



INNOVATION &

excellence

DEVELOPMENT NEWS

AFTER ALMOST THREE YEARS OF BUILDING WORKS ON SITE, WE ARE DELIGHTED THAT THE RE-DEVELOPMENT PROGRAMME IS COMPLETE.

Every part of the retirement village, buildings and grounds is now looking as it should do.

Despite varying degrees of noise, mud, dust and disruption everyone at Middleton Hall - residents, staff, families and visitors – has put up with many changes with not just tolerance but great enthusiasm. People have appreciated that the work going on would lead to some fantastic facilities and that is what Middleton Hall now has.

Although those who know Middleton Hall understand that we are always looking to make improvements, our intention is to have a period without major building projects so that everyone can make use of and enjoy the facilities available.

HEALTHY LIVING AT MIDDLETON SPA

Middleton Spa was officially opened by Jo Jackson, Olympic Medal winner and current world record holder. Since then, residents have been making good use of this fabulous facility.

The exclusive spa facilities include a swimming pool, spa pool, fully equipped gym and therapy rooms.

The gym has a range of specially designed exercise machines for aerobic and stretching exercises. These machines are also suitable for people rehabilitating after injury and improve movement and flexibility.

Members have access to a personal training service, based on wide experience of working with older people. The Healthy Living Coordinator is responsible for encouraging all members to make the best of the facilities to improve their fitness, agility and health. Working with the range of professionals from the Retirement Village, we

believe that this should make a significant difference to the health and vitality of members.

For relaxation, the professionally qualified therapists offer a range of complementary therapies including massage, aromatherapy and beauty treatments.

Middleton Spa operates with three levels of use (independent, supervised and assisted sessions for both the pool and gym). Membership is being extended to families and guests of Middleton Hall and we are currently talking to residents about the possibility of offering a very limited number of external memberships for over 55s later in the year.

Families or friends of residents should let us know if they might be interested in using Middleton Spa. Others over 55 who might be interested in membership if the scheme goes ahead can contact Middleton Hall to register an interest at this stage.



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MIDDLETON WOODS

OUR INDEPENDENT LIVING APARTMENTS AT MIDDLETON WOODS HAVE PROVED TO BE A GREAT SUCCESS. DESPITE A DIFFICULT PROPERTY MARKET, THE APARTMENTS HAVE SOLD VERY WELL AND WE NOW ONLY HAVE A FEW LEFT.

As anyone who has attended a restaurant night will know, the atmosphere among the enthusiastic residents is terrific. The early ones saw themselves as pioneers in a new concept and moved in with a very positive attitude, determined to live life to the full. And they are doing so!



GARDEN ROOM

Until the last part of Middleton Woods was completed at the end of 2008, residents had use of a communal room in the middle of the apartments. Although this worked well for the initial residents, this room has been converted into an apartment and a new, larger communal room, the "new" Garden Room, now links Middleton Woods with the main part of Middleton Hall and Middleton Spa. Residents now have the choice, especially when weather is inclement, of walking indoors to the Restaurant, Terrace and bar, as well as the library and hairdressing salon.

THE TERRACE

The Terrace (shop and café) finally has a terrace! For those seemingly rare days when the sun shines, there is an outside seating area on timber decking accessed directly from the Terrace. Fingers crossed that this has not precipitated even wetter summers....

The new daily blackboard menu has proved very popular with residents and visitors.



APARTMENT SALES

The remaining apartments range in size from a one bedroom apartment priced at £142,000 to spacious two bedroom apartments from £229,000. All prices now include carpets, wardrobes, hall cupboards, bathroom fittings and curtain rails.

Exclusively designed as spacious and airy homes, the apartments are substantially larger than typical retirement flats. Each apartment has a patio or balcony for residents to enjoy their own outdoor space. The two bedroom apartments have a guest bathroom as well as an en-suite bathroom with bath and separate shower.

For latest availability, please contact Caroline on 01325 335805.



RESTAURANT/ FUNCTION ROOM

Since Middleton Grove's new dining room has opened, we have expanded options available in the restaurant. In addition to regular "fine dining" and buffet evening meals, the restaurant is now available as a function room for quizzes, formal dinners, parties and events such as charity music evenings. We are also offering Sunday lunches, open to all residents' families.

The kitchen team, led by Middleton Hall's highly regarded head chef, offers Middleton Woods and other residents a variety of "fine dining" nights or buffet meals on specific nights. In addition they run special events such as Burns Supper and themed menu evenings. These will now increase in number to meet growing numbers in Middleton Woods and for other guests of the retirement village.

After a number of requests, we are also making the restaurant and bar available for outside functions. Please let Andrew Grimston know if you would be interested.

A LA CARTE MENU

Starters

Chicken Caesar Salad
King Prawns & Cherry Tomato Salad with Paprika & Mayo
A Soup of Water Cress & Spinach
Game Pate with Cumberland Sauce & French Toast

Main

Seared Loin of Tuna with a Stir Fry of Vegetables and Soya Noodles with a Mango Salsa
Chicken Supreme with a Wild Mushroom Risotto & Red Pepper Sauce
Pork Medallion cooked with Honey, Thyme & Mustard with Leek Mashed Potato
Wild Mushroom Risotto

Desserts

Bakewell Tart & Custard
White Chocolate & Hazelnut Cheesecake
Lemon Tart with a TWIST
A selection of Ice Cream
Tea & Coffee
Cappuccino

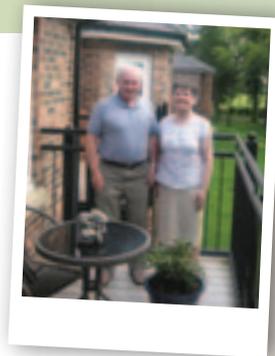
MEET THE RESIDENTS

Mr David and Mrs Margaret Kelly moved into Middleton Woods in the spring from Durham where they had lived and worked all their lives. David worked in education, initially as a teacher and then for the Northern Examining Association (now AQA) in a senior position on the board. Margaret worked as a PE teacher and later as special needs teacher.

They had looked at all sorts of alternatives before looking round Middleton Woods, including retirement villages in the south. Greatly impressed by Middleton Woods after their first visit, Margaret decided immediately that it was absolutely right for them. David, however, despite knowing there was nothing to compare with Middleton Hall anywhere else in the north, was torn because of his long association with Durham.

After several visits, including dinner with the residents, David too decided that it was worth moving area. *“Within a week, we knew it was right. All the staff are so helpful and our fellow residents incredibly friendly. It was everything we hoped for and more – it has been the best decision we have made”.*

“I did tell him!” added Margaret, with an amused grin.



SPORTS GREEN

The Bowling Green has also been completed. Set opposite the main pond at the front of Middleton Hall, it is surrounded by a landscaped area including a balancing pond now planted with reeds and rushes to encourage wildlife.

As an all weather surface, it can be used for a variety of sports – croquet, putting and potentially badminton – with a French boules (petanque) or quoutes area alongside.

This facility is available for outside use – bowling clubs, for example. If you are interested in hiring the green, please contact Reception on 01325 332207.



MIDDLETON WOODLAND

Middleton Hall is of course set in magnificent grounds. Some of the 20 acres have been relatively inaccessible in the past, so the new and developing woodland walks will eventually form a series of circular walks. We are adding a footpath from the drive to the tree copses in the field in front of Middleton Hall.

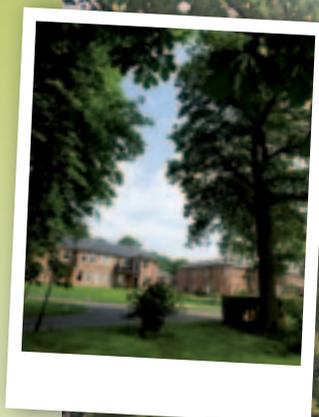
The woodland walks will also link to the new wood that has been planted at the top of the field. Residents, families and other friends of Middleton Hall have the opportunity to purchase a tree in this wood. Members of staff have all been given a tree by the company. The wood will grow and flourish in the long term, long after all current readers of this newsletter! As part of Middleton Hall's legacy for the future, there cannot be a better way of making a mark in the local area.

The trees planted include Oak, Ash, Birch, Beech, Scotts Pine, Alder, Rowan and Cherry.

TREES ARE AVAILABLE AS FOLLOWS:

Single trees	£10 each
Group of five trees	£45
Group of ten trees	£80

For larger quantities or for further information about adopting trees in Middleton Woodland, please contact reception for details.



MIDDLETON GROVE

MIDDLETON GROVE, MIDDLETON HALL'S GROUND-BREAKING ASSISTED LIVING SUITES, HAS A BRAND NEW DINING ROOM. Residents can now choose to eat from the menu in the dining room or to upgrade to the restaurant when there is a "fine dining" or buffet night with the opportunity to invite guests.

While there have been a lot of very successful trips out and exercise classes are proving very popular, an increasing number of residents are organising their own events – there is a burgeoning poetry group, a competitive card school as well as a group knitting for charity.

This all fits the whole philosophy of Middleton Grove – residents living their lives from their own accommodation with the ease of housekeeping and meals provided with additional staff support when needed.

MIDDLETON GARDENS AND MIDDLETON COURT

The new care home extension of Middleton Court and the newly refurbished rooms in Middleton Gardens have proved very popular and the residents have now had a relatively undisturbed period of time enjoying the facilities.

The only recent changes to these parts of the village is completion of the external landscaping – firstly to the east side of Middleton Court which has been a builders' car park for the last couple of years and also to the area at the back of the site between Middleton Gardens and the greenhouse.

Middleton Gardens has a garden area to the north east of the village that has proved to be very difficult ground in the past. It is very wet ground and is hard to drain, owing to very deep clay. After various forms of advice, we decided that rather than fight it we should form a garden that naturally suits the wet conditions. So we now have a wetland garden, complete with reed beds and plants suited to wetter ground. This new garden should provide a very good wildlife area and a contrast from the more formal garden areas within the retirement village.

Middleton Hall
Retirement Village 

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

Tel: 01325 332207

Website: www.middletonhallretirementvillage.co.uk
www.middletonwoods.co.uk

HOLIDAY BREAKS AT MIDDLETON HALL RETIREMENT VILLAGE

We are pleased to be able to offer holiday break packages for short stay guests to Middleton Grove and Middleton Gardens.

Guests choosing to stay in either a guest suite in Middleton Grove (Assisted Living) or a guest room in Middleton Gardens (Residential Care) can make their stay even more of a holiday now that Middleton Spa is open:

- Swimming pool, spa pool or gym sessions with one of the Healthy Living team
- "Well being" assessment
- Therapy session (half an hour) with one of Middleton Spa's therapists
- Hairdressing appointment (cut and blow dry)
- A seat on the weekly outing
- Two meals for guests (family or friends) in the Terrace cafe

For prices and availability, please call for further details. Holiday breaks are subject to individual assessment.



If you would like to find out more about the north's first retirement village, you can check out our website or call us on 01325 332207.

Alternatively, fill in the bottom of this page, cut it out and pop it in an envelope (no stamp required) addressed to:
Middleton Hall, Freepost NEA 5069,
Middleton St George, Darlington DL2 1BR:

Please send me a brochure. I am interested in:

Middleton Woods (Independent Living Apartments)

Middleton Grove (Assisted Living Suites)

Middleton Gardens (Residential Care)

Middleton Court (Complete Care)

Holiday Breaks

Name: _____

Address: _____

Tel No: _____