

Middleton Hall Retirement Village

www.middletonhallretirementvillage.co.uk Tel: 01325 332207



CELEBRATING DOUBLE SUCCESS – MIDDLETON HALL WINS ECO AND HEALTH AWARDS

This Spring, Middleton Hall Retirement Village has already seen its diligent work and innovative thinking recognised and rewarded in a number of areas. In March, having been nominated by local councillor Doris Jones, Middleton Hall were announced winners of the Best of Darlington Award for its contribution to the environment. Judges recognised the contribution Middleton Hall has made in the areas of “sustainability” and “environmental responsibility”.

This is the first time the retirement village has been nominated and shortlisted for this accolade and reflects the organisation-wide innovations. These include The Waterside zero-carbon development and working with the Carbon Trust in refurbishing the historic main building to reduce energy use, through to establishing staff environmental groups and improving areas of wildlife in the grounds.

This holistic approach has led to reduced energy consumption even though the business has grown significantly.

The team can be happy in the knowledge they are making a difference to the environment and making Middleton Hall a better place to live and work.

This was reinforced when a second award within a week was presented to Middleton Hall. The Better Health Gold Award was presented to Debby Lamont, Head of Care and Quality and Julie Binks, Middleton Grove Manager who was overall co-ordinator of the Better Health Portfolio. The scheme is run by the Health Improvement Service at County Durham and Darlington NHS Foundation Trust which is bestowed on businesses which actively embed health and wellbeing within their organisations.



Left to Right: Councillor Doris Jones, Kate Culverhouse, Groundworks, Jeremy Walford, David Richardson & Alan Grainge Middleton Hall



Left to Right: Miriam Davidson, Director of Public Health, Darlington Borough Council, Julie Binks, Middleton Grove Manager and Debby Lamont, Head of Care & Quality





THE WATERSIDE
spacious, secure, sustainable living

THE WATERSIDE – LATEST NEWS FROM ACROSS THE POND.

We are continuing to experience high levels of interest in the Waterside. In fact, nearly 70% of the development now has some form of property reservation. Due to this demand, we are now shortening the build programme to reflect this.

Phase One

Our first residents moved in during October and having settled in, are now enjoying the benefits of living in their new homes. Five out of six properties are now occupied. Our show property has a preliminary reservation pending a house sale.

Phase Two

Despite the weather, we have been making good progress with the next phase and expect them to be ready for handover during July and August 2014.

Phase Three

Given the high levels of interest, we have brought forward the first part of Phase Three from early 2015 to Autumn 2014. We are currently building four of these properties. The second stage of Phase Three will be ready early 2015. Prices have been released now for this phase.



CHARITY FUNDRAISING



Over the last few years, Middleton Hall has chosen a small, local charity to support each year.

They were chosen for their relevance and where we felt that we could make a real difference to a small charity. For 2014, we have decided to support a major national charity, the Alzheimer's Society. This is of course relevant to Middleton Hall and everyone connected with us. However, we also felt that it was time that we raised awareness of the critical importance of the work of the Alzheimer's Society.

My own father spent the last few years of his life with vascular dementia so I am personally very aware of the impact of the disease on individuals and their families. Through that experience and in researching our Family Living concept in 2009, I became aware of just how inadequate the resources are for dementia in the UK.

I do not think it is an overstatement to say that finding the means of dealing with the disease and finding a cure are fundamental to all our futures. With an ageing population, the UK's finances in the future will not be able to cope without major changes in

funding for dementia research and a better system of caring for people with dementia. Dementia attracts just one eighth of the funding for research that cancer receives from the government.

So for 2014, Middleton Hall is supporting the work of the Alzheimer's Society. All our fundraising during the year will go to the charity. On a personal level, I agreed to run the London Marathon for Alzheimer's. Having run my first half marathon last year with little preparation, entering a marathon was not perhaps fully thought through!



Jeremy successfully completed the London Marathon in a time of 4 hours 12 minutes and 34 seconds. You can still sponsor Jeremy's efforts on his Virgin Money Giving site <http://uk.virginmoneygiving.com/JeremyWalford> or sponsorship forms can be found in the Orangery at Middleton Hall.

BURNS NIGHT SUPPER

Baked haggis served with clapsnot and a traditional cloutie pudding were on the menu at the annual Burns Night celebration in aid of the Alzheimer's Society. As well as a formal dinner, the event featured a sprinkling of Scottish music, a poetry recital, a piper and dancing. Erica Jones, student of performing arts and housekeeper at Middleton Hall, provided a rousing rendition of Amazing Grace and Flower of Scotland.

Jeremy Walford commented "This was the first of many fundraising events we'll be holding for the Alzheimer's Society this year. We've held a Burns Night supper at Middleton Hall for 11 years so it's a bit of a tradition. The food was excellent and the night certainly went with a swing."





AT MIDDLETON HALL

SHARP INTAKE HIT THE RIGHT NOTE FOR FUNDRAISING NIGHT



A standing ovation was given by residents, staff, friends and families as Sharp Intake, the Leeds-based seven-piece jazz band, completed their final song of the night, Route 66 at Middleton Hall's recent charity concert.

Over 40 people enjoyed the evening listening to a number of classic jazz numbers both traditional and new. A few residents donned their dancing shoes and joined band members for a quick turn round the dance floor.

Rapturous applause could also be heard throughout the room when Middleton Woods resident, Brian Richards, 83, joined the band for a couple of songs in the first half. Brian who only took up playing the guitar since moving to Middleton Hall, but rapidly turning into a seasoned pro, was delighted to join Sharp Intake for a couple of songs.

Jeremy Walford remarked "From everyone's faces and cheers, we can safely say this has been a very enjoyable night for all and in a good cause. This event will have raised just under £1000 for Alzheimer's Society in ticket and raffle sales. This is just one of the many fundraising events Middleton Hall is putting on this year to help raise money for the charity."



Alzheimer's Society | Leading the fight against dementia

JO BRINGS MICHELIN MAGIC TO MIDDLETON HALL

A chef who has cooked for rock stars and royalty and worked at the Michelin starred London restaurant, Le Gavroche, has taken on a new role heading up the catering at Middleton Hall.

Joanne Stoddart, who worked for one of the world's best known chefs, Michel Roux Jr, at his acclaimed restaurant, is now bringing some star catering of her own to Middleton Hall as its new catering manager.

In her new role, Jo will be looking to bring her extensive Michelin standard experience to Middleton Hall by reviewing all the menus as well as the food for events and functions.

"I've joined Middleton Hall because of the vision there is for the catering. It's going to be really exciting to be part of it and working with the team to look at all aspects of the catering. We're looking to make it more seasonal and we've also got our eye on some new awards. We need to look at what we cook, how we present it and how we source food."

Jeremy Walford said "Attracting a chef of Jo's calibre and experience is incredibly exciting and she'll be playing a key part in our vision for the future. We want to be known as one of the best retirement villages in the country and Jo's food will only enhance our reputation for providing care within a five star setting."



MIDDLETON WOODS THE CHOICE IS AS EASY AS 1, 2, 3.

Choosing the right luxury apartment to suit your needs has never been easier. For the first time since Middleton Woods opened in 2007, a 1, 2 and 3 bedroom apartment are now available for purchase. Starting from £142,000, come and see for yourself the different apartments, aspects and views but don't leave it too long – as the saying goes, they may be gone as quickly as you can say 1-2-3.





MEET THE RESIDENTS

'It may be just the two of us – but we like our space'

Alan and Margaret Mackie are living proof that age is no reason to compromise on space in the home.

Alan, 74 and Margaret, 72, were one of the first to move into The Waterside development last year. Previously they had lived in a Middleton Woods apartment but were attracted by the extra space the bungalows offered.

"For all it's just the two of us, we like our space" said Margaret. "We've always lived in large properties and we've a lot of friends who come to visit us. We watched The Waterside being built and we thought they looked fantastic and we'd like an extra bedroom. The space around us is also beautiful. We've got the lake and the woodland behind us and lovely views of the Cleveland Hills."

Alan and Margaret are happily settled into their bungalow and are getting used to their so-called "gadgets" which allow their home to be zero carbon. Each bungalow is fitted with a wood burning stove, triple glazed windows and thick insulation as well as solar thermal panels and electricity generated from PV (photovoltaic) panels.

"I love an open fire and the log burner really appealed to me" said Margaret. "We'll have to wait a whole year to see what the energy bills will be like but the house has been so warm over winter. It's wonderful. We do like the fact that it's eco friendly."

The Mackies have adapted their bungalow to create a three bedroom dormer home, featuring a study and a large bedroom with ensuite bathroom upstairs which is perfect for when their friends stay over.

But Margaret says the couple have made plenty of new friends at Middleton Hall too.

"We've made a lot of new friends here" she said. "I go swimming every day at Middleton Hall's pool and life here is what you make of it. We were attracted by the great facilities here when we first came. There's always something going on and you can be as social as you want."



WHAT OUR EMPLOYEES FEEL ABOUT WORKING AT MIDDLETON HALL?

Every year, Middleton Hall carries out an extensive survey into the views and feedback of staff, residents and families. It is our belief that happy employees lead to happy residents. So what do they feel?

92% of staff are either "very satisfied" or "satisfied" with their job at Middleton Hall.

The feedback we received included comments like "Residents and staff make it a joy to come to work"

"I feel very proud to work at MH"

"Successful, satisfying and happy career"

"Very friendly atmosphere,"

"Everyone works as a team"

and finally the "Best company in the region".



WHAT OUR RESIDENTS FEEL ABOUT LIVING AT MIDDLETON HALL?

Feedback from our residents is vital. Overall satisfaction remains very high with 93% of respondents feeling Middleton Hall provides an "excellent" or "good" service. The single most highly rated aspect of Middleton Hall voted by our residents and families is... **The friendliness of all the staff.**

JO USES HER LOAF TO ENSURE "FLASH BREAD SALE" SUCCESS

80 freshly baked loaves were sold in just under 40 minutes at Middleton Hall's inaugural Flash Bread Sale truly living up to its name. New catering manager, Joanne Stoddart set her alarm for 4.00am to ensure she was prepared for the event.

Four different varieties of loaves were on sale for residents, staff and friends to taste and purchase. Interest in the bread sale was so large a queue formed in the Orangery well before the opening time, probably a result of the wonderful fresh bread aromas coming from the kitchen.

Jean and Norman Barr, Middleton Woods residents, commented "The aroma when we walked into the Orangery was wonderful and it evoked many happy memories. The display was superb and it all tasted just delightful. We're looking forward to having it for tea tonight with some strawberry jam!"





MIDDLETON HALL IN THE NEWS

RESIDENTS GRIPPED BY NIGHTLY 'NESTWATCH' TV

The fascinating lives of wild birds have been captured live on Middleton Hall's 'Nestwatch' cameras. Inspired by the BBC's hugely successful TV programme, Springwatch, cameras have been installed in three of the 40 nesting boxes in the 100 acre grounds.

Visitors and residents have been avidly following the progress of the wildlife on a 32 inch television screen in our reception area where they can see a live feed of the owls nest.

Pat Webb, 68, said "We come down at all times to see what's happening. Everyone's fascinated by it. I love owls and it's something that you would never get the chance to see so close up normally."

Our feathered friends attracted a lot of interest from the media with both the TV and radio making a visit to Middleton Hall. Links to this coverage can be found on our website. With the hatched, everyone is now deciding on their names.



BRIAN STRIKES THE RIGHT CHORD WITH THE PRESS

It wasn't just our wildlife that made it to the newspapers. When local reporter, Vicky Henderson, heard about Brian Richards and his recent guitar performances at Middleton Hall, she was very keen to interview him. Brian Richards, 83, Middleton Woods resident took up playing the guitar after the loss of his dear wife in 2010 to help take his mind off his grief.

Virtually a complete novice, Brian has now fallen in love with his new hobby, perfecting his skills at every opportunity. Brian joined Sharp Intake for a couple of songs at our recent jazz night. Jeremy commented "It is just fantastic that someone at Brian's stage of life is taking up new interests and doing them so well. His family were in tears and he had a standing ovation. He doesn't realise what talent he has."





JUST WHAT THE DOCTOR ORDERED!

Short, restful breaks away from it all... A few days or a few weeks... be our guest and relax and enjoy all that Middleton Hall Retirement Village has to offer.

Our short stay breaks offer people requiring care the opportunity to take a break from their usual routine and surroundings, time off for family carers and the most perfect choice to recuperate after an operation or illness.

Set in peaceful, landscaped grounds and with the company of friendly residents and staff, guests can choose to stay in a suite in Middleton Grove or a large guest room in Middleton Gardens, both with the comforts of home with the benefits of hotel services.

Do you know someone who may benefit from a short, restful break at Middleton Hall? Introduce a new short stay resident to Middleton Hall and have lunch on us in the Orangery. Please contact Caroline Soullier for further details on our short stay breaks.



RETIRE AWHILE AT A LOCAL BEAUTY SPOT

A local beauty spot has received some neighbourly help from Middleton Hall Retirement Village. The Front, at Middleton One Row, has been transformed by volunteers from a "Friends Group" and although there is still a little work to be done, a picturesque seating area has now been created on top of a derelict former toilet block.

Middleton Hall has donated two benches and a large flower tub made from recycled materials to complete the project. Now anyone wishing to enjoy the spectacular views over the River Tees can retire in comfort while taking in the newly improved surroundings. Jeremy Walford said "We are very much a part of Middleton One Row and the community here, so we felt that we wanted to do something to contribute to the scheme. These benches are just a little something for the village and it's a fantastic spot overlooking the river."



THE INSPECTORS CALLED... AND WENT AWAY SMILING

We are very pleased to announce that Middleton Hall successfully passed both our recent inspections by the Care Quality Commission and Social Services with flying colours. Middleton Hall received an unannounced inspection from the CQC who inspected 5 standards including care and welfare of people who use the service, meeting nutritional needs, handling of complaints, assessing and monitoring the quality of service and recruitment and appraisal procedures of our staff. In addition to this we maintained the highest quality rating at our recent Social Services inspection in March. All Darlington Borough Council's quality standards were achieved receiving some excellent feedback.



**DATES FOR YOUR DIARY
INDEPENDENT LIVING OPEN WEEKEND**

Saturday 26th & Sunday 27th July 2014.

More details to follow on our website.

Middleton Hall
Retirement Village

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