

# Middleton Hall Retirement Village



www.middletonhallretirementvillage.co.uk Tel: 01325 332207



We have been quite taken back by the enthusiasm of people interested in buying a property in the Waterside. Before work even started on site, prospective residents convinced us to take reservations on the first phase, so prior to any marketing four of the first six properties have been reserved. Although we are not taking reservations on later phases, we already have a significant list of people expressing interest for when later phases are released for sale.

We are planning to open the Waterside during early summer 2013 and the first residents are due to be moving in from June.



## DEVELOPMENT UPDATE

### THE WATERSIDE

Work is well underway on the first phase of the Waterside, Middleton Hall's carbon neutral independent living properties.

Currently, the infrastructure (roads, drains and landscaping) work is being completed so that for the first residents moving in, the remaining phases can be built without disruption.





# INNOVATION & excellence

## QUALITY

Middleton Hall continues to be recognised for the quality of its service. Following on from awards as best continuing care retirement community in the UK and Care Employer of the Year, a recent CQC inspection had nothing but positives to find (apart from a suggestion about the indexing of living well plans). The report is available to read on line [www.cqc.org.uk/directory/1-116352327](http://www.cqc.org.uk/directory/1-116352327) or available in reception.

## SPORT

During 2012, Middleton Hall opened its first three hole pitch and putt course as well as a nine hole putting green. As tends to happen in sporting competition, the residents beat the staff in the Middleton Hall "Ryder Cup" winning a close fought competition by one point. This is of course on the back of some rather one sided bowling competitions. "Too much practicing", muttered a senior manager disappearing dejected after the golf. And he was certainly not talking about the staff..

We will be looking to unearth some other sports to try to recover some sporting staff pride.

Meanwhile, there are plans to add more facilities to the sports area including a sports pavilion.



## NORTHUMBRIA IN BLOOM

For the second year running, Middleton Hall has scooped top honours in the annual Northumbria in Bloom awards, being awarded a coveted Gold Award as well as the Ron Grub Memorial Trophy for the best grounds at a care facility in the north east.



## INDEPENDENT LIVING NEWS

### Middleton Woods Apartments

South facing apartments are particularly popular when they become available. We will shortly have a two bedroom south facing apartment available for re-sale.



Anyone who would like to be included on the interested list for this apartment or other apartments should let

Caroline know as soon as possible. We aim to keep our interested/waiting lists up to date but we do have a lot of people who have made enquiries about our popular apartments (and now of course bungalows), so please keep us up to date with your requirements.

Email [caroline@middleton-hall.com](mailto:caroline@middleton-hall.com) or telephone 01325 332207.

### Middleton Grove

Middleton Grove provides rental accommodation with a built in service package as an independent living option, without needing to buy an apartment in Middleton Woods.

Over the last two years, when refurbishing Middleton Grove we have added kitchens to the one bedroom apartments and or kitchenettes to the smaller suites. These have proved very popular and give residents more flexibility over the service packages that they can choose. Clients can opt for the basic one meal a day service in the dining room and make use of their own facilities... or enjoy the restaurant or cafe services available.

An option is being made available for Middleton Grove residents to use the Orangery rather than Middleton Grove's private dining room to provide greater flexibility of meal times.





## CHARITY WORK – DURHAM WILDLIFE TRUST

Having worked with Durham Wildlife Trust over aspects of the new landscaping plans, Middleton Hall became a corporate member of Durham Wildlife Trust in 2012. The retirement village has now chosen the trust as its designated charity for the current year. All charity functions will raise funds for Durham Wildlife.

Residents, friends and staff joined together in a marathon effort to raise more than £1,100 for the wildlife charity.

The Woodland Walk event took place at Middleton Hall Retirement Village and saw the community run or walk 176 miles between them in just a few hours.

The event marked the launch of Middleton Hall's new Woodland Walk which has been designed to take advantage of the beautiful surroundings that are teeming with wildlife.

The running club comprised Middleton Hall's managing director Jeremy Walford; Living Well coordinator Charlotte Howe; assistant chef Paul Milford; head of operations David Richardson and maintenance supervisor Alan Grainge who together completed more than two marathons – 56 miles.



Residents and their families who took part in the event used either the new wheelchair friendly route or the one mile woodland walk.

Jeremy Walford said the retirement village was delighted with how much the community had raised for the charity.

*"It was great to see everyone come together to raise funds for the trust,"* he added. *"People could do as little or as much as they wanted and with the new wheelchair-accessible pathway it meant that everyone could get involved."*

*"Given how important wildlife is to us at Middleton Hall and how it thrives here the trust seemed an ideal charity to raise money for."*

## MIDDLETON SPA

Middleton Spa is one of our major assets that sets Middleton Hall apart from other facilities in the north and indeed the UK.

From opening the Spa in 2009, we made a clear choice that staffing the swimming pool, spa pool and gym would give the best opportunities for clients. Sure enough, with increasing use from all parts of the retirement village the team has grown from one part time to two, shortly to be three, full time living well coordinators or personal trainers.

Residents throughout the retirement village now benefit from a wide range of exercise opportunities through classes and one to one sessions as well as complementary therapies.

We are hoping to add an osteopath and physio service to Middleton Spa shortly.



## CARE SERVICES

Over the last year or so, we have continued our refurbishment work within Middleton Gardens (Residential Care) and Middleton Court (Nursing Care). This has included the tricky process of upgrading our corridors – no way of hiding this work behind closed doors! All the corridors have now been completed within the care home areas and Middleton Court's communal area has been re-decorated and re-carpeted.

Despite warnings of disruption, thanks to our well organised maintenance team, it has all gone quite smoothly, apart from our first corridor refurbishment that ran rather over time (we did choose upstairs for a reason!) and feedback about the much improved look has been very positive.

Nearly all our rooms have full en-suite shower rooms now which has been a popular move with residents to the extent that our very well equipped communal bathroom is rarely used.

Our experimental Family Living service in Middleton Gardens continues to be a great success. Residents in Family Living take an active part in the daily routines, similar to how they would live in their own home – helping with meal preparation, baking, washing up as well as housekeeping and laundry tasks. The concept is ideal for people who wish to take a role in household tasks as part of a small community of just eight people.

The staff and residents in family living have worked with the gardening team to produce a new garden area that in time will produce their own vegetables.



## FINANCE AND FUNDING GUIDE

Funding care is never far from the headlines. So far successive governments have failed to come up with a truly viable long-term solution for the funding of long-term care. Under the current government arrangements, funding can be complicated for people dealing with it for the first time.

We are now producing a guide designed to help residents and their families find their way through the funding system.

The guide also explains our contractual relationship with local authorities. Most care homes operate with local authorities under a framework agreement. For Middleton Hall this does not provide sufficient flexibility, so Middleton Hall contracts with Darlington Borough Council on a 'spot purchase' basis.

Residents entitled to local authority funding have an absolute entitlement to choose Middleton Hall with this contract arrangement under the Department of Health's Choice Directive. However, the local authority has set fees for residential and nursing care which are generally below Middleton Hall's fees. This will require a 'top up' from a third party (family or friends) to meet the balance of the fees.

The guide is available from reception.





## THE GATE HOUSE

Building zero carbon properties requires a very high quality of build in order to achieve exceptional insulation standards. To ensure that our builders could build to these standards, prior to starting the first phase of the Waterside properties, we built a prototype property first. The Gate House now proudly sits at the main entrance to the retirement village.

Although without solar panels, the property has been completed to the same specification and layout as a smaller Waterside bungalow with dormer rooms upstairs.

As Graeme Bell, Middleton Hall's Construction Manager, explains there have been a few learning points: *"Overall, the Gate House has been a great opportunity to refine the specification and building methods and we have achieved the standards that we set out to test for a zero carbon building. We have made a few changes for the Waterside and we are now building the first phase with confidence and experience from the prototype."*

David Richardson, Middleton Hall's Head of Operations, and his family now live in the Gate House. Their experience of living in such a well insulated property has been very positive so far:

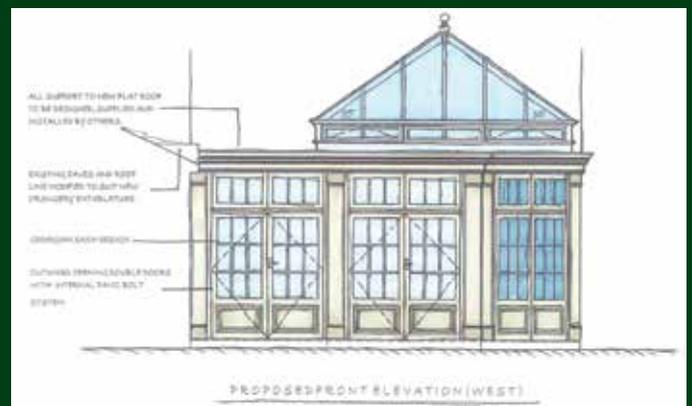
*"Even during colder spells, the property appears to hardly need any heating and during the colder months, the wood burning stove has worked extremely well. It is also noticeable just how quiet the property is with the triple glazing throughout."*



## THE ORANGERY

When we opened Middleton Woods apartments, we created a small cafe, the Terrace, at the same time. It was intended to be a small coffee shop selling hot drinks, simple snacks and basic provisions. Soon we found ourselves offering a lunch menu at the request of residents and it has quickly outgrown the space and become a central meeting place for residents and visitors from all the services.

In preparation for the increase in independent living over the next few years, we have built a splendid upgrade of the Terrace - The Orangery.



The Orangery will allow us to increase the range of food, bar and shop services available in a great deal more space. We will gradually be increasing the opening hours to accommodate increased numbers.

## COMMUNITY CENTRE

As part of the development of the retirement village, Middleton Hall conducted a survey of residents to find out what else people would like to see on site.

At a series of Open Days to update people on the development plans some initial concept sketches of a potential community centre were tested on those attending. There was universal enthusiasm for the idea and we are now working on a full design for a planning application, following discussions with the planners.

The concept is to build a new purpose built kitchen and convert the current kitchen (the original Georgian stables) into a series of spaces for a new library, art studio, games room and potentially a small cinema all accessed from a new covered area linking the Orangery to Middleton Spa.

**Middleton Hall**  
Retirement Village 

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