft sometimes landed at Summit and needed refuelling. This was contained in 4 gallon debbies and standing on an aircraft wing receiving umpteen debbies to be emptied fully into the tanks was not a popular job.

The chance to get away from an awful station came when volunteers were requested for re-mustering to Meteorologist. I seized the chance and was soon on my way by train to Khartoum. Once again in tents and a long walk in searing heat each day from the airfield to a government office to the centre of the city. Khartoum seemed very civilised after Summit and there was a canteen where one could get a reasonable meal. At the end of the course, when all the secrets of weather lore had been offered, at least all those known at the time, I was posted to Asmara. It seemed that my luck was changing. A long journey by train and road from Khartoum via Kassala, Tessenei and Keren, through miles and miles of b***** Africa and I found myself in Asmara, or rather at the airfield, some 8000 ft above sea level.

For of us in the office, we were making regular weather reports for transmission in code to various places in Africa and receiving reports from other stations to prepare a daily weather chart. We also took over the Eritrean Met Service from the Italians. The Italians, who had established stations in several villages in the country sending in regular weather reports, largely used it for agricultural purposes. The Italians had trained Africans to do this reporting in a kind of basic Italian, mostly numerals and we were soon proficient at receiving these, still in Italian, on the telephone. There were stations at Keren, Massawa, Assab, Ghinda, Adi Ugli, Adi Caieh, Agordat, Tessenei and Nacfa and I visited all these places at regular intervals for inspections and training of staff. Indeed at Nacfa, which became the headquarters of the Eritreans fighting for independence against the

Ethiopians at a later date, I once spent two weeks living in a native hut, infested with rats.

We also did balloon ascents daily taking readings at one minute intervals to calculate wind speed and direction at various levels. The gas for filling the balloon had to be manufactured on site by pouring caustic soda on aluminium scrap - a real Heath Robinson contraption.

When I had completed 3 years in Africa, the powers that be were reluctant to send me home, but the friendly doctor heard that I had not been on leave for three years and he insisted that I be granted two weeks in Cairo, so that I would be fit enough to carry on for a while. I travelled back to Khartoum by the route I had used two years before, then Sudan Railways across the Nubian Desert to Wadi Halfa, lake steamer on the Nile and Egyptian State Railways to Cairo, with the same journey to return to Asmara - 15 days each way, a total of 45 days for two weeks leave. All I remember about my time in Cairo was the very comfortable bed in the place where I stayed - quite an improvement on the issue "biscuits" in the RAF.

Eventually I was repatriated early in 1945. This time I flew from Asmara to the Canal Zone and a ship though the Med for home. During a stopover at Khartoum I was asked if I would volunteer for the Far East. I was even promised a promotion, which shows that the words of "Bless 'em all" "You'll get no promotion this side of the ocean" were not always right. I turned down that tempting offer and after disembarkation leave, I was posted to Tain in Ross and Cromarty. A "home posting" some distance from home, not for long though. On VE Day I was recalled from leave and flew to Norway. My second experience of a territory previously occupied by the enemy.

Derrick Craven
Grimston Court



Grimston Court's trip to the RSPCA

The Residents and staff spent the winter months knitting squares to sew together and make blankets for the animals at the RSPCA.

The Knitting Club was held over a few months and collected plenty of brightly coloured squares, that Alison Roffe, the Knitting Club organiser, sewed together to make lots of blankets.

We took a trip to present them with Nancy Campbell, Jean Scott and Molly Weihs and to look at all the animals. It was a great project for a good cause and we will do the same again in the future.

Garden House would like to welcome new residents

Sheila Whitehead
Joyce Wood
Kathleen Smith
Cathy Walker
Bill Foulton

New staff

Leon Shaw - Carer
Sonya Jefferey - Carer
Wendy Marshall - Carer
Karen Lough - Carer
Steve Lock - Carer
Stephanie Laidlaw - Carer
Angela Heston - Carer



Strictly come dancing

Garden House took a leaf out of *Strictly Come Dancing's* book to help keep residents fit and healthy - and now it is becoming a regular event

In October, the Home held its first-ever tea dance. Along with residents from another local Care Home and Sheltered Housing scheme, people living in Garden House were treated to an afternoon of entertainment, dancing and refreshments.

Music was provided by accordionist Do Hutcinson and singer Debbie Bird and after a spot of dancing everyone tucked into an afternoon tea, which included sandwiches, cakes and drinks.

Ringtons Tea, which supplies tea and coffee to Wellburn's Care Homes, provided the refreshments, as well as handing out goodie bags and sponsoring a raffle.

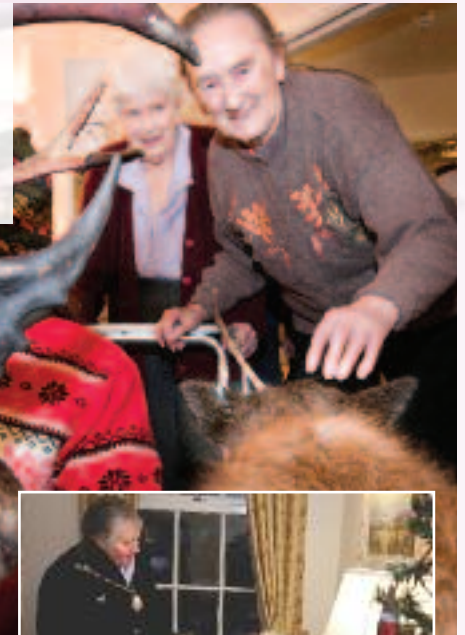
Garden House Manager Jane Filer said: "Everyone had a thoroughly good time and it was great to see so many of our residents taking part."

"We encourage our residents to be as active as they can and singing and dancing are two very good and enjoyable ways to keep fit."

"The tea dance was so popular that we are now repeat it every two months, starting in March 2011. Not only does it contribute to good health and wellbeing, it also gives the residents a chance to catch up with other people from the area they know."

The Garden House tea dances will take place bi-monthly in the Spittal bowling club. For further information contact Jane at the Home.

Residents got a BIG Christmas surprise when they were visited by three reindeer.



The animals were brought into Garden House Care Home as part of an evening of activities organised for the residents by the Spittal Improvement Trust, a voluntary group working in partnership with the local community.

The evening began with a torch light parade through Spittal, followed by the lighting of a Christmas tree. The evening ended with Christmas carols and street entertainment.

Much to their delight, the residents at Garden House were able to stroke the two adult reindeers and their baby calf. The Mayor of Berwick Jennifer Waterhouse, who is also a Spittal councillor, popped in to see the residents as well.



Panto

The pantomime season may be over, but that hasn't stopped Garden House,

Residents were recently treated to a performance of Mother Goose from a local theatrical group. It forms part of the varied activity programme the Home stages for the residents.

Garden House Deputy Manager Maureen Simmie, said: "One of the performers is married to a resident at Garden House and she arranged for the theatre group to come into the Home to give a performance of Mother Goose."

"We regularly involve the local community in events and activities both inside and outside the Home and we place great importance on building relationships with our neighbours."

"The residents loved the pantomime and staging one in spring certainly didn't make a difference to them."



Congratulations

Well done on passing NVQ level 2 to Emma MacAllister and Lorraine Sanderson, with thanks to Assessor Kay Burns.

Well done on passing LMC level 4 to Mary Hardy and Denise Calland for passing NVQ level 4, with thanks to Assessor Dawn Esslemont.



Eighton Lodge were happy to receive a Silver Plaque for summer sunflower competition - winning the first prize for best photographs, including residents and sunflowers. This award was presented to the Home by Simon Beckett. We also received 2nd prize for having the largest circumference of one sunflower and third prize for having the tallest sunflower.

Planting Trees in the Community



Green-fingered residents at Eighton Lodge, took part in an initiative to double the number of native trees and woods in the UK.

Residents, staff and other local volunteers, joined forces to plant dozens of trees in the Dene area of the community.

The trees were among 200,000 donated, free of charge across the UK, by RHS Britain in Bloom and the Woodland Trust. The planting also marked the launch of the RHS's Britain in Bloom competition and the 'It's Your Neighbourhood' campaign.

Shirley Ward, Gardens Manager, said: "We planted 420 native wildlife trees and shrubs, with the purpose of conserving this area as a wildlife habitat and wildlife corridor. We believe it will be a valuable asset to the area and as it matures a haven for birds, mammals, plants and insects.

"Wellburn is renowned for the quality of its gardens in its Homes across the North East and Yorkshire and we regularly open our gardens to the public, but it was good to be able to do something in the wider community."



Nancy Stokoe

Margaret Anne Stokoe was born on 6 February 1927 at home in Pelton Fell near Chester-le-Street, to parents Florence and Thomas. Everyone used to call her Meg, but her mother disliked it so much she started to call her Nancy, then everyone else followed suit. Nancy was the oldest of three children. She has a sister called Maureen and a brother called Tom.

Nancy went to Rosebury School in Newfield and left when she was fourteen years old. The family moved to a house in Fatfield County Durham and Nancy's first job was in a sweet factory called Horners. She hated the job however

managed to stay there for about a year, as the money she got for working there was good. Once she left her job at Horners, she went to work for the Ammunition factory in Birtley and stayed there until she was eighteen years old. At eighteen Nancy got a job in the cashier's office at Bainbridges, where she was a Junior Accountant. Nancy remained at Bainbridges, climbing the ladder and eventually making Department Manager of Stock Accounts. She loved the uniform that she wore, as it was always a very smart suit. Eventually Nancy retired, when she was sixty years old.

When younger, Nancy was engaged to be married once, but said that she never particularly wanted to get married, so she decided not to, although that did not stop her having a busy social life. She used to love to go dancing at the Welfare Hall and the Oxford Galleries where Nancy loved to dance the quickstep, waltz and the jive. Nancy was also a member of the amateur dramatics in Fatfield and was actually a very good Opera Singer.

Nancy used to love going on holidays abroad every year and has been to many countries including France, Germany, Italy, Belgium, Spain, Hong Kong, Bangkok, Egypt, Shanghai and Amsterdam, to name a few.

Eighton Lodge Tea Dance

Eighton Lodge residents were the stars of the show at the first-ever tea dance organised by the Home.

Held at the Ravensworth Golf Club and involving the whole community, people took to the floor to do such dances as the Waltz, Charleston and the Tango, before being treated to a performance by a professional singer and dancers.

The afternoon was rounded off with tea, cakes, biscuits and a raffle, which raised over £280 for the Residents' Fund.

Christine Green, one of the organisers of the event, said: "We had tremendous support from the community, both in terms of donations from local shops and businesses and by the attendance on the day.



"There were 40 people at the tea dance and it was nice for our residents to be able to mix with other members of the community and for these people to see the kind of activities we like to stage at Eighton Lodge.

"We encourage our residents to be as active as they can and dancing is a very good and enjoyable way to keep fit. Based on the success of the tea dance, it is certainly something we are hoping to do again very soon."





Congratulations on passing NVQ's

NVQ 2: Anna Solaz, Emma Dickson.

NVQ 3: Kerry Knutson, Leighanne Lockyear, Michelle McMurray.

Also to Leighanne Lockyear for becoming Team Leader.

Story from Sheena Macleod

Scottish Country Dance music sets my feet tapping. For 60 years my husband Duncan and I danced with the Royal Scottish Country Dance Society.

I started dancing when I was at PE college in Aberdeen in my early 20's and I was lucky enough to have the opportunity to dance and to teach Scottish Country Dancing all over the world.

Immediately after the Second World War, I travelled throughout Europe dancing with the RSCDS International Team, which was great fun. Then, in between working as PE teachers and raising our family, Duncan and I travelled as far a field as Scandinavia, America, Australia and Thailand dancing and teaching Scottish Country Dancing. Sadly I had to hand up my dancing shoes 10 years ago when I was 80 and my knees let me down, but I still enjoy listening to Scottish Country Dance music and reliving many happy memories.



Audrey Ebblewhite's Record Breaking Jump

I am a Lancashire lass and in 1947 I was a pupil at Bacup & Rawtenstall Grammar School, Rossendale. Sports Day arrived and somehow I ended up doing the Senior Girls High Jump for my house. I had never done it before, but I thought I would just run and jump as best I could. Imagine my surprise when all the other girls knocked the bar off, but I sailed over! My winning jump was 4 feet 7 inches and it was a school record. I was delighted! I held the record for many years. My family are really proud of my sporting achievement and love the photograph of me in action.

Pets at home

4th May - Whorlton Grange had a visit from Pets at Home. They brought in rabbits, guinea pigs and hamsters and it was a really wonderful afternoon.



WHERE HAS TIME GONE

*Time has gone away from me
To look in the mirror, is this
The reflection I am suppose to see
I have changed so much over the years,
I think of my past and what my life was
and I remember my reflection
How it has changed
I have loved and lost, but remember it all
The tears fall, my heart grows weak
Is this the start of another week
My memory fades of life gone by
As I wipe the tears from my eyes.*

SHAUN ROSSITER

Warm Welcome

Craghall would like to say a warm welcome to the following new staff:

- Katie Duncan – Care Assistant
- Louise Anderson – Care Assistant
- Esther Mzimbe – Care Assistant
- Liz Jackson – Laundry
- Jill Vasey – Care Assistant
- Debra Hart – Dining Room Assistant

Best of luck to Nicole Bowman and Gemma Nettleton who are both leaving us on maternity leave.

All the staff and residents would like to welcome the following new residents into Craghall and hope they will be very happy here:

- Marie Herbert • Helen Millard
- Arthur Dennison • Marie Stobbart



Halloween & Fireworks

As always Craghall has been thriving with activities and events, the highlight of the recent events was our Halloween and Firework Party. All the staff worked very hard to get everything ready for the big night.

We had a wonderful entertainer, called Pete Brown, who sang all kinds of music and entertained us for the whole evening, getting everyone up singing and dancing. The Home was decorated to set the scene for the spooky night, all the staff were dressed up along with some residents and guests, some of the staff looked better in costume than they normally do!

Once the entertainment had finished, everyone helped themselves to a wonderful buffet, which had a special Halloween soup on the menu! With a firecracker Chilli to match the fireworks, everyone then moved outside for the spectacular firework display led by Emma and Joanna. All the residents and guests had fun remisng with sparklers and watching the fireworks shoot into the night sky.

Everyone involved worked very hard to make the night happen and we thank all of the staff, for all of their hard work and dedication.



NEW Activities

We have introduced new activities in to Craghall; our residents now enjoy knitting, polishing old shoes and buffing the silver ware. Our normal activities still go on daily, these include our arts and craft classes, exercise class and regular outings with ourselves and Michael the bus driver.

One big addition has been the big screen projector we had installed early this year, our residents love sitting watching old time movies on an afternoon with sherry and popcorn!



Michael Johnson

Michael was born on the 9th March 1933, to George & Rose and was brought up in Crewe.

The second of five children, he had an elder sister called Betty, two younger brothers Norman and Gordon and a younger sister Hazel.

As a boy he used to help at a local farm, fruit picking, milking, egg collecting, potato picking and mucking out, amongst other jobs.

As a young man in the GCHQ, Mike showed an aptitude for languages and indeed was put through the same academic route via the RAF as "Philby, Maclaine and Burgess" the notorious spies. He became a Russian interpreter and during the height of the cold war, was in Germany on the Russian border monitoring their flights. It was his job to inform the Allies as soon as the Russian planes had taken off, giving them advance warning of possible conflict.

Also during this time Mike became a committed Christian, which was to be a massive influence throughout his life. Mike was a talented football player and played professionally for Southampton for a time.

Even after deciding to get a job, rather than play full time for Southampton, he played for the English Customs and Excise against the French – of course beating them.

During his employment for Customs and Exercise, Mike moved to Newcastle upon Tyne where he met and married Audrey, they went on to have four children, Paul, Keren, Lis and Jonnie.

He enjoyed many hours playing board games with the children, teaching them to ride their bikes and to swim too. They spent some time living in Scotland in Falkirk, where he managed Grangemouth Docks, before moving back to Newcastle where they still reside.

Mike loved walking and could often be found out and about for walks in Northumberland, combining a days walking with visiting the many friends he had in that area. Mike did a lot of travelling around Britain through his work and also visiting various churches to spend time with fellow Christians.

Mike was an avid stamp collector, with an extensive collection of stamps and first day covers. He was also a great letter writer, keeping correspondence with friends around the world, including the USA, which he visited several times.

Mike had a special heart for helping the elderly; he would assist them with shopping, accounts, car journeys and DIY jobs. He has spent a lot of time visiting those who were in hospital, or confined to their home and were in need of company to cheer their day.

As a grandfather to ten grand children, Mike would regularly visit Jesmond Dene to take the children to Pets Corner to visit the animals, walk through the 'Wishing tunnel' to make a wish and throw sticks over the waterfalls and watch them sail away.

Mike loved to educate the children in the names of trees and birds. He enjoyed a great interest in birds and always kept them well fed in his garden.

Mike's room at Craghall is the perfect location for Mike to look out on the garden and enjoy watching the birds feeding from the tree just outside his window.



The dam buster

When Georgina Stobart started work in a munitions factory at the outbreak of war in 1939, she could have never imagined that the work she would be doing would make history and even result in a film being made about it.

The 90-year-old was involved in the making of the famous bouncing bomb, which was designed by Barnes Wallis.

At the time Georgina, who worked in a factory in Chorley, Lancashire, had no idea of the significance of her work. She was selected for working in a secret room and putting weights into a new prototype bomb.

She had to do this by putting her hands through a glass case (for her own protection) and into a pair of gloves, that would allow her to reach the bomb. Each time the bomb would be taken away and returned with the instruction to add more weight or take some off.

Unbeknown to Georgina, the bomb was being taken away for testing to see if it could bounce on water and it was only well after the event that she realised she had been working on a weapon that would make history.

The bomb was designed to bounce to a target across water in a calculate manner, in order to avoid obstacles such as torpedo nets and to allow both the bomb's speed on arrival at the target and the timing of its detonation, to be pre-determined.

The bouncing bomb was used successfully for the first time in 1943, to destroy German dams and years later it became the subject of a film, The Dam Busters starring Michael Redgrave.

Georgina's daughter Yvonne says: "Mum was very proud to have played a part in ensuring the bouncing bomb was a success and whenever The Dam Busters is shown, we refer to it as 'mum's film'.

Georgina met her late husband Ossy whilst working in the munitions factory and after the war ended they married and settled in Washington. Georgina moved to St George's in 2010 and, according to Yvonne, she has settled in marvellously, with the help of the manager Hazel and her caring staff.

Congratulations

Jane Fortune and Ashley Rowland gave birth to lovely baby boys in April love and congratulations from all at St. George's.



Not many people get the chance to work for a World War Two flying ace, but Rita Steele took it in her stride.

The 85-year-old was secretary to Sir Douglas Bader, who during the war was credited with 20 aerial victories, four shared victories, six probable, one shared probable and 11 enemy aircraft damaged.

When war broke out in 1939 Rita initially applied to join the Women's Royal Naval Service, but she was told she would have to work in the cookhouse. Fearing she would be in the kitchen for the duration of the war and wanting to put her intelligence to better use, she walked out and joined the Women's Royal Air Force Service.

After undergoing training, she went to an air base in the south of the country where she was assigned to Douglas Bader, who by then was just starting to make a name for himself as a fighting ace.

Rita says: "I performed general administrative duties for Douglas and he was really nice to work for, although he loved to swear.

"He had lost both his legs in an accident before the war, but this didn't stop him flying, although he would often fall over due to his prosthetic limbs and when he did, he did not let anyone pick him up."

Helping a war hero

In 1941 Bader was forced to bail out over German-occupied France and was captured. After a number of escape attempts he was eventually sent to the infamous Colditz prison, where he remained until the camp was liberated by the Americans in April 1945.

Rita said: "When he was in prison, the Germans took his false limbs away from him to prevent him from escaping - he was a real character."

Rita's adventures didn't stop when Bader was imprisoned. She was assigned to British Naval Intelligence, where she met her husband Matthew and worked there until the end of the war. One of her last jobs involved escorting French 'sweet-hearts' to the homes of the soldiers they had fallen in love with during the war.

After she left service, Rita moved to northern Scotland where Matthew was from. Matthew

joined the Foreign Office and his role involved lots of overseas travel, so the couple lived in places such as Cyprus and Singapore.

Rita says: "Singapore was wonderful. We had a flat in the botanical gardens and each day I would walk to the harbour and speak to lots of people. It was here I was given my first 7-Up drink. At first I thought it was a drink with seven different kinds of alcohol in, until I discovered it was just like lemonade.

"Cyprus was also very nice. We lived on the Greek side and when you went to visit people on the Turkish side, you would often find your car being shot at - it certainly wasn't dull."

Rita, who has three sons and "too many grandchildren and great grand-children to count", has been in St. George's for eight years and enjoys living there.



Again we won 1st prize in the 'Sunderland in Bloom', all of the credit has to go to Lee, he does and carries on to do, an excellent job at St. George's, Residents love the garden areas and have a great deal of pleasure walking the grounds and discussing the blooms.

Hazel - second from right - at Sunderland in Bloom



Well done

to Ranu Sidhu who braved the weather to have this lovely photo taken with Emma Fallon. The whole area around St. George's was magical, with the snow on the ground and in the evening when the Church lights were on, it was like a winter wonderland, so peaceful and quiet.

What's been on...

20 October	Pink Day for Breast Cancer
19 November	Fancy Dress for Children in Need
15 December	Christmas Fair raised £270 for the Residents' Fund
12 February	Craft Fair for Residents and Relatives
18 March	Red Nose Day



Congratulations

Helen Charlesworth who got married to Earnest in Cameroon on 24 January.



St Catherine's staff Tiv and Alison, braved the weather to make a festive snowman outside the lounge window. All the residents enjoyed watching him being made and Mr Snowman lasted for a number of weeks.



St Catherine's residents, Jean Smith and Peter Keech, both share the same birthday on the 23rd Feb. Jean was 83 year's old and Frank, her husband, came in to share the day with her. Peter was 89 year's old and Betty his wife also came in to celebrate. They had a joint celebration and a buffet was laid on for everyone to enjoy. Many Happy Returns!!



It's a dog's life

Residents at St Catherine's have been given a new 'leash' for life, thanks to a visit by man's best friend.

The residents spent a few hours playing with a golden retriever called Barley. The visit was courtesy of Pets As Therapy (PAT), a national charity that provides therapeutic visits to places such as Nursing and Care Homes, with temperament tested and vaccinated dogs and cats.

Helen Charlesworth, Deputy Manager of St Catherine's, said: "Many of our residents will have owned animals when they lived in their own homes and whilst it would not be easy for people to keep pets in a Care Home, we have always recognised the importance of maintaining this contact."



Olive Bates - Life Story

Olive was born on the 13th January 1912. Her maiden name was Olive Bartle and she had an elder sister named Freda, who

was nine years old. They both lived in Baildon, near Shipley, as young girls with their parents, Arthur and Annie. Olive was a proud and loyal follower of the Girl Guides, she also had flare and grace as a ballerina.

Marie Petty was a friend of the young Olive Bartle and became a life long friend. Olive's first and only full time job was at Crompton Parkinson in Guiseley, as a secretary.

Olive was 25 years old, when she married Clem Bates on the 3rd February 1937. The ceremony took place in Baildon Parish Church, when she wore a white velvet dress. Clem's best friend, Ian Pottter, was their Best Man and Clem's sister, Mildred, was Olive's bridesmaid. Olive and her husband enjoyed amateur acting and starred in a play named "Suzanne", Olive played Mrs Marks.

Olive and Clem had two children, Joyce and Brian and now she has two grandchildren and five great grand children.

Olive began her latest chapter at St Catherine's on 1st October 2006 and hopefully she will be celebrating her 100th birthday with us early next year.

From her School Days

*I wish I lived in a caravan
With a horse to drive like a peddle man
Where he comes from nobody knows
Or where he goes to, but on he goes
His caravan has windows too and a chimney
Of tin that the smoke comes through
He has a wife and a baby brown
And they go riding from town to town
Chairs to mend and delft to sell he clashes the basin like a bell
Tea trays baskets arranged in order and plates with alphabet around
The Border the roads are brown the sea is green
But his horse is like a bathing machine
The world is round and he can ride, rumble and splash to the other side
With the peddle man I would like to roam
And write about when I come home
All the people would read my book
Just like the travels of Captain Cook*



WELLBURN'S GOT TALENT

In my first experience of a Wellburn's Got Talent staff show, I supported the head office team in our rendition of the Blues Brothers classic, Shake your tail feather. We donned black suits, ties and hats and the all important dark glasses and with a glass of wine on board took to the stage and the dance floor.

And guess what, we were not too bad! The dancing and singing benefited from some key rehearsals led by Cathy and I think we did all right.

Then it was Fame. With some inspired routines using Zimmer frames and walking sticks – truly those guys will live forever! This was followed by bugs, ballet dancers, ghost-busters and, wow, those ladies in the flapper dresses certainly made Wellburn MD Karl's heart race!

It was one of those evenings that you will remember for years – enthusiasm and talent on show and everyone throwing themselves into it.

Thanks should go to Rolling Rock who set the place on fire with some great tunes from the charts as well as some old classics. The dance floor was full from the start of their set to the final number. And boy can people dance at Wellburn!

What made me think it was so special was the way everyone took part – it brought people together and certainly made me realise what a great bunch of staff work for Wellburn Care Homes.

A big thank you to Karen for organising such a wonderful event and to Cathy for persuading everyone to take part.

If you don't believe me, take a look at the photos – they just go to show what a talented bunch we have got working in our Homes.

By Sheila Beniams



Birthdays

Karen Little	50th	24th April
Rachel Forster	21st	11th May
Glynis Johnson	50th	19th May

Births

Congratulations to Catherine Johnson and family on the birth of their baby girl on 21st April.



Welcome to New Staff

Billy-Jo Caffrey – N/D Care Assistant
 Alison Moat – Chambermaid
 Pamela Million – Care Assistant

Welcome to New Residents

Mary Fulton Daphne Carter
 Grace Cheesman Elsie Nicholson
 Mona Kirtley

NVQ

Joy Wylie NVQ 4
 Zena Yates NVQ 3
 Karen Teasdale NVQ 3
 Rachel Forster NVQ 2
 Kerri Vincent NVQ 2



Halloween Party

We held a Halloween Party for our residents and families. Everyone enjoyed drinks, a buffet and entertainment from singer Carol Lee. Staff got dressed up and a few residents got into the spirit of things. The evening ended with fireworks.



WATCH OUT there's creepy crawlies about!

Residents at Ryton Towers showed no fear when they were visited by some very creepy creatures. The residents got to touch a variety of creatures, both nice and not so nice, including rabbits, spiders and a snake, as part of a hands on workshop known as ZooLab.

ZooLab provides imaginative animal handling workshops to a wide range of audiences. They are popular with Care Homes, as animal therapy sessions can improve physical, psychological and social wellbeing.

The stimulating experience also helps promote verbal communication between residents and carers and can sometime rekindle memories of times past, which is particularly important for people with Alzheimers or Dementia.

Ryton Towers Manager Joy Wylie said: "We have had ZooLab in the home before and the residents always find it fun and stimulating."



Margaret Ann Blackburn (Peggy)

Although a very private person, Margaret Ann Blackburn, known as Peggy, has always been sociable and willing to offer help when needed. Born in Crawcrook in 1916, she worked at Wylam 'in service' until she married her husband Bill in 1939. The couple moved to the Ryton area in 1954 and had three children Edward, Joyce and Hazel.

Peggy kept herself busy as a mother and member of the Crawcrook WI and Ryton WI, but suffered heartache in 1971 when Bill sadly passed away.

Helped by her loving family, Peggy started to adjust to life without Bill and the arrival of six grandchildren - Pamela, Pauline, Liesl, Ross, Laura and Liam - and then three great-grandchildren - Ashley, Thomas and Chloe - certainly helped to keep her busy.

Peggy is very proficient in dressmaking, knitting, cake making and decorating cakes and is a member of the Ryton Methodist Chapel and a member of the Ladies Meeting.

Snow

Our grounds looked fantastic covered in snow and our residents loved taking in the views. We had our own little winter wonderland.



Rosevale's Baby Boy Boom?

Another arrival from the stork at Rosevale. The arrival of Sarah Fearn's baby boy Callum, born on the 24th January 2011.

This makes the 4th baby boy born in just over two years. We are starting to wonder if it is a certain "staff chair" that people are sitting on? The football team is looking more likely now... Jeni Bone started the trend off in November 2008 with Harry, followed by the arrival of Robbie to Marie Murfitt in May 2009. Adam followed Robbie in January 2010 making Kasia Nidzwieka a proud mother and now baby Callum - who's next?



The cost of Tesco...

Whilst recently visiting Tesco, I noticed that some of the residents were very interested in the prices of the shopping that I was putting into the trolley. It was clear to me, whilst on this shopping trip, how much we take things for granted when it comes to inflation. The reality of it was, that residents who don't get out to the shops anymore, or very rarely, lose the concept of how much things are, in today's money. What we decided to do at Rosevale, was to print and laminate pictures of lots of everyday items like milk, cheese, bread, Oxo and tea (as shown in the picture below) and get residents to guess how much these cost in today's money. The staff have to guess how much items cost, pre & post war time, thus giving everyone a topic to talk about.



Welcome

Welcome to Mrs Cressey, Mrs Mooring, Mrs Bristow, Mrs Caldwell, Mrs Howe and Mr & Mrs Marritt, who have come to live at Rosevale. We are sure you are going to be very happy here with us and please tell us if there is anything else we can do for you, to make your stay here more comfortable.

Welcome also to Yvonne Wensley, Sophie Foster, Donna Thomas, Lucy Young, Natalie Kirrane, Dave Miller, Tara Wallace, who Rosevale welcome onto the work force.

We would also like to congratulate Julie Todd in taking over as Team Leader, as from the 1st of May. Julie has taken over from Jane Hogg (Team Leader), who has transferred to Grimston. Whilst we are going to miss Jane, we wish her all the luck and all the best in her new role. We would also like to welcome Mark Dougan, who has been promoted to Domestic Supervisor.

Another popular event has been going over to the pub on an evening. You should hear the giggles when everyone comes home?



The Piano

Rosevale recently received a piano, donated by Grimston Court. It is proving great for residents and staff alike. Nikki (Home Manager) is having her first piano lesson on the 26th April and is really looking forward to it. Liberarchi? You decide.

Introducing Tango and Cash

Well well well... a couple of months ago we got donated 2 Canaries by Alison Rose, one of the training co-ordinators. Now the interesting thing about this was their colour. One being ORANGE and one being GREEN, this obviously has caused a great talking point for all the residents, who still don't believe they are Canaries?



Birthday cakes

The cook, Sue Galtey, continues to make wonderful birthday cakes and is so much appreciated by the residents.



Unfortunately Mrs Raven recently passed away, however we wanted to share the wonderful photograph of Olive's 100th Birthday on 13th Feb, which she celebrated with her family, staff and residents.



...and finally

All the staff and residents would like to say goodbye to Suzanne, our Area Manager, who is no longer going to be the Area Manager for Rosevale. Suzanne is going to be greatly missed, as she has become so popular with everyone here. Her bubblyness and enthusiasm will be missed, but her standards will remain only to be improved upon. However we would like to welcome Richard Ellis, who is taking her place and wish him all the best in his new post.

Birthdays

Frank Williams

celebrated his 73rd Birthday on 2nd March.

Margaret Strong

celebrated her 95th Birthday on 8th March.

Sheila Swinbank

celebrated her 81st Birthday on 14th March.

New technology at Nightingale



Innovative technology that uses outside air to provide heat, is being installed as part of a £1.4 million refurbishment of Nightingale Hall.

The air source heat pump technology, extracts heat from the outside air in the same way that a fridge extracts heat from its inside. It can extract heat from the air, even when the outside temperature is as low as minus 15°C.

Heating the building using air pump technology, massively reduces the carbon footprint, as the pumps are 350% efficient, as compared to a normal gas boiler, which is 90% efficient.

The installation of this technology, the first time Wellburn has used it in any of its Homes, is just part of a wide range programme of improvements the Company is making at Nightingale Hall.

Under floor heating has been installed throughout the building, which was formerly the Officers Mess of the Green Howard's Regiment and the existing bedrooms are also being refurbished to a high standard, with an interior designer being employed to oversee the work.

A new dining room has already being created for residents and work has now also started on a large extension, on the back of the building, which will provide an extra 12 bedrooms.

Nightingale knitters

Residents at Nightingale Hall came to the aid of under-privileged people living in Romania.

The residents, along with their families and staff, knitted dozens of blankets for New Life for Romania, a charity set up to support families who live in poverty. The blankets arrived in time for the cold Romanian winter.

At the head of the knitting group at Nightingale Hall was Sheila Swinbank, aged 80, who has lived in the Home for over two years. She was ably assisted by people such as Joyce Galliers, whose husband Brian is a resident at Nightingale Hall.



Sheila said: "I have knitted all my life, but only really started to do it properly again when I came to Nightingale Hall. I really enjoyed making the blankets and I am so happy that they helped to keep under-privileged people in Romania warm over winter."

Shirley Snaith, Richmond Representative for New Life Romania, said: "These blankets will go to people who live in corrugated iron shacks, who have little or no heating and they will make a massive difference to their lives."

Maggie Guiney, Team Leader at Nightingale Hall, said: "Knitting is a real skill, so it was great to see so many of residents who can do it, making so many wonderful blankets."

Jack and Joan – still in love after 58 years

A chance encounter led to Joan and Jack Alderson falling in love and 58 years later they have just celebrated their latest wedding anniversary.

Joan Toker was one of four children from Pelaw Main in Tyneside. In 1950 she came on holiday, with her friend Ethel, to a cottage in Gunnerside, near Richmond, North Yorkshire. This was where she met Jack Alderson, one of 11 children, who was born and bred in Gunnerside. Joan worked making decorative boxes for the Co-operative and Jack was a motor mechanic in the local garage.

They courted and were engaged for 11 months. Given the long distance between them (at least it was long in those days) Jack could only visit Joan once a month, by bus.

They were married in 1953 in Pelaw RC Church, with a busload of guests making the journey from Swaledale, driven by local man Geordie Milner. They moved to Reeth in the mid 1950s, to the house in Langhorne Drive, where they lived throughout their married life, raising four fine sons and one lovely grandson.

Joan kept her links with her childhood home, as she, Jack and the family enjoyed holidays on the North East coast, mainly in caravans at Warkworth, with its lovely long sandy beaches. She also loved to go back and

visit Newcastle, to see the Tyne Bridge and River Tyne and has a large photograph of them on her bedroom wall. Her younger brother, now retired, lives in Reeth with his wife.

Jack went on to become one of the owners of the garage and had worked 50 years when he retired. He combined it with 25 years as a retained fireman in the local fire service. Jack has a brother and sister living in Reeth, as well as sister in Newton Aycliffe, Darlington, Northallerton and Richmond. His other sister lives in Australia and his youngest brother in America.

Joan and Jack also celebrated their 80th birthdays in May and July 2010 and we are delighted to have them at Nightingale Hall.





Riverhead Hall snowy day

As we all know, last winter we had plenty of snow to have fun in.

We organized an afternoon so that a few of our residents could go outside and have some fun with staff. The staff got the residents all wrapped up nice and warm and went into our garden to play. Whilst the residents watched, a lovely big snowman was made by the staff! When Mr Snowman was his full height, they put a bobble hat and scarf on him and he stood outside in the garden for a good few weeks, although he sadly melted away as the snowy weather faded away.

Monthly baking day

On a monthly basis, we try to fit in a Baking Day. We make buns, biscuits and often like to have a go at making our own fresh bread, so the residents can enjoy the smell and taste of fresh bread. When the bread is cooked, the residents enjoy their fresh baking with a homemade soup, that they have around tea time. As we can see in the picture, one of our residents Mrs Ruth Abel who celebrated her 99th Birthday in December 2010.



A photograph of Team Leader, Sallie Aitken with residents Mollie Campbell and Susan Smith enjoying a tittle at Christmas.

Musical Entertainment

Every month we have different types of musical entertainment. However, we have one particular group that the residents really enjoy and they are The Black Cats. They are two brothers from Drifffield, who often bring other family members to help them take part in their act. They sing a wide range of music and often dress up for the residents! One particular musical artist they like to take on is the one and only Elvis Presley. On the 8th April 2011, the Black Cats came along to entertain the residents for the afternoon, which turned out to be a very sunny April day, so they set up outside in our garden. The residents all came outside to enjoy the sun and the Black Cats sing to them.



Birthdays

Maisie Fisher	84	12th January
Xenia Story	82	21st January
Doreen Rose	87	12th February
Margaret Benson	86	2nd March
Polly Forster	86	17th March
Edna Porteous	98	22nd March

New Residents

Winnie Wratton
Polly Forster
Doreen Rose

Handing out the gongs

Some rather unusual instruments really struck a chord with Wellburn House residents. Musicians from Gamelan at Work brought traditional Japanese instruments to the Home. Residents had a really good time playing the instruments and making plenty of noise.



We don't always get everything right

Here at Wellburn House, we always try our best to get everything right, but sometimes it does not quite work out!

My last birthday in July 2010 started off with a beautiful 90th birthday card from Management and staff at Wellburn, delivered by a Team Leader, who told me I was wonderful for my age. I thanked her and said I should hope so as I am only 84! She smiled sympathetically and said we all feel like that – I laughed and replied, in my case it was the truth.

The poor girl was horrified at what obviously was a small clerical error.

Now I have a great incentive to catch up and not waste my precious 90th Birthday card – only 5 years to go and then who knows – something might inspire me to go for the Century!"

Margaret Burrow - Wellburn House

Ella was born in 1926 in Gateshead and went to a Catholic School where she was very good at sports and was chosen to run for her school. Ella's dad worked on the railways and the family moved to Heaton when Ella was 8. Ella's father would often greet the dignitaries when they came to the railways as he was very polite. Ella's father retired from the railways at 65, he died a year later.

Ella remembers her mum being a great cook – Sunday tea was always set out with sandwiches, cakes etc. When Ella left school, she went into tailoring and mending. Ella also loved to dance and to go to the pictures. Ella was married at 21 to Les, who worked on the railways like Ella's father and they lived in Heaton. Ella had three children; Linda, Patsy and Paul.



Autumn Bazaar & Macmillan Coffee Afternoon – 24th September

Everyone gathered together for our Annual Autumn Bazaar raising money for Macmillan Nurses. During the afternoon, we had the entertainment of Susan Finn – playing a selection of percussion instruments, which we all had a go at! We then had a selection of stalls, including a cake stall as well as a tombola.



Winifred Young

Winnie was born on the 8th April 1922 to Thomas and Winifred Emerson and had 12 brothers and sisters; Alex, Tommy, Ruth, Sid, John, Arthur, Norman, Harry, Milly, Mari, Ada and Anne. At school, each sibling was taught to play a musical instrument. On Sundays it was tradition for all the family to gather round the organ to play and sing together.

Once Winnie left school, she became a dress maker until the war broke out and she then joined the Womens' Royal Airforce.

Whilst Winnie was in the Armed Forces, she was first based in Lincoln, then Lands End. Her job

role included office work, but would also look after the aircrafts. At the end of the war, all of Winnie's siblings, except John and Norman returned in one piece. John was injured when his ship was torpedoed. Norman was based in Iraq and after a night's leave, he returned to camp and failed to answer when the guard asked "who goes there" – so they shot him – he is buried in Bagdad.

Winnie returned to dressmaking once the war had ended and also worked as a barmaid – this was where Winnie met her husband Cliff, a joiner by trade. They married on the 2nd September 1950 and had five children; Sid, Brian, Elizabeth, Sandra and Winifred. They lived in Fenham and Winnie carried on working from home, specialising in wedding and bridesmaid dresses.

When the children were babies, Winnie and her family took holidays in wooden huts in Ovingham and Scarborough. Winnie's youngest daughter, Winifred, contracted meningitis when she was 13 years old, she survived only to die three years later of the same thing.

All of Winnie's children married and she has five grandchildren; Tony, Ian, Lance, Julie and Dale. When Winnie retired, she spent her time doing alterations for friends and neighbours, playing the organ and spending time with her grandchildren. Winnie's husband, Cliff, died aged 73. Winnie now has four great grandchildren: Brook, Jessica, Max and Lewis.

At Wellburn House, Winnie likes to get involved in most activities; dominoes, scrabble, outings, reading and most of all music! Put any music on and Winnie will sing along and even have a bit of a dance!

Barbara Foreman, Heatherdale - Life Story



Barbara was born on the Wirral, close to Birkenhead, before being evacuated on the first day of the second world war to Shrewsbury, where she stayed with a local family.

By Christmas she was back at home, as the predicted bombing raids of the first few months of the war did not happen – although of course much of Liverpool and the Wirral shipyards were extensively bombed later in the war – and Barbara’s home was also damaged by German bombers.

Barbara went to Denbigh Howells boarding school between 1940 and 1943 and then on to St Andrews University for 3 years from 1943 – 1946, obtaining a degree. In 1946, her father died of cancer at 50 leaving her mother, her sister and herself needing to find work to survive.

Her mother had a terrible time after her father’s death and having never worked in her life before, was forced to take different jobs including one in the Manchester University Hostel for Students – a live in job working for the residents there.

Barbara had been due to go to St James secretarial college in London after graduating, but she deferred this, instead taking up a teaching post at a boarding school in Folkstone, despite not having any teaching qualifications.

During the summer she worked for a lady who had been at Cheltenham Ladies College – who owned a boarding house. It was while she was working here, that Barbara met a friend of a friend, who was the Head of an Italian bank and he was looking for a governess for his two children – he asked Barbara if she would like to take the job. As she was going to St James for her secretarial course Barbara said no, but then after 4 months and having passed her secretarial exams she accepted!

The family had a summer house by the sea, where they went for a month and a chalet in the mountain with the most amazing view of the Matterhorn.

In 1950 Barbara moved to Switzerland – having obtained a job with Nestle. Here she met her first husband Mike. Mike had great plans to go to Canada, however when they applied for their visas they had complications, which concluded in them having to return to London.

They returned to the UK and spent a while living here before deciding that they wanted to go back to Switzerland – both returning to Geneva this time and literally going in different directions to look for a job.

After five years in Switzerland, they returned to England and got married in 1955.

During this time Barbara and Mike became enthusiastic mountaineers – climbing all over the Alps. Together they scaled Piz Palu, which is 12 900 feet high in 1956 and Rifugio Mantova at 11500 feet in 1957. They also climbed Breithorn at over 4000m.

After their travels, Mike decided to buy a country pub with some inherited income of Barbaras and together Barbara and he ran the Kings Head near Dorking. Barbara became the chef, preparing award winning food, which was very successful. Mike worked as front of house.

Together they ran the pub for 4 years before Barbara decided to take another secretarial job, at what is now known as, PriceWaterhouseCoopers and was involved in the various takeovers of Tnasley Witt and Andrew Barr, leaving the pub in the hands of Mike and the staff. Tragically Mike had a serious accident when working in their garden, falling off a ladder, which caused spinal damage. After spending 6 months at Stoke Mandaville spinal unit, he remained a paraplegic, but did get back to walking in a fashion. When he died in 1976, it transpired he had probably had a heart attack at the time of his fall.

Barbara was fortunate to meet Jim, whose own wife had died and they married in 1978 – Jim was a Northumbrian and when his health too began to suffer, the two of them moved to Warkworth, which was close to Jim’s son. Jim had been awarded the MBE for services to the Fabian Society. Jim died not long after they moved North and after a few years on her own, Barbara decided to move into Heatherdale.

New Residents

Alan Rowell, Nan Chambers, John Smith, John Marshall, Jane Grieves and Doris Hearson.

New Staff Carers

Trudi, Rita, Sharon and Hayley. Julie and Julie.

Congratulations

Marjorie Ormston on turning 102 on 26th August

Alan on his retirement

to Linda on becoming the Partnership Alliance Manager

Well Done

To Susan Belise, Marlene Scott and Sarah Barnes on completing their NVQ 3 And to Allison Moore on completing her NVQ 4



A wise old visitor

Heatherdale residents were delighted to receive a visit from the largest wildlife rescue centre in the North East of England.

As part of the service they provide, they also bring some of the animals into the community and among those they brought into Heatherdale, were a hedgehog and an owl.

Falling into the sponsorship trap

A Sunday football team has some of the oldest supporters in the league – thanks to a sponsorship deal from Heatherdale.

North End Trap has the name of Heatherdale on its shirts. This is the second season that Heatherdale has donated £500 to sponsor the team, which plays in Division 2 of the Morpeth Sunday League.

Heatherdale Manager Alison Moore said: “It’s nice to be able to provide support to a local team and everyone at Heatherdale is fully behind North End Trap this season.”



Roast Chicken Breast with Spring Cabbage, Creamy Dauphinoise potatoes & Ratatouille

Dauphinoise serves 6

Ingredients

- knob of butter, for greasing
- 1kg waxy potatoes, such as Desiree (sweet potatoes can be used instead or as well as)
- 150ml full-fat milk
- 142ml carton double cream
- 1 garlic clove, peeled and halved
- 2 sprigs of thyme
- pinch of freshly ground nutmeg
- 25g parmesan, freshly grated (any cheese can be used)

Prep 20 mins Cook 1 hr - 1 hr 15 mins

Method

1. Heat oven to 160°C/fan 140°C/gas mark 4. Line an 8inch square brownie tin with greaseproof paper, making sure there are no holes for the liquid to seep through and then butter the paper. Peel and slice the potatoes to the width of a £1 coin and pat dry.
2. Pour the milk and cream into a pan and then add the garlic and thyme. Heat to boiling point, cool a little and strain into a jug. Sprinkle with nutmeg and keep warm. You can prepare this in advance and reheat.
3. Layer half the potatoes in the tin, overlapping the slices, sprinkling each layer with a little salt and pepper. Pour over half the liquid and finish layering, then add the rest of the liquid and scatter over the cheese. Bake for 1-1 hrs until the potatoes are tender and the top is golden. Leave to stand for 5 mins, then cut into 6 portions and serve.



Ratatouille

- 1 dash olive oil
- 2 red onions
- 1 aubergine
- 2 red peppers
- 2 green peppers
- 2 courgettes
- 2 tins chopped tomatoes
- 2 cloves garlic

Method

1. Chop all vegetables into 1cm cubes or larger if you prefer
2. Heat oil in pan and add onion for 1 minute then garlic, then peppers, sweat for 2-3 minutes
3. Add courgette and aubergine cook for a further 3 minutes
4. Add chopped tomatoes to cover all of the vegetables
5. Season with salt & pepper and bring to the boil and simmer until vegetables are cooked
6. You can add some fresh or dried basil, parsley or mixed herbs to flavour at the end

Chicken

Season your chicken breast with salt & pepper and fry in a little oil and butter until it has a nice golden colour, then pop into the oven to cook on gas mark 6 or 180-190°C.

Meanwhile slice some seasonal spring cabbage and cook in boiling water until tender, drain and add a little butter and pepper to taste.

Place hot dauphinoise potatoes on a plate with cabbage and chicken breast then add the ratatouille and use some of the tomato sauce to cover the plate. Eat and Enjoy Mary Wilkinson.

David has a food fight

Wellburn's Development Manager David Robinson, recently appeared on the Channel 4 show Fern, competing in the Food Fight segment against his partner Vanessa. David cooked a Thai green curry and Vanessa cooked a traditional Indian curry.

The couple had to cook for the entire audience and celebrity chef Paul Rankin, who judged Vanessa's to be the best, much to David's dismay!

When asked why Paul chose Vanessa's curry, David said: "Two reasons, he doesn't know that a traditional Thai curry should be more like a broth than a creamy curry and secondly he fancied her."



Here is David's recipe for his dish:

For the Paste

- 2 Teaspoons Coriander Seeds
- 1 Teaspoon Cumin Seeds
- 1 Teaspoon Black Peppercorns
- 1 Teaspoon Salt
- 2 Teaspoons Galangal Paste
- 3 Teaspoons Lemon Grass Paste
- 1 oz fresh Coriander leaf and stems
- 2 cloves Garlic
- 20 small green chillies
- 2 oz Basil Leaves

To make the paste, toast the seeds separately, until fragrant and grind in a mortar and pestle. Add all other ingredients and form a smooth paste, (I use a blender for speed).

For The Curry

- 500ml Coconut Milk
- 1 Tablespoon Olive Oil
- of paste that previously made
- 375g Chicken Breast
- 60g Aubergine
- 1 tablespoon sugar
- 2 Kaffir Lime Leaves
- Some Basil leaves
- 2 table spoons fish sauce
- 1 fresh green chilli
- 1 long red chilli

Open the coconut milk and separate the creamy top from the milk, set aside the thinner milk. In a large wok, heat the thicker cream stirring constantly until it crackles...

Then add the green curry paste and continue stirring and heating till fragrant for approx 2 mins

Add Chicken and cook until meat is thoroughly cooked through(2-3 mins), add the remaining coconut milk and bring to boil, add the chopped aubergine and simmer for 5 mins, add sugar and lime leaves, stir in fish sauce.

Remove from heat, serve with rice and garnish with chillis and basil.

David Robinson

Garden News

We wish to thank our gardening team for their sterling efforts throughout the year. Autumn and winter is always a busy period for our gardeners, because when they are not clearing leaves, they are carrying out landscaping work to ensure our gardens continue to meet our very high standards.

Over the winter we had up to 15 inches of snow, which started on 25th November in the North East through to the start of a cold thaw at the end of December. This was followed by further frosts, varying between -10°C and -18°C. Yorkshire & Berwick suffered the same, although at slightly different times.

All outside areas needed to be cleared and salted every day to provide safe access for staff and visitors, so a big **THANK YOU!**

GARDEN HOUSE

These gardens are becoming established after the extensive development works.

Neil's mass bulb planting during autumn provided a wonderful display of spring colour, both at the front and on the bank at the rear.

We tried putting hanging baskets at the front of the home in the autumn, however the strong Berwick winds soon pulled the fixings off the walls and put an end to this idea. Wrought iron planter baskets will be under the windows for summer 2011, providing glorious colour.

We are looking forward to entering the 2011 'Berwick in Bloom' garden competition.

HEATHERDALE

Second place in the East Chevington Garden Competition.

Alan Ramsey has retired from looking after the gardens and we welcome Ivan Batch onto our gardening team. Ivan has started his own gardening business, having previously worked at Linden Hall Golf Course.

With his experience, we are looking forward to having 'golf green' perfect lawns, as well as a beautiful garden.

The fountain in the main garden has proved to be a wonderful success and is the central feature for many garden socials.

CRAGHALL

The original idea of using very large 'barrel' planters, started here in the court yard area. A great success, commented on regularly, we are now using these in court yard areas at other Homes.

The new fencing, which Lee has erected at the rear of Craghall, has improved this area considerably and the views over the Dene.

The established plants and trees survived the winter very well; walled gardens do seem to be more sheltered.

WHORLTON GRANGE

Sadly we were not eligible to enter the 2010 Northumbria in Bloom garden competition, as we have won the 'Ron Grubb' memorial award the previous two years. Apparently we can be too successful, but hopefully we will be asked to enter again in 2011.

Syd & Rod, as usual have provided wonderful colour all year. All Homes are benefitting from the installation of the automatic irrigation systems. We forget how much time was spent previously watering baskets and pots by gardeners and staff.

WELLBURN HOUSE

The re-designed front garden flower beds are proving to be a great success.

A new rose garden has been established in the rear garden and hopefully Carol (Deputy Manager) will be entering our blooms in the classes at Ovington show. She told me that in the past we were very successful with our entries.

We have, in 2011, established two charming new water features of playful otters. This is a big improvement on our previous 'furry' friends, the rabbits, who are now safely on the other side of the perimeter fencing.

RYTON TOWERS

Awarded second prize in the 'Britain in Bloom Committee Cup' garden competition 2010.

There is now a much improved aspect at the rear, since the Leylandii hedge has been removed and new wrought iron fencing erected.

The new large 'planter' barrels, in the lower courtyard, have transformed this area into a blaze of glorious colour, with especially pleasing views from the surrounding bedrooms and corridors.

EIGHTON LODGE

Winner of 'Gateshead East' garden competition 2010 and second place in the larger 'Area' garden competition (winners only to compete).

This year we have been involved, in conjunction with the RHS Britain in Bloom and The Woodland Trust, in regenerating the adjoining Dene, planting over 400 nature 'wildlife' shrubs and trees. The selective clearance and planting has provided a conservation area and wildlife corridor for birds, small mammals, butterflies, insects and caterpillars.

Our British Red Cross Open Garden day in July was again a success, Mary and her team provided cream teas, which were much appreciated. We will be holding this event again on Sunday 24th July 2011.

ST GEORGE'S

Awarded first prize and a Silver Trophy 'Sunderland in Bloom' 2010

A noticeable change this year, is the addition of an outside patio on the first floor. We have incorporated this development into the garden area with pots and hanging baskets.

The new rose hedging in the long border, when it comes into bloom, will provide a 'vision in pink' well into the autumn.

GLENHOLME HOUSE & DAY CENTRE

Merit Award 'Sunderland in Bloom' 2010

This garden proves that large areas are not needed to provide wonderful accessible gardens, which are used regularly by all residents.

Jan & Lee have provided summer vegetables from the small raised bed at the rear of the Home.

All gardening in this area can sometimes be a challenge, being so close to the coast.

NIGHTINGALE HALL

What a difference a year makes. This spring the front garden has been a blaze of colour. Billy's mass planting of bulbs in the autumn proved very worthwhile.

The front aspect and gardens are progressing and maturing. Visitors, residents and neighbours are regularly commenting on the improvements to the gardens.

Development works, including a new rear extension, are ongoing.

ST CATHERINE'S

Awarded a 'Yorkshire Rose Silver Gilt' in the Yorkshire in Bloom 2010 garden awards

Brian's winter project has been to lay a new access path way across the rear lawn. It is best not to ask how many tonnes were removed, as this was a much bigger project than was first envisaged.

We are desperately hoping that the fig tree has not become a 'winter' casualty. Time will tell, but it is not looking healthy at the present time.

ROSEVALE

Building works, which are being undertaken, have led to a major change in the garden design. We are very pleased with the new garden to date and the pressure is on to make a few further changes to be ready for our first time entry in the 2011 'Yorkshire in Bloom' garden competition.

The new water feature is proving a great success and residents appreciate the easy access to the garden areas.

GRIMSTON COURT

Awarded a 'Yorkshire Rose Silver Gilt' in the Yorkshire in Bloom 2010 garden awards

We held another successful British Red Cross Gardens Open Day in August 2010. A sunny day always helps and visitors were very complimentary. As usual, the cream teas, which Pam and her team provided were much appreciated. We will be holding this event again on Sunday 21st August 2011.

Not all ideas go to plan. In 2010 John planted a crocus walk, which was eaten by the rabbits and the peacocks enjoyed the marigolds.

RIVERHEAD HALL

Awarded a 'Yorkshire Rose Bronze' in the Yorkshire in Bloom 2010 garden awards

A much improved vista in the main garden after John had selectively cleared the surrounding area. It is amazing after these works how many bulbs and plants 'pop up' which were not visible earlier.

These gardens are an on going project, as it is always better to wait until the garden evolves, than to force change.

Another idea, which did not work last summer, John planted Begonia 'Non Stops' in the borders and the ducks from the adjoining canal cleared them overnight, back to geraniums this year!

