

Middleton Hall

Retirement Village



www.middletonhallretirementvillage.co.uk Tel: 01325 332207

Special Waterside
Edition



READY TO VIEW

THE UK'S FIRST ZERO CARBON RETIREMENT DEVELOPMENT.

From the weekend of Saturday 31st August & Sunday 1st September 2013, Middleton Hall Retirement Village invite you to the **first** viewing of phase one of the eagerly awaited Waterside Development. Whether you are interested for yourself, a family member or just wish to find out about living in a zero carbon home, we would love to see you. From 10.00am throughout the day, we are offering guided tours of the show property and the surrounding parkland so you can experience for yourself the benefits of living in a zero carbon home in a retirement village.

Residents will be on hand to tell you about their vibrant and enjoyable retirement lifestyle.

Visitors will also have access to view Middleton Spa and our outdoor facilities. Refreshments will be served all day in the new Orangery.

Since we laid the first brick back in September 2012, we have looked forward to sharing our vision for a spacious, secure and sustainable retirement home and lifestyle. We are delighted with the quality of the homes, the zero carbon features, the spacious interiors and the flexibility that a dormer bungalow can offer. We hope you will be too.

Jeremy Walford - Managing Director



THE WATERSIDE
spacious, secure, sustainable living



THE WATERSIDE - retirement living for those who like to be **FIRST**

Waterside Open Days

31st August & 1st September 2013

10.00am – 4.00pm

12th September 2013

10.00am – 6.00pm

26th September 2013

10.00am – 6.00pm

28 & 29th September 2013

10.00am – 4.00pm

October dates to be announced

YOU'RE INVITED

... TO VIEW THE FIRST
ZERO CARBON RETIREMENT
DEVELOPMENT IN THE UK



THE WATERSIDE
spacious, secure, sustainable living

Middleton Hall
Retirement Village

Middleton Hall Retirement Village, Middleton St George, Darlington, DL2 1HA

MEET THE FACES OF THE WATERSIDE

THE BUILDER, THE ADVISOR AND A NEW BUYER.

GRAEME BELL - CONSTRUCTION MANAGER

Graeme Bell is the main face behind the construction of the Waterside bungalows and joined Middleton Hall back in April 2012. Already known at Middleton Hall due to his involvement in the build of Middleton Woods apartments in 2007, Graeme took on the role of Construction Manager. Unlike most developments we have not used a main contractor. Instead, with Graeme's expertise, we have employed experienced trade people directly. The build started in September 2012 and is on schedule for handing over the keys to its first residents this September. There were times in the last 12 months a lesser man may have crumbled, dealing with all the British weather thrown at him. However, behind the hard hat and high-vis jacket there is a man that will not be beaten. This was clearly shown when, in arctic conditions, a marquee was erected over frost-strewn ground so building could continue. This drive and determination is also demonstrated in his spare time, as Graeme's passion is driving a Group 4 Mark 2 Ford Escort Rally Car competitively.

Describe your perfect day.

Driving all day in my rally car obviously!

Who would you invite to a dinner party at Middleton Hall?

Ohh difficult, My namesake Alexander Graham Bell, my wife and a comedian to make us laugh. My rally car would be parked right outside as well.



CAROLINE SOULLIER - CLIENT SERVICES ADVISOR

If you are interested in a Waterside Bungalow, a Middleton Woods Apartment or a Middleton Grove Suite, you will have the pleasure of meeting Caroline Soullier, our Client Services Advisor. Caroline has a wealth of experience and has been working at Middleton Hall since June 2006. She was also involved in the initial sales of Middleton Woods in 2007. Caroline has managed well over 3000 enquiries during her time and prides herself in the knowledge she has attained, the relationships she has built and the level of service she provides.

Describe your perfect day.

To start off, the sun would be shining, waking without an alarm clock, with time to read a few pages of a good book (always one on the go) and sipping a large cup of tea (made by my husband). A day out in the English countryside visiting a National Trust property followed by a light lunch with good friends on the banks of a river. A spot of gardening would also need to be added to the day. Evening time would be back in Africa, where I spent 23 years of my life, fishing in Lake Kariba, watching the sun go down over the Matusadona Hills, eating a gourmet meal listening to the sounds of the African savannah and watching the stars in a big, cloudless sky.

Who would you invite to a dinner party at Middleton Hall?

Family is important, so nothing would give me more joy than sitting round with my two sisters and their partners who live far afield. We would not be lost for conversation and we'd chat long into the night.



DAVID AND JUNE GASKELL

David and June Gaskell have made the decision to move from their Darlington home of 30 years to be one of the first to receive the keys of their Waterside bungalow.

So what attracted you to The Waterside?

Moving from a much loved family home, with its beautiful large garden and many memories of happy times bringing up children is a big decision.

We were not new to Middleton Hall Retirement Village. David's mother had been a much-loved resident of Middleton Grove and David knew the level of care she had enjoyed. Over time, we had watched the developments of Middleton Hall with the build of the Orangery and now the Waterside.

Reading about the development of The Waterside coincided with our thoughts about moving and a plan began to formulate in our minds.

Our reasons for choosing The Waterside:

- The setting and environment
- The community feel
- A chance to develop further interests on our doorstep
- Downsizing but with the flexibility of space of a dormer bungalow allowing children and grandchildren to come and stay
- Low maintenance and the benefits of a zero carbon property
- Layout of the bungalows

We are making the decision now, so in later life we are not a burden for our children, looking after our needs as we get older. They can be safe in the knowledge that we are in a secure and fulfilling environment, enjoying life to the full.

Describe your perfect day.

A wonderful walk in the English hills and countryside followed by a lovely, special dinner.

Who would you invite to a dinner party at Middleton Hall?

Elizabeth the 1st, Tony Blair, Maggie Thatcher and Islambard Kingdom Brunel. Love to be a fly on the wall for that one!



FREE PRIZE DRAW – WIN A MIDDLETON HALL HAMPER

Bring this invitation with you to any of our Waterside Open Days and we will enter you into our Free Prize Draw to win a Middleton Hall Hamper including a gift voucher for two for a fine dining experience in our restaurant. (Terms and conditions apply)

First Name: _____ Surname: _____

Address: _____

Postcode: _____

Telephone: _____ E-mail: _____



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If you are unable to attend a Waterside Open Day, please contact Caroline Soullier on 01325 332207 to arrange a private viewing.

HEALTHY LIVING AT MIDDLETON HALL



PING PONG – NEVER TOO OLD FOR GOLD

Friday 21st June 2013 saw the first National Care Home Open Day and all residents and staff were determined to get involved and have a good day. And what a good day it was. A sporting theme took the order of the day. All the staff led by our Living Well Manager Audra Hunt and our residents worked together to put on a great day to showcase just what's great about Middleton Hall.

Ping Pong "Never too Old for Gold" was the morning's activity. Table Tennis is a genuine life time sport with no upper age limit. Never too old for Gold is a movie about players coming together to compete in the Worlds Over 80's Table Tennis Championship. It was enjoyed by all and brought out the competitive spirit of our residents. Some demon table tennis took place just showing you are Never too old for Gold.



MILES EQUAL HEALTHY SMILES...

Healthy smiles were in abundance at Middleton Hall as the winners of the Spring Spa Challenge were announced.

The Spa Challenge was an initiative introduced by the Living Well Team at Middleton Hall to encourage the benefits of exercise as part of a Living Well lifestyle. During the months of May and June, residents and staff got on their exercise bikes and treadmills and the kilometres were clocked up.

Nearly 400 kms were accumulated by the three overall winners who were presented with a certificate and gift voucher by David Richardson, Head of Operations recognising and rewarding their efforts.

Pat Webb & Christine Wright, residents of Middleton Woods, our independent living apartments, took 1st and 2nd place travelling a distance equivalent to Darlington to Manchester and Leeds respectively. Tom Edge, Middleton Hall resident made it to Whitby to earn him his third place certificate.

Pat Webb commented that the health improvements gained had inspired her and that she looked forward to similar initiatives in the future.

The holistic benefits of our living well approach is further borne out in the new academic study, "Shaping Our Age", proving once again Middleton Hall offers the very best in residential care and retirement living.



LET THE GAMES BEGIN!!

On one of the hottest days of the year, staff at Middleton Hall donned their sports gear to take part in the annual staff sports day challenge. Residents watched from the side-lines absorbed in what was to become an extremely entertaining afternoon for all involved. The battle commenced at 3.00pm with events such as the classic egg and spoon race, an alternative slow bike race, a skill challenge and a rather competitive five-a-side football tournament. A welcome relief from the searing heat was the most amusing event of the afternoon – the water relay race! A little planning had gone into ensure the buckets were not completely water tight leaving many drenched in the process.



KEEP ON RUNNING

As part of our Better Health Campaign, some of our fitter members of staff are taking on the challenge of the Darlington 10K and the Great North Run in September. Jeremy, David, Paul, Abby, Gary and Audra have been training for these events. All monies raised will go to the Durham Wildlife Charity. If you wish to sponsor Team Middleton, sponsorship forms are located at Reception and in the Orangery.





A RARE OPPORTUNITY...

It is rare that prospective purchasers have the luxury of a choice of accommodation, however currently we have two spacious, south facing Middleton Woods apartments for sale with wonderful views. Both properties have their unique features, so please look at our website for further details or contact Caroline Soullier for a personal viewing.

ALFRESCO DINING AT THE ORANGERY

The warm summer's evenings and new extended opening hours have put the option of alfresco dining firmly on the menu at The Orangery. This elegant and relaxing venue is now open from 8.30am through until 7pm with afternoon teas being a popular new addition to the tasty range of light meals available. September will also see a number of our usual culinary events in our Restaurant move from Wednesday to Friday evenings. To ensure you hear first, please email us to join the mailing list.



A RIGHT ROYAL WELCOME

On June 2nd at 11am, exactly 60 years after the Queen's Coronation, Middleton Grove residents came together in the company of a very special "guest" to celebrate the anniversary of the event. They gathered around to watch a DVD of the Coronation featuring "live" televised footage of the events of 1953. This was enjoyed along with many reminiscences, coffee and delightful Coronation cup cakes.



GUIDANCE ON FINANCE AND FUNDING

A finance and funding guide has been designed and produced to help Middleton Hall residents and their families find their way through the current funding system. This can either be downloaded from our website or a copy can be collected from our Reception.



WHO GIVES A HOOT?

Spring at Middleton Hall saw the instalment of cameras into 4 of the larger nesting boxes located in the grounds of Middleton Hall. "Nest Watch" was activated and residents and staff huddled around reception to watch the comings and goings of the nesting antics of our feathered nightly residents. Unfortunately, there was disappointment as Vanish, the owl's all too appropriate nickname, decided not to set up home.

However, imagine the reception staff's delight a few weeks later, when they found a very special owl, Oliver, had set up home overnight on the reception desk. As the picture shows, Oliver was hatched by someone very talented and has already brought many a smile to residents, staff and visitors alike.

Although the identity of Oliver's mum (or dad) still remains a mystery, we suspect one of the talon-ted members of the residents knitting group. We love Oliver and everyone is really grateful that someone did give a hoot about our owl-less dilemma.



RESIDENTS 'CASH' IN ON BURNS NIGHT PROMISE

A few drams and a 5-gallon hat helped Middleton Woods resident Brian Richards wow his fellow residents at an afternoon concert in The Restaurant. Country & Western playing Brian delivered on a promise to Jeremy Walford made during the party atmosphere at this year's Burn's Supper.

Brian, only started to learn the guitar in the last 12 months, which coupled with the prospect of performing live, caused him to really focus on his guitar practice since that whisky-fuelled conversation. Rumour has it that Audra Hunt used the same medicine to help ward off a little stage fright prior to his rapturously received renditions.

Sporting his cowboy hat, black shirt and acoustic guitar the Middleton Hall audience could have been forgiven for thinking they had Johnny Cash in their midst – although given their plush surroundings they certainly were not "Live at San Quentin"!



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