

Middleton Hall

Retirement Village



www.middletonhallretirementvillage.co.uk Tel: 01325 332207



BUILDERS GO UNDERCOVER TO KEEP DEVELOPMENT ON TRACK

Despite all that the British weather has thrown at us, The Waterside, Middleton Hall's carbon neutral independent living development is well on track. It has, however required some innovative thinking along the way. During the cold weather, in an unusual move, we hit on a novel way of keeping our six bricklayers in work on the new eco retirement development as temperatures plummeted.

Middleton Hall hired a vast marquee so that builders – who would normally have been laid off during the freezing weather conditions could carry on working.

Our aim was to keep building and although people laughed at the idea of using a marquee on a building site, the logic was that marquees tend to be needed less in the winter months. The bricklayers were amused at this slightly radical approach but of course they were the only bricklayers working outside during the long spell of arctic weather. With a little background heating in the marquee, they kept working and phase 1 of the bungalows will be ready for summer as planned. A bit different from the usual wedding use for the marquee.



THE WATERSIDE... SHOW HOME OPENING JULY

Phase one of the scheme, will see six of the planned 35 independent living homes built next to beautiful woodland with a wetland area and a large duck pond designed to attract wildlife. Each home will be fitted with wood burning stoves, triple glazed windows and thick insulation as well as solar thermal panels and electricity generated from PV (photovoltaic) panels.

The first show property will be ready for viewing in July. There has been unprecedented interest in these new, ground breaking dormer bungalows. Although marketing of the properties has not yet started in earnest, four of the first six have already been sold. The list of interested people eager to view the show properties is growing daily.

Exclusive viewings will take place in July.

If you have not already registered your interest, please do call Caroline on 01325 332207

Being "carbon neutral" offers some enticing advantages for our future residents:

- Very low energy costs
- Extremely quiet homes, owing to high levels of insulation including triple glazed windows
- Light spacious feel to properties
- Future capital value when compared to less energy efficient buildings

According to National Home Energy Rating Software, energy costs for heating, hot water, lighting, cooking and use of appliances should be offset by income from the Feed-in-Tariff.

They are believed to be the first zero carbon retirement properties in the UK.



INNOVATION &

excellence



THE ORANGERY

We are delighted to announce that the new Orangery is now welcoming residents and guests.

The beautiful Orangery is open daily and houses the shop, bar and café. This airy, elegant setting is the perfect place to chat with friends or family and enjoy a tempting selection of a full breakfast menu, light bites, hot beverages, soft and alcoholic drinks. Free Wi Fi access is also available for all to go on line whilst enjoying the elegant surroundings. It has already proved to be very popular and acts as a hub for residents, families and friends of Middleton Hall. It has replaced the much loved Terrace that regularly ran out of available tables due to its popularity.

The Orangery is designed to meet the demand of our increased number of independent living residents when The Waterside opens. The new menu, with more healthy options, has been well received.

The Orangery has already been the venue for a well-attended recruitment evening and in May we are planning to host a series of resident and family parties. As the warmer months approach, with the promise of sunshine, we look forward to opening the doors, for residents to also enjoy the great menu, alfresco.



BOWLED OVER...

Middleton Hall was a proud finalist in the category of Best Independent Living development for 2012 for Middleton Woods. Despite being just pipped to the post by a development in Hertford, the senior management team enjoyed a day out in London at Lords Cricket Ground for the annual lunch and reception, attended by 350 people, including the leading players in the care industry. Prior to the lunch, the team were taken on a tour of the ground including, to the great interest of the two cricketers amongst the team, a visit to the England dressing room.

As a finalist, Middleton Hall also won a cheque for £500 for its nominated charity, Durham Wildlife Trust.



REASONS TO BE CHEERFUL 1...2...3...FOR AUDRA

Audra Hunt, our new Recreation Guide has lots to smile about. Not only does she love her new 'out and about' role she has turned her back on a two hour daily commute.

Audra Hunt, joined Middleton Hall Retirement Village earlier in the year as Recreation Guide - and said goodbye to a daily 52 mile commute to her previous job as a clothing manager for Sainsbury's in Durham.

Audra, who now has a short walk to work from her home in Middleton St George, said: "I love the fact that every day is different here and I really feel like I am making a difference to people's lives working at the retirement village."

Since she started, there has been increased participation in recreational activities offered.

Engaging our residents in creative and artistic activities has been a priority since I started. A new monthly photography club has been set up with an exhibition already planned for later in the year. In addition to this a number of residents have attended The Bridge, an Open Art Studio in Darlington that provides an opportunity to learn and experiment with a range of materials as well as social interaction with other studio members.

On a more active front, the walking group is trying out Nordic walking and "Ping Pong" is on its way. Ping Pong is a funny and emotional film that follows 8 octogenarians as they compete in the Over 80's World Table Tennis Championships. I am planning to screen the film and get our own group of Ping Pong players going.

Audra has now been promoted to the broader role of Living Well Manager where she will take additional responsibility for the running of Middleton Spa. Health and fitness is a key part of ensuring a positive lifestyle for all our residents, In addition to exercise classes, there are increasing sports opportunities outside - bowling, boules, golf as well as walks in the extensive grounds.





A VIEW...ING YOU WOULDN'T WANT TO MISS...

No 23 Middleton Woods is now available to purchase. This luxury two bedroom apartment is available for £247,500

A beautiful, spacious 1st floor apartment with security and independence in beautiful surroundings, apartment 23 is a corner 2-bedroom property. Southeast facing, enjoying the benefits of the morning sun it has a large sheltered balcony with stunning views over the lake, open countryside and on towards the Cleveland Hills.

The only way to truly appreciate this apartment is to see it for yourself. **Please contact Caroline on 01325 332207 to arrange a viewing.**

Interesting fact: The Middleton Woods apartments that opened in 2007 have bucked the property market and on re-sale have sold above their original prices. The popularity of the independent living at Middleton Hall is based on the quality of the apartments, the service and most importantly the strong community of residents.

A RECIPE FOR SUCCESS

Debby Lamont, Head of Care and Quality has been recognised for her innovative work supporting people with dementia. After achieving a first class honours degree in dementia studies from Bradford University in 2012, Debby recently won a highly commended BUPA Award for Innovation in Person Centred Care for the project she included as part of her final dissertation.

Debby was instrumental in setting up the retirement village's Family Living service whereby a small group of residents, often but not necessarily with dementia, live together and actively participate in daily household tasks, such as helping to prepare meals.

"Our residents with dementia live in a family environment and they do the things that they would have done at home. The Family Living Group is about ensuring that residents are at the centre of the activity," said Debby.

"We had the opportunity to learn from the experts because we found out what was meaningful to people in the past and they ended up showing us how to do things."

Family Living is very different from a traditional care home environment and is run separately from the hotel service in Middleton Gardens. Since opening two years ago, residents have made significant physical and mental health improvements.



NEST WATCH... SEE LIVE OUR NEWEST RESIDENTS ARRIVE

Following the interest of residents that the bird hide has generated, the grounds team have come up with a new innovation for 2013 – Nest Watch.

Three of Middleton Hall's bird boxes have had small CCTV cameras installed allowing every move to be shown on the internet and in reception. The first nest box showing live coverage was an owl box where several owlets hatched in 2012. This proved fascinating viewing until nature demonstrated that life in the wild has its downs as well as ups. The owl sitting on the first of the eggs left the box after her mate appeared to let her down with the food supply. This may have been as a result of the unseasonably cold weather at the end of March.

Meanwhile "nest watch" is hoping for greater success with our blue tits and the relatively rare tree sparrows producing offspring. The 32 inch television will be placed in reception for all residents and visitors to watch the nesting habits "big-brother" style. A link to coverage will also be found on Middleton Hall's website.

At time of going to press, 4 or 5 Moorhen chicks have been sighted by the pond proving to be a big hit with the residents, families, visitors and staff alike.



We are delighted that Pat Webb, resident of Middleton Woods and member of the Middleton Hall Photography club has captured the latest arrivals on camera.

THE GREEN TEAM

Reducing our carbon footprint is now the main goal of a group of employees of Middleton Hall

Following considerable investment in improving the Victorian buildings' efficiency with replacement windows and more efficient boilers, thirteen staff have been meeting every month to identify ways to save energy by improving energy awareness by staff and residents. Many saving energy ideas have been put forward by the group including the introduction of bicycles with trailers for maintenance and gardening staff.

David Richardson, head of operations, said: "We're always keen to look at how we can be more sustainable as a company. This way, the staff come up with the ideas themselves on ways we can reduce our carbon footprint and they prioritise which action should be taken first. The staff group has come up with a range of ideas that we had not thought of – some simple and easy to implement. They're really enthusiastic about making a difference to the environment."

The Waterside development clearly illustrates our vision for reducing the carbon footprint. The development is believed to be the first zero carbon retirement bungalows in the country.





NEW INGREDIENTS FOR INDEPENDENT LIVING

Over the past couple of years, Middleton Grove has undergone planned refurbishments and changes in the services offered.

All our Middleton Grove suites and apartments have been fitted with a galley kitchen or kitchenette providing an option for meals to be prepared independently. Residents now choose to opt for all meals or just one main daily meal and prepare others within their suite.

These changes reassure people that choosing to move to a retirement village does not mean losing their independence. For some residents, culinary skills have been enhanced to the degree of hosting dinner parties for friends. The aroma of freshly baked bread has also been known to come from the suites. Mentioning no names Ralph.

Julie Binks, Manager of Middleton Grove commented "encouraging independent living is key within Middleton Grove although our residents know that support is on hand 24/7 if required. This environment nurtures a "can do" attitude amongst residents".



FIRST IMPRESSIONS COUNT... AND WE HAVE JUST POLISHED OURS UP

As part of our continued programme of refurbishment, the complete remodelling of the reception area has now been completed. On arrival, automatic doors open and residents, family members and visitors will be greeted by a member of the reception team. A brand new reception desk has been installed coupled with a larger reception area.

Reception is the welcoming face of Middleton Hall where people head for all sorts of reasons. As Angela Robinson, Senior Receptionist points out "Reception has become the focal point for all manner of information and queries from booking minibus shopping trips to checking where the photography club is meeting. The extra space has made all the disruption finally worthwhile!"

EVERYONE DESERVES A BREAK... IT'S HOLIDAY TIME

As we leave the cold dark nights of winter, and the promises of lighter nights and warmer weather, thoughts turn to holidays.

At Middleton Hall, holiday breaks are booked by a variety of regular clients. Some book a stay in the suite in Middleton Grove for a regular holiday without housework or cooking and make best use of Middleton Spa for exercise or the award winning gardens for fresh air backed up by the extensive range of food options.

Holidays can also be a concern for families where they provide support for loved ones. What if Mum or Dad is unwell while we are away on holiday? For those clients our short stays allow both carers and those receiving care the opportunity to take a break from their usual routine and surroundings with the security of knowing that loved one will continue to receive the highest level, care, support and attention at all times. Moreover, for the relative on holiday at Middleton Hall, beautiful surroundings, a wide range of leisure and sporting facilities, social activities, trips and outings beautiful homemade cooking and the chance to meet new people.

For more information on our holiday breaks or try before you buy offers, please contact Caroline to discuss availability. As with all the best holiday destinations they get booked up early.



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