



# RESIDENT NEWSLETTER – APRIL 2018

## LITTER-ALLY BAGS OF SUPPORT



Residents and staff did a sterling job in a recent litter picking session. They covered both sides of the lane from the Middleton Hall main entrance to the freight depot at the roundabout.

Tired of rubbish being carelessly discarded, they got together and enlisted the support of the Sustainability Team. Even they were shocked at the volume and range of litter collected in just a 300m distance.

In total, 21 bin bags of items were collected with contents as follows;

**5 bags of tins (545 in all)**

**5 of plastic bottles (170 bottles and 175 crisp packets)**

**2 of glass bottles (75 in all)**

**8 of general waste (approx. 65-75 items), and**

**1 of dog waste**

In addition, they found other weird and not-so-wonderful items such as a car tyre, an 8ft length of plastic piping, 2 x 25 litre plastic drums and a metal sign.

Being a strong advocate of sustainability, Jeremy Walford joined the team to lend a hand. The litter picking was one of a range of moves to reduce impact on the environment in the local and wider community.

Councillor Doris Jones is another supporter and on hearing about the initiative arranged for the council to collect the bags for disposal.

We also achieved a great article and photograph in the Northern Echo (3<sup>rd</sup> April)! All in all, it was a very productive, even enjoyable afternoon.

## OUR OWN VILLAGE SHOW! SATURDAY 8<sup>TH</sup> SEPTEMBER

The creative talents of folk at Middleton Hall are evident all year-round. Residents have proved time and time again that they are brilliant at growing, crafting, photography, painting, baking ... there is more than a little competitive spirit around too!

This year, these interests and talents are to be harnessed in a Village Show. We have published a list of classes to enter so that you can have a think about preparations. Although the show is in September, work on some entries such as the flower and vegetables ones can begin right away. Please see the class list at the end of this newsletter.

All residents and staff and families are invited to participate. More details about the day itself will be given shortly. It is safe to say that the marquee event will be good old-fashioned fun! It will include competitions and demonstrations, entertainment, market stalls and refreshments.

## RESIDENT FEEDBACK AND BRIEFINGS

**Tuesday 24<sup>th</sup> April 3.30pm and 5.30pm**

**Friday 27<sup>th</sup> April 4.00pm**

**Sat 28<sup>th</sup> April 12 noon**

Managing Director Jeremy Walford invites residents and family members to a Feedback and Update Briefing. He will present the results of the annual Customer Satisfaction Survey and explain Middleton Hall's service improvement plans for 2018-19. There will also be an opportunity to ask questions.

The briefings will last approximately 40 minutes and will take place in the Vision Room. Due to the seating allocation in the Vision Room, each briefing will be restricted to 40 people.

Please sign up for your preferred briefing time at Reception.

***"Remember to look up at the stars and not down at your feet. And however difficult life may seem, there is always something you can do and succeed at"* Stephen Hawking**

## TOP MARKS AT A COFFEE MORNING



Pupils of all ages from 7 to 102 years were on their best behaviour at a 'Back to School' coffee morning.

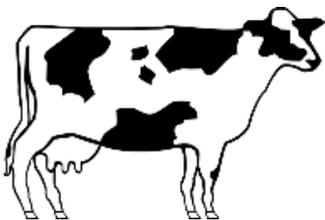
Children from St George's Academy Primary School in Middleton St George worked alongside residents to solve puzzles and play Beetle.



There was astonishment as they asked questions of each other about their schooldays. Everyone learnt something!

The following week, some lucky residents attended the school's Easter Service. All agree that people of all ages are getting great pleasure out of the link with the school.

## WOULD YOU LIKE A MILK DELIVERY?



We are interested to know whether residents of The Waterside and Middleton Woods would like a regular milk delivery to their door?

The deliveries would probably be on Mondays, Wednesdays and Fridays, with a small charge. However, all the details will be confirmed when people's opinions and the level of interest are known.

Please let Reception know your thoughts (or 'moo'sings) on the matter.

## FOODIE NEWS

### 2 For 1 Offer on Lunch in the Restaurant

Residents of The Waterside and Middleton Woods are offered two main courses for the price of one, from Monday to Thursday, starting 1<sup>st</sup> April.

Take a look at upcoming menus on the board outside the Restaurant. These meals are hearty and good value. Why not choose a day to try one? Please book in the Orangery.

### A Biscuit Recipe Request

Residents have been inspired at recent cookery workshops to make up a Biscuit Recipe booklet to distribute widely around Middleton Hall.

Do you have a trusty recipe, maybe one that has been handed down in your family or has significant meaning? Or just a fail-safe favourite? If so, please forward it to Reception for inclusion in the booklet.



### A Shout Out for 'Vintage Style' Crockery



The Kitchen and Front House teams would love to receive donations of any tea cups, saucers, plates and teapots that you no longer have use of.

They would like to add to the experience of Afternoon Tea, an event with a history which many remember being served in 'proper' tea cup style.

If you are able to help, please let a member of the team in the Orangery know.

### Wine Sampling

The menu of newly selected wines is soon to be launched! Those who have made a booking for 'An Evening on the Titanic' on 11<sup>th</sup> April are invited to try the wines prior to the event, at 5.30pm in the Orangery.



If you would like to come along to the dinner, there are some places still available. Please book in the Orangery.

### Refreshed Orangery Menu

Look out for a refreshed menu in early May, reflecting the seasonal best.

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## COME AND SEE THE CHOIR ON NATIONAL CARE HOME OPEN DAY



The choir is a group with gusto! Here they are practising for their upcoming rendition of 'songs from the musicals', to be held in the Restaurant at 1.30pm on Saturday 21<sup>st</sup> April. All are welcome to come enjoy the performance.

On this date, we will be welcoming visitors to Middleton Hall as it is **National Care Home Open Day**. Residents of the care services – Middleton Grove, Gardens, Court and Oaks may invite guests to visit and see what they have been preparing in relation to the theme of the open day – 'Communities Far and Near'. Each area has chosen a Commonwealth country (the 21<sup>st</sup> is also the Queen's birthday) and used it as a theme for activities in the preceding week. There will also be curling and boccia at 11.00 – 12 noon in the Vision Room.

Residents in the care services will enjoy a special lunch in their respective dining rooms. Visitors are invited to the Conservatory for refreshments and there will be regular tours so that people can view the facilities and chat to staff.

If you know anyone who might be interested to attend the open day, please spread the word.



## IN MEMORY OF SHEILA ...

### FROM ALL OF US



Whilst walking the grounds, you will see a lovely new plaque in a border adjacent to Middleton Woods. It has been placed in memory and recognition of Sheila Brunstrom, who passed away recently. Sheila committed a

great deal of time in donating and maintaining plants here for everyone's pleasure and enjoyment.

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## CONSTRUCTION UPDATES

### Covered Walkway

Following continued discussions with residents, staff and the architect regarding the Covered Walkway development at the rear of the Orangery, we have decided that it is best to take a little time out to reconsider the original plan to ensure it works as practically as possible. The plans will be discussed at the Resident Briefings in April.

Middleton Court – the refurbishment of the lounge/dining area is well on the way to being completed.

## NEWS FROM MIDDLETON SPA

Tai Chi is back! Join Alan Wells on **Saturdays 3.00 - 4.00pm in the Studio (£5 per session)**. New members always welcome.

Following the Easter break, the Texas Toe Tappers sessions continue in the **Vision Room every Wednesday at 2.00pm**. These will run till the last session on 25<sup>th</sup> April.

Residents may have noticed that some equipment pieces of the outdoor gym have been moved and will be relocated along the woodland walk. Once these are in place, exercises and distance markers will be signposted along the route. The areas created will be used for rehabilitation purposes in the warmer weather.

Congratulations to David Kelly and Ken Boston, who have both now completed the Channel swim!

## REACHING OUT TO SCHOOLS

The I Care Ambassadors Scheme is an initiative set up by Skills for Care. It aims to inspire and motivate young people to understand more about working in social care.

Debby Lamont, Head of Care and Quality went to the Dyke House College in Hartlepool as part of their careers event. She taught classes throughout the day about biology and the brain and how this is affected with dementia. She said, 'It was a fantastic day! It is so important that young people are informed about the opportunities that social care brings'

## REGULAR MOVIE DATES

Friday nights are movie nights! All are welcome to the Vision Room at 6.30pm to watch films with Middleton Grove residents. The programme for April is as follows;

**6<sup>th</sup> April Kingsman**

**13<sup>th</sup> April Imitation Game**

**20<sup>th</sup> April Despicable Me**

**27<sup>th</sup> April Dad's Army**

## GDPR 2018

You may have read in the media about a new law that will come into force on 25<sup>th</sup> May 2018. GDPR stands for General Data Protection Regulation and it means that you will have more clarity over how your personal information is managed.

Like all other organisations, Middleton Hall is taking this change seriously and adapting procedures where necessary so that we comply fully with the law. More information will be provided as the new law comes into place.

## WHY DO WE TAKE SO MANY PHOTOGRAPHS?!

### “A picture speaks a thousand words”

Residents and staff sometimes ask about the photographs taken in and around Middleton Hall. The simple answer is that they are the best way of depicting life here, and often more effective than the written word.

Photographs used in all our media – in newsletters, on the website, in brochures and on social media communicate exactly what is going on - to other residents, visitors, and people considering moving here. Families who live far away often express their pleasure at seeing their loved one happy and busy.

Having said that, it is also true that some people do not wish to be photographed, and we respect this too (we record which staff and residents do not give consent). During the next month, we will be asking all residents to sign (or re-sign) a form giving permission (or not) for us to use any photograph or quote. We will review this every 6 months. Please do speak to Jan Hargrove or your care service manager if you would like to know more.

## DEMENTIA WORKSHOP

Debby Lamont will deliver a Dementia Workshop session in the Vision Room on 17<sup>th</sup> April from 6.00 – 8.00pm. All are welcome to come along to learn more about dementia, and in particular how to make visits to family or friends more meaningful.



Please let Reception know if you would like to attend.

## NOTICE FOR MIDDLETON WOODS

Work to re-coat the roof of Middleton Woods is due to begin on 7<sup>th</sup> May and is expected to take up to a week. There should be no disruption to residents.

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## HELLO AND GOODBYE TO ...



Many new staff members are currently undergoing their induction and will be joining teams around the village. From top left;

Cindy Whitfield and Rebecca Flanagan, bank Carers on the Nights team

Tracy Johnstone and Luke Burrows, both bank Front of House Assistants.

Reanne Duncan and Sian Parkinson, Carers in Middleton Gardens (Hotel Living)

Thom Robinson, Gardener (awaiting photo)

Taylor Cardus leaves to begin a career in the police force but will remain on the bank Spa and Gardening teams. Jane Harding, Nurse in Middleton Court leaves to take up a post elsewhere. Best of luck to you both.

## OTHER IMPORTANT DATES

**Holy Communion – 4.30pm on 8<sup>th</sup> and 22<sup>nd</sup> April** in the Vision Room.

**Chiropody** – Ben Hay will next visit Middleton Hall on **21<sup>st</sup> and 22<sup>nd</sup> May**.

## COMING SOON IN MAY!

**Wed 2<sup>nd</sup>** Pie Night

**Wed 9<sup>th</sup>** Greek Night

**Weds 16<sup>th</sup>** Fine Dining Evening

**Weds 23<sup>rd</sup>** Sri Lankan Night

**Weds 30<sup>th</sup>** Whitby Classics

## MEMORY CORNER

*Fondest memories, much loved, never forgotten ...*

Rita Spark

X



# MIDDLETON HALL RETIREMENT VILLAGE SHOW

**Saturday 8<sup>th</sup> September 2018**

**NOVELTY/OPEN CLASSES**

**VEGIMAL – ANIMAL MADE FROM FRUIT OR VEG**

**FUNNIEST SHAPED VEGETABLE**

**PHOTOGRAPHY – GARDEN OR ALLOTMENT WILDLIFE**

**TALLEST SUNFLOWER**

**LARGEST DIAMETER SUNFLOWER**

**SCRUFFS DOG SHOW**

**COOKERY CLASSES**

**THREE FRUIT SCONES**

**THREE SAVOURY SCONES**

**BREAD (ANY TYPE, SIZE, SHAPE)**

**JAR OF PRESERVE**

**JAR OF CHUTNEY**

**HOMEMADE ALCOHOLIC BEVERAGE**

**FLOWER CLASSES**

**SWEET PEAS (6 BLOOMS)**

**SMALL POSY OF FLOWERS**

**FLOWER ARRANGEMENT**

**BEST POT PLANT**

**VEGETABLE CLASSES**

**SIX PODS OF PEAS**

**SIX PODS OF FRENCH BEANS**

**SIX PODS OF RUNNER BEANS**

**THREE BEETROOTS**

**ONE MARROW**

**TWO COURGETTES**

**HEAVIEST ONION**

**BIGGEST PUMPKIN**

**FURTHER DETAILS TO FOLLOW!**