

Middleton Hall News



Innovation and Excellence in Care

Autumn '05

Retirement Apartment Development Plans announced

Middleton Hall is delighted to announce a major new multi million pound development.

Planning permission has been received for major development plans, including retirement apartments, a new courtyard annexe to the care home and extension of the grounds.

This will build on the success of Middleton Hall's unique Residential Care Apartments and popular Care Home.

The retirement apartments will consist of twenty-two exclusive purpose-built apartments offering private accommodation for independent older people in a new building overlooking picturesque parkland within our 20-acre grounds. Most apartments will have two bedrooms, with their own kitchens and easy access bathrooms. Each apartment will have its own private patio area or balcony.

The spacious apartments - which are aimed at people aged over 70 - will offer homes that are secure and manageable with communal facilities such as a landscaped courtyard, a function room, a complementary therapies suite and a hairdressing salon. The function room will be used for regular events including coffee mornings, Sunday lunch and parties.



David Chapman (Architect) and Jeremy Walford with plans.

The apartments will be considerably larger than retirement apartments currently available in the region, allowing residents space for rather more furniture and for entertaining.

Residents will be able to purchase any of the services provided by Middleton Hall which range from a bar and restaurant to housekeeping, maintenance and laundry as well as care packages. Regular trips to supermarkets and shops will be provided.

Properties will be offered for sale on a leasehold basis. Building work is scheduled to start within the next year but interest has been such that we have already started a provisional waiting list of people interested.

Anyone interested in viewing the plans or discussing the development is welcome to contact **Jeremy Walford** for further information (Tel: 01325 332207).



The plans will be on display on our Open Day on September 24th

(see inside for details).

CHARITY OPEN DAY – Garden Tour and Cream Teas

Anyone interested in learning more about Middleton Hall is warmly invited to attend an Open Day on September 24th.

- Guided Garden Tours with gardening tips (*weather permitting*)
- Home baked Cream Teas and Cakes
- Cooking and Recipe Tips from the kitchen team
- Display of information and plans for new Retirement Apartments
- Croquet and other garden games tournaments (*weather permitting*)
- Guided Tours of facilities - Residential Care Apartments and Care Home
- Prize Draw to win a free Holiday Break in the Residential Care Apartments (*subject to age and health restrictions*) and free Complementary Therapy Treatments in Middleton Hall's Complementary Therapy Centre.

Cream Teas, Recipes, Guided Garden Tours and Prize Draw will be subject to a "You decide" donation! (*in aid of World Wide Fund for Nature*)

Time: 2.30 to 5pm

Date: Saturday 24th September 2005

Please call Caroline for further details or for directions - 01325 332207

Future Plans

As part of the plans for development, we are planning to extend the grounds from 15 acres to over 20 to provide more outdoor facilities for residents.

The plans will take several years to be completed. Eventually the grounds will include a wildlife area with large pond, bowling green, putting course, croquet lawn, kitchen garden and a system of circular walks around the grounds and woodland area.

There are also plans afoot for some animals - rare breed pigs and hens have been mentioned!



Residential Care Apartments "Five years of Country House Hotel Living"

In the summer, we celebrated the fifth anniversary of the opening of our first apartments.

We marked the occasion with baskets of flowers for the four residents who have lived in the apartments at Middleton Hall since they were completed. Mrs Jackson, Dr Laws, Mrs Bunker and Mrs Owen all moved into their apartments when they first opened in 2000 – very much pioneers in a new concept!

The apartments have fitted a niche in the market for older people who, although not needing care when moving in, want the support and luxury of living at Middleton Hall. Each resident, or couple, has their own spacious apartment set in the environment of a country house hotel.

The convenience of having meals and housekeeping provided as standard, with the knowledge that additional help and care is available if needed, has proved a winning formula for residents.

It is, of course, the residents themselves that make the community and social atmosphere - so we are grateful to the four "pioneers" for contributing to the success of the Residential Care Apartments.

Apartment Availability

APARTMENTS AVAILABLE OR DUE TO BECOME AVAILABLE SHORTLY:



Apartment 9 - A nicely proportioned apartment looking over woodland with sitting room, bedroom and shower room.

Apartment 15 - A large apartment with potential to have a second bedroom area in the sitting room. Bathroom has bath and shower.

Apartment 8 - A prime apartment with splendid views over the parkland and hills, with a spacious sitting room, bedroom and bathroom with bath and shower.

For the remainder of 2005, we are offering free trial weeks for prospective residents interested in trying out the service. *Please ask for further details and fees.*

Guest Meals

Residents are always welcome to invite guests to eat with them in the Apartments or Care Home, for small charge. For example, a dinner menu in the Apartments:

Starter: *Smoked Salmon Gateau or Avocado & Citrus Fruits with a blue cheese dressing*

Main: *Roast leg of lamb with mint gravy or Smoked Haddock & Prawn Lasagne*

Desert: *Fresh Fruit Platter or Strawberry Parfait*

Price of £7.50 includes sherry in the bar beforehand, a glass of wine with the meal and coffee or tea to follow. Lunches are priced at £5.00.

Care Home Management Changes

During the summer, we reorganised the way the Care Home is run and added a new Residential Care Manager - Chris Miranda (yes, another Christine! Fortunately she is known as Chris to spare everyone's confusion with Christine Fishburn).

The Care Home has been split into three areas, each with its own dedicated team of staff and manager. Nursing is managed as before with a team of RGNs, Carers and Housekeepers. The rest of the ground floor (*Bluebell Suite*) is managed by our new recruit, Chris Miranda with her team of Carers and Housekeepers.

The first floor Studios are managed by the third team of carers and housekeepers.

This means that smaller groups of residents are being looked after by a smaller team of staff, allowing better communication, familiarity and more individual care. Each area has its own care station where the care team are based.

Feedback from both staff and residents indicates that the new structure is working very well.

Technology (www.middleton-hall.com)

Middleton Hall's website has been re-designed and will be expanded over the next year, courtesy of an Open University project by Ros Perkins - daughter of the late Mrs Betty Eggleton (who lived at Middleton Hall from 2001 to 2005 in both an apartment and latterly in the care home). Ros kindly offered to design the web site as part of her course. Actually getting the web site live proved rather more tricky than expected as our original ISP (Internet Service Provider) had been taken over several times and had lost touch with us, to the extent that we had not actually paid any fees for three years!

We already have several residents who have their own computers and use the internet. Residents in the apartments will shortly have a communal computer with broadband access to the Internet and email.

Another dutiful daughter, Valerie Brooks has even offered to run a training course for the residents - her mother, Mrs Smailes (who lives in the apartments) has been an internet user for some time! She is rather well qualified for this task, as Deputy Director of Stockton City Learning Centre.



Creative Corner

Thank you for all the entries for the last caption contest. After some deliberation, the "judging panel" selected the following:



WINNER:-

"Angel of the North"

(Mrs Leishman, Apartment 5, receives a bottle of wine)

RUNNER UP:-

"With so many things to do, I thought I'd better work flat out!"

(Mrs D Carr of Scorton, receives a box of chocolates)

CAPTION CONTEST

WIN A PRIZE FOR THE BEST CAPTION FOR THE PHOTOGRAPH BELOW



(Staff Training on Relaxation Techniques).

AUTUMN INTO WINTER

*I look upon the Misty Dawn,
The beginning of a new day.
I see dew dropped fields and rabbits as they play.
The sun shines watery powder blue in the sky.
The clouds float gently over and hide the sun from my eye.
Winter is on us once again,
But it does not feel a bain,
When you can walk the grounds of Middleton Hall
Where my happiness still exists and all.
Peace ahhh.*

(Amanda Curran RGN)

Kitchen News

We are delighted to announce the appointment of Martin Sheekey as Chef. Martin has joined the kitchen team from the "School House" Restaurant in Stokesley. Martin will take particular responsibility for the meals in the apartments and the future bar snack and meals service for the Retirement Apartments.

Already he has added considerable variety to the Residential Care Apartments Menus and the feedback from the residents has been terrific.

As a taster, here is Martin's "Recipe of the Month", as served to the Apartment residents:

It is a simple, easy to prepare dish (even the humble culinary skills of the Editor were not stretched while trying it at home!).

SPAGHETTI COULICIO (for four people)

- 1 packet of spaghetti (cooked)
- 4 sliced button mushrooms
- 1 large head of broccoli (cooked)
- 4 rashers of bacon (smoked or unsmoked, cut into strips)
- 2 chicken breasts (stripped)
- 1 glove of garlic (crushed)
- 2 pots of whipping cream
- 4oz of grated cheese (cheddar)

Method

Pan fry the chicken strips in a little oil (while the spaghetti and broccoli are cooking). When nearly cooked, add bacon, mushrooms and garlic. When cooked, add cream, simmer for 5 minutes and add spaghetti. Continue to simmer until cream coats spaghetti, then add cheese and broccoli. Toss broccoli through the cream and spaghetti until cheese is melted and serve.

Tips

Don't use salt in the dish as it comes from the bacon. Smoked bacon gives a stronger flavour. Sprinkle with freshly grated parmesan cheese (not powdered from a tub!) For a vegetarian version, use different vegetables instead of chicken and bacon.

Further information

Please send me further information on Middleton Hall:

Name _____

Address _____

Tel No. _____

I am interested in: RETIREMENT APARTMENTS
RESIDENTIAL CARE APARTMENTS CARE HOME

Send to: Middleton Hall, **FREEPOST NEA5069**
Middleton St. George, Darlington DL2 1BR

Wildlife

Amongst all the usual breeding activity around the grounds, a pair of robins found an unusual place to build a nest and hatch their young.

The maintenance team were puzzled by the amount of time the robins were spending in the workshop until they discovered a nest inside an old lantern in the paint store. Mel removed the bulb and unplugged the light (to improve the robins' health and safety arrangements) and shortly afterwards chicks emerged in the nest.



We also have the return of deer in the parkland in front of the hall. They are seen most evenings taking a stroll up the field and Phil found the stag alongside him while he was cutting the hedge in July!

We also have a resident fox in the grounds, generally lying up by the fallen willow outside Snowdrop. However, we have had a rabbit population explosion, so the fox may be given the sack or at least a stern annual appraisal!

Generally, there has been a lot of bird nesting around the grounds - blackbirds near the laundry and on some window ledges, long tailed tits in shrubbery and thrushes in the pyracantha on the front of the building. There is also a profusion of small frogs in some of the wild flower and grass areas.

Gardening Corner

The grounds have looked better than ever this summer, partly thanks to the colourful planting from seeds raised in the greenhouses in the spring and partly reflecting the additional pair of hands in the garden.

Anyone using the woodland walk may have come across Charlie and Phil's "Chaise Longue". There will also soon be a log seat, fashioned out of a storm damaged tree trunk.

Philip Mennell, Trainee Gardener, has not only finished his NVQ in Horticulture in under a year at Houghall College, but won the Trophy for Student of the Year Award on his way.

Entries for the Caption Contest or ideas for future editions of Middleton Hall News are most welcome.

Please send entries and ideas to The Editor, Middleton Hall, Middleton St. George, Darlington DL2 1HA or leave ideas in reception. **Tel:** 01325 332207 **Email:** editor@middleton-hall.com **Website:** www.middleton-hall.com